



Leitrim Sweathouse Project

Project Report 2021

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On behalf of Leitrim County Council, supported by the Heritage Council



Comhairle Chontae Liatroma
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i. Executive Summary

- The Leitrim Sweathouse project was conducted from May - October 2021
- The main objective of the project was to promote awareness of Sweathouses in Co. Leitrim. This was done through the mainstream media and social media and by engaging the local community to carry out research on these monuments. This research included the consolidation of archival records, the collection of oral histories, and the management of data within a Geographic Information System.
- Sweathouses, as we understand them today, were small, stone-built structures that were heated for the treatment of people, somewhat like a sauna. They are usually heated by a turf fire, which is raked out through a small doorway, and then the patients enter. The treatment usually concluded by washing in a nearby stream.
- The project was widely publicised locally, nationally and internationally on radio, television and print media, and online. Social Media engagement also proved effective.
- There was significant and enthusiastic participation from Volunteer researchers, trained as part of the project
- Training sessions, and heritage events, were well-received and attended
- There are now over 100 Sweathouses recorded in Co. Leitrim. There were prior to this project 98 sites, a further 12 were identified during this project. There are likely more to be discovered in addition to this 12% increase.
- The preservation and survival of these monuments in Co. Leitrim is stark, with just 6% of structures retaining the roof and 84% categorised as collapsed.
- Extensive research on landholders in the 19th-century suggests that Sweathouses were kept by numerous families, with names such as Flynn, Clancy, McPartland, and McMorrow to the fore.
- Oral histories and accounts suggest that some Sweathouse practices in Co. Leitrim were different than elsewhere. Seemingly, some were primarily used to treat colds, flues and respiratory illness, and fuel-types such as rushes, and brambles were used. It also seems that at least some Sweathouses had thatched roofs.
- The origins of Leitrim Sweathouses, while still unknown, can now be reliably traced back to at least 1800 for the Leitrim examples. There is a strong likelihood that some Sweathouses are older than this.
- Further research suggestions have been identified for the future of this project. Key areas of research were recognized in light of the unreliability of some previous surveys, the high rate of destruction of Sweathouse structures, and the momentum achieved so far in raising awareness of Sweathouses in the northwest.

ii. Acknowledgements

The author would like to thank Leitrim County Council and the Heritage Council for supporting this project, and in particular the Leitrim County Council Heritage Officer, Ms Sarah Malone.

Special thanks must be given to all those who participated with this community project, whether from Leitrim or elsewhere. It was encouraging to see such diverse knowledge, expertise and skills volunteered to research documents, climb mountains, help with events, call on landowners, and find previously unrecorded sites – the project could not have happened without them.

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1 Introduction

The Leitrim Sweathouse Project is a community heritage initiative to research Sweathouses across Co. Leitrim. This has been funded by the Heritage Council and supported by Leitrim County Council. This report details the project as commenced on the 4th of May 2021.

The aim of this project is to provide opportunities for people to engage with the traditions of sweathouses in Leitrim, through a coordinated programme of heritage activities and events. While COVID-19 restrictions were in place throughout the year, alternative means were applied to achieve this objective. Three main elements to the project were identified.

- To develop and implement a community engagement module to coordinate and train local volunteers to carry out research into Leitrim's Sweat houses.
- To promote the project through media and host a Heritage Week event.
- To develop phase 2 of the Leitrim Sweat House Project.



Plate 1: Cornageeha Sweathouse, unrecorded until 2021

It was hoped that by engaging the community to help investigate these structures, a more complete picture would emerge about who built and used them. The first stage was to raise awareness of the project and seek out local volunteers to participate in the project. The second stage was to provide online training and engagement with these community volunteers to collect and catalogue all pre-existing information about the Sweathouses in county Leitrim. Thirdly, these same volunteers were trained and asked to seek out people in the local community who had information regarding these sites (*i.e.* oral history collection). Finally, all this information could be brought together and analysed by the Project Co-ordinator. It also turned out that there were many unrecorded Sweathouses in the

county which needed protection and appraisal. This was accomplished against the backdrop of media interaction and growing appreciation of Sweathouses as a heritage resource in Co. Leitrim.



Plate 2: Rossmore Sweathouse (LE018-050----) courtesy of P. Foley

1.1.1 Sweathouses – brief description

These are small stone structures, usually with a single low entrance, built into the slope of a hillside or covered with sods of earth. They tend to be in quite isolated locations, often near a water source. There are more Sweathouses in Leitrim than anywhere else in the country. This research offered an excellent opportunity for us to further understand these structures that are seemingly unique to Ireland.

How Sweathouses were used was documented mostly during the late 19th century. From these descriptions we know that the Sweathouse was packed with turf or wood, which was let burn for most of the day, before the hot ashes were raked out. The person using the Sweathouse would undress, sometimes blocking up the entrance with their clothes once inside. Then the patient ‘sweated’ inside for a designated time. It was commonly reported that on leaving the Sweathouse, the patient would immerse themselves in a nearby stream, well or pond. This ‘sweating’ cure was used to treat all sorts of ailments but commonly for rheumatism, arthritis, fevers, sciatica, sore eyes, gout, and to improve skin complexion.

It seems that the practice of using Sweathouses died out during the early decades of the 20th century, following the advancement of rural dispensaries. What is not clear is when they were first used, or where the tradition originated.

2 Public Engagement

A key part of this project has been to engage with the public and raise awareness of Sweathouse sites in Co. Leitrim. This work has been continuous through the six months from May – October. It utilised a variety of media, optimising the demographics across which the project was circulated. Available media links are given in Appendix 7.1.1.

2.1 Local, National & International Media

At the initiation of the project, approaches were made to local newspapers and radio. This was productive and the Leitrim Heritage Officer was hosted on *Shannonside Radio* on the 24th May. The *Leitrim Observer* also ran an article about the project on 28th May, with Mr D. McCarthy featuring photographs of Sweathouses in the newspaper on the 14th July, and again on 27th July. Furthermore, an article by the Project Co-ordinator has been submitted for inclusion in the *Leitrim Guardian*, an annual publication due out at Christmas.

There was broad interest at a national level, with *RTE News and Radio*, *Newstalk* and *The Irish Times* all featuring the project. On 18th June, Eileen Magner reported for RTE, ‘Study into sweathouses, the ancient Irish-style saunas’ for the *Six-One News*, *Nine O’Clock News* and online. This extensive coverage featured both the Heritage Officer and the Project Co-ordinator. *The Irish Times* featured an article by Marese McDonagh, entitled ‘Stories of the sweathouse: A beehive-shaped bolthole for battling maladies’ on the 18th August. At over 700 words, this was a more comprehensive reporting of



Plate 3: Killadiskert Sweathouse (LE018-009----) Project Co-ordinator being interview by RTE News

the project and included the views of project volunteers. On national radio, *Newstalk* featured an interview with the Project Co-ordinator on the *Pat Kenny Show* on the 20th August. *Countrywide*, on *RTE Radio 1*, presented a detailed segment about the project skilfully produced by one of the

dedicated project Volunteers, Mr Francis Kelly. This precise and interesting piece involved contributions from many of the project volunteers.

An article by Ronan O’Connell gave the project some international coverage on BBC Travel, where an article entitled ‘The unearthing of Ireland’s mysterious naked sweathouses’ was circulated globally to a readership of over 3 million people.

2.2 Social Media

In order to connect with the widest demographic possible, dedicated accounts were set-up on two social media platforms. Furthermore, a dedicated email address was created and a webpage on the Leitrim County Council Website.

A Facebook page for the project has over 540 followers, over 500 likes, with posts reaching up to 2,200 users. This was particularly useful in requesting specific information from local communities Facebook pages. These engagements ultimately lead to the discovery of a possible previously unrecorded Sweathouse in the county, as well as one in Co. Sligo.

The Leitrim Sweathouse Project Twitter account has over 150 follows, with each Tweet reaching an audience of about 2000 people. The account profile has been visited over 4000 times and the ‘top tweet’ was seen by over 10,800 users.

By comparison the RTE News coverage has been viewed over 108,000 times.

Website <http://leitrimcoco.ie/eng/Community-Culture/Heritage/Archaeological-Heritage/Sweat-House-Project/>



@leitrimswethouse

<https://www.facebook.com/Leitrim-Sweathouse-Project-109142071357685>



@lsweathouse

<https://twitter.com/LSweathouse?s=20>

2.3 Volunteers & Participation

More than 70 people contacted the project to volunteer or participate in some capacity. Some of these consisted of those who had emigrated from county Leitrim, those that were interested, or had information they wanted to provide. However, often this enthusiasm was tempered with the realities of geographical distance, infirmity, digital illiteracy, and challenges surrounding the Covid19 pandemic.

The ‘active’ community volunteer researchers therefore numbered 31 and each of these attended the associated training sessions. Further information on these training sessions is given in section 3.1.

2.4 Heritage Week

Three actions or events were undertaken as part of Heritage Week 2021.

The first of these was the creation of a video, summarising what Sweathouses were, and what we known about them. It also outlined the aims and some findings of the Leitrim Sweathouse project and was uploaded on the 17th August. The video was shot over several days and features 12 separate Sweathouse site found in Leitrim, as well as the stunning scenery in which they are set. The short video (6.34 mins) has been viewed 316 times in the subsequent 8-week period (Notably, about 80 % watched during the first week, and over 60% of those that have watched the video found it through Facebook, compared to less than 7% from the HeritageWeek.ie website).

The second event was located at the Sweathouse at Parkes Castle, on Lough Gill. Entitled '*Meet the Leitrim Sweathouse Project*' the general public were invited to visit the only Sweathouse in state care and learn about how these structures worked and what they were used for. The Project Co-ordinator was on hand to discuss this and other Sweathouses in Leitrim in an informal setting, answering any questions. There was a turn-out of approximately 40 people, of all ages, genders and several nationalities. Due to Covid19 restrictions, only a limited number of people could be at the Sweathouse site at any one time. This was facilitated by the Office of Public Works and particular thanks must be given to the OPW Staff at the site for their effective management and enthusiasm for the event. Thanks must also be given to Mr A. Kedward, a project volunteer, who assisted on the day. The event, planned to last one hour, ran continuously for almost 4 hours.



Plate 4: Some Project Volunteers at Killooman Sweathouse, 20th August 2021

Finally, as the project had been deprived of much of the usual interaction seen in a community heritage project, a fieldtrip event was organised for the afternoon of the 20th August. This was

specifically for project volunteers to meet and visit a remote, well-preserved, but newly recorded Sweathouse at Killooman. The well attended event was primarily organised by a project volunteer, Mr D. McCarthy, who had recently discovered the Sweathouse in question, and all were very grateful for his time, guidance, and knowledge.

3 Training, Data Collection & Analysis

The central theme of the project was to develop and implement a community engagement module to coordinate and train local volunteers to carry out research into Leitrim's Sweathouses. In order to do this, a successful awareness campaign was initiated (see Section 2), one aspect of which was to encourage participation. There were two stages or phases of data collection, both requiring training or explanation. The first was archival research, looking at multiple digital sources on existing information associated with Sweathouses in Co. Leitrim. The second phase was that of Oral History collection. The approach to this this phase needed to be far more nuanced and flexible, as it requires interaction with local people, most often elderly members of the community.

3.1 Training

Due to Covid-19 restrictions all training was given remotely. The first online session was on the 9th June and provided a brief but thorough introduction to the Irish Sweathouse, the available archival sources and how to use them. This was given twice online (at 2.15pm and 7pm) and was recorded so

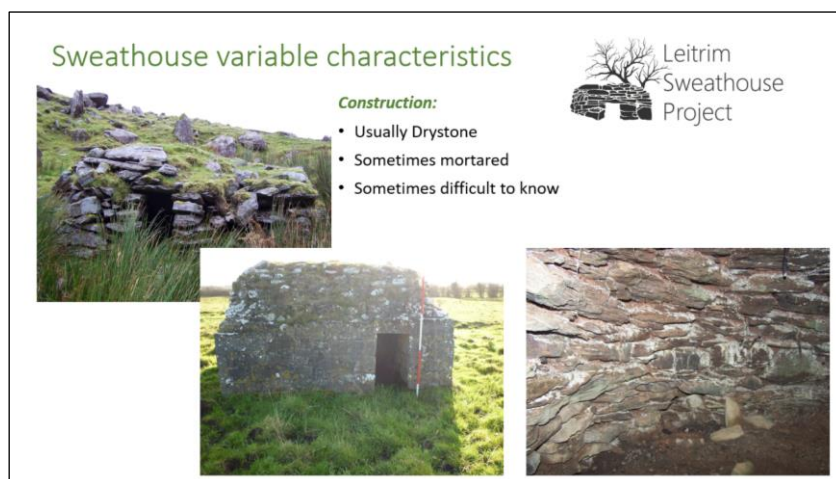


Plate 5: Training session slide

that others, who were unable to attend, could still get informed later. Volunteer participants were asked to contact the Project Co-ordinator following the training session to receive allocated Sweathouse sites and to have the archival records returned by the 5th of July. Each participant was issued with a list of all relevant sources and instructions reiterating how to use them. They also received a Sweathouse Record Sheet to use as a prompt for themselves but also to standardise the returned information. A mid-survey online meeting was held (online) on the 25th June to aid this process, so that Volunteer researchers could discuss and solve any issues they might have had with data collection. It also provided a chance for the Project Co-ordinator to update the community of

Volunteers as to the progress of various aspects of the project. Most participants successfully completed this research phase, with many choosing to go and visit the sites relevant to them.

The second phase of research was that of Oral History collection. An online training session was provided on the 22nd July at 7pm. This session was not as well attended at the first and the session was recorded to facilitate anyone who could not attend at that time. Following an update on the progress of the project, the importance of oral histories was outlined. This was followed by essential best practice in collecting oral history and who the relevant interviewees might be. Aspects relating to permissions and GDPR were outlined and attendees were encouraged to begin by interviewing someone familiar to them (as overall practice but essentially to check that their approach was correct). As with the first phase, Volunteer participants were asked to contact the Project Co-Ordinator to confirm their interest and give an idea, in broad terms, of the geographical area in which they intended to operate (*i.e.* collect data). This latter point was to ensure that researchers did not all interview the same people. A Record Sheet to compile the oral history information was also provided, along with a suggested list of questions that might be posed during the interview. Again, a mid-survey meeting was held online for feedback purposes. This was held at 7pm on the 12th August. There was generally more issues with this phase of the research, and Volunteers struggled in some instances to contact relevant interviewees. It is a notable achievement those that did complete oral history records did so to the highest standard and gained significant information.

3.2 Sources & Methods

The archival sources referred to in the phase 1 included the Historic Monument Viewer, Geohive, Loganim.ie, the National Archives (for Census information), askaboutireland.ie (for Griffiths Valuation and Tithe Applotment Books) and Duchas.ie (for the Schools Manuscript Collection).

Primary data about the Sweathouse site was gained from the online Historic Environment Viewer, the database of the National Monuments Service. This data can differ from that published in the Archaeological Inventory for County Leitrim (Moore 2003) but should be more current and/or accurate.

Geographical data and cartographic information was evaluated using Geohive.ie. This allowed the contours to be evaluated giving accurate information on aspect and slope at each Sweathouse site. As the official mapping of the country, Ordnance Survey map editions are important. Firstly, that the Ordnance Survey marked and annotated Sweathouses on all maps is significant, from the 1st edition six-inch from the late 1830s, again in the 25-inch from c.1907, and again in revised six-inch maps of the 1930s/40s. They therefore provide reliable insight into when and where Sweathouses were in existence, and also what local people called them. In the case of Co. Leitrim, this seems to have been 'Sweathouse', 'Vapour Bath', or in the revised six-inch maps 'Teach Allais'.

When researching Census information, or information from the Tithe Applotment books, the data is often only searchable to townland level. Griffiths Valuation however is accompanied by detailed maps which allowed researchers find the landowners name at the site of a given Sweathouse in the 1850s. This is crucial information in assessing any trends within certain families and the construction or use of Sweathouses. While the Tithe Applotment books do not provide this accuracy, in cases where the same family name is present within the townland in the 1830s, it might be assumed that this is the

same land parcel – the family having avoided eviction or emigration in the turbulent years of the later 1840s. There are of course omissions within the surviving data but what does exist is worthy of analysis.

The second phase of the project aimed to collect oral history. It is crucial to record who is providing the history/memory that is being recorded. However, this information needed to be compliant with current GDPR rules. Therefore, from the outset a certain formality was applied to the research. To alleviate this, it was stressed that the interview should be conducted in a polite and friendly, informal manner, at all times. It was advised not to make a recording of the interviews but instead to write down the information during or immediately after the meeting. It was suggested that the Volunteer researchers begin with someone that they know and then try to find relevant Landowners, Elderly people in the community, or outdoor enthusiasts, to ask about what they know of Sweathouses. As mentioned above, the number of people interviewed was relatively low owing to a number of factors, principally because it was a busy time of year as Covid-19 restrictions began to ease.

In terms of methodology, the archival data alongside personal accounts, in addition the publicity around the project, lead to multiple Sweathouse discoveries. Such sites had not been recorded officially, yet some were on the earliest Ordnance Survey maps. Project Volunteers and the Project Co-ordinator followed-up many of these reports on the ground – a time-consuming but rewarding endeavour.



Plate 6: Internal view of entrance at Annagh Upper LE018-053----

3.3 Analysis

Analysis of the collected data was undertaken using a Geographic Information System (GIS) to map each Sweathouse location connected dynamically to a database containing all information collected about that Structure. Therefore, each category of information collected was analysed.

Oral history information is more difficult to attribute to specific sites and in the case the project ultimately proved to be too limited to analyse in this objective way. Instead, the key findings have

been collated to summarize the recent memories of Leitrim Sweathouses. This expands on the published corpus of Sweathouse literature and permits us to frame local peoples understanding within the wider context of recorded Sweathouse use.

Each newly recorded Sweathouse was compiled as a Monument Report Form and submitted to the National Monuments Service. Furthermore, where new archaeological monuments were discovered, they too were reported. These are presented here in Appendix 7.1.2.

4 Results

The following results are the product of research and analysis from the period May – October, 2021.

4.1 Newly Discovered Sweathouses

In the course of the project multiple Sweathouse sites were identified by project Volunteers and the general public. Each of these had to be checked that firstly they were not yet recorded and secondly that they were in fact Sweathouses. Therefore, the final number of sites presented here is just a fraction of those investigated.

In total, 12 additional, previously unrecorded Sweathouse sites were identified in Co. Leitrim (Figure 1). Five of these are within what we might consider to be the core area, to the north of Lough Allen, however the remainder expand the distribution to a county-wide phenomenon.

Two Sweathouses have been found at the north of the county, at Keellogues and Cloone. The former site is built into the bank of a ringfort, and though in a heavily collapsed condition was marked as ‘*Sweat House*’ on the 1907 Ordnance Survey maps. By contrast, the example at Cloone, although now roofless, is in relatively good condition. This is the northernmost example and was photographed by W.A. Greene, probably in the 1880s or 1890s. It was this photograph that led to the positive identification of the site as the Ordnance Survey illustrate the Sweathouse building in 1907 but do not annotate it.

The southern half of the county has seen the greatest changes in our understanding of the geographical spread of these sites. Here, a site at Murhaun at the southeast of Lough Allen has not yet been recorded accurately. However, it is depicted on the 1907 and 1938 Ordnance Survey maps as being a ‘*Sweat House*’ albeit in ruins in both editions.

Four more have been located in the southern parishes of Mohill and Cloone. These are exceptional in that these are very much separated from the main clusters and core area to the north. The Cloonfannon example (reported by project Volunteer Mr D. Mahon) is a recognisable Sweathouse, mentioned numerous times in the Schools Manuscript Collection (see section 4.3). It is also depicted on the 1907 Ordnance Survey map as a roofless structure but is unannotated. The same researcher followed-up on another reference in the Schools Manuscript Collection to confirm a Sweathouse site at Cavan townland, also in Mohill parish. Here, the structure itself is now almost invisible at ground level but the landowner was able to describe events surrounding it from his youth. In the parish of Cloone to the east, another Sweathouse was marked on the 1st edition six-inch Ordnance Survey map at Cattan. This site has since collapsed but the current landowner remembered her father describing the site. This led to yet another Sweathouse being identified at Annaghoney, in ‘the Sweathouse Field’. While not visited it was described by the landowner as collapsed and overgrown. The same landowner had previously published information about this Sweathouse (O’Reilly 2013), but it had until now remained officially unregistered and unrecorded.

Perhaps the best preserved, and yet previously unrecorded, Sweathouses were found in the central core area of Sweathouse survival in the parishes of Cloonclare, Killarga and Drumreilly. Project Volunteer, Mr D. McCarthy, was responsible for bringing two of these to our attention. The first, at Killooman, is a perfectly preserved, small, corbel-roofed structure, built into the slope of a steep hillside. This is not indicated on any maps. The second, at Cornageeha, is an exceptional example of a

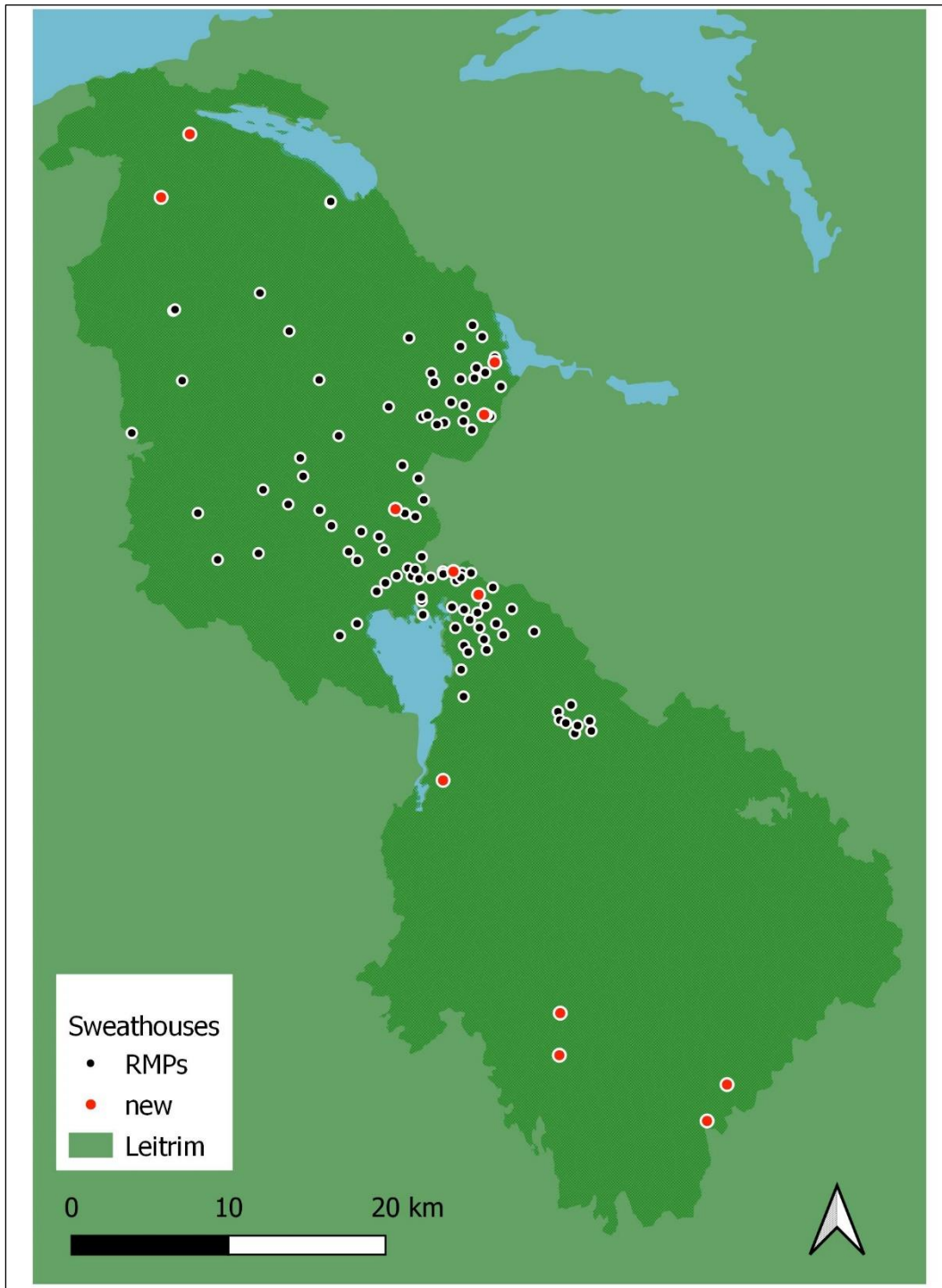


Figure 1: Distribution of recorded Sweathouses (RMPs) with newly identified sites shown in red

well-preserved Sweathouse, with an unusual roofing method. The roof is formed by a single stone lintel acting as a beam, this rests on a pillar at W. Pitched lintels rest on this on either side, in archaeological terms a skeuomorph of a timber roof. Further examples were identified from Ordnance Survey maps at Cornamucklagh, Carrickrevagh and Meenkeeragh. Each of these is indicated as Sweat House on these official maps, Carrickrevagh and Meenkeeragh on the 1830s versions. In each case of the five newly identified Sweathouses in this core area, another recorded Sweathouse is found within the same townland.



Plate 7: Three generations of the McPartland family at the previously unrecorded Sweathouse on their land at Cornageeha, featured in the *Leitrim Observer* 14/07/2021, (photo by D. McCarthy)

It is surprising that these sites were overlooked in the 1990s when the Archaeological Inventory of County Leitrim was being surveyed. Furthermore, some of the existing entries are unsatisfactory, for example Killadiskert LE018-062---- is recorded as ‘*No feature is visible at ground level*’ (Moore 2003, 222), yet when visited during this project, it stands in near perfect condition, over 2m in height. Other entries in the Archaeological Inventory are vague, for example the site at Briscloonagh LE012-043---- is described as ‘*a rebuilt sweathouse*’ (*ibid*, 218) but it is not clear what evidence indicates this. A probably ‘kerb circle’ monument was also discovered in Cavan townland during this project. A Bronze Age burial or ritual monument, this has been reported to the National Monuments Service, as have each of the Sweathouse sites mentioned here.

4.2 GIS Analysis Results

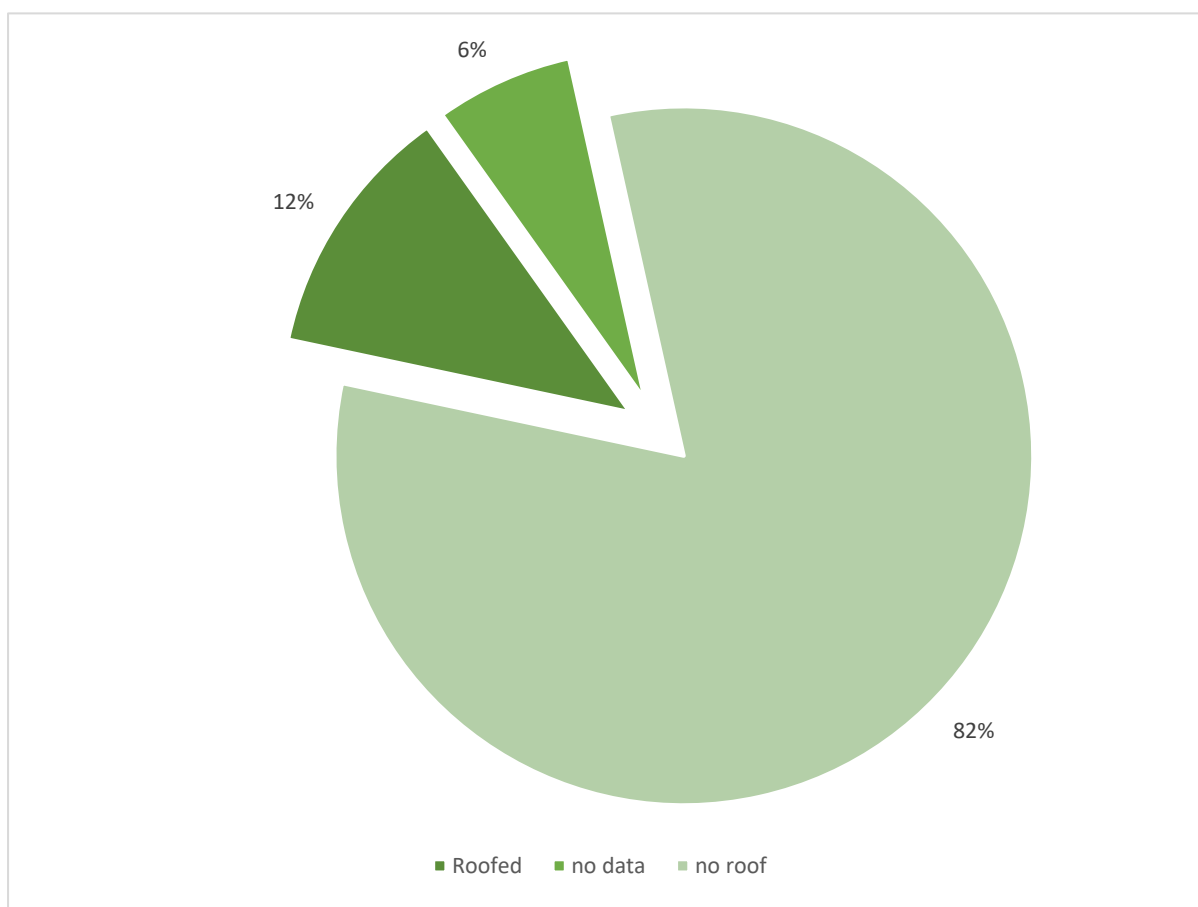
A key aspect of the approach applied to this project has been the implementation of Geographic Information System (GIS). In simple terms this is mapping software which uses a dynamic link between the map and the database for analytical purposes.

The main function of the GIS was to reliably position each Sweathouse site within Co. Leitrim. This distribution is shown in Figure 2 alongside recorded Sweathouses from neighbouring counties. It becomes apparent that the majority of Sweathouse sites in Co. Leitrim are within the parishes of Cloonclare, Killarga, Inishmagrath and Drumreilly – over 75% of sites. This corresponds with a cluster

of Sweathouses in counties Sligo and Roscommon to the west of Lough Allen, and a second area of Sweathouse sites in west Co. Cavan. This consists of an area, 670 km², in which 150 Sweathouse were located, or a density of one sweathouse per 4.47 km². When the whole county of Leitrim is considered, this density decreases to one Sweathouse per 14.45 km². For comparative purposes, the county with next highest number of Sweathouses is Roscommon (46 sites) and the density here is one Sweathouse per 55.4 km².

The recorded number of Sweathouses is different to the number of sites that survive as standing visible structures. Only 13 sites definitively have a roof remaining and can be considered complete structures. While there is no data recorded about roofs for 7 sites, 92 (or almost 84%) were described as in a collapsed state.

Table 1: Survival of roofed Sweathouses in Co. Leitrim



To evaluate this question of reservation, landuse was considered as a factor. However, there are comparable rates of preservation across pasture, park, scrub, woodland and forestry. Equally, there was no correlation between the height above sea-level and the survival or otherwise of a Sweathouse structure. What did yield a result is the date that a structure was mapped. Of those sites marked on the 1st edition Ordnance Survey map in the 1830s, less than 93% have collapsed, while of those depicted in the 1930s, 83% have collapsed. With further refinement, this may be a useful indicator of date and rate of destruction.

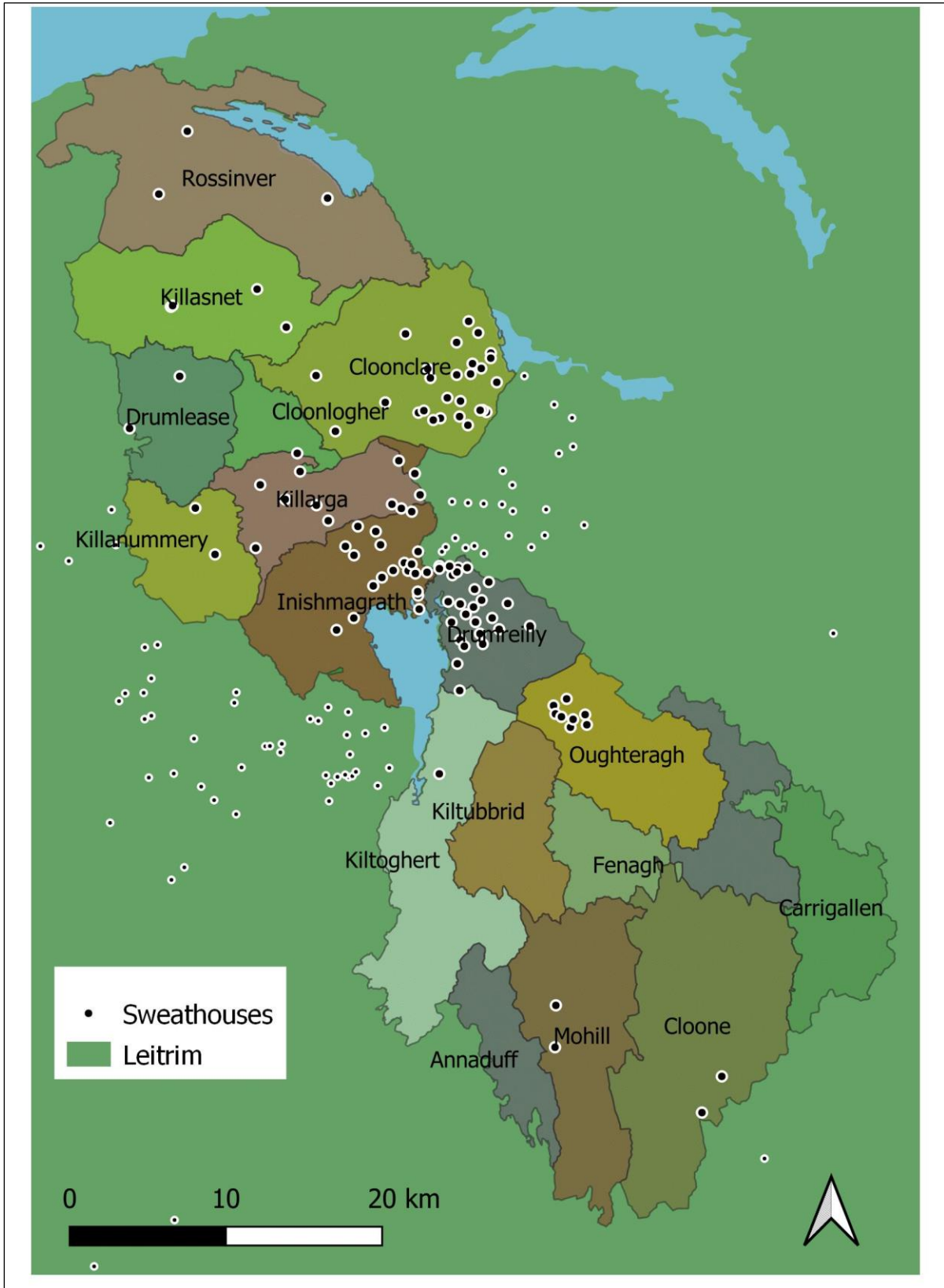


Figure 2: Distribution of all Sweathouses and parishes of Co. Leitrim also with Sweathouses in neighbouring counties indicated

A general aspect attributed to Sweathouse locations is that they are remote, isolated away from settlements and nearly always adjacent to a stream, lake or well. Within the GIS database this information was tested. Just 18 Sweathouses (16%) were found at 200m or more above sea-level, what is normally considered upland. Similarly, 75 sites (68) were less than 100m from a structure, usually a dwelling house. Just 2 sites (1.8%) were more than 300m from a dwelling. Therefore, these structures are not located in remote or isolated areas.

Table 3: Distance to water source

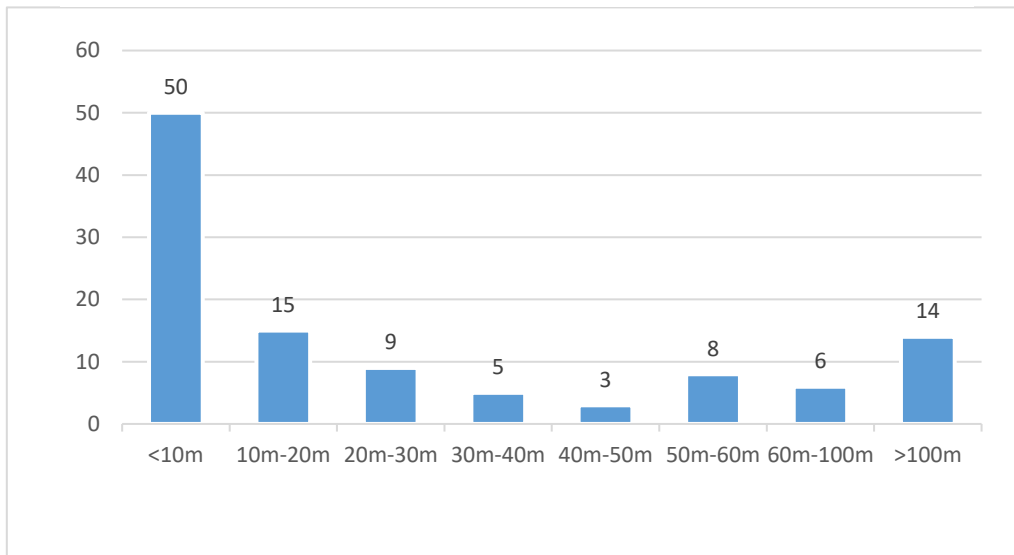
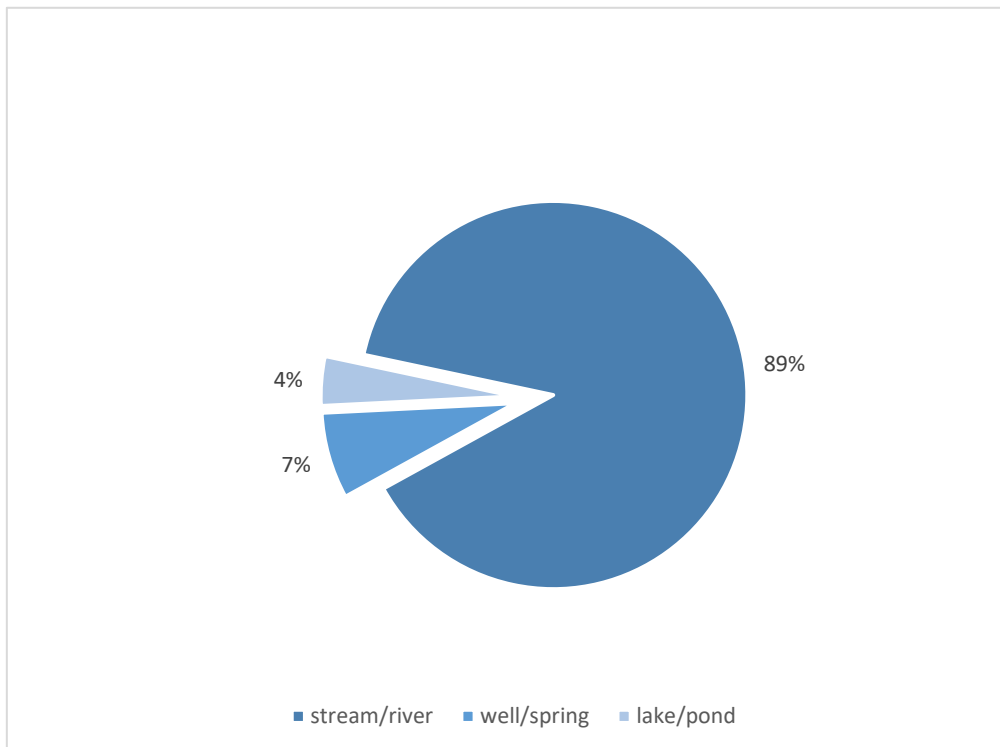


Table 2: Breakdown of nearest water source by type



The distance of Sweathouses from water is also an apparent diagnostic feature. As shown in Table 2, this attribute is supported, with just 13% further than 100m from water. The type of water nearby is also worthy of examination. Table 3 shows the breakdown of water sources near to Sweathouses. There was no significant pattern to this information, but it is notable that streams while perhaps more abundant, also seem to have been a preferred choice.

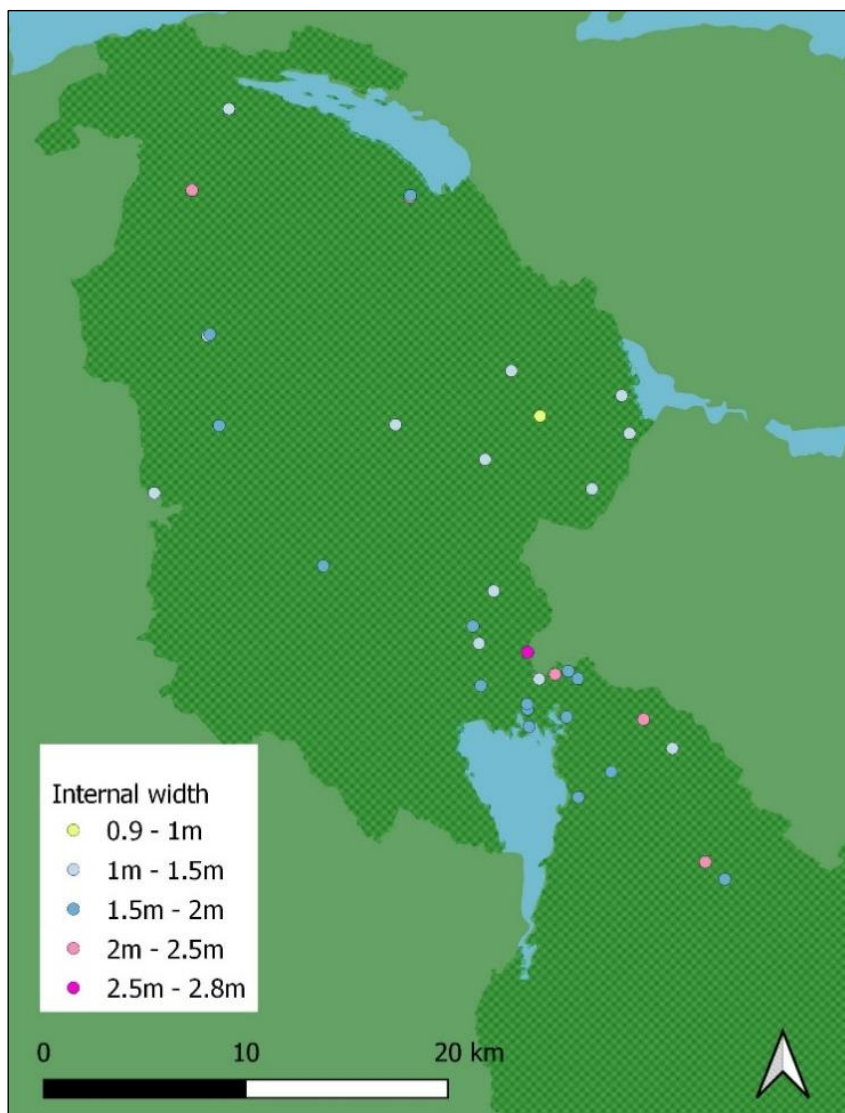


Figure 3: Maximum internal width of Sweathouse chambers

There is relatively limited data on the Sweathouse structures themselves. Less than a third of sites have internal dimensions noted. The size of the chamber is critical information when assessing whether such sites were for communal use or not. Nevertheless, the maximum internal width of the interior ranged between 0.9m – 2.8m (see Figure 3). Large examples appear to be uncommon, just 6 have recorded widths greater than 2m, and these are evenly distributed. The average internal width is 1.65m.

Internal height could only be recorded for 18 Sweathouses. This ranged from 1.1m – 2.15m. The type of roof construction is also noteworthy. Information was gathered for 13 sites, and over 76% were of corbelled construction. Just two Sweathouses had surviving lintelled roofs. One example, at Cornageeha, has a beam and pitched-lintel roof construction.

Both size and roof type are influenced by the shape of the chamber. The internal shape is discernible for 35 examples. The vast majority are circular (or sub-circular). The single 'D-shaped' Sweathouse at

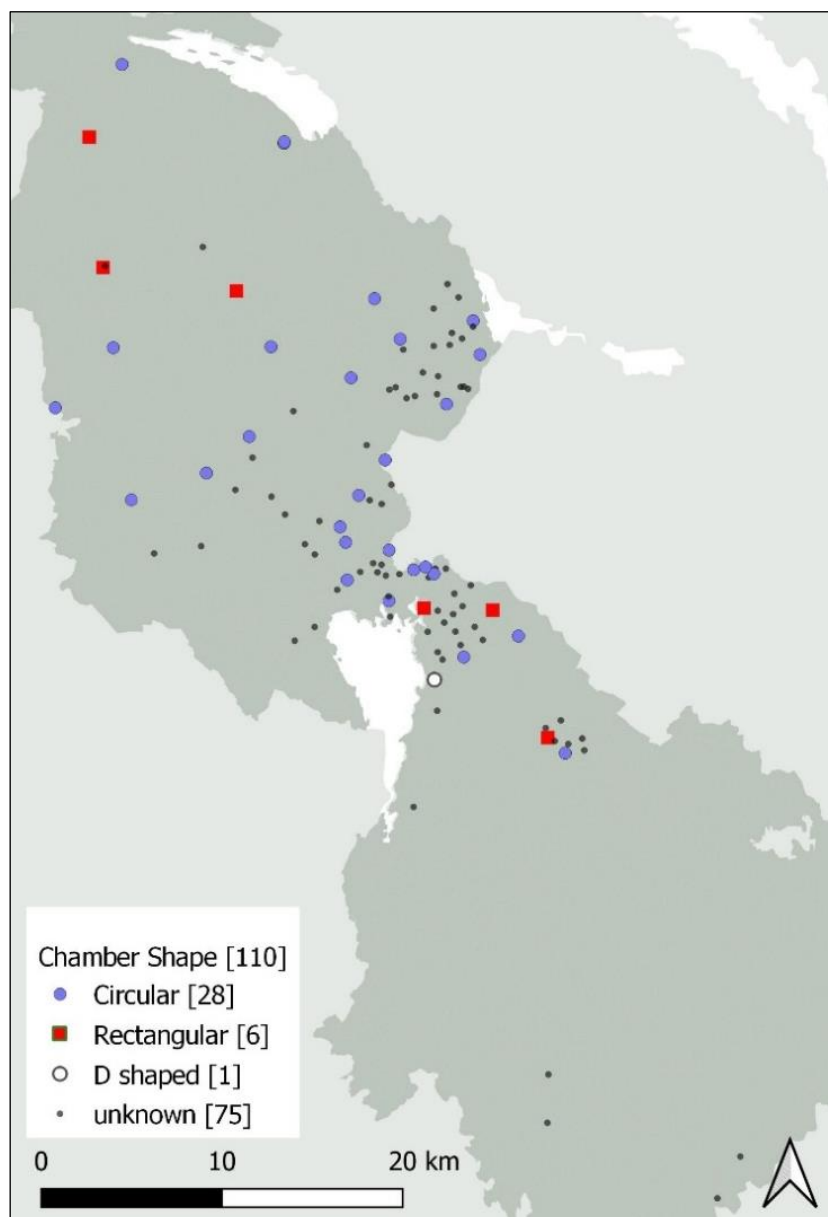


Figure 4: Shape of internal chambers

Cleighran More (or St. Hugh's) is a variant and could be classed as sub-rectangular. Rectangular chambers account for just 17% of the data, yet 50% of those chambers over 2m in width.

The entrance at Sweathouses is usually low and narrow. Statistical analysis of the data from Co. Leitrim confirms this, with entrance width ranging from 0.35m – 0.9m (average 0.55m) and height from 0.4m – 1.1m (average 0.65). Even though the entrance is noted in the record for 40 Sweathouses, only 26 record width and 20 record height. Collapsed entrances provide poor data in terms of accuracy.

However, the orientation of entrances can be reliably determined. Therefore, the direction that the entrance opens is shown in Table 4 and was thought might be a factor associated with prevailing winds and generating a draught during firing. As can be seen, there is no apparent preference or trend, instead it seems the slope or aspect determined the position of the entrance. Data recording aspect shows little variation from that given in Table 4.

Table 4: Chart showing entrance orientation



Only 9 of the 110 Sweathouses are not named on Ordnance Survey maps, and only 7 or 6% are not depicted at all. The remainder are annotated 'Sweat House' abbreviated 'Sweat Ho.', or 'Vapour Bath'. Both 'Vapour Bath' examples, at Alteetacres Glebe and Corraweehil Glebe, are within 900m of one another, and possibly is a result of a given Surveyors terminology. They are set 3m and 5m respectively from streams. Three more Sweathouses that are marked in the 1907 Ordnance Survey maps are annotated 'L.K.' indicating Limekiln. Notably, all three are in the uplands, *i.e* above 200m O.D. While currently classified as Sweathouses, these sites in a collapsed state could be either and care is needed in their assessment.

The earliest accurate mapping, from the late 1830s, and this was done at a scale six inches to 1 mile. Importantly, there are 30 Sweathouses marked on this series of maps, and all therefore date to before the Great Famine. Apart from one example at Cattan, near Mohill, all are north of Lough Allen, particularly around the Glenfarne area (see Figure 5). In 1907, a much more precise mapping was carried out at 25-inch scale. This added a further 71 Sweathouses. It is not clear if all of these came into existence after 1838, or whether the higher scale allowed more features to be recorded on the

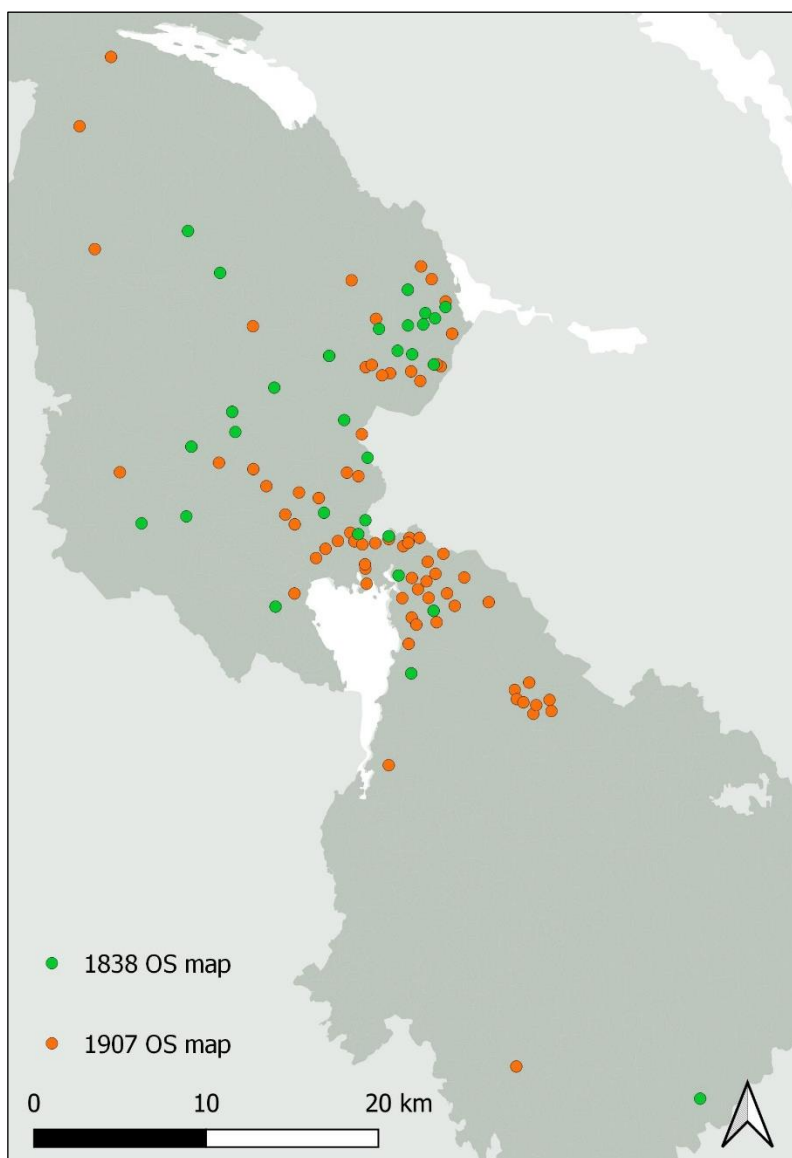


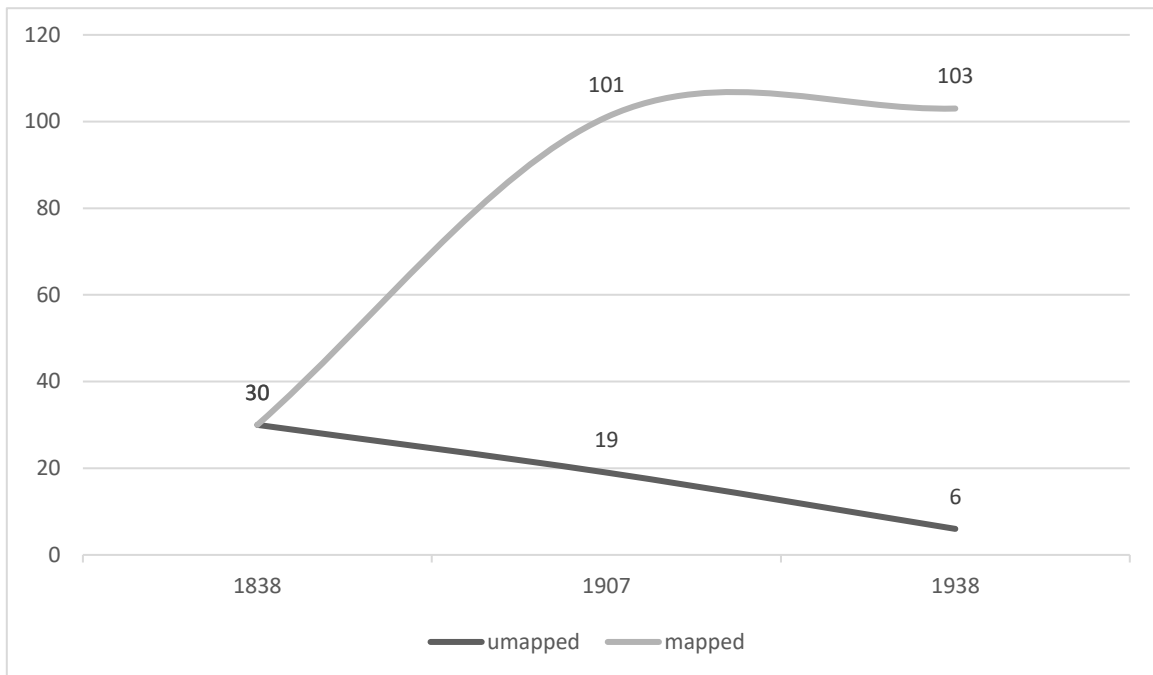
Figure 5: Sweathouses recorded by the Ordnance Survey maps in 1838 and 1907

maps. The geographical spread of sites is greater than that show on the 1st edition six-inch (Figure 5).

Another aspect of the Ordnance Survey mapping is that it allows us to evaluate the potential rates of destruction. This information can be inferred from the appearance and disappearance of sites on different versions. There are assumptions made here, in that much information is transferred from one map version to another without surveying on the ground and we must make allowances for the changing scales also. Table 5 demonstrates this, and more Sweathouse sites are added over time, dramatically so when the scale/resolution is increased, as in 1907. Of perhaps more significance is the rate at which these sites are removed from cartographic sources; essentially meaning they are gone

out of use or existence. This rate (of approximately 1 site every 5 years) is relatively constant in the timeframe we can analyse in Table 5.

Table 5: Sweathouses added and retracted from mapped sources



It was possible to trace the landowners for each townland in which Sweathouses are found. These records allow us to see snapshots of who lived there and when. Four sources were used; Census data from both 1901 and 1911, Griffiths Valuations from 1857 and Tithes Applotment books from 1830s. The census information is useful in that it can give an indication of the population at a moment in time. For instance, between 1901 and 1911, the townlands of 71% of Sweathouse saw a decrease in population. This is perhaps unsurprising. The majority of townlands in which Sweathouses were located had between 12 and 61 occupants in 1901. Of course, the size of townland varies considerably and no geographic trend emerges but it is interesting that the most sweathouses are within low population areas (Figure 6).

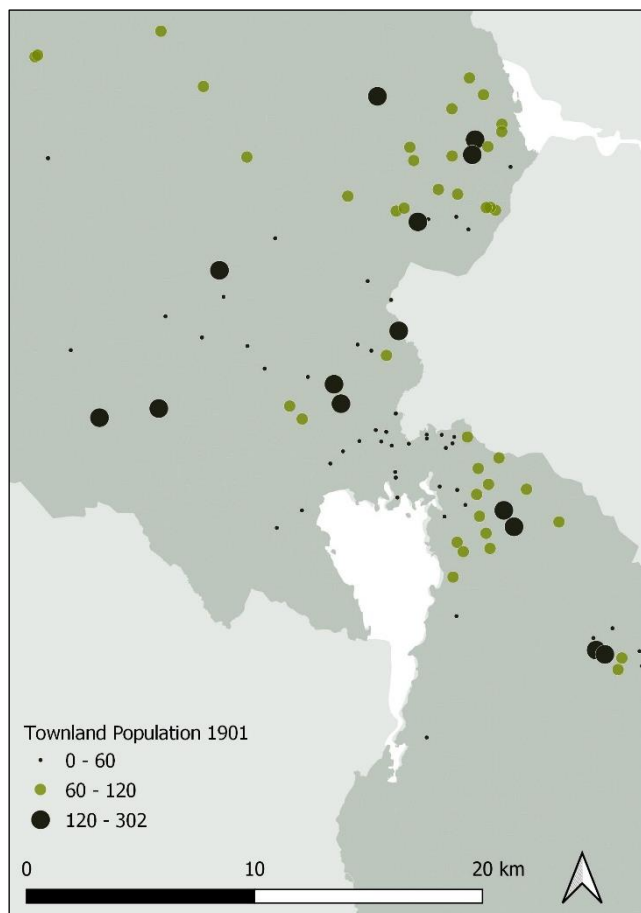


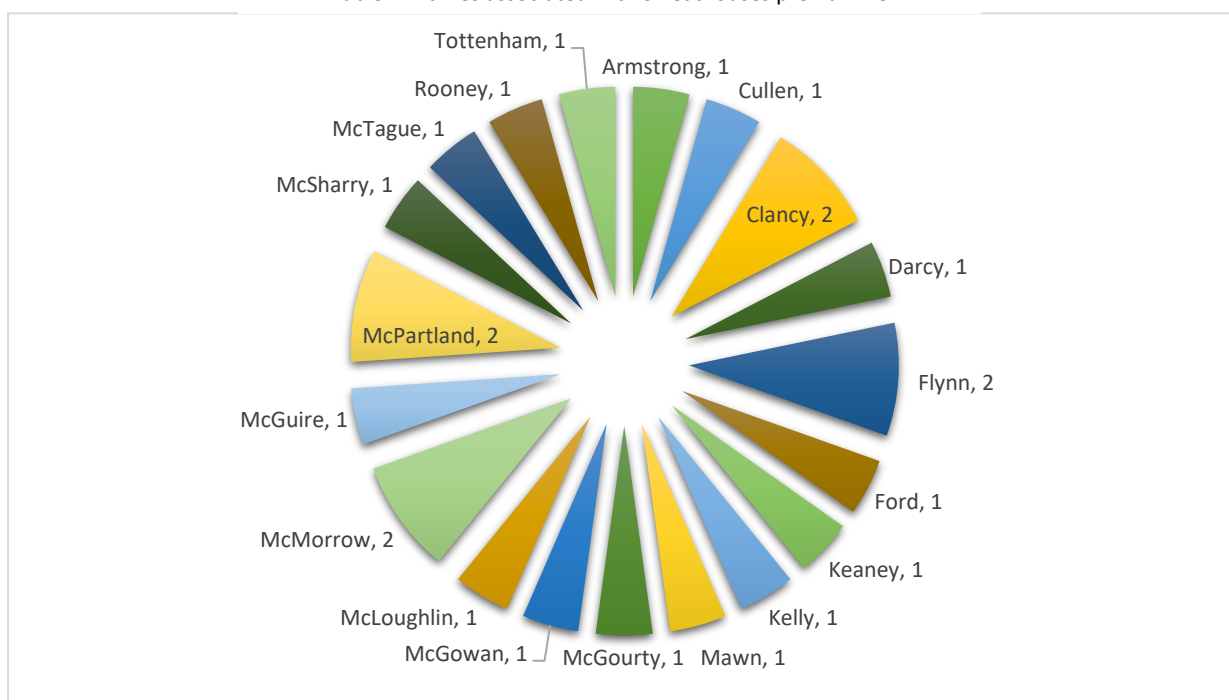
Figure 6: Populations in the townlands of Sweathouses 1901

It is challenging to connect family names to the construction or use of Sweathouses. However, the Griffith Valuation, carried out in Leitrim in 1856-1857, records the landholder and outlines the holding with the townland. We can therefore attribute certain names with the specific locations of Sweathouses in the 1850s. This gives us 72 family names with Sweathouses on their lands in 1856-7 (see Table 6). The major upheaval in landownership in the 1840s due to the Great Famine meant

Table 6: Families owning specific land in 1856/7 associated with Sweathouses

Family Name	Associated Sweathouses
<i>Keaney</i>	7
<i>Flynn</i>	6
<i>McPartland</i>	5
<i>McLoughlin</i>	4
<i>Clancy, Dolan</i>	3
<i>Creamer, Cullen, Early, Faughan/Vaughan, Flanagan, Ford, Kelly, McGlynn, McGourty, McMorrow, McTiernan, Rourke</i>	2
<i>Armstrong, Brady, Buchan, Cafferty, Carrigan, Coll, Colreavey, Connor, Cunningham, Daly, Darcy, Doherty, Fallon, Gillhooly, Gilmore, Gilrane, Hennigan, Heslan, Kilbride, Kilgunn, Long, Mahon, Mawn, McCabe, McCahill, McCann, McCanna, McGoldrick, McGowan, McGrale, McGrisken, McGuire, McHugh, McKeon, McManus, McNiff, McSharry, McTague, McWeeney, Moran, Mulvey, O'Brien, O'Hara, Prior, Reynolds, Rooney, Roynane, Rynn, Sherran, Slevin, Stretton, Tottenham, Wallace, White</i>	1

Table 7: Names associated with Sweathouses pre-Famine



that many of the original landowners where Sweathouses existed had been displaced. This is evident in about a third of cases. We might assume that Sweathouses marked on the 1830s Ordnance Survey were in active use at the time Tithe Applotment book records. We must also assume continuity if the family name appears on both the Tithe Applotment books and the Griffith Valuation. Therefore, of the 30 Sweathouses on the 1830's Ordnance Survey, there is no name change for 23 locations, and so family names can be attributed. These are shown in Table 7. There is no dominant family name but Clancy, Flynn, McPartland and McMorrow are each represented twice.

Placenames, manuscript refernces, geology were also recorded within the GIS database. Some of this information is discussed in the following section. The entire mapping file and database for this project will be archived with the Leitrim County Council Heritage Officer for further research and ultimately inclusion on Heritagemaps.ie.



Plate 8: Slievenakilla Sweathouse LE019-014----

4.3 Oral Histories and Accounts

The collection of Oral History was hampered by on-going restrictions, but it must be acknowledged that fewer Volunteers participated in this phase of the project. It is a daunting undertaking for most and therefore we must be even more grateful to those who succeeded in collecting the following information. The nine recollections given by people living today are intriguing and surprising in many instances. In the interests of maintaining GDPR compliance the interviewee names have been redacted and for clarity purposes their information is presented by topic below.

Awareness

In almost equal numbers, interviewees were either very aware of the existence of a given sweathouse, or entirely unaware until recently. This seems to be a trend also witnessed on social platforms, where people who lived in Co. Leitrim, sometimes had never heard of Sweathouses before. This was also the case for landowners, but it is worth noting that one such landowner, and his father, were very respectful and careful not to damage the Sweathouse in anyway. This was not linked to any superstition, and no such superstition or folklore was found in any account relating to Sweathouses. An understanding of how Sweathouses operated was linked to awareness of these sites in the first instance – those who were aware of them generally had an understanding of how they were used.

Who Used Sweathouses?

While no interviewee knew of anyone that had used the Sweathouse, most knew when they had not been used. An example of this is where interviewees could say that ‘the Sweathouse was not used in my Grandfathers time, or since’ and then provide general dates for the same. It seems that in most cases the Sweathouse was not used in the 20th century. Only one of the recorded sites in this project, one at Killooman, was definitely used in the 20th century. Unfortunately, the person was non-verbal at the commencement of the project and has since passed away. One interviewee was confident that it was used by adults, and sometimes by children. It seems children were wrapped in blankets and brought into the Sweathouse and did not go into the cold water after the treatment, unlike the adults.



Plate 9: Entrance with curved lintel at Greaghmagloach LE016-024---- (photo by D. McCarthy)

How were they Used?

The general way in which the Sweathouses operated was described by several interviewees. Most mentioned the fuel use was turf, one even suggesting that 'sometimes people supplied their own turf for the fire'. In both the north and south of the county, it was stated that 'brambles', when dry and seasons would have been used.

As mentioned above, the practice of washing in a stream or pool after sweating was seemingly a widespread practice. One account provided details of deep section of ditch, almost 2m in depth, that filled with water in the winter months and was much closer to the Sweathouse than the alternative.

The use of an Operator, someone who tended the fire and managed the 'sweating' treatment is something occasionally mentioned in the written sources. One person mentions that there was an operator who lit the fire. They were not certain if this role ran in families or was a paid job.

One account mentions that while the sweathouse could be heated by a large fire inside, the Sweathouse in question had a hollow in the stone floor, which could hold water. A fire outside was used to heat stones that were then brought inside and placed in the water to create steam. This is the only mention of steam

What did they Treat or Cure?

Colds, influenza, aches and pains seem to be the most commonly mentioned ailments that Sweathouses were used to treat according to Leitrim people today. However, as with other accounts, rheumatism, fever and chest pains were also mentioned. Curiously, the connection between *Poitín* making and Sweathouses came up several times throughout the project. One interviewee suggested that if they weren't drinking it in the Sweathouse, they were making it there, and that the Sweathouse had been used to treat delirium tremens (the DTs). It is conceivable that Sweathouses were used as hidden places in which to place a still *Poitín*, and also to sweat out alcohol, or other types of poisoning. However, the evidence for this has not yet been looked into in detail.

Houses & Townlands

Two accounts support the hypothesis that the houses nearest the Sweathouse were in some ways the custodians, and likely users of it. One researcher asked the interviewee about a ruined cottage nearby, and was told

'the house was always referred as 'Charles' house', and the people who lived there died before his grandfather's time. He is not sure if 'Charles' was a christian name or surname, but he suspected that it may have been a nickname to distinguish them from other McManus' in this townland'.

This is interesting as it correlates with the information on Griffiths Valuation 1856/7, where the landholder for this parcel of land is recorded as Charles O'Hara. The interviewee assumed it was a McManus, as in later times. This demonstrates the deep memory of people today, and the local histories passed down from generation to generation.

Another enquiry was about the work undertaken in these townlands in the past. Mining, quarrying, forestry and linen production were all industries that might be related to Sweathouses. In all instances, there was no memory of mining, quarrying or forestry in the past. However, in both accounts from the south of the county, flax growing, and processing, was remembered. Retting flax is connected with Sweathouses use in Ulster. However, it seems hard, labour-intensive lives, primarily involved in mixed farming practices warranted the existence of Sweathouses in Co. Leitrim.



Plate 10: Interior of Killadiskert Sweathouse (LE018-062----)

Incidental Information

References to 're-built' Sweathouses are recorded occasionally in the literature. Usually a result of roof collapse, the roofing slabs are simply replaced. However, one interviewee in this project was involved in a local Community Council in the 1980's and remembered a sweathouse had been relocated and rebuilt from somewhere locally to behind the local Community Centre. A second person confirmed that the sweathouse that was relocated had come from Coollegreane. This is vital information, as when the only Sweathouse in Coollegreane was surveyed by the Archaeological Survey of Ireland in 1991, they found it was 'Not visible at ground level' (Moore 2003, 219).

4.4 Schools Manuscript Collection

Sweathouses are mentioned 32 times for Co. Leitrim in the Schools Manuscripts Collection. This is a folklore and local story collection gathered by the pupils of National Schools in the 1930s. Even the simplest mention of these sites is interesting as the pupils were usually collecting the information from their grand-parents or elderly neighbours. This information does not work well within a database (such as GIS), however, there are crucial fragments of knowledge within the manuscripts. The multiple mentions of certain townlands where no sweathouse was officially recorded allowed researchers to directly or indirectly discover the location of them today. These Sweathouses, at Cloonfinnan, Murhaun, Cloone, and Cavan are outlined in section 4.1 and detailed in Appendix 7.1.2 were supported by manuscript references. Further sites are hinted at but not yet found, as at Glenboy, Cloonawillin and Deffier.

The screenshot shows the 'dúchas.ie' website interface for the Schools Manuscript Collection. The page is titled 'Muine Mór' and is located in Meenymore, Co. Leitrim, with teacher Liam Ó Briain. The manuscript page is titled 'Old Place Names' and contains the following text:

92
 Old Place Names
 In the townland of Glenboy there is a place called Alconie. When a person died in that house which is built on that field, the fairies would go crying out the hill and some of them would hit the window.
 The house is situated about three miles from the town of Manohamilton. It belongs to a man named Hugh Mac Morrow.
 By
 Charles Mac Morrow.

The right-hand side of the interface shows a metadata panel for the transcription, including the collector's name (Charles Mac Morrow), gender (male), address (Gortnalibbert, Co. Leitrim), and language (English). There are also social media sharing options and a 'Share' button.

Plate 11: Example of the Schools Manuscript Collection, online at www.duchas.ie/en/cbes

Generally, in these accounts it is mentioned that there was a Sweathouse in every townland, a turf fire was used to heat the structure, there was a small doorway which would be blocked, the person would sweat for an hour and a half up to 4 hours. Also regularly mentioned is washing in a nearby stream afterwards and the Sweathouse being a treatment for rheumatism.

Several entries found within the Schools Manuscript Collection indicate significant differences or details.

The first is the fuel that was used in the following account:

'There is an old sweat house in this district... The old people used to cut a heap of rushes and let them rot and when they would be rotten they would shake them out and let them dry. Then they would bring some of them in and light them and light up the place so that no air could get in and when the rushes were burned the come and sweep out the ashes.'

The medical treatment of 'Sweathouse' is seen here alongside and complimenting the similarly primitive method of bleeding:

'The sweat house was beside the old house Terry Lynch was born in (John Yank's father). Turlogh as Terry was called could bleed and sweat but not as good as the Lynchs before him. The Lynches for generations bled people. If fever was supposed the sufferer was brought to the sweat house and if not relieved by sweating was bled.' - The Schools' Collection, Volume 0208, Page 220.

The nature of the Sweathouse structure is regularly discussed. Again, the detail here is interesting, as flagstone floors, a part of the Sweathouse rarely seen today, and also the mention of thatched roofs.

'There are the ruins of an old sweat house in the townland of Keellogues. It consisted of flags, the roof and sides and bottom were all made from flags' – The Schools' Collection, Volume 0190, Page 258

'The walls were built with clay and roofed with flags and had clay on top of that to keep the sweat house air tight. The floor was made of flags.' – The Schools' Collection, Volume 0203, Page 200

'The floor inside the sweat-house was also flagged.' – The Schools' Collection, Volume 0206, Page 031

'In the townland of Cultha on Peter Darcys land there is a small house which is called the "Sweat House", It is built of stone and has a thatched roof.' – The Schools' Collection, Volume 0206, Page 119

'The house was small and the walls were made of mud the roof was thatched [sic]' – The Schools' Collection, Volume 0207, Page 117

Ownership of the Sweathouse seems to be complicated. Some are clearly owned, with a payment required.

'the ruins of a sweat house in the middle of a fort in a field belonging to Mr. Faughnan... Whoever wished to be cured had to pay a ten-penny piece. Less money would not be accepted. Mr. Faughnan got the money to keep a fire in it for the person who wanted to be cured.' – The Schools' Collection, Volume 0217, Pages 090/091

Others, it seems are long unused and ownership seems to have been thought as societal.

'Nobody owned it and it was regarded as a kind of District Home for all. It is not known when or who built it and the old people of the district never saw it used' The Schools' Collection, Volume 0191, Page 252

A number of references speak to the antiquity of the Sweathouse tradition. Bearing in mind that these accounts were documented in the 1930s, Sweathouses are frequently referred to as 'ancient'. However, more tangible chronologies are also put forward.

'It is not known when or who built it and the old people of the district never saw it used' – The Schools' Collection, Volume 0191, Page 252

'About eighty or ninety years ago there was a cure for rheumatism and colds in our neighbourhood.' - The Schools' Collection, Volume 0203, Page 200

One reference stands out as having considerably more information than others. This comes from a 72-year-old woman then living in the Cornageeha area, a core area of surviving Sweathouse sites.

'The first Sweat-house built in this locality was that in Corradeveret [in Co. Cavan] The old lady who told me about this particular Sweat-house says it was built for her great-great-grandmother, a Mrs Carson. The man who built it was a Doctor Greden... recommended 'Sweating', - as a cure for Rheumatism, and all bone-aches... Live coals were placed in the middle of the floor; and around this turf were built in the form of a clamps. The entrance was then sealed with rushes, and the fire was left burning till evening. When the fire had burned low, the ashes were removed and the floor was strewn with green rushes. Then, the women or men who wished to sweat entered; the entrance was sealed again with the rushes; and the inmates remained there from one to two hours.' – The Schools' Collection, Volume 0206, Page 032

It is interesting that, the elderly woman recalls an old woman telling her about the origin. If we suppose that the informant was middle-aged at the time of hearing it, then this would have been the early 1900s. Then the story recounts back five generations to the earliest Sweathouse in the area. Conservatively, this brings us to about 1800. Interestingly, the first Sweathouse recorded in Corradeveret is on the 1907 Ordnance Survey map.

5 Further Research

The final objective, as set out at the start, was to develop a proposal for 'Phase 2' of the Leitrim Sweathouse Project. Of course, this could not be done without first having completed the other stages and getting the views of project Volunteers and others. There are targeted questions regarding sweathouses that cannot be answered definitively under the existing project framework (*e.g.* scientific dating of sites, site access issues *etc.*). However, there are critical steps that can be taken to protect and promote Sweathouses as a valuable heritage asset within Co. Leitrim. These research areas or questions can be summarized as follows:

- Training local communities to carry out targeted archaeological field-survey in Co. Leitrim
- Develop practical conservation guidelines for the protection of Sweathouses in Co. Leitrim
- To promote knowledge and appreciation of Sweathouses in in Co. Leitrim through outreach events and public engagement

The following briefly outlines each of these key research areas that require further study.

5.1 Archaeological Survey

Field survey was not a stated aim of the project in 2021, yet a significant number of previously unrecorded Sweathouse sites were identified (12, with possibly 4 more). In many instances, these sites were visited by project Volunteers, but without the required training necessary to carry out archaeological survey. This is a necessary step in gathering accurate information about Sweathouses or any other archaeological monument. The methods used to document sites in an archaeological survey include standardised ways in which to measure, describe, sketch, and photograph an archaeological site. It would be beneficial if this were consistently done to form a complete record of each site.

The discovery of 'new' Sweathouse sites is an achievement framed by the 98 sites recorded by the Archaeological Survey of Ireland (part of the National Monuments Service). Of this total number of sites in Co. Leitrim, it is clear many have been surveyed correctly. However, some records are evidently inadequate and require reappraisal (see Section 6). Each of the 'new' sites and a sample of those recorded in the 1990s need to be archaeologically surveyed to an appropriate and reliable standard. Even where the original record compiled by the Archaeological Survey of Ireland is accurate, this survey was conducted between 20 and 30 years ago and it would be worthwhile to assess the preservation of these sites in the interim.

5.2 Site Conservation

One of the stark findings of this project is the proportion of Sweathouses in in Co. Leitrim that have collapsed (83.6%) or have no roof remaining (approx. 88%). Often this is not a result of deliberate decisions by people but instead a product of trees growing on or within the structures, livestock walking on top of the Sweathouses, or increasingly flooding events. Currently, these destructive effects and events are anecdotal, and it would be sensible to measure these effects at the same time that archaeological field-survey is being carried out. Having acquired monuments at risk data on these Sweathouses, it would be appropriate to create guidelines for the protection of Sweathouses as a monument type. This should be done in consultation with the National Monuments Service, the National Inventory for Architectural Heritage, and other relevant agencies and experts.

The Sweathouse conservation guidelines could be sent to landowners where these sites are located. It could also be publicised more generally, as an active measure towards the preservation of heritage.



Plate 12: A previously unrecorded Sweathouse at Cloone, Kinlough, now collapsed with trees growing from the mound

5.3 Public Engagement/Outreach

As in 2021, any further research should include further public engagement. There are pros and cons for each type of outreach method or event. It was noted in this project that with the lifting of Covid-19 restrictions and the previous months of raising awareness across all forms of media, by September there was a new interest in the project amongst a wider portion of the community. Hopefully this momentum will not be lost as the project moves into Phase 2.

Heritage Week does offer a chance promote heritage on a national and local level, and media outlets are far more open during the weeks before and after Heritage Week. Therefore, at least one event should be carried out as part of this.



Plate 13: Project Volunteers during Heritage Week 2021

Social media has proven useful in addressing a wide and diverse audience. However, it does exclude many who are not tech-savvy or simply avoid these platforms. There are several active historical societies in Co. Leitrim. These tend to have an older demographic but have considerable reach in terms of local communities. It is therefore suggested that lectures or information evenings might be run in conjunction with some of these societies.

The heritage event held at Parkes Castle during Heritage Week, was the only event where this project engaged with young people, either local children or those on holiday in in Co. Leitrim. This aspect should be explored further as young outreach, either within schools or other safe and appropriate setting.

6 Discussion

In general terms the Leitrim Sweathouse project was highly successful in engaging the community, training local Volunteer researchers, and finding out more about these unusual Irish Sweathouse structures. The awareness that these are peculiar to the northwest, and Co. Leitrim in particular, has been highlighted at a national level.

Sweathouses in Ireland are generally understood to be in rural, isolated and remote locations, In general terms this is true, but the data gathered in this project show that they should not be thought of as upland features, or located far from settlements. They are located in largely accessible locations within reach of a water source, most often a stream.



Plate 14: Previously unrecorded but collapsed Sweathouse at Keelagues, note nearby ruined house in the background

In Co. Leitrim, Sweathouses are concentrated in an area east and north of Lough Allen. However, newly discovered Sweathouses in 2021 have expanded the distribution of these sites to a county-wide phenomenon. The southern Sweathouses, although damaged have a comparable folk tradition to those found elsewhere in the county. There are undoubtedly further examples in all parts of Co. Leitrim yet to be found.

Notably, Sweathouses are not listed at all within the Record of Monuments and Places for Co. Leitrim in 1994. It was significant progress to include these sites in the Archaeological Inventory for County Leitrim (Moore 2003) a number of years later. This survey was conducted with the understanding that *'Sweathouses are marked on the current edition of the OS map, and many more are indicated on the first edition. All the known sites were visited...'* (ibid. 217). Yet this project has found that some sites were not visited, and the analysis of OS maps was far from thorough, leaving many of these sites unprotected and unrecorded. This is perhaps best demonstrated by the description for the

Sweathouse at Largandill LE018-075 which *'might still survive'* according to the online entry, contradicting the published Inventory where it states it is *'Not visible at ground level'* (*ibid*, 225). Another, at Killadiskert, also described as *'Not visible at ground level'* (*ibid*, 225) was in fact found standing over 2m in height, while another reported in the same way in 1991 had been 'relocated and rebuilt' elsewhere in the 1980s. Therefore, re-survey or re-appraisal of these Sweathouse sites is very much warranted and necessary.



Plate 15: Killadiskert Sweathouse (LE018-062----) recorded as not visible at ground level

It is concerning that the current Historic Environment Viewer online database lists 98 Sweathouses in Co. Leitrim but only schedules 75 of them for inclusion in the next RMP (*i.e.* Recorded Monuments and Places – the legally recognised protected list). The rationale in choosing to dismiss 23 Sweathouses is not reflected in the mapping, the condition, or morphology of these monuments. Justification for

their exclusion needs to be understood – there is no point in encouraging an appreciation of these sites on the one hand, if the only legal protection afforded them is removed with the other.

Similarly, the National Inventory of Architectural Heritage, registers just one Sweathouse in Co. Leitrim. This is one of the sites at Gubnaveagh (NIAH Ref. 30921001). It is described as ‘*built c.1700*’ and appraised as of regional significance (NIAH, www.buildingsofireland.ie/buildings-search/building/30921001/gubnaveagh-leitrim). It is also mapped incorrectly, identifying a nearby farm or domestic building as opposed to the actual Sweathouse location. Interestingly, only one other Sweathouse in Ireland has been included so far in the NIAH surveys, at Carrowblagh, Co. Donegal.

7 Conclusion

In just six months (May-Oct 2021), the Leitrim Sweathouse project has engaged the public imagination and hopefully rekindled a sense of pride in these small vulnerable structures scattered across the landscape. This interest has not been limited to Co. Leitrim but captured the imaginations of people across Ireland and beyond.

What we understand about Sweathouses, and the sweating tradition, has been progressed by merging folk and oral histories with archaeological information, to build a more representative picture of this tradition. It seems that Sweathouses were used right across county Leitrim, and although there were subtle differences noted in how they were constructed and used, they do form a coherent tradition. The differences in fuel, duration of treatment, roof construction *etc.* may have a regional or familial aspect but might reflect changes over time also.

That previously unrecorded Sweathouses are still to be found in Co. Leitrim is a major finding of this project. Leitrim, with 110 Sweathouses, has more than twice as many recorded sites than any other county. There are undoubtedly more to find, and the more Sweathouse sites known of the better our understanding will be.

The information collected during the project will be stored for future research. Updated field surveys are required, as are some robust guidelines on how we might protect Sweathouse structures in the coming years. It is hoped that the many researchers involved in this project, who volunteered their time and energy in furthering our understanding of Sweathouses in Co. Leitrim, would play an important part in any future research.

7.1 Appendices

7.1.1 Media List & Links

- RTE News, 'Study into sweathouses, the ancient Irish-style saunas' by Eileen Magner <https://www.rte.ie/news/regional/2021/0618/1229023-ireland-sweathouses-heritage/>
- The Irish Times, 'Stories of the sweathouse: A beehive-shaped bolthole for battling maladies' by Marese McDonagh, 18th August 2021 <https://www.irishtimes.com/news/social-affairs/stories-of-the-sweathouse-a-beehive-shaped-bolthole-for-battling-maladies-1.4647674>
- Newstalk, The Pat Kenny Show, 'The Leitrim Sweathouse Project' 20th Aug 2021 <https://www.newstalk.com/podcasts/highlights-from-the-pat-kenny-show/the-leitrim-sweathouse-project>
- Heritage Week 2021. 'Leitrim Sweathouse Project' <https://youtu.be/kCq1HCQ4D-Y>
- RTE Radio 1, Countrywide, 'Leitrim's Sweathouses' <https://www.rte.ie/radio/radio1/clips/22012190/>
- BBC Travel, 'The unearthing of Ireland's mysterious naked sweathouses' by Ronan O'Connell, 11th October 2021 <https://www.bbc.com/travel/article/20211010-the-unearthing-of-irelands-mysterious-naked-sweathouses?ocid=ww.social.link.twitter>

7.1.2 Monument Report Forms



**An Roinn Cultúir,
Oidhreacht agus Gaeltachta**
Department of Culture,
Heritage and the Gaeltacht

NATIONAL MONUMENTS SERVICE

Monument Report Form

The following report form has been designed to assist persons who may wish to supply information on newly discovered monuments. The current operational policy of the National Monuments Service is primarily to record monuments dating from the pre-AD 1700 period. Please check the records of the Archaeological Survey of Ireland on the National Monuments Service website www.archaeology.ie before sending in a report to ensure that the monument has not already been recorded. This Monument Report Form will form part of the Sites and Monuments Record.

County: Leitrim

Townland(s): Annaghoney

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	1	4	8	1	3
---	---	---	---	---	---

 N:

7	9	1	3	6	1
---	---	---	---	---	---

Irish Grid co-ordinates: E:

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 N:

--	--	--	--	--	--

The Archaeological Survey of Ireland uses mapping provided by OSI: this utilises the Irish Transverse Mercator (ITM) co-ordinate system. This replaces the former Irish Grid referenced mapping. If possible, please supply ITM co-ordinates. These should be determined using a Global Positioning System (GPS) unit that is enabled for the ITM co-ordinate system. A twelve-figure reference should be determined at the centre of the monument (six for easting and six for northing). Alternatively, users may derive the ITM co-ordinates from the mapping component of the National Monuments Service website (www.archaeology.ie).

Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Phone no.: 087 2963795

Indreabhán

Co. na Gaillimhe

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument.

Yes

X

No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

Not visited. Appears to be in thick overgrowth

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Apparently in a collapsed state (pers. Comm. P Reilly Aug 2021)

Local information: (i.e., local name, field name, past history, etc.)

Landowner remembers the site and published an article (see Refs), known as the 'Sweathouse Field'

References (where relevant): (i.e. publications, web address, etc.)

Reilly, P. 2013. The Sweathouse Field. In *Drumgownagh School: Reunion and Heritage Book*. Published locally. [article attached]

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the licence number should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project by J. Heslin, D. Mahon and A. Brock

Summary description of monument: (additional details may be supplied on a separate page(s))

Overgrown with vegetation, positioned c.40m from the NE shore of Drumshanbo Lough.

A reputed sweathouse at the 'end of the Sweathouse field' (pers. comm. P. Reilly Aug 2021). It is reported to have collapsed.

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 5th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

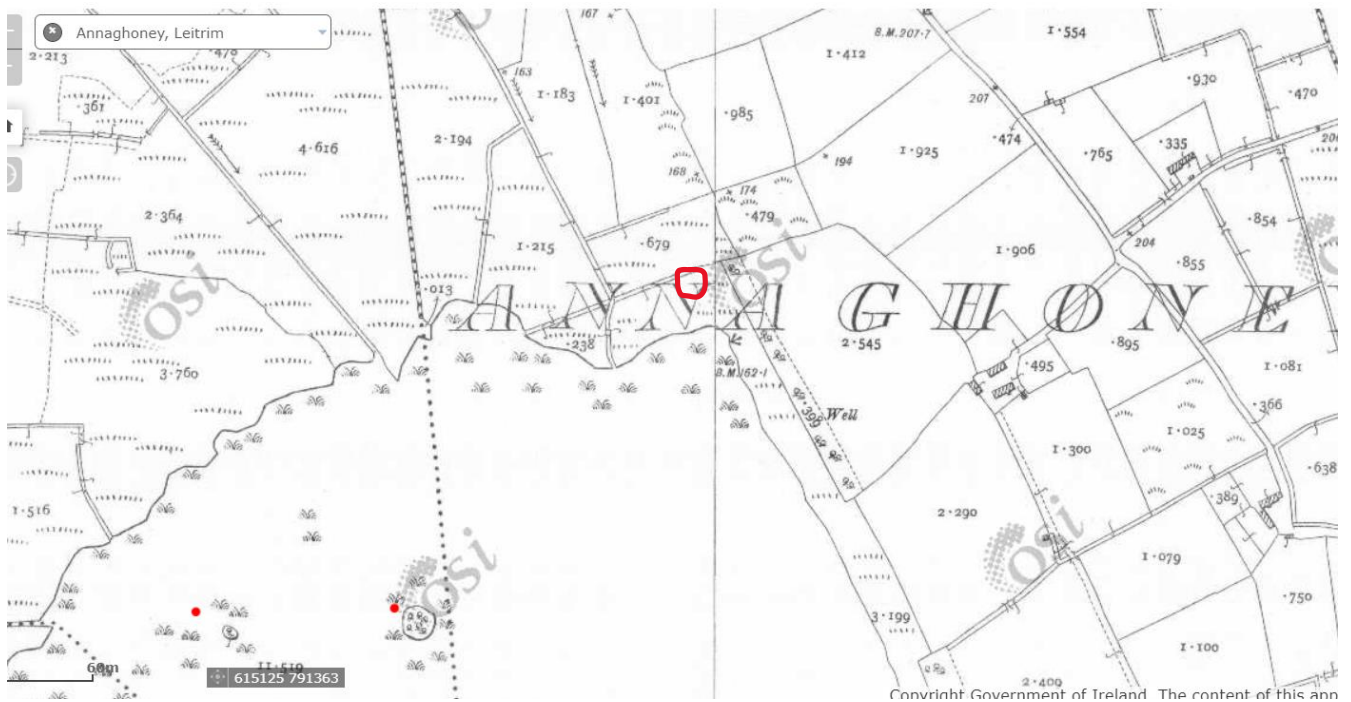
Archaeological Survey of Ireland
National Monuments Service
Department of Culture, Heritage and the Gaeltacht
The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

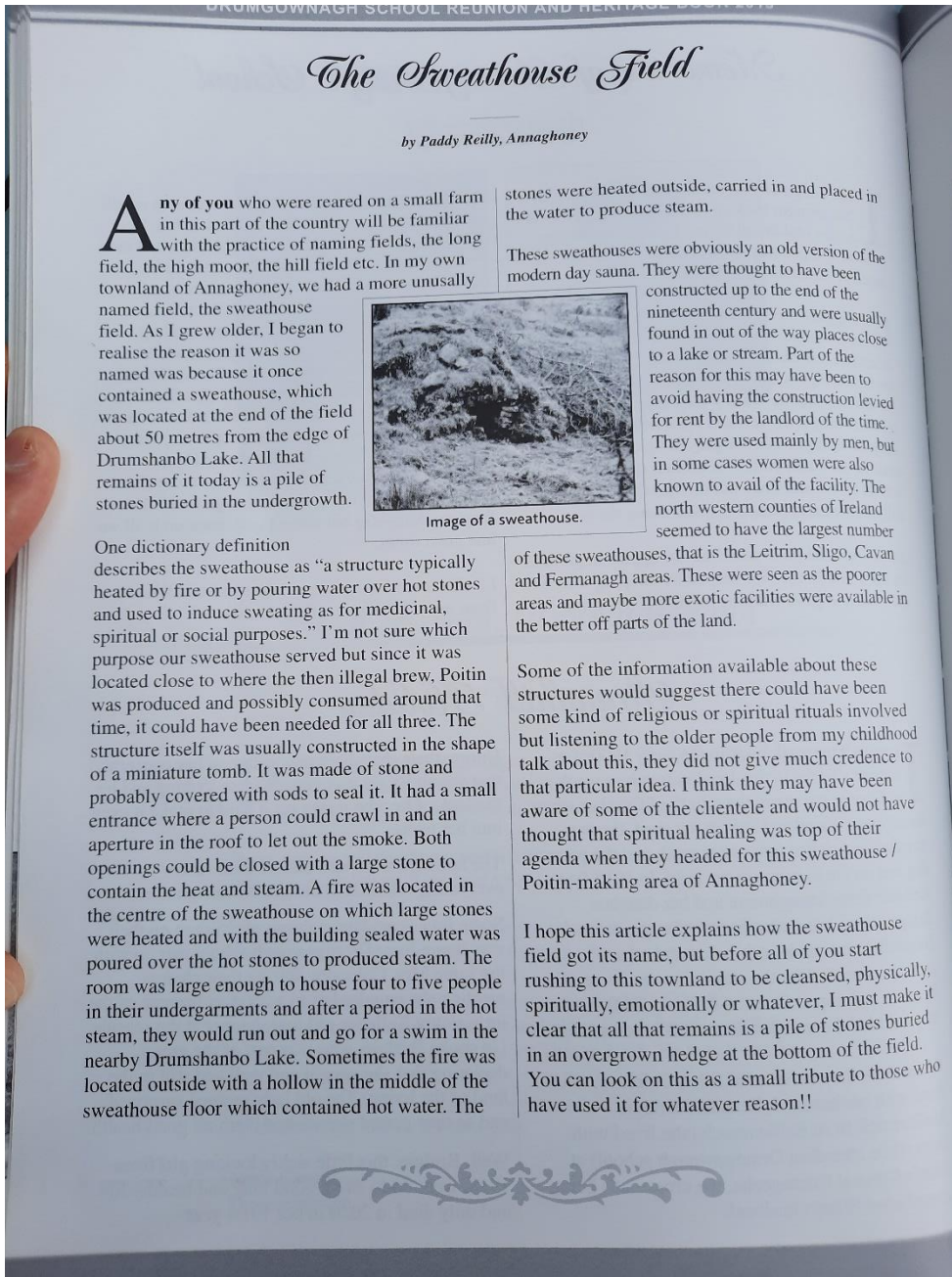
PRIVACY STATEMENT

The Department is committed to protecting and respecting your privacy and employs appropriate technical and organisational measures to protect your information from unauthorised access. The Department will not process your personal data for any purpose other than that for which they were collected. Personal data may be exchanged with other Government Departments, local authorities, agencies under the aegis of the Department, or other public bodies, in certain circumstances where this is provided for by law. The Department will only retain your personal data for as long as it is necessary for the purposes for which they were collected and subsequently processed. When the business need to retain this information has expired, it will be examined with a view to destroying the personal data as soon as possible, and in line with Department policy. Further information on Data Protection can be found on our website at: <https://www.chg.gov.ie/help/legal-notices/data-protection/>



Historic 25-inch O.S. extract

Site location circled in red



Article



**An Roinn Cultúir,
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NATIONAL MONUMENTS SERVICE

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County: Leitrim

Townland(s): Carrickrevagh

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	0	1	2	9	4
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 N:

8	3	9	6	4	0
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Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Indreabhán

Co. na Gaillimhe

Phone no.: 087 2963795

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the **Historic Environment Viewer** as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In mature woodland, on E facing slope above an SE-NW stream in a deep ravine

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Collapsed

Local information: (i.e., local name, field name, past history, etc.)

none

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

On E-facing slope above an SE-NW stream in a deep ravine, in mature woodland. Indicated on the 1st edition Ordnance Survey as 'Sweat Ho.' An irregular collapsed chamber between large boulders and trees (Dims. approx. 1.6m by 1.45m), with possible entrance opening to S.

Located c. 12m E of cashel LE013-001---- and c. 320m S of Sweathouse LE009-009----

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes and/or aerial photo: Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website,
www.archaeology.ie: Yes X

Signed: Aidan Harte

Date: 11th October 2021

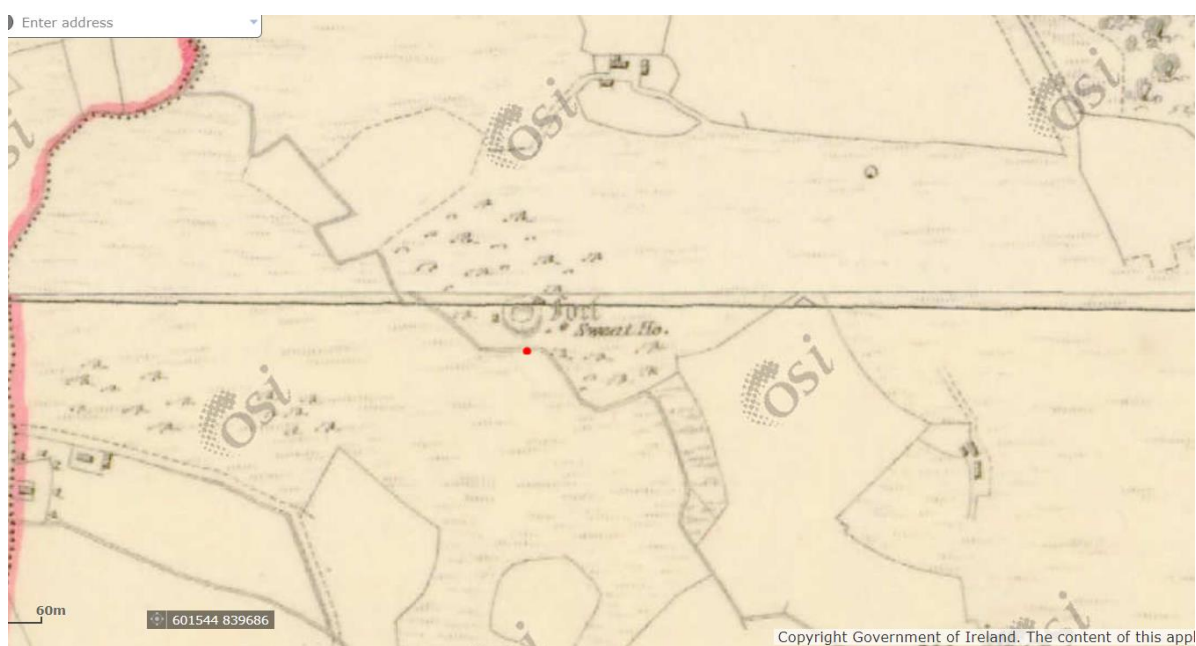
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nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland
National Monuments Service
Department of Culture, Heritage and the Gaeltacht
The Custom House (Room G50)
Dublin 1
Dublin D01 W6XO

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Extract from 1st edition 6-inch O.S. map



View of site from SSW (taken 11/08/2021)



An Roinn Cultúir,
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Department of Culture,
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County: Leitrim

Townland(s): Cattan

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	1	6	0	8	4
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 N:

7	9	3	6	7	5
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Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

<p>Address: Baile na mBrabhach <hr/> Indreabhán <hr/> Co. na Gaillimhe <hr/></p>	<p>Phone no.: 087 2963795 <hr/></p> <p>Email address: harte.aidan@gmail.com <hr/></p>
--	---

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In pasture, at the top of a short incline, facing SW. Now situated in a central position within the field.

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Survives as a visible circular grass-covered hollow (4m SW-NE x 4.1m) with a possible entrance, c.1m L,
to the SW

Local information: (i.e., local name, field name, past history, etc.)

Not built by the family of the current occupiers (Heslin) but before they arrived in the 1850s. Oral
History would suggest the Hartes or Mitchells owned this land. Information is that the sweathouse was
accessed through a 'tunnel'

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

Marked 'Sweat Ho.' On the 1835 O.S. map. Current landowner remembers the spot being pointed out to
her by her father, who in turn had remembered the structure still standing.

Report accompanied by a sketch plan and/or section, elevation drawings?

Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 28th September 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland

National Monuments Service

Department of Culture, Heritage and the Gaeltacht

The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

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1st ed. O.S. extract



View from south (21/09/2021)



An Roinn Cultúir,
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Department of Culture,
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NATIONAL MONUMENTS SERVICE

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County: Leitrim

Townland(s): Cavan

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	0	5	4	8	7
---	---	---	---	---	---

 N:

7	9	8	2	2	0
---	---	---	---	---	---

Irish Grid co-ordinates: E:

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 N:

--	--	--	--	--	--

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): 10 / 08 / 2021

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach Phone no.: 087 2963795
_____ Indreabhán _____
Co. na Gaillimhe Email address: harte.aidan@gmail.com

Are you content to be identified by name on the **Historic Environment Viewer** as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In pasture, on a gentle SW facing slope of a low ridge, next to the Eslin River

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Only a slight hollow survives

Local information: (i.e., local name, field name, past history, etc.)

Landowner (Mr. John Louis Reynolds) recalled that his father who came here in 1902 didn't know what the structure was but thought it was probably a lime-kiln and later filled it in for safety. Landowner remembers harriers dug it out to get a fox out in the late 1950s. Reference from the 1930s (see below) confirms a sweathouse in the townland but perhaps confuses the proximity to the 'mound'.

References (where relevant): (i.e. publications, web address, etc.)

Schools Manuscripts Collection, Volume 0215, Page 244

'In the town-land of Cavan there... Near the edge of this mound is a building of the finest type of its size and it is thought to be a sweat house.'

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

In pasture, on a crest of low N-S ridge, next to the Eslin River. A poorly defined grass covered hollow (Dim 2.8m N-S; 2m E-W) with stone evident on the downslope side.

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 5th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chq.gov.ie

Archaeological Survey of Ireland
National Monuments Service
Department of Culture, Heritage and the Gaeltacht
The Custom House (Room G50)
Dublin 1
Dublin D01 W6XO



View from SW of stone facing within the slope (taken 10/08/2021)



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County: Leitrim

Townland(s): Cloone

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

5	8	1	7	6	7
---	---	---	---	---	---

 N:

8	5	4	1	7	9
---	---	---	---	---	---

Irish Grid co-ordinates: E:

--	--	--	--	--	--

 N:

--	--	--	--	--	--

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): 12 / 08 /2021

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Indreabhán

Co. na Gaillimhe

Phone no.: 087 2963795

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the **Historic Environment Viewer** as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In Pasture, at a now removed N-S field boundary. A gentle N-facing slope

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Roof has collapsed and the entrance obscured by debris. Trees growing on the surrounding mound

Local information: (i.e., local name, field name, past history, etc.)

Landowner had been told of a 'sweat lodge' when purchasing the land in the early 2000s

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

Sweathouse , now free-standing but mayb have been part of a now removed boundary. Marked on the 1907 O.S. map but not annotated. A surrounding mound (Dims: 3.1m by 3.1m) with break to NNW (W: 0.6m; H:0.3m surviving). Drystone-built subcircular chamber (1.42m by 1.39m) remains to H: 0.72m. Interior filled with collapsed stone from the former roof. Pictured in the late 19th century by W.A. Greene when still in tact.

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes X

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes X and/or aerial photo: Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes X
www.archaeology.ie:

Signed: Aidan Harte Date: 28th September 2021

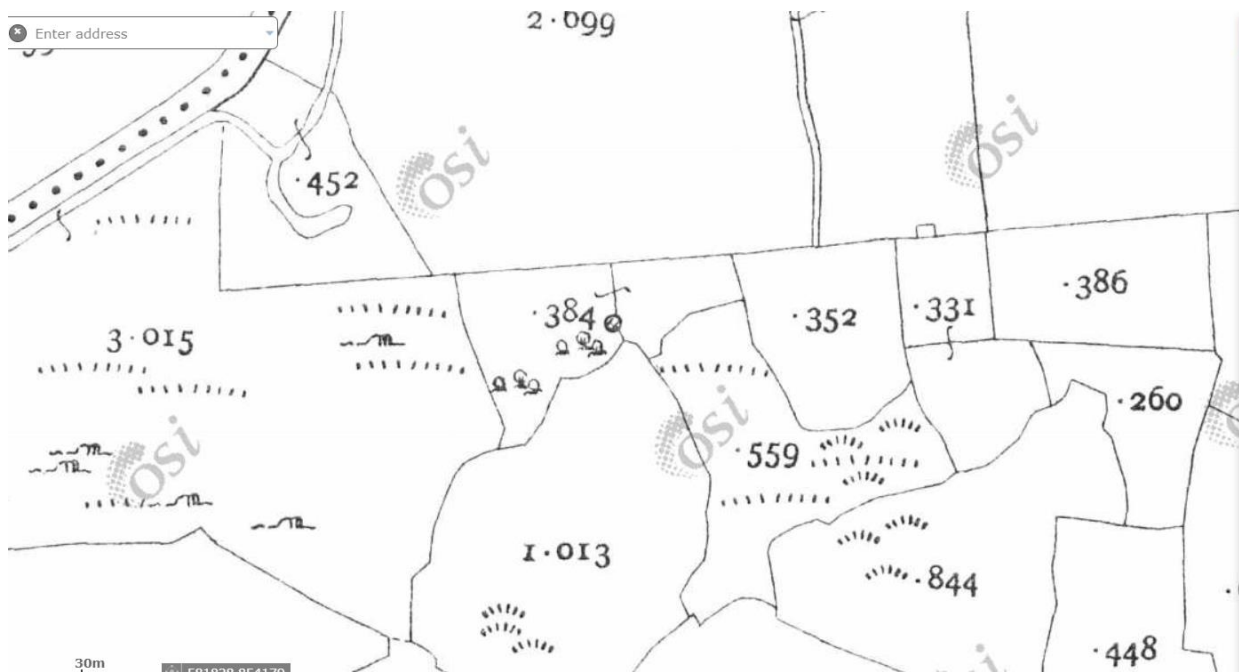
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Extract from the 25-inch (historic) O.S. map showing circular structure at centre



View from north (12/08/2021)



The same sweathouse, taken by W A Greene 1880-1940, now in the National Museums NI (<https://www.nmni.com/collections/history/photographs/green-collection>) Catogue No. HOYFM.WAG.1420

Forge Town is the name of the cross roads 250m SW of this sweathouse at Cloone.



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County: Leitrim

Townland(s): Cloonfinnan

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	0	5	4	0	8
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 N:

7	9	5	5	4	6
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Irish Grid co-ordinates: E:

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 N:

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The Archaeological Survey of Ireland uses mapping provided by OSI: this utilises the Irish Transverse Mercator (ITM) co-ordinate system. This replaces the former Irish Grid referenced mapping. If possible, please supply ITM co-ordinates. These should be determined using a Global Positioning System (GPS) unit that is enabled for the ITM co-ordinate system. A twelve-figure reference should be determined at the centre of the monument (six for easting and six for northing). Alternatively, users may derive the ITM co-ordinates from the mapping component of the National Monuments Service website (www.archaeology.ie).



Source of co-ordinates (please fill one): GPS Website X

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address:	Baile na mBrabhach	Phone no.:	087 2963795
	_____		_____
	Indreabhán		

	Co. na Gaillimhe	Email address:	harte.aidan@gmail.com
	_____		_____

Are you content to be identified by name on the **Historic Environment Viewer** as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In Woodland adjacent to Forestry plantation, adjacent to stream. NE aspect

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Inspected in the field by project volunteer mr David Mahon. Roofless structure, overgrown, in woodland

Local information: (i.e., local name, field name, past history, etc.)

Cited four times in the School's Manuscript Collection as operated by the late Patrick Faughnan, noted

In disrepair by the 1930s. Same family occupying the land back as far as 1857 (Griffiths Valuation).

References (where relevant): (i.e. publications, web address, etc.)

Schools Manuscripts Collection: Annaduff NS - Folklore – A Story, Pat Reynolds Culmore, Dromod

Other notes: For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.

Found during the Leitrim Sweathouse Project by Mr David Mahon

Summary description of monument: (additional details may be supplied on a separate page(s))

In woodland on an E facing slope of a low hill. Shown on the 1906 25-inch O.S. map but not annotated.

Sub-circular roofless chamber with entrance opening to N. Approx. 23m N of Portal Tomb LE032-086----

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 4th October 2021

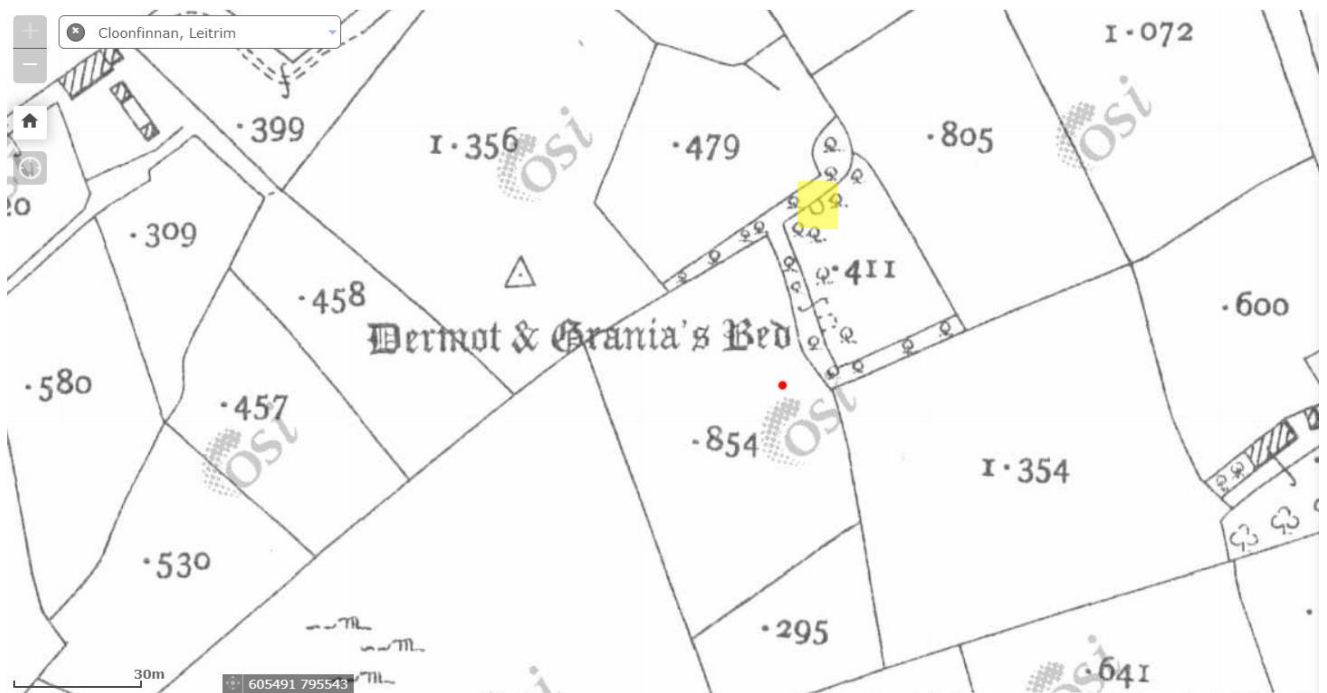
On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chq.gov.ie

Archaeological Survey of Ireland
National Monuments Service
Department of Culture, Heritage and the Gaeltacht
The Custom House (Room G50)
Dublin 1
Dublin D01 W6XO

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The Department is committed to protecting and respecting your privacy and employs appropriate technical and organisational measures to protect your information from unauthorised access. The Department will not process your personal data for any purpose other than that for which they were collected. Personal data may be exchanged with other Government Departments, local authorities, agencies under the aegis of the Department, or other public bodies, in certain circumstances where this is provided for by law. The Department will only retain your personal data for as long as it is necessary for the purposes for which they were collected and subsequently processed. When the business need to retain this information has expired, it will be examined with a view to destroying the personal data as soon as possible, and in line with Department policy. Further information on Data Protection can be found on our website at: <https://www.chg.gov.ie/help/legal-notice/data-protection/>



1906 Historic 25-inch O.S. extract Site highlighted in yellow



View of Sweathouse from N, 22nd May 2021 (photo by David Mahon)



An Roinn Cultúir,
Oidhreacht agus Gaeltachta
Department of Culture,
Heritage and the Gaeltacht

NATIONAL MONUMENTS SERVICE

Monument Report Form

The following report form has been designed to assist persons who may wish to supply information on newly discovered monuments. The current operational policy of the National Monuments Service is primarily to record monuments dating from the pre-AD 1700 period. Please check the records of the Archaeological Survey of Ireland on the National Monuments Service website www.archaeology.ie before sending in a report to ensure that the monument has not already been recorded. This Monument Report Form will form part of the Sites and Monuments Record.

County: Leitrim

Townland(s): Cornageeha

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

5	9	8	6	4	3
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 N:

8	2	6	2	9	7
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Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

<p>Address: Baile na mBrabhach</p> <hr/> <p>Indreabhán</p> <hr/> <p>Co. na Gaillimhe</p> <hr/>	<p>Phone no.: 087 2963795</p> <hr/> <p>Email address: harte.aidan@gmail.com</p> <hr/>
--	---

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In scrub/woodland, on a gentle E facing slope

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

In very good contion, however, small tree beginning to damage the roof

Local information: (i.e., local name, field name, past history, etc.)

Landowner (Mr Michael McPartland) never remembers his father or grandfather mentioning it. His family

Were there since at least the 1850s

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project by Mr Donald McCarthy

Summary description of monument: (additional details may be supplied on a separate page(s))

In scrub woodland on a gentle W facing slope. Not marked on any O.S. map, the site lies c. 15m NW of Abandoned dwellings. A drystone built structure, partially covered by a mound (approx. ext H 1.8m). A single entrance (H 0.53m; W 0.47m) is central to the front façade. Internally, the entrance measures H. 0.65m; W 0.47; T 0.52m, and is positioned at the NW of a D-shaped chamber (Dim 1.83m by 1.47; H 1.63m). The roof is formed by a single stone lintel acting as a beam, this rests on a pillar at W. Pitched lintels rest on this on either side (a skeuomorph of a timber roof).

This lies approx. 560m west of Sweathouse LE018-070----

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 4th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland

National Monuments Service

Department of Culture, Heritage and the Gaeltacht

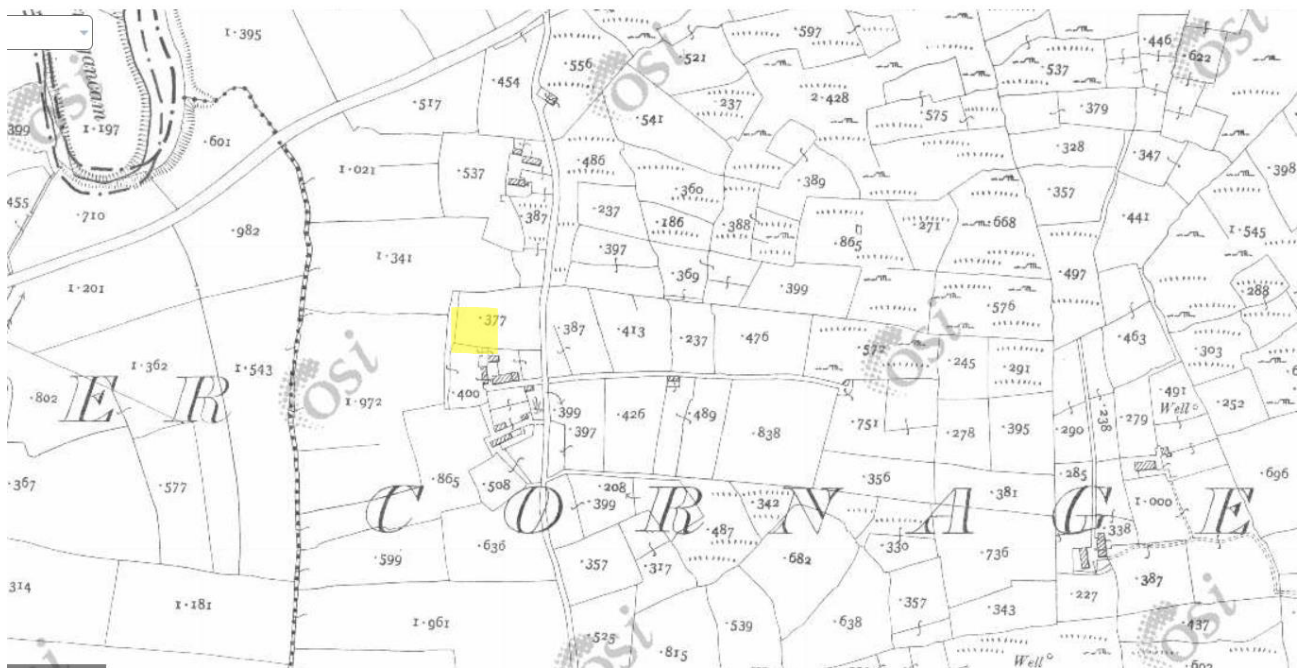
The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

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Historic 25-inch O.S. extract (1906)

Site location highlighted in yellow



View from W (11th Aug 2021)



View of roof with central beam lintel and pitched side lintels (photo by D McCarthy 28th July 2021)



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NATIONAL MONUMENTS SERVICE

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County: Leitrim

Townland(s): Keelagues

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

5	8	0	0	5	7
---	---	---	---	---	---

 N:

8	5	0	1	1	8
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Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): 10 / 08 / 2021

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Phone no.: 087 2963795

Indreabhán

Co. na Gaillimhe

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In pasture, built into the E bank of a ringfort (LE003-016001)

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Heavily collapsed

Local information: (i.e., local name, field name, past history, etc.)

none

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

In pasture, built into the E bank of ringfort LE003-016001-. A collapsed structure indicated on both the 1907 and 1938 O.S. maps as 'Sweath House'. A rectangular collapsed chamber, partially buried, large boulders/slabs defined an internal area 2.4m L; 1.4m W and 0.67m H. Probable collapsed entrance to E.

NOTE: mentioned in description of ringfort-cashel LE003-016001- but erroneously attributed to the house at SE. Rectangular structure is clearly marked along the hachured line of the bank on 25-inch O.S. (see below)

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes and/or aerial photo: Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte

Date: 11th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland

National Monuments Service

Department of Culture, Heritage and the Gaeltacht

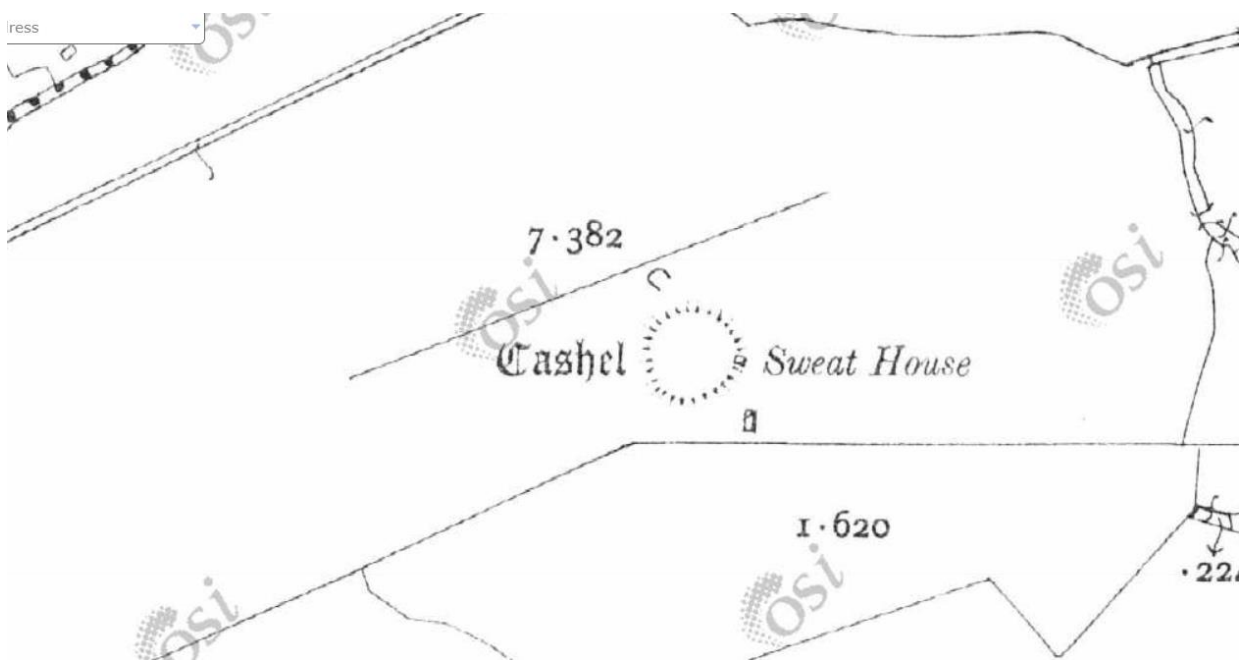
The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

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Extract from the Historic 25-inch O.S. map



View of site from N, note 'roofless house' mentioned in description for LE003-016001- in the background (taken 10/08/2021)



View of sweathouse from E, raised area in ringfort LE003-016001 (taken 10/08/2021)



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County: Leitrim

Townland(s): Killadiskert UPDATE TO LE018-062----

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E: N:

Irish Grid co-ordinates: E: N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): 08 / 09 /2021

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Indreabhán

Co. na Gaillimhe

Phone no.: 087 2963795

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument.

Yes

X

No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

Built into a field boundary close to the base of a SW slope. Partially overgrown

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Good condition, standing to full height with just one capstone recently fallen into the interior. Partially

Overgrown at SE (trees etc.)

Local information: (i.e., local name, field name, past history, etc.)

Locals believed the structure to have been removed, validated by Moore et al. 2003 (p222), and also by

Gaby Burns of QUB in the late-1990s

References (where relevant): (i.e. publications, web address, etc.)

Moore et al. 2003. Archaeological Inventory of County Leitrim

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

Built into a field-bank, near the base of a SW slope, stream c.10m to the NW. Marked on the 1907 O.S. map as Sweat House, with houses c. 150m to N and c. 200m to the SE. A drystone chamber (Max H: 2.15) with entrance at ground level (H:0.45m; W:0.62m; T:0.5m) facing NW. The external drystone façade is slightly concave. Inside is a subcircular drystone built chamber (H: 1.96; Dims: 1.64m by 1.45m) with a corbelled roof. Only one roofing corbel has fallen into the interior

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: Aidan Harte **Date:** 28th September 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland
National Monuments Service
Department of Culture, Heritage and the Gaeltacht
The Custom House (Room G50)
Dublin 1
Dublin D01 W6XO

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View from west (08/09/2021)



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Department of Culture,
Heritage and the Gaeltacht

NATIONAL MONUMENTS SERVICE

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County: Leitrim

Townland(s): Killooman

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

5	9	4	9	9	0
---	---	---	---	---	---

 N:

8	3	0	3	0	7
---	---	---	---	---	---

Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): 20 / 08 /2021

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach

Phone no.: 087 2963795

Indreabhán

Co. na Gaillimhe

Email address: harte.aidan@gmail.com

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In rough pasture, on a steep SE facing slope adjacent to a mountain stream, and 44m NE of a recently

Abandoned farmhouse

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

In excellent condition

Local information: (i.e., local name, field name, past history, etc.)

none

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project by Mr Donald McCarthy

Summary description of monument: (additional details may be supplied on a separate page(s))

In rough pasture, on a steep SE facing slope adjacent to a mountain stream, and 44m NE of a recently Abandoned farmhouse. A drystone structure, built into the hillside. A single entrance opens to SE (H 0.62m; W 0.42m). Internally, a sub-rectangular chamber (Dim 1.28m by 1.1; H 1.62m). The chamber is closed by a corbelled roof.

This lies approx. 650m WNW of Sweathouse LE016-035----

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website,
www.archaeology.ie: Yes

Signed: Aidan Harte

Date: 5th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland
 National Monuments Service
 Department of Culture, Heritage and the Gaeltacht
 The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

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1st edition 6-inch O.S. extract Site location circled in red



View from SE (photo by D McCarthy 5th Jan. 2021)



View of corbelled roof (photo by D McCarthy 5th Jan. 2021)



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Oidhreacht agus Gaeltachta
Department of Culture,
Heritage and the Gaeltacht

NATIONAL MONUMENTS SERVICE

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County: Leitrim

Townland(s): Meenkeeragh

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

6	0	0	6	1	6
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 N:

8	3	6	2	7	5
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Irish Grid co-ordinates: E:

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 N:

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Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

Address: Baile na mBrabhach Phone no.: 087 2963795
 Indreabhán
 Co. na Gaillimhe Email address: harte.aidan@gmail.com

Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)

In pasture, adjacent to stream. NE aspect

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Not inspected in the field

Local information: (i.e., local name, field name, past history, etc.)

Not visited

References (where relevant): (i.e. publications, web address, etc.)

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

In pasture on a NE facing slope c. 5m from an E-W stream. Marked 'Sweat Ho.' On the 1835 O.S. map.
Approx. 175m west of Sweathouse LE013-011----

Report accompanied by a sketch plan and/or section, elevation drawings?

Yes

Report accompanied by a photograph(s):

Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes and/or aerial photo: Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website, Yes
www.archaeology.ie:

Signed: 

Date: 4th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland

National Monuments Service

Department of Culture, Heritage and the Gaeltacht

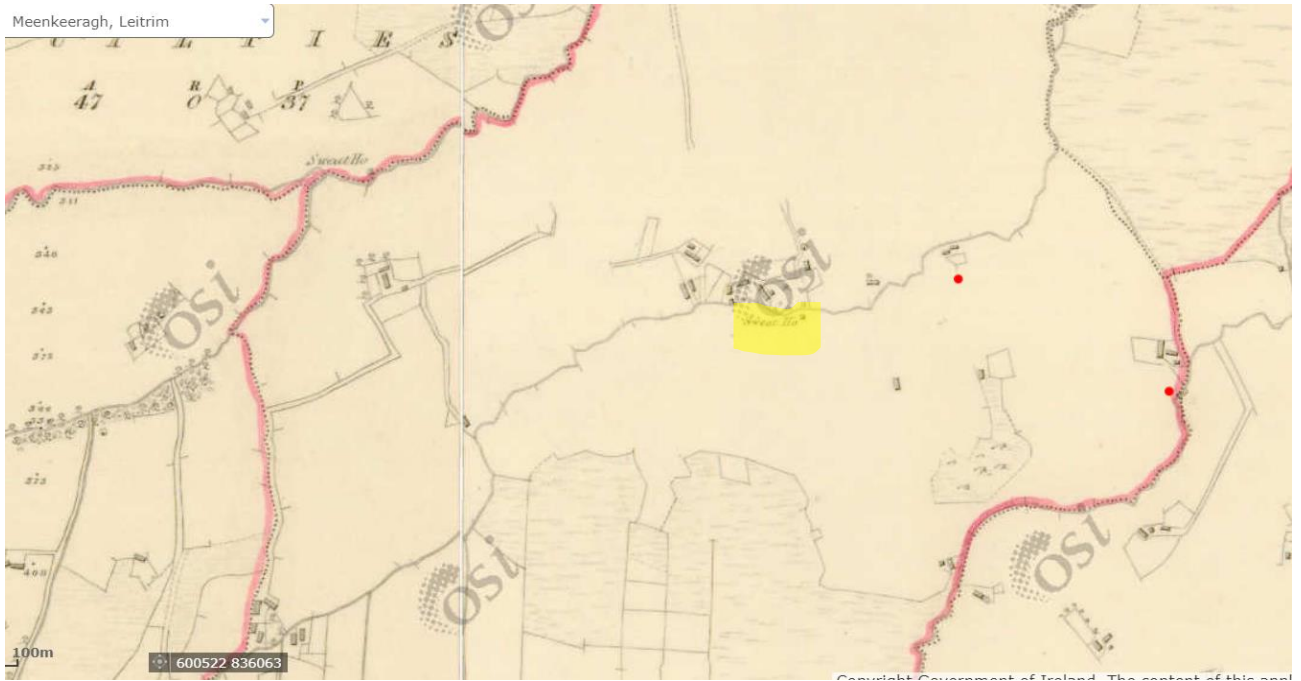
The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

PRIVACY STATEMENT

The Department is committed to protecting and respecting your privacy and employs appropriate technical and organisational measures to protect your information from unauthorised access. The Department will not process your personal data for any purpose other than that for which they were collected. Personal data may be exchanged with other Government Departments, local authorities, agencies under the aegis of the Department, or other public bodies, in certain circumstances where this is provided for by law. The Department will only retain your personal data for as long as it is necessary for the purposes for which they were collected and subsequently processed. When the business need to retain this information has expired, it will be examined with a view to destroying the personal data as soon as possible, and in line with Department policy. Further information on Data Protection can be found on our website at: <https://www.chg.gov.ie/help/legal-notices/data-protection/>



1st ed. O.S. extract Site highlighted in yellow



An Roinn Cultúir,
Oidhreacht agus Gaeltachta
Department of Culture,
Heritage and the Gaeltacht

NATIONAL MONUMENTS SERVICE

Monument Report Form

The following report form has been designed to assist persons who may wish to supply information on newly discovered monuments. The current operational policy of the National Monuments Service is primarily to record monuments dating from the pre-AD 1700 period. Please check the records of the Archaeological Survey of Ireland on the National Monuments Service website www.archaeology.ie before sending in a report to ensure that the monument has not already been recorded. This Monument Report Form will form part of the Sites and Monuments Record.

County: Leitrim

Townland(s): Murhaun

Classification: (e.g., ringfort, standing stone, cairn, mound) Sweathouse

Irish Transverse Mercator co-ordinates: E:

5	9	7	9	9	7
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 N:

8	1	3	0	2	2
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Irish Grid co-ordinates: E:

--	--	--	--	--	--

 N:

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The Archaeological Survey of Ireland uses mapping provided by OSI: this utilises the Irish Transverse Mercator (ITM) co-ordinate system. This replaces the former Irish Grid referenced mapping. If possible, please supply ITM co-ordinates. These should be determined using a Global Positioning System (GPS) unit that is enabled for the ITM co-ordinate system. A twelve-figure reference should be determined at the centre of the monument (six for easting and six for northing). Alternatively, users may derive the ITM co-ordinates from the mapping component of the National Monuments Service website (www.archaeology.ie).

Source of co-ordinates (please fill one): GPS Website

Date of inspection of monument (dd/mm/yyyy): / /

Name of person compiling report AIDAN HARTE
(Block Capitals):

<p>Address: Baile na mBrabhach <hr/> Indreabhán <hr/> Co. na Gaillimhe <hr/></p>	<p>Phone no.: 087 2963795 <hr/></p> <p>Email address: harte.aidan@gmail.com <hr/></p>
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Are you content to be identified by name on the Historic Environment Viewer as the person who reported the monument. Yes X No

Setting of monument: (i.e., situation and land use in and around monument, etc.)
 In forestry, next to a small river [Not Visited]

Condition of monument: (i.e., whether obscured by trees, scrub, bushes, etc.)

Unknown

Local information: (i.e., local name, field name, past history, etc.)

none

References (where relevant): (i.e. publications, web address, etc.)

Schools Manuscripts Collection, Volume 0208, Page 247

'There was one [Sweathouse] ... in the townland of Murhaun. Joseph Rourke of Shaskinacurry saw it in use. The last use made was about fifty four years ago he says... It was a round house and the foundation stones are there yet. The entrance hole or door was hardly two feet high ... There were three stone seats inside.'

Other notes: *For example, if the monument has been found as the result of a licensed archaeological investigation then the **licence number** should be given and if the monument has been completely excavated (i.e. there is **NO** surviving archaeology above or below ground surface) this should be noted here. If the monument has been discovered as the result of geophysical investigations then this should be stated. If there is a planning application associated with it, the planning reference number should be given.*

Found during the Leitrim Sweathouse Project

Summary description of monument: (additional details may be supplied on a separate page(s))

In forestry, adjacent to stream. Marked on the 1907 Ordnance Survey map as 'Sweat House (in ruins)' and depicted as a roughly square, 3m x 3m, roofless structure. Not visited.

Report accompanied by a sketch plan and/or section, elevation drawings? Yes

Report accompanied by a photograph(s): Yes

Where possible the date the photo was taken should be written on the back if not already imprinted on it.

Report accompanied by a copy of OS map Yes **and/or aerial photo:** Yes

It is important that the report be accompanied by either a map or aerial photograph (web-derived aerial photos are acceptable) with the location and extent of the 'monument' clearly marked on it. The aerial photo or map must be at a scale where field boundaries are clearly visible to enable it be referenced to Ordnance Survey Ireland mapping.

Checked against National Monuments Service website,
www.archaeology.ie:

Yes X

Signed:

Aidan Harte

Date: 5th October 2021

On completion of this form please send it, together with any supporting documentation, to:

nationalmonuments@chg.gov.ie

Archaeological Survey of Ireland

National Monuments Service

Department of Culture, Heritage and the Gaeltacht

The Custom House (Room G50)

Dublin 1

Dublin D01 W6XO

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Extract from 25-inch O.S. map, site highlighted