



The Blueway Experience

Lough Derg South

Map 3 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.

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

In Killaloe/Ballina Lough Derg really is in the centre of everything; it bustles with sailing boats and cruisers and echoes with the clink of halyards on masts. If you want to unwind and relax, then experience the area from the water in the comfort of the Killaloe River Cruiser. Or you can have a different perspective of Killaloe from the water, contact Orla and Kevin at Soulkite Stand Up Paddling to arrange for a SUP trip along the Shannon and the picturesque canal.

Wet your toes or plunge right in at the beach in nearby Ballycuggeran (Two Mile Gate). A short walk or cycle brings you to this beautiful small Blueflag beach which has a lifeguard in summer, BBQ pits, picnic tables, toilets and shop. The ULAC Adventure Centre is alongside, and if a screamfest is your thing, book onto their high ropes course. You need to contact them in advance, and they have a minimum group size, so bring some friends.

If you want to burn off energy, go for a walk or jog along the water-lapped bank of the Shannon river, cross the bridge to the linear park in Ballina. The astroturf pitch, outdoor swimming pool (summer only) and the playground are waiting for your footprints and splashes. If you want to move at a faster pace, there is a walking and running track as well as playing pitches at Clarisford park just south of Killaloe.

Take time to stroll through the historic streets of Killaloe on the way to one of the many fabulous dining options in the area. Around Lough Derg there are options for fine dining or grazing at a farmers market are equally catered for through "Taste of Lough Derg" see www.discoverloughderg.ie/atasteofloughderg/

Go on either a self-guided walk or if you want company and local knowledge of the secrets of this historic town, contact Una at Killaloe Heritage Walking Tours. Or why not simply explore an enchanting drive along the shoreline of Lough Derg www.discoverloughderg.ie/lough-derg-drive/

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.

If you have always wanted to take up angling, or introduce little people to the joys of fishing, 'Fishing for Kids' offers introductory courses in angling for all ages in the area.

A stunning walk is an alternative to a swim at the Two Mile Gate beach. Paths through the Coillte forest at Ballycuggeran, just across the road from the beach, reveal vistas of the lake.

Full immersion

The Blueway is a paradise 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 along your sense of adventure and go. Contact Soulkite Stand Up Paddling or the ULAC Adventure Centre in advance and arrange for a tour along one of the Blueway Paddling Trails.

If you want to stride out with a breeze at your back and an open hill in front of you, a steep bracing walk up to the spectacular views from the Millennial Cross or the Graves of the Leinstermen, awaits you on the east bank of the lake. Bring a snack for the summit but wrap up if the weather is poor.

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

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 <https://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 nine geocaches in Ballycuggeran Woods and two in the Killaloe area. Go find them!



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.

B Killaloe to Ballycuggeran (3.5km)

A short walk from the centre of Killaloe on the footpath along the R463 brings you to beautiful Ballycuggeran beach. This is a good place for a swim or to relax under the trees or begin the walk up Ballycuggeran Hill.

C Ballycuggeran to Crag Wood Loop walk (7.12 km).

This Coillte recreation trail (2 hours) has a 'strenuous' rating with some climbs. The walk follows forest roads and tracks through open hillside. Travel anti-clockwise for best views. There is also a moderate looped walk called the Crag Wood Walk to Moylussa. **Start point:** is Ballycuggeran Woods, about 3km north of Killaloe on the R463. Read about the geocaching opportunities in Ballycuggeran, there are nine in the forest, go find them.

D The Lough Derg Way (64 km).

This walking route that starts at the Tourist Office in Limerick City but can be picked up at various points along its route. Lakeside and waterside sections of the route offer fine views. The terrain consists mainly of canal and riverside paths at the southern end, and mainly country roads at the northern end, some sections of which can be hazardous with fast-moving traffic.

E Graves of the Leinster Men walking loop (5.8km).

Follows minor roads before turning into the Arra Mountains where it ascends the summit of Tountinna and then returns to the start point. You will walk through pleasant countryside and there are superb views of Lough Derg.

Walking time: 3 hours, 20 minutes, moderate grade.

Start Point: Car park for Graves of the Leinster Men.

F Millennium Cross Walk (2.4 km).

6 km along the Portroe Road out of Ballina is a lovely walk on a rough track through open bog land with some steep sections. This brings you to the site of the Millennium Cross, erected here in 2006. There is a small parking area available, and a seating bench at the summit where you will see some breathtaking views of Lough Derg.

G Ballina Riverside Walk (2km round trip)

Accessible from the car park 750 metres south of Ballina village on the R494, this leisurely walk is perfect for a casual stroll or a discovery with children. With great views of the river and Killaloe, the walk passes picnic areas, an outdoor swimming pool, an astro-turf pitch and a play-ground all of which are accessible to the public.

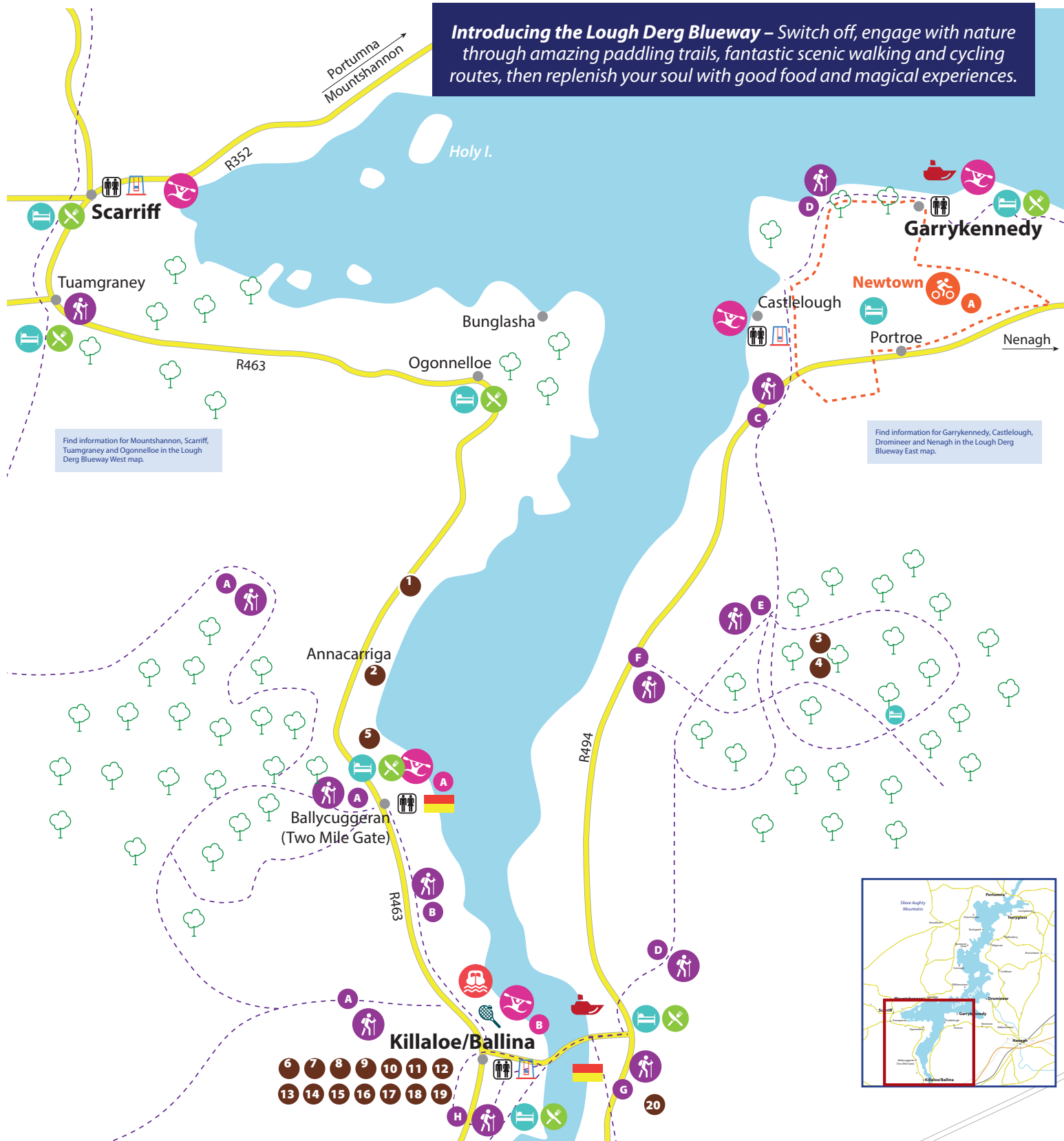
H Killaloe Heritage Tour (4km)

There are significant architectural and heritage sites within Killaloe and Ballina. You can undertake a "self guided" tour of this historical town or be guided by a local (see Killaloe Heritage Walking Tours overleaf). The tour includes the 13th century St. Flannan's cathedral with its Ogham stone carvings, Romanesque doorway and the tomb of Muircheartaigh. Killaloe is also home to two oratories – named for St Flannan and St. Lua.

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.

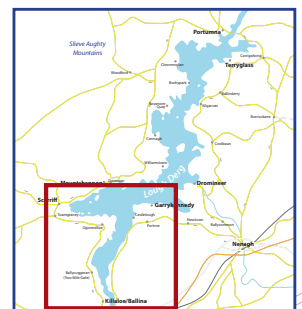


Introducing the Lough Derg Blueway – Switch off, engage with nature through amazing paddling trails, fantastic scenic walking and cycling routes, then replenish your soul with good food and magical experiences.



Find information for Mountshannon, Scarriff, Tuamgraney and Ogonnelloe in the Lough Derg Blueway West map.

Find information for Garrykennedy, Castlelough, Dromineer and Nenagh in the Lough Derg Blueway East 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



Lake Boat Hire



Cycle Trail



Paddling Access Point



Walking Trail



Restaurant



Accommodation



Boat Trips



Tennis



Golf



Toilets



Playground



Seasonal Lifeguard Beach

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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 Ballycuggeran to Killaloe

trail brings you from the gentle shore of Two Mile Gate beach to the bustle of Killaloe and its narrow canal. You may want to check your exit point in Killaloe before you start.

B - The Killaloe Loop starts and finishes in the canal. The river area can be busy and make sure that you have plenty of time to line-up for the navigation arch under the bridge.

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 Ballycuggeran to Killaloe

Distance: 4.5km each way

Access: The car park at Ballycuggeran is alongside the R463 3.5km from

Killaloe with a short walk to the water. Parking at Killaloe is at the market area to the right at the traffic lights when crossing the bridge in Killaloe towards Ballina.

Description: Exit the put-in area and travel around the small tree lined headland Rinnaman Point, and travel south towards Killaloe. The bank includes a number of private marinas and most of the land here is private. A large headland (2.7km) marks the narrowing of the lake into the Shannon river, this is also the site of Brian, Boru's fort. Care is required for the remainder of the route as there are a number of large marinas (3.5 and 3.8 km) on both banks with motor craft entering and exiting them. Immediately after the second large marina, keep close to the right hand bank and turn into the canal. Depending on the water levels there may be a small water barrier (4km) which you have to portage around, there is a small slip way on the far side of this or you may be able to continue unhindered. Continue down the canal under the main bridge (4.5km) and the footbridge to the low bank on the left where you can exit.

B Killaloe Loop

Distance: 2.5km each way

Access: Parking at Killaloe is at the market area to the right at the traffic lights when crossing the bridge in Killaloe towards Ballina.

Description: Attention needs to be paid to river flows before deciding on this trip. While practical for experienced individuals in most weather and river flows, less experienced individuals should only complete this in low wind and river flow conditions. On accessing the water into the Killaloe canal at the car park, you travel upstream (north), towards Lough Derg. There may be a small water barrier (500 metres) in place and this can be portaged on the left via a small slip, there is a public toilet at this location. Shortly after you then exit the canal out into the river part of the lake.

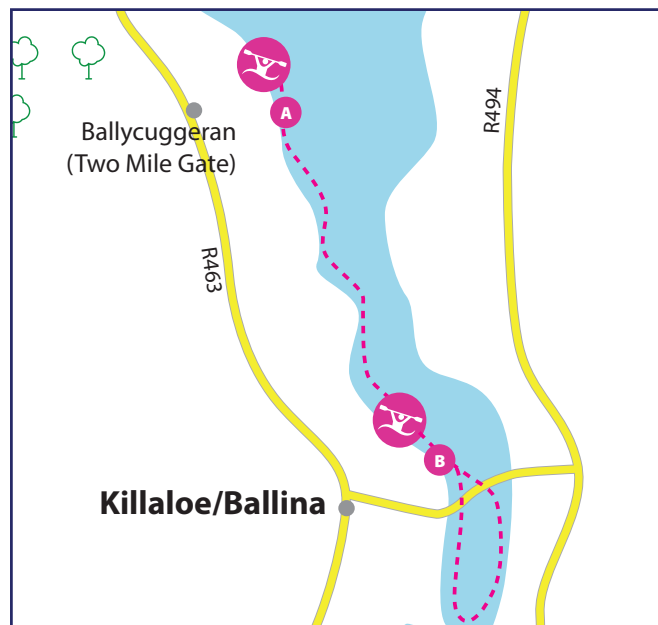
Turning to your right (south) select an appropriate place to cross the river towards the left bank well in advance of the road bridge (1.5km). You will see the navigation markers and channel under the bridge (left of the centre) and you should line up for this well in advance.

Pay attention to other boat traffic in this area. Passing under the bridge you need to move to your right to avoid the floating pontoons (1.6km) just downstream. Note that there is a changing room and toilet at this location. From here, while caution is required to avoid the low hanging trees and other water traffic, you can drift downstream towards the large carpark and slipway at the end of the Ballina linear park (2km). You can re-enter the canal on the far side of the river at this point. Having turned upstream in the canal (north), 500 meters later you will arrive at the start point of the loop.

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.



A The North Tipperary Cycle Network, includes Loop 2 a cycle trail along quiet public roads which extends to Portroe, Castletlough and Garrykennedy. This route offers pleasant views of the local countryside and stunning lakeshore panoramas. Numerous picnic stops are dotted along the route as well as a number of award winning pubs and restaurants. There are a number of information panels with information on the route along the way.

Loop 2: 30km

This provides access to some of the more spectacular views of Lough Derg before descending into Castletlough and on through a working farm, along a slight off-road section (suitable for all bike types) to Garrykennedy.



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 University of Limerick Activity Centre

Two Mile Gate, Killaloe, Co Clare
Year round
+353 (0)61 376622
info@ulac.ie www.ulac.ie
GPS: 52.82980503, -8.467749

2 Mid Ireland Adventure

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

3 Millennium Cross

Loughtea Hill, southwest of Portroe, in the Arra Mountains, Co Tipperary
Year round
www.discoverloughderg.ie/millennium-cross-walk / (www.walkingroutes.ie/2070-Arra-Mountain-Loop)

4 Graves of the Leinster Men

Ballina to Portroe road (R494), Co Tipperary
Year round
www.tipperarycoco.ie/sites/default/files/Publications/North Tipperary Walking Trails Guide.pdf

5 Bridge House Studios Gallery and Printmaking

Bridge House Studios Gallery, Carrowbaun, Killaloe, Co Clare
Year round. Contact for times or to make appointment
+353 (0)61 376268 / +353 (0)86 392 7531
contact@bridgehousestudios.ie
www.bridgehousestudios.ie / www.facebook.com/Bridge-House-Studios

6 Lynn Kenny Print, Ceramics and Textile Arts

Shantraud Woods, Killaloe, Co Clare
+353 (0)86 339 4724
lynnkenny@gmail.com
www.lynnkenny.com

7 Fishing for Kids, Angling for beginners of all ages

Ballina-Killaloe, Co Clare
Advance booking
+353 (0)86 785 6633
fishingforkids2@gmail.com
www.fishingforkids.ie / www.facebook.com/fishing4kids

8 The Celtic Connexion Travel Company

18 C, Harbour Village, Killaloe, Co Clare
By appointment
+353 (0)87 667 7370
willeke@thecelticconnexion.com
www.thecelticconnexion.com

9 Killaloe Heritage Walking Tours

Walks start from front of Library building at the bridge, Killaloe, Co Clare
Phone for details
+353 (0)86 803 5157
@KillaloeHeritageTours
unakierse@gmail.com
www.facebook.com/KillaloeHeritageTours

10 Killaloe Historic Self-Guided Walks

Map board with route at carpark on bridge, Killaloe, Co Clare
Year round
+353 (0)61 6821616
(Clare County Council Tourism Office)
www.visiteastclare.ie/project/killaloe-historic-town-trail

11 Killaloe River Cruises

Pier on Ballina side of Killaloe bridge, in front of Flanagan's Bar (7km from J27 off M7)
Open: Several departures daily. Reservations / pre-purchased tickets necessary
+353 (0)86 814 0559
info@spiritofkillaloe.ie
www.killaloerivercruises.com

12 Soulkite Stand Up Paddling

Mill Yard, Killaloe, Co Clare
Monday-Sunday. Times vary, advance booking advisable. No SUP on windy days
+353 (0)86 733 7141
soulkite1@gmail.com
www.soulkite.ie

13 Lakeside Leisure Centre

The Lakeside Hotel, Ballina-Killaloe, Co Tipperary
Monday-Friday 7am-9.30pm; Saturday 8am-9pm; Sunday/bank holidays 8am-8.45pm

+353 (0)61 376122
info@lakesidehotel.ie www.lakesidehotel.ie / www.facebook.com/lakesidecentre

14 Brian Ború's Fort / Béal Bóramha

Outside Killaloe on Tuamgraney road (R463). Look for signpost
Year round
+353 (0)61 682 1616
(Clare County Council Tourism Office)
info@visiteastclare.ie
www.visiteastclare.ie/project/brian-borus-fort

15 Ring of Lough Derg Heritage Tours

The Bridge, Killaloe
+353 (0)87 441 0128
www.theringofloughderg.ie

16 Killaloe Canal and Bridges

Killaloe-Ballina, Cos Clare/Tipperary
www.tipperary.com/sites/default/files/files/Lough Derg Heritage Trail.pdf
GPS: 52.8082, -8.4374

17 Templeachally Church

Birdhill Road, Ballina, Co Tipperary. A gate is reached via a tarmac laneway and there is a basic carparking area on the western side of the main road.
Year round.

18 Killaloe Cathedrals and Churches

Killaloe/Ballina, Co Clare
Walking route year round. Church opening times differ, check in advance
+353 (0)61 6821616
(Clare County Council Tourism Office)
www.visiteastclare.ie/project/killaloe-historic-town-trail

19 St. Flannan's Cathedral

Royal Parade, Killaloe, Co Clare
9am-6pm, daily. Sunday service 11.30am.
+353 (0)374 779 (Deanery) / +353 (0)61 375389
dean@killaloe.anglican.org
www.cathedral.killaloe.anglican.org

20 Quay Art

2 Ballina Quay, Ballina-Killaloe, Co Tipperary
Tuesday-Saturday 12-5pm; Sunday 2-5pm
+353(0)87 2077431
info@quayarts.ie
www.quayarts.ie

ACCOMMODATION

COUNTY CLARE

AnnaCarriga Holiday Resort

Lough Derg, Killaloe

+353 (0)61 376777

info@annacarriga.com

www.annacarriga.com

Ballygreen House

Ballygreen, Garraunboy, Killaloe

+353 (0)61 376798

info@pecheirlande.com

www.pecheirlande.com

Ballyheefy Lodge Lough Derg

Ballyheefy Lodge, Ogonnelloe

+353 (0)61 376016

info@ballyheefylodge.com

www.ballyheefylodge.com

Glocca Morra B&B

Ogonnelloe, Scariff, Killaloe

+353 (0)61 923172

gloccamorra@gloccamorra.com

www.gloccamorra.com

The Killaloe Hotel & Spa

Killaloe

+353 (0)61 376 000

sales@thekillaloe.ie

www.thekillaloe.ie

Lakeview Holiday Cottages

Kincora Harbour, Killaloe

+353 (0)12018440

sales@thekillaloe.ie

www.tridentholidayhomes.ie

Trident Holiday Homes

Killaloe

+353 (0)1 201 8440

reservations@

tridentholidayhomes.ie

www.tridentholidayhomes.ie

Whitethorn Lodge B&B

1 Shannon View, Ballina, Killaloe

+353 (0)61 375257

whitethornlodgebb@eircom.net

www.whitethornlodge.ie

COUNTY TIPPERARY

Ballymalone More Cottage

Ballymalone More, Ballina, Killaloe

+353 (0)86 299 7219

info@loughdergcottagerental.com

www.loughdergcottagerental.com

Carramore Lodge

Roolagh, Ballina, Killaloe

+353 (0)61 376 704

carramorelodge@gmail.com

www.carramorelodge.net/

Celtic B&B

Umina, Ballina, Tipperary

+353 (0)87 667 7370

willeke@thecelticconnexion.com

Kingfisher Lodge

Lower Ryninch, Ballina, Killaloe

+353 (0)61 376 911

kingfisherlodge@hotmail.com

www.kingfisherlodge-ireland.com

Lakeland House B&B

Boher Road, Ballina, Killaloe

+353 (0)67 47978

info@lakeland-killaloe.com

www.lakeland-killaloe.com

Lakeside Hotel

Ballina, Killaloe, Co Tipperary

+353 (0)61 376122

info@lakesidehotel.ie

www.lakesidehotel.ie

Shannon Breeze

Inchadrinagh, Ballina, Killaloe, Tipperary/Clare

+353 (0)61 375027

phbugler@yahoo.ie

www.shannonbreezekillaloe.com

RESTAURANTS

COUNTY CLARE

The BoatHouse, AnnaCarriga

Killaloe

+353 (0)61 376 777

info@annacarriga.com

www.annacarriga.com/
theboathouse

Killaloe Hotel and Spa

Killaloe

+353 (0)61 376 000

www.thekillaloe.ie

The Pipers Inn Bar & Restaurant

Ballyheefy, Ogonnelloe, Killaloe

+353 (0)61 374 717

www.thepipersinn.ie

The Wooden Spoon

Bridge Street, Killaloe

+353 (0)61 622 415

kate@thewoodenspoon.ie

www.thewoodenspoonkillaloe.ie

Wood and Sons

Main Street, Killaloe

+353 (0)61 375 898

info@woodandbell.ie

www.woodandsons.ie

COUNTY TIPPERARY

Cherry Tree Restaurant

Ballyshrule, Killaloe

+353 (0)61 375 688

cherrytreerestaurant@gmail.com

www.cherrytreerestaurant.ie

Flanagan's On The Lake

Cathal Quinn, Ballina Quay, Ballina

+353 (0)61 622 790

info@flanagansonthelake.com

www.flanagansonthelake.com

Goosers

Ballina, Killaloe

+353 (0)61 376 791

info@goosers.ie

www.goosers.eu

Tuscany Bistro

Main Street, Ballina

+353 (0)61 376 888

info@tuscany.ie

www.tuscany.ie



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Lough Derg
South

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