Objects have the power to tell us startling stories. They connect us directly with the people who made them and to the times in which they were used. Our cultural institutions are places where these stories can be explored.

In a partnership between the National Museum of Ireland, the Irish Times and the Royal Irish Academy, 100 objects have been chosen by journalist Fintan O’Toole to take us through the history of people in Ireland over 7,000 years, from a simple fish trap of the earliest inhabitants of the island to the first mass-produced microprocessor.

You can follow part of this story here at the National Museum of Ireland by using this self-guided trail. A selection of the objects shown here is illustrated on the left. A full list of the objects and where they are located may be found overleaf.

Some of the objects recall the skill and artistry seen on Bronze Age gold ornaments and treasures of the Early Christian church, such as the Gleninsheen collar and the Ardagh Chalice. Others, like the bog body from Old Croghan offer us a window on ancient rituals and beliefs.

What makes each one pulse with life is the idea of the people who touched and were touched by it.

If you liked the trail and want to learn more about these objects, buy the book *A History of Ireland in 100 Objects* by Fintan O’Toole, in the Museum shop or through www.museum.ie. Alternatively you can order the app at www.100objects.ie.