Oisín was a poet and a great warrior.

He was hunting with his father, Fionn Mac Cumhaill, and the Fianna near Loch Léin.

He noticed a beautiful woman on a white horse coming in his direction.

Oisín fell in love with her immediately.

'My name is Niamh Cinn Óir' she said to Oisín.

'Come back with me to Tír na n-Óg.'

Oisín climbed onto the horse and galloped away with Niamh to Tír na n-Óg.

Oisín liked Tír na n-Óg but he began to miss Ireland.

He longed to go back to Ireland and visit.

Niamh did not want him to leave but Oisín had made up his mind.

She warned him that he was not to set foot on Irish land.

Oisín went back to Ireland but did not recognise where he was.

He saw some men in a field trying to move a big rock and asked them where Fionn and the Fianna might be.

The men were surprised.

They told him that Fionn Mac Cumhaill and the Fianna had lived in Ireland 300 years ago.
Oisín couldn't believe that all his family and friends were gone.

He leaned down from his horse to help the men move the rock and fell to the ground.

Immediately, he changed into an old, feeble man.

The men took care of Oisín.

He told them many stories about his father, Fionn Mac Cumhaill and the Fianna.

In this way, people learned of the heroes who lived in Ireland long ago.