

## Kate Maher

*Dúlra, Cill Dara*



### CONTACT DETAILS

T: +353 89 603 7769  
E: [eolas@dulracilldara.ie](mailto:eolas@dulracilldara.ie)  
[www.dulracilldara.ie](http://www.dulracilldara.ie)  
Instagram: [@dulra\\_cill\\_dara](https://www.instagram.com/dulra_cill_dara)



**K**ate Maher, who lives in Naas, Co Kildare, set up her business in May 2022 to achieve a long-term plan to bring nature into people's lives.

Dúlra, Cill Dara runs outdoor forest school sessions for children, schools and the wider community in Kildare, Dublin, Wicklow, Carlow and Kilkenny with the mission of enhancing wellbeing through engaging with nature.

A qualified primary school teacher, Kate worked as an educator in the state school system in the UK and as a governess in Greece and Switzerland before returning to Ireland to set up Dúlra, Cill Dara.

The time she spent working abroad was specifically so she could save enough money to support herself when she started the business.

Although Kate grew up in suburban Dublin, she had daily access to nature and firmly believes it gave her huge benefits. She has wanted to set up a business like Dúlra since she was in her late teens, so others can feel a deep connection with nature too.

Kate's first forest session was held in a forest owned by Kildare Steiner School. She and her team now bring groups to five forests each week and are in many more for one-off or short-term programmes.

The business has grown so much in scale and scope that she now has four people working with her full-time as contractors and that number doubles in summer.

Kate says the community provided by the ACORNS programme was the best aspect of what was a very good programme, because starting and running your own business can be quite isolating.

Kate's plan for Dúlra Cill Dara is to continue growing it in a way that is sustainable for the business and for everyone who works in it.

