



The Blueway Experience

Lough Derg West



Map 2 of 4

Welcome to Ireland's Blueways

Do it your way and mix and match these Lough Derg Blueway itineraries.

Whether you're into paddling, walking, cycling, or simply hooked on the outdoors, make yours a trip to remember on Ireland's Blueways.

The multi-activity trails on the Lough Derg Blueways provide a scenic perspective into the heart of the Irish landscape. From leisurely strolls and gentle paddles to adrenaline-filled days on land and water - Blueways offer tailor-made trips like no other.

Timelessness meets 'time of your life' when you arrive on a Blueway. So create your own adventure or take it at your own pace and do the Blueways your way!

Enjoy this Blueway to the max by using the following range of four local itineraries to explore where and how to get outdoors at Lough Derg:

- **Lough Derg Blueway (North)**
Portumna, Terryglass and Woodford.
- **Lough Derg Blueway (West)**
Mountshannon, Scarriff and Ogonnelloe
- **Lough Derg Blueway (South)**
Ballycuggeran, Killaloe/Ballina
- **Lough Derg Blueway (East)**
Garrykennedy, Nenagh and Dromineer

Also check out the themed guides for Food, Culture, Arts & Crafts and Outdoor Activities along the Lough Derg Blueway.

BLUEWAY ITINERARIES

The Lough Derg Blueway is an opportunity to begin or continue your explorations on-water and land, guided and unguided. No experience needed, just bring your sense of adventure.

Toe in the water

Although miles from the coast, at Mountshannon you'll discover a beautiful lakeside beach where you can dip your toe or go for a swim (seasonal lifeguard). Get your Blueway holiday started as you travel out across the lake to Holy Island with local guide Ger Madden of Holy Island tours at the helm. You can spend a half day here walking amongst its six ruined churches and round tower while keeping a lookout for the local white-tail sea eagles which were reintroduced to the area in 2012. Bring wellies however the island is mucky in places. Across from the harbour, you can go for a walk through the quirky and beautiful Aistear park in Mountshannon. Run through the maze and along the paths overlooking the lake or travel along the labyrinth.

The wildness and beauty of this area have attracted many skilled artists and provides a diverse range of crafts, paintings, bog oak sculptures and mosaics for gifts and take home memories. Some of these artists offer workshops as well. The Lough Derg area has a justly deserved reputation for gastronomy - options for fine dining or grazing at a farmers market are equally catered for through "Taste of Lough Derg" see www.discoverloughderg.ie/atasteofloughderg/ Why not simply explore an enchanting drive along the shoreline of Lough Derg www.discoverloughderg.ie/lough-derg-drive/ www.visiteastclare.ie is well worth checking out for further information on things to do in the area.

Floating along

If you want a more full-on Blueway day, then get introduced properly to the Blue by booking a guided experience with one of the local water activity providers, whose details are provided in the Paddling Trails section of this map. And if you have some experience of canoeing, kayaking or SUP, and maybe your own equipment, you may want to glide along one of the Blueway Paddling Trails on your own adventure. Several trail options are featured in the Paddling Trails section of this map.



Back on dry-land go for a walk amongst the whispering trees at Tuamgraney where the community has developed a four-acre native species woodland with oak and rowan trees and an education/craft centre for this community woodland. Well worth a stop off for a walk and a picnic. Or spend some time exploring the rich heritage of the area at St Cronan's in Tuamgraney, a 10th Century Cathedral and the oldest continuously in use church in Ireland.

The charming Croaghrum River in Tuamgraney provides a place to rest on the beautiful wrought iron seat or at Reddan's Pier where Tuamgraney village meets the Scarriff River. On your walk to the pier, you will see the reinstated and refurbished hand cut stone of a traditional lime kiln. Look out for the large Oak growing directly out of the bedrock mound which gives Tuamgraney its iconic view.

Full immersion

For experienced kayakers, canoeists and SUP'ers, Lough Derg offers some 160km of possibilities with 14 formal access points around the lake. If you do not have your own equipment and require some guiding, local providers can show you the hidden secrets, simply bring your sense of adventure and go. Contact Soulkite Stand Up Paddling, Mid Ireland Adventure or the ULAC Adventure Centre in advance and arrange for a tour along one of the Blueway Paddling Trails.

A lovely extended walk along the quiet East Clare Way is waiting for you. The trail is 172 kilometres long, but you can do shorter half day or day sections. The trail brings you from the majesty of Lough Derg over the rugged Slieve Aughty Mountain, or you can stay close to the lakeside en-route to Scarriff and then Killaloe. Parts of the Scarriff to Mountshannon section of the walk are on road, however, the nearby Cappaghbaun and Turkenagh Mountain section of the trail provides some hilly off-road forest walks.



Blueway Trails

These are just a few ideas to "wet" your appetite for the Blueway, but if you want to put together your own outdoor itinerary, there are so many Paddling, Walking and Cycling trails there to be discovered. And the experienced, there's a more detailed Blueway Paddling Trail Map for Lough Derg available at www.bluewaysireland.org

EAGLE WATCHING

If you happen to see a large bird with a splash of white on their tail, you might just be looking at either Saoirse or Caimin, Lough Derg's very own White Tailed Sea Eagles. These eagles have come a long way from their nest in Froya off the coast of Norway. Initially released in Killarney, these breeding White Tailed Sea Eagles set up their home in 2011 in Mountshannon where they have raised chicks. You can view these and other birds at the information point and hide in Mountshannon and at many other places around the lake when they head out hunting.



WALKING TRAILS

www.irishtrails.ie

A The East Clare Way

Loop walk (180 km). The East Clare Way is a national waymarked way of moderate grade. It starts and ends at Killaloe and winds over road, bog, forest track, tarmac public road, open ground and field paths touching many villages and historic sites on the way. Dogs are not allowed. The full trail takes an estimated 8 days to complete but it is broken into several small sections of 20km-30km, for which separate maps are available. visiteastclare.ie/project/east-clare-way/

B Aistear Park, short park walks.

Situated in the centre of the village of Mountshannon, between the main street and the harbour. This 4.5 acre unique park includes a maze incorporating timber, stone and foliage which takes the visitor through an informative exploration of Irish Spirituality over 9000 years. Experience your inner journey by walking the Aistear Labyrinth or picnic on the grass. www.clare.ie/do/aistear-park/

C Inis Cealtra Holy Island, short island walk.

Inis Cealtra is a perfect follow up to a walk in the Aistear park. Pilgrims from all over the world come to visit the Monastic site on Holy Island or Inis Cealtra, in Lough Derg You can hire a boat or be ferried across the 1 km to the 50 acre island from Mountshannon. The island includes a round tower, the ruins of six churches and a bargaining stone where marriage vows are still renewed as well as grave slabs and a holy well. A short walk from the landing point and around the old monastic site provides a good half day of non strenuous walking. There are also two geocaches on the island and who knows you might also spot the sea eagles. Bring your wellies.

D Community Woodland

At Tuamgraney the community have developed a four acre native species woodland with oak and rowan trees and an education/craft centre of the community woodland. Well worth a stop off for a walk and a picnic.

There are also short urban walking trails called Sli na Slainte, Paths of Health, at a number of locations around Lough Derg. See <https://irishheart.ie/publications/> for further information.

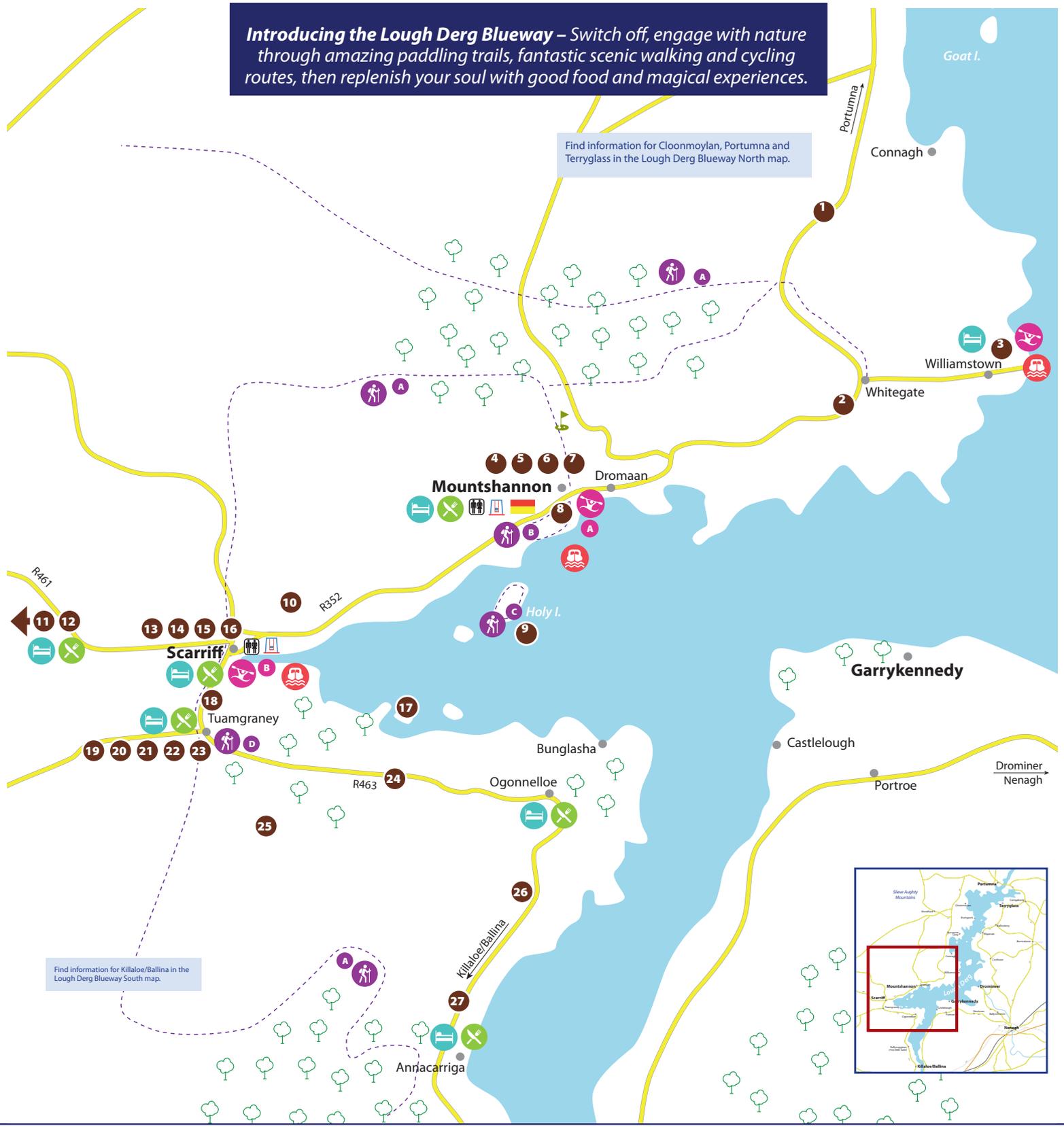
GEOCACHING

Geocaching is a type of free treasure trail. There are hidden caches in all sorts of places all you have to do is go to www.geocachingireland.com and click on their interactive map to find a cache near you. You are then provided with clues as to where the cache is hidden and when you find it you write your name on the list there and in some caches you take a small gift and leave a gift. You just need a smart phone and an adventurous mind.



There are two geocaches on Holy Island, two near Feakle and one near Raheen woods. Go find them!

Introducing the Lough Derg Blueway – Switch off, engage with nature through amazing paddling trails, fantastic scenic walking and cycling routes, then replenish your soul with good food and magical experiences.



Find information for Cloonmoylan, Portumna and Terryglass in the Lough Derg Blueway North map.

Find information for Killaloe/Ballina in the Lough Derg Blueway South map.

KEY

An extensive network of Blueways trails are being developed throughout the region, refer to www.bluewaysireland.org for up-to-date details and places to eat, stay and go.

- | | | | | | |
|--|-----------------------|--|---------------|--|--------------------------|
| | Information | | Restaurant | | Toilets |
| | Lake Boat Hire | | Accommodation | | Playground |
| | Cycle Trail | | Boat Trips | | Seasonal Lifeguard Beach |
| | Paddling Access Point | | Tennis | | |
| | Walking Trail | | Golf | | |

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New to the Blue?

Lough Derg is beautiful from the land but the secret experience is on the water. Just picture yourself with family or friends, on a mini-adventure, drifting along, the splash of a paddle, the glide of a swan, a whole new perspective. It's time to head into the Blue and explore the possibilities...

And getting on the Blueway couldn't be easier. If you are new to kayaking, canoeing or SUP paddling, you should indulge your sense of adventure by booking a Blueway experience with one of the local providers. They provide the expertise, the guiding and all of the equipment. You typically need to book these activities in advance.

Lakeside Watersport Centre and Holiday Park

Mountshannon, Co Clare

 +353 (0)61 927225 / +353 (0)86 810 9837

 lakesidecamping@gmail.com

 www.lakesideireland.com

Lough Derg Water Sports

Kilgarvan Quay, Coolbawn, Co Tipperary

 +353 (0)86 411 4822 (Becky) /

+353 (0)86 873 9242 (Reuben)

 @LoughDergWaterSports

 info@loughdergwatersports.com

 www.loughdergwatersports.com /

www.facebook.com/Lough.Derg.Water.Sports

Mid Ireland Adventure (mobile provider)

 +353 (0)85 173 5204

 adventureire@gmail.com

 www.midirelandadventure.ie

Soulkite Stand Up Paddling

Mill Yard, Killaloe, Co Clare

 +353 (0)86 733 7141

 soulkite1@gmail.com

 www.soulkite.ie

University of Limerick Adventure Centre

Two Mile Gate, Killaloe, Co Clare

 +353 (0)61 376622

 info@ulac.ie

 www.ulac.ie

The Blueway Selection

If you are experienced in paddling a kayak, canoe or SUP, and you have your own equipment and can safely use it, then one of the Blueway Paddling Trails in this area might be for you. Either contact a local activity provider to guide you, or if your experience allows, head into the Blue under your own steam on one of the following Lough Derg Blueway gems. Just pick the trail most suitable for your ability and the weather and have a day to remember.

A - The Mountshannon to Holy Island trail brings you from the gentle harbour waters of Mountshannon along the lake and out to the quiet beauty of Holy Island. Bring wellies if you plan on landing on the island.

B - The Scarriff to Holy Island Pier is a longer but more varied way to get to the island. Starting in the quiet calm river you then emerge out onto the lake.

The times given for these trails are indicative only, wind, water conditions and most importantly your experience and fitness will determine the actual time. Always leave plenty of time to complete your journey in daylight and be ready to change your plans if it is taking longer than you intended. For safety, paddlers must remain within 50 metres of the lake bank.

A Mountshannon to Holy Island

Distance: 2.3km each way

Access: Follow the signs to Mountshannon and the harbour.

Directions: on leaving the harbour turn right (south) and follow the lake bank. You leave Mountshannon Bay at Ryne point (1km), a tree-lined narrow promontory of land. Do not be tempted out to the islands just yet but cross the next bay to just before the small harbour at the base of Knockaphort hill (1.9 km). Cross here alongside the small tree-lined island. There are a number of places to land a kayak on Holy Island (2.3km) and the normal landing site is beside the pier on the western side.

Be warned the walk from the pier can be very mucky, it might be better to travel to the east of the island and walk from there if the weather allows.



B Scarriff to the Holy Island Pier

Distance: 7.5km each way

Access: the Waterways Ireland marina in Scarriff is signposted, Scarriff Harbour, from the centre of Scarriff near the bridge on the R352. The Holy Island pier is signposted from the turnoff to the pier approximately 6 km North of Scarriff and 1km south of Mountshannon on the R352.

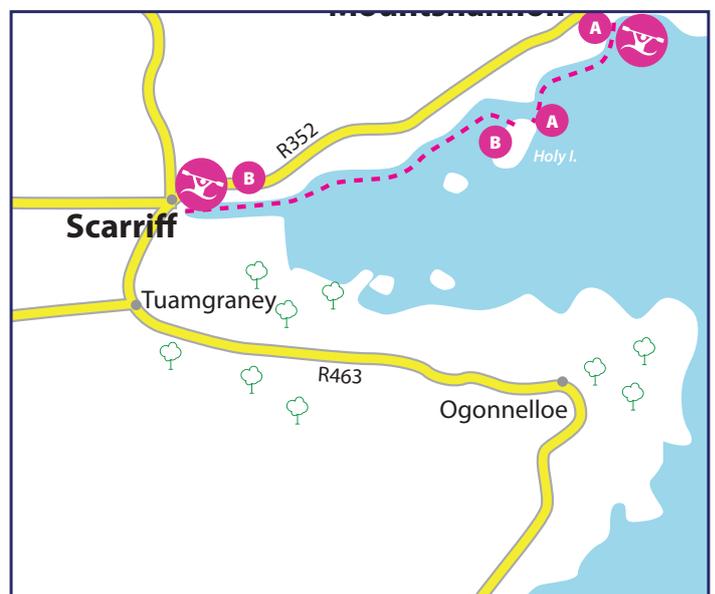
Directions: This initial river route may be suitable during periods of bad weather as it is relatively sheltered from the wind until it meets the lake. However, you must exercise caution as the narrow river is also a route for motor cruisers and the river flow can be more challenging on the return (upstream) journey. Very suitable as a one way journey to either the pier on the L8064 or at Holy Island pier.

On leaving the Waterways Ireland marina in the centre of Scarriff, turn right (south east), and then continue to the harbour wall/loading dock (.7km). From here you continue along the low river banks and fields to the next marina (1.53km) on the left bank. Shortly thereafter (2.3km), you exit the river into the east facing Scarriff Bay. Follow the bank on the left heading north where you will pass a small recessed landing area (3km) which can be accessed by road from the L8064 just 2km from Scarriff. In the event of poor weather this landing is a good alternative to the site at the Holy Island pier. Continuing on around the bay and eventually heading north east you will arrive at the Holy Island pier (7km). From here it is 250 meters across to Holy Island.

Proficient Paddler

Experienced paddlers who are self-contained and used to independent travel on the water can experience the world-class views and environment with a total of 160 kilometres of trails on Lough Derg. See the full Lough Derg Blueway Paddling Trail map and guide on www.bluewaysireland.org

Be aware: Lough Derg is open to the wind especially from the south, so always re-evaluate the wind conditions when the lake bank changes direction and when near open water. Large areas of rushes on the banks can make landing difficult and always steer clear of the swans.



PLACES AND PROVIDERS

The following are the contact details and locations of a variety of Heritage, Activity, Dining and Craft attractions and providers in the Lough Derg Blueway North area. Additional information can be found on their websites or on the Lough Derg Blueway Themed maps.

1 An Sibín Equestrian Centre

📍 Derryoran East, Whitegate (off R352), Co Clare
📞 Call for details
☎ +353 (0)61 927411 / +353 (0)87 252 7713
✉ info@irishhorseriding.com
🌐 www.ansibinriding.com / www.irishhorseriding.com/an-sibin-residential-ride

2 Clonrush Church and Graveyard

📍 Whitegate, Co Clare 🗓 Year round
🌐 www.clonrush.eu

3 Isabelle Gaborit Beeswax Artist

📍 Whitegate, Co Clare
📞 Phone/email to make appointment
☎ +353 (0)87 279 3819
✉ isabellegaborit@gmail.com
🌐 www.isabellegaborit.com

4 Mark Wilson The Forge

📍 Main St, Mountshannon, Co Clare
📞 Contact for details
✉ theforgemountshannon@gmail.com
🌐 www.mountshannonforge.com

5 True Food Academy

📍 Mountshannon, Co Clare
📞 Check for courses ☎ +353 (0)87 659 5417
✉ talkdemotaste@gmail.com
🌐 www.truefoodacademy.com

6 Holy Island Tours

📍 Caravan at Mountshannon pier, Co Clare
🗓 April to end September 9.30am-5pm
☎ +353 (0)86 8749710 🐦 @HolyIslandTours
✉ gerardmmadden@eircom.net
🌐 www.holyisland.ie / www.facebook.com/HolyIslandTours

7 Lakeside Watersport Centre and Holiday Park

📍 Mountshannon, Co Clare (R352, follow signposts)
🗓 Daily
☎ +353 (0)61 927225 / +353 (0)86 810 9837
✉ lakesidecamping@gmail.com
🌐 www.lakesideireland.com

8 Aistear Heritage Park

📍 South side of Main St, Mountshannon, Co Clare
🗓 Year round
🌐 mountshannon.ie/resources/Mountshannon%20Visitor%27s%20Information.pdf

9 Holy Island / Inis Cealtra

📍 Lough Derg, 2 kms offshore from Mountshannon, Co Clare
🗓 Guided tours April-end September
☎ +353 (0)61 921615 (Tours) / +353 (0)86 874 9710 (Gerard Madden)
✉ (Tours) gerardmmadden@eircom.net
🌐 www.holyisland.ie / www.mountshannoneagles.ie

10 Derg Isle Outdoor Teambuilding and Bootcamps

📍 Carrowmore, Scariff, Co Clare
🗓 Year round. Prior booking required
☎ +353 (0)61 921851 / +353 (0)87 125 4365
✉ info@dergisle.com
🌐 www.dergisle.com

11 Vivienne Bogan Landscape Artist

📍 Bauragegaun, Feakle, Co Clare
📞 Phone/email for appointment
☎ +353 (0)85 716 5612
✉ viviennebogan@gmail.com
🌐 www.croiarts.com/vivienne

12 Ian Kelly Bog Oak Sculptor

📍 Capparoo, Scariff, Co Clare
📞 Phone/email for opening times and to arrange tour
☎ +353 (0)87 162 8041
✉ blackoakdown@hotmail.com
🌐 www.facebook.com/IanKellyBogOakSculptor

13 Nathalie El Baba Glassworks, Mosaics, Murals and Portraiture

📍 Creativearts Studio, Capparoo, Scariff, Co Clare
📞 Visitors welcome, part of East Clare Artists Trail. Arrange in advance
☎ +353 (0)87 615 9466 ✉ info@creativearts.ie
🌐 www.creativearts.ie / www.facebook.com/NathalieElBabaArtist

14 Mid-West Ireland Languages

📍 Ballyglass, Scariff, Co Clare
📞 Check for term and enrolment dates
☎ +353 (0)87 617 2149
✉ info@mwirelandlanguages.ie
🌐 www.mwirelandlanguages.ie

15 Cothú Cookery School and Enterprise Kitchen

📍 Main St., Scariff, Co Clare
📞 Phone to arrange a visit to kitchens. Garden Café Monday-Friday, 9am-4pm, all year
☎ +353 (0)61 921536
✉ eastclarecoop@gmail.com
🌐 www.eastclarecommunitycoop.com

16 Irish Seed Savers Association

📍 Capparoo, Scariff, Co Clare
🗓 Tuesday-Friday 9.30am-4.30pm; Saturday 12pm-4.30pm
📞 Free admission for children and subscribers
☎ +353 (0)61 921856 / +353 (0)61 821866
✉ info@irishseedsavers.ie
🌐 www.irishseedsavers.ie

17 Castlebawn Castle

📍 Island in Scariff Bay, Lough Derg, Co Clare
📞 By appointment. Access by boat only
☎ +353 (0)87 292 0880
🌐 www.castlebawn.com

18 Clare Walking Tours

📍 Tuamgraney, Co Clare
🗓 Year round except Christmas
☎ +353 (0)87 268 6708
✉ info@clarewalkingtours.ie
🌐 www.clarewalkingtours.ie www.facebook.com/Clare-Walking-Tours

19 St. Cronan's Church Tuamgraney

📍 Tuamgraney, Co Clare
📞 Check in advance for service times
🌐 www.discoverloughderg.ie/tuamgraney-church

20 Mid Ireland Adventure

📍 Locations can be arranged
📞 Book in Advance
☎ +353 (0)85 173 5204
✉ adventureire@gmail.com
🌐 www.midirelandadventure.ie

21 Nicola Henley Textiles Artist

📍 Tuamgraney, Co Clare
📞 Phone/email for details or to arrange studio visit
☎ +353 (0)61 921411 / +353 (0)86 346 5864
✉ nhenley6@gmail.com 🌐 www.nicolahenley.com

22 Wasted Junky

📍 Raheen Road, Tuamgraney, Co Clare (off R463)
🗓 Monday-Friday 12pm-5pm; Saturday 10am-2pm
☎ +353 (0)86 080 4906
🌐 www.wastedjunkysalvage.ie

23 Wilde Irish Chocolates Artisan Chocolate Maker

📍 Tuamgraney, Co Clare (R352)
🗓 Monday-Friday, 9am-5pm
☎ +353 (0)61 922080 / +353 (0)87 270 6708
✉ wildeirishchocs@gmail.com
🌐 www.wildeirishchocolates.com GPS: 52.5352, -8.3245

24 McKernan Woollen Mills

📍 Tuamgraney, Co Clare
🗓 Monday-Saturday, 10am-6pm
☎ +353 (0)61 921527 / +353 (0)87 905 1979
✉ info@scarves.ie 🌐 www.scarves.ie

25 East Clare Yoga Centre

📍 Boru Oak Lodge, Raheen Road, Tuamgraney, Co Clare
📞 Classes Tues/Wed 9.30am-11am and Tues/Wed/Thurs nights.
☎ +353 (0)61 640923 / +353 (0)87 752 1783
✉ info@eastclareyoga.com
🌐 www.eastclareyoga.com / www.facebook.com/eastclareyoga

26 An Seileastram Bui

📍 Between Killaloe and Scariff, Co Clare
📞 Times vary. Contact for details and directions
☎ +353 (0)87 288 8902
✉ camillaocallaghanyoga@gmail.com
🌐 www.clareyoga.com

27 University of Limerick Activity Centre, Group Adventure Activities

📍 Two Mile Gate, Killaloe, Co Clare
🗓 Year round
☎ +353 (0)61 376622 ✉ info@ulac.ie
🌐 www.ulac.ie

ACCOMMODATION

BED AND BREAKFAST

Ballyheefy Lodge Lough Derg

Ballyheefy Lodge, Ogonnolloe
+353 (0)61 376016
info@ballyheefylodge.com
www.ballyheefylodge.com

Clareville House

Tuamgraney, Scariff
+353 (0)61 922925
info@clarevillehouse.net
www.clarevillehouse.net

Glocca Morra B&B

Ogonnelloe, Scariff, Killaloe
+353 (0)61 923172
gloccamorra@gloccamorra.com
www.gloccamorra.com

Hawthorn Lodge Bed & Breakfast

Mountshannon
+353 (0)61 927120
usfour.uh@gmail.com
www.mountshannon-clare.com

Sunrise B&B Mountshannon

+353 (0)61 927 343
sunrise4bandb@gmail.com
www.sunrisebandb.com

COUNTRY HOUSE

Williamstadt House

Whitegate
+353 (0)61 927 059
williamstadthouse@gmail.com
www.williamstadthouse.com

HOTEL

Mountshannon Hotel

Mountshannon
+353 (0)61 927162
info@mountshannon-hotel.ie
www.mountshannon-hotel.ie

SELF CATERING

AnnaCarriga Holiday Resort

Lough Derg, Killaloe
+353 (0)61 376777
info@annacarriga.com
www.annacarriga.com

East Clare Holiday Village

Coolreagh, Bodyke
+44 8003586991
eastclarereception@diamondresorts.com
www.diamondresortsandhotels.com

Lakeside Close

Mountshannon
+353(0)61 411109
info@rentacottage.ie
www.rentacottage.ie

Riverbank Cottage

Bridge View, Drewsboro, Scariff
+353 (0)61 921354
gmolclare@eircom.net
www.selfcateringscariff.com

Lakeside Holiday Park

Mountshannon
+353 (0)61 927225
lakesidecamping@gmail.com
www.lakesideireland.com

RESTAURANTS

The BoatHouse, AnnaCarriga

Killaloe
+353 (0)61 376777
info@annacarriga.com
www.annacarriga.com/theboathouse

The Garden Café

Scarriff Community Co-op, Scarriff
+353 (0)61 921536
eastclarecoop@gmail.com
www.eastclarecommunity-coop.com

Nuala's Bar & Restaurant

Tuamgraney
+353 (0)61 921 249
nualastuamgraney@gmail.com
www.nualas.ie

The Pipers Inn Bar & Restaurant

Ballyheefy, Ogonnelloe, Killaloe
+353 (0)61 374717
www.thepipersinn.ie



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