



## Lough Derg Blueway

### Outdoor Activities



## Welcome to Ireland's Blueways

### Do it your way and create your own unique Blueway experience.

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

Activity trails along the Lough Derg Blueway 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!

While you're enjoying these Blueway trails, there's so much more to see and do in the local area. The following range of guides have been created to help you make the most of your visit to the Blueways:



**Festivals, Dining and Accommodation** – This guide helps you to find the festivals to go to, where to eat and the place to rest your head after a full day.



**Heritage and Culture** – With the Blueways Guide to Heritage and Culture, you can take a break from all that Blueway activity and choose to step back in time.



**Made in Lough Derg (Arts, Crafts and Food)** – With the guide to Arts, Crafts and Food, you will be able to use your trip to the Blueway to explore traditional skills and taste locally produced food.



**Outdoor Activity** – The Outdoor Activity Guide provides you with so many reasons to celebrate being in the great outdoors.

**A PORTUMNA FOREST PARK WALKING TRAILS**

**Bonaveen Walking Trail** (10.5 km). This trail loops through a variety of trees and open lakeshore. It covers the western side of the park and includes the Bonaveen Point section by the lake. It is on single track which is narrow and twisty in places. This trail is open to bad weather at times and can be quite exposed.

**Rinmaher Walking Trail** (10 km). One of the two long waymarked loops in the Park. It begins along a two-way section of trail from the car-park and overlaps with the Woodland trail. This loop is mainly on single-track (narrow trails) and is suitable for those looking for a longer walk. There are signal signs along the route which provide information about local features of fauna and flora.

**Woodland Walking Trail** (2 km). This looped trail can be used by family walking groups. The surface is gravel; tarred forest road, wide timber boardwalk and there is a narrow section of trail. The gradient is minimal. It begins along a two-way section and includes an open area, the viewing platform and the duck pond.



**Forest Friendly Walking Trail** (1.4 km). Buggy and wheelchair friendly, this looped trail is on wide and smooth forest road and wide timber boardwalk. It winds gently through trees to a viewing platform close to the shore and on to the duck pond before returning to the car park.

**B Hymany Way** (50km). The Beara-Breifne Way interlinks a series of local walking ways. The local way in east Galway is called The Hymany Way. It is called after the historic Irish kingdom of Uí Máine, which covered much of the area of east Connacht. It traverses the plains of this area along its watercourses, including the banks of the river Shannon, through farmland and alongside the bogs for which the Irish midlands are famous. Start Point: Waterways Ireland Offices, Connacht Harbour, Portumna, Co Galway.

**C Slí Eala** (10 km). The Way of the Swan is a linear route which follows the banks of the Nenagh River from the historic lakeside village of Dromineer to Scotts Bridge, just 2.5km from the centre of Nenagh. This tranquil nature walk passes through an area of natural beauty and rolling countryside. Start Point: Dromineer in the middle of the village, Nenagh 2.5 km West on the N52 R493 junction (be careful crossing this busy road), and in Nenagh town on the Lower Birr road at the Nenagh river bridge.

**D Garrykennedy Forest** Near the village of Garrykennedy there are a number of walks through the native woodlands alongside the lake shore. The trailhead is located in the village near the harbour. For maps of the route see sections 3 and 4 at [www.discoverireland.ie/Activities-Adventure/the-lough-derg-way/13044](http://www.discoverireland.ie/Activities-Adventure/the-lough-derg-way/13044)

**E Arra Mountain Loop, Co Tipperary** (16.5km). The Arra Mountain Loop (6 hours), travels over tarmac, bog roads, farm tracks, gravel paths and fields. It wends past the northern edge of the Slieve Arra. It is a strenuous walk with some climbing. There are wooden steps up most of Laghtea Hill but it is still steep. You will be rewarded with spectacular views of Lough Derg. Start Point: The Lookout parking and viewing area, R494, Castletown, Near Portroe, Co Tipperary.

**F 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.

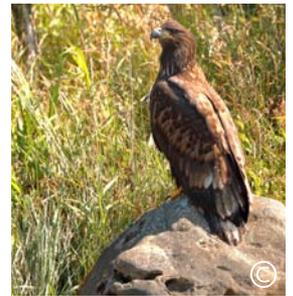
**G Millennium Cross Walk** (2.4 km). 6 km along the Portroe Road out of Ballina is a lovely walk on a rough track through open bog land with some steep sections. This brings you to the site of the Millennium Cross, erected here in 2006. There is a small parking area available, and a seating bench at the summit where you will see some breathtaking views of Lough Derg.

**H Ballycuggeran to Crag Wood Loop walk** (7.12 km). This Coillte recreation trail (2 hours) has a 'strenuous' rating with some climbs. The walks 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: Ballycuggeran Woods, about 3km north of Killaloe on the R463.

**I 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. [www.clarewalks.ie](http://www.clarewalks.ie)

**J 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. 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.



**K Killaloe to Ballycuggeran** (3.5 km). 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.

**Slí na Sláinte**

There are also short urban walking trails called Sli na Sláinte, Paths of Health, in Portumna, Nenagh and other locations around Lough Derg. See <https://irishheart.ie/publications/> for further information.

 PADDLING TRAILS

A network of water-based trails along the Lough Derg Blueway provides opportunity for all to enjoy a new perspective of the lake and experience the simple pleasure of gliding along in a canoe, kayak or Stand-up Paddleboard.

For those "New to the Blue", there are activity providers who will make it easy to enjoy the Blueway experience, through a guided paddle with an experienced instructor. Those with some experience, and perhaps their own equipment, can choose from a selection of trails which are especially suited, located in more sheltered areas or bays.

For the avid paddler, the full network of Lough Derg Blueway Paddling Trails offers a veritable paddlers paradise, with some 160 km of individual trails or "journeys" to be explored. Visit [www.bluewaysireland.org](http://www.bluewaysireland.org) to download the full range of paddling trail options.

 CYCLE TRAILS

**A PORTUMNA FOREST PARK CYCLE TRAILS**

**Bonaveen Cycling Trail** (10.5 km loop). This trail passes through a variety of trees and open lakeshore along the western side of the park. It is on single-track which is narrow and twisty in places with great views out over the expanse of Lough Derg. This trail is exposed to bad weather at times.

**Forest Friendly Cycling Trail** (1.4 km). This trail is on wide and smooth forest road and wide timber boardwalk. It winds gently through trees to a viewing platform close to the shore and on to the duck pond before returning to the car park.

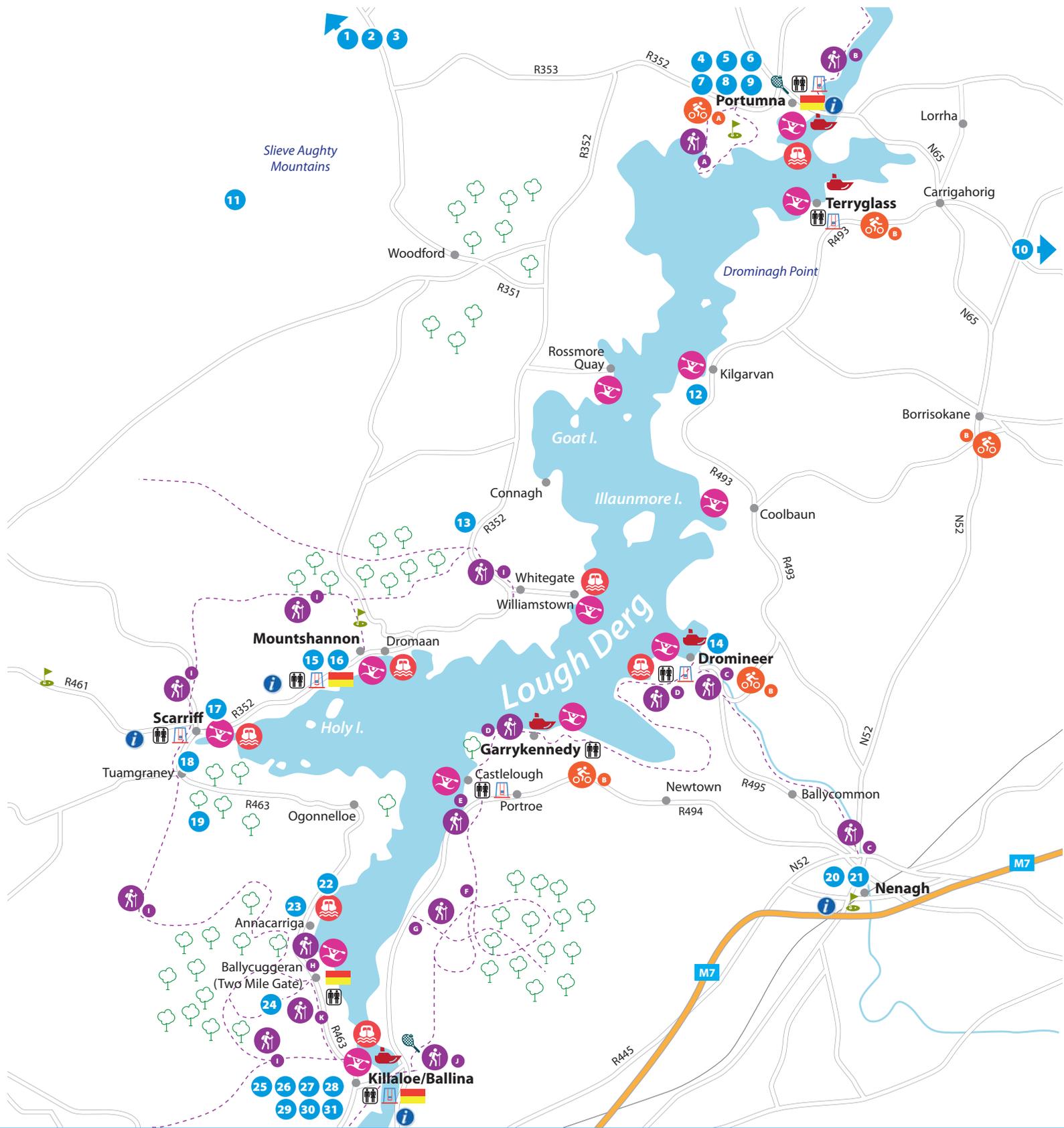
**Rinmaher Cycling Trail** (10 km). This loop is mainly on single-track narrow trails and is suitable for those looking for a more challenging cycle. It begins along a two-way section of trail and covers much of the park. There are good views along the lakeshore near Rinmaher Point south towards Terryglass and east towards Portumna Bridge.

**Woodland Cycling Trail** (2 km). This trail can be used by family cycling groups. The surface is gravel; tarred forest road, wide timber boardwalk and there is a narrow section of trail. The gradient is minimal. It begins along a two-way section and includes an open area, the viewing platform and the duck pond.

**B Nenagh Cycle Hub** A network of signed and mapped cycling routes radiate from Banba Square, Nenagh, leading cyclists through scenic countryside, lakeside villages and quiet country roads before returning homeward. Each route is numbered and full details and maps are displayed on large signboards at 11 points along the way.

- Loop 1 (65km) traces the eastern shore of lough Derg through Dromineer and Terryglass.
- Loop 2 (30km) goes through Castletown and along an off-road section to Garrykennedy.
- Loop 3 (67km) takes cyclists along flat country to Ireland's eco-village at Cloughjordan.

 [www.irishtrails.ie/Trail/Nenagh-Cycle-Hub-Loop](http://www.irishtrails.ie/Trail/Nenagh-Cycle-Hub-Loop)



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**KEY**

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

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

• Want to go fishing on the Blueway?  
Go to [www.fishinginireland.info](http://www.fishinginireland.info).

## 1 Pallas Karting and Paintball

Thrill to the exhilaration of speed as you zoom down the tarmac to challenge your fears and outrace your rivals. Pallas Karting has Europe's largest karting centre with three tracks, beginners (500m), advanced (1,500m) and rally standard (GP FI, 2,200m). Put the boot down in karts that give powerful acceleration, precise handling and effective braking. Tracks are timed so it's possible to race against the latest lap record. Minimum age and height levels apply. You may prefer to unleash your inner commando in the paintball centre as you lead your team onto enemy ground to capture their flag and be the winner. Four unique war zones will test your tactics and leadership skills.



Tynagh, Loughrea, Co Galway  
 From 10am each day. Advance booking essential  
 +353 (0)90 974 5147  
 [info@pallaskarting.com](mailto:info@pallaskarting.com) [www.pallaskarting.com](http://www.pallaskarting.com)

## 2 Flowerhill Cross-Country and Equestrian Centre

Flowerhill Centre is surrounded by excellent cross-country horse riding land, you can gallop across open fields, swim through the lake and splash in the Kilcrow river, scaring away the fish as you go. Visitors can ride by the hour, a full day of two or three rides per day, or stay and chill out for a week or more. Rides usually go out daily at 10.00am and 1.30pm. Horse riding variations include show jumping and dressage tuition, cross-country workshops, exercising hounds or just hacking down to the local pub, where there are stabling facilities while riders enjoy a pint and toasted sandwich.



Killimore, Co Galway Advance booking  
 +353 (0)9096 76112 / +353 (0)87 257 0221  
 [info@flowerhill.net](mailto:info@flowerhill.net) [www.flowerhill.net](http://www.flowerhill.net)

## 3 Milchem Equestrian Centre

Set in scenic east Galway countryside, this friendly equine activity centre run by Ralph Conroy has great courses and jumps, good surfaces and a large practice arena, making it the perfect place to enjoy a lively hour or two of horse riding or jumping. They provide training in show jumping, eventing and hunting so it is a good place to brush up your skills. The centre also produces and trains horses for competition. Parking is available.



Tynagh, Co Galway Check times in advance  
 +353 (0)909 676388 / +353 (0)87 274 4945  
 @MilchemEquestrianCentre  
 [www.facebook.com/MilchemEquestrianCentre](http://www.facebook.com/MilchemEquestrianCentre)

## 4 Shannon Cruising, Joe & Avril O Keefe

Avril and Joe O Keefe bring guests around Lough Derg on a cruise and dine experience. Breakfast, lunch and dinner cruises are available year round on their 44 foot motor yacht Bó Island. Bó Island is also available for weddings, Hens and Stags. They also have a 32 seat boat and provide a two hour cruise from Terryglass. Operating from Portumna and Terryglass, a relaxing way to cruise Lough Derg.



Terryglass, Portumna, Co Galway  
 +353 (0)876 370228 or +353 (0)876 370226  
 [enjoy@shannoncruising.ie](mailto:enjoy@shannoncruising.ie) [www.shannoncruising.ie](http://www.shannoncruising.ie)

## 5 An Gairdín Organic Garden and Ecology Centre

An organic garden and centre for promoting principles of sustainable cultivation. Mainly native flowers and hedgerow trees are grown here because their leafing and flowering times coincide with the food and shelter needs of local wildlife, which pollinate and find shelter in them. They hold open planting days and mark National Tree Week in mid-March by planting hedgerows. A building has been developed to house an education programme promoting sustainable growing practice. Run by a small team of nuns and volunteers, the centre holds seminars, cookery and growing courses, film screenings, mindfulness workshops and public Open Planting days.



St. Brigid's Road, Portumna, Co Galway  
 Check for events and courses  
 +353 (0)909 741689 [angairdin1@gmail.com](mailto:angairdin1@gmail.com)  
 [www.angairdin.ie](http://www.angairdin.ie) / [www.facebook.com/An-Gairdin](https://www.facebook.com/An-Gairdin)

## 6 Portumna Castle, Gardens and Marina

Portumna Castle and Demesne occupy a magnificent location on the shores of Lough Derg on the River Shannon. You can visit the ground floor of the castle and its exhibition on the history and restoration of the building and the de Burgo family. There are 45 minute long guided tours of the building or alternatively you can stroll in its grounds, gardens, Willow Maze and 17th-century potager kitchen garden which has been restored to its original splendour. Walk from the castle towards the lake to the Waterways Ireland Marina and Amenity Park which now includes a public campervan park, picnic tables, toilets and showers.



Portumna town – adjacent to lake, the River Shannon and Portumna Forest Park  
 Daily 9.30am-6pm. Last admission 5.15pm. Mid October-9.30am to 17.00 weekends only +353 (0)909 741658  
 [portumnacastle@opw.ie](mailto:portumnacastle@opw.ie) / [marie.gibbs@opw.ie](mailto:marie.gibbs@opw.ie)  
 [www.heritageireland.ie/en/west/portumnacastleandgardens/](http://www.heritageireland.ie/en/west/portumnacastleandgardens/)

## 7 Portumna Heritage Trail

This self-guided tour takes the visitor around Portumna's many beautiful heritage buildings and streetscapes with the use of an illustrated map of the walking route detailing all the notable sites and an introduction to the history of the area. The earliest surviving building is the 13th century Cistercian Priory, the most impressive is Portumna Castle, which was built before 1618. There are two Neo-Gothic churches, the classically-styled Courthouse and other period buildings. Many streets and buildings retain original fanlights, columns or other details. The map, along with an audio tour for MP3 players narrated by noted historian Dr Peter Harbison, can be downloaded from [www.galwayeast.com/](http://www.galwayeast.com/) wayfinding or picked up at Portumna Tourist Office.



Portumna Tourist Office, Irish Workhouse Centre, St. Brigid's Road, Portumna, Co Galway  
 February-November, 7 days, 9.30am-5pm  
 +353 (0)909 759200 [info@irishworkhousecentre.ie](mailto:info@irishworkhousecentre.ie)  
 [www.portumna.net/tourism](http://www.portumna.net/tourism)

## 8 Portumna Forest Park & De Burgos Bike Hire

The 1,500-acre Portumna Forest Park has been transformed into a wonderful centre for outdoor recreation. There are wide open spaces, conifer and broadleaved woodland, lakeside walks, orienteering courses, a birdwatching hide, off-shore islands, a ruined 15th century Abbey and a marina giving access to beautiful Lough Derg, as well as parking and toilet facilities. Trails include a 1.5km looped walking trail that is buggy and wheelchair friendly; a 2-km looped walking trail by woods and lakeshore, two 'easy' grade looped mountain bike trails suitable for children and the Rinnmaher combined walking/cycle looped track with lake views. Historic Portumna Castle is just next door and the whole area is within strolling distance of the town. Holidaymakers can hire bicycles for all ages at De Burgos Bike Hire in Podumna Village in the heart of Portumna. They rent bikes, accessories, safety gear, child seats and pull-alongs for the baby. You can also cycle to the lovely Portumna Castle gardens, the Famine Workhouse, the Abbey and then head to the recreational swimming area by the lake to cool off.



**(Park) Portumna Demesne, St Joseph's Road (R352), Portumna, Co Galway**  
Year round access  
+353 (0)1890 367378 (Coillte main office)  
www.coillte.ie/site/portumna-forest-park  
GPS: 53.08303835, -8.2484955

**(De Burgos Bike Hire) Pod Umna Village, Dominick St, Portumna, Co Galway**  
+353 (0)909 759 499 / +353 (0)83 4343480  
info@deburgos.ie www.deburgos.ie  
GPS: 53.092642, -8.216589

## 9 Irish Workhouse Centre

Portumna Workhouse opened in 1851 and was closed when the workhouses were abolished in 1921. Gradually the building fell out of use until revived in 2011 as an education, tourism and conservation project to tell the story of the workhouse system. You can visit and tour the building, relive what it was like to be part of the workhouse system, see some of the original furniture and fittings and watch the video on the workhouse system. The workhouse is also the Tourist Information office for the area and they can advise you where else to visit.



**Portumna, Co Galway** Open March to October  
+353 (0)909 759 200  
info@irishworkhousecentre.ie www.irishworkhousecentre.ie

## 10 Bike Park Ireland

Leave your cares behind as you rush downhill through beautiful forest terrain in this fantastic park of bike trails. An adapted army truck carries bikers and gear to the top of Knockshegowna hill. When you reach the bottom, you can hop a ride on the next truck, pick your next trail at the top and do it all over again. All skill levels are catered for. For calmer pleasures, there are walking trails, a Pump Track practice area, showers and changing facilities and a space to refuel with foodie goodies baked on site at the Mucky Boots Café. Bike hire available.



**Fairymount Farm, Ballingarry, Roscrea, Co. Tipperary.**  
Pre-booking required. April – May, Saturday-Sunday 9am-6pm.  
3 June-3 September Wednesday-Sunday 9am-6pm. Office Tuesday-Sunday 9am-5pm.  
+353 (0)67 21 961 / +353 (0)87 283 1454  
info@bikeparkireland.ie www.bikeparkireland.ie

## 11 Slieve Aughty Centre

One of only two certified organic restaurants in Ireland can be found at the Slieve Aughty Centre in the Lough Derg lakeland. The family-owned centre provides eco-friendly equestrian and leisure activities on its 17-acre grounds. There are another 2,000 acres of forest and quiet country roads around the centre so it is the perfect area for a day's hiking or a relaxing stroll, with miles of trails for walking, cycling, horse riding and exploring nature. The Enchanted Forest is a magical spot for children and all ages would love their full-week 'walking with a donkey' holiday.



**Kylebrack, Co Galway**  
Year round. Non-resident diners need to book  
+353 (0)909 745 246 info@slieveaughtycentre.com  
www.slieveaughtycentre.com GPS: 53.13424, -8.47257

## 12 Lough Derg Water Sports

Grab a paddle and learn how to explore Lough Derg with canoeing and kayaking skills taught by accredited Canoe Ireland instructors. Learning is safe, fun and suitable for all ages with kayaks that are stable and safe for beginners. Training for kids and adults, trips to hidden marinas and islands, new skills and lots of fun and adventure are part of the mix. They run kids summer camps and a 12-week kayaking programme to give beginners the skills to take part in the Blueway 10k Challenge events taking place around Ireland in summer. Although based at Kilgarvan, they operate all over Lough Derg and guided paddles of sections of the Lough Derg Canoe Trail can be arranged.



**Kilgarvan Quay, Coolbawn, Co Tipperary**  
Availability all year. Advance booking essential  
+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  
GPS: 53.018191, -8.258855

## 13 An Sibín Equestrian Centre

A 300-year-old restored farmhouse is home to An Sibín's riding centre. Here, experienced riders can take daily or hourly rides over tracks, forests or quiet roads, while there is training in basic riding skills and guided hacks through the scenic countryside for the beginner. Every field and ancient ruin has its own story, which your guide will happily recount. Afterwards, a traditional home-cooked dinner is served before an open turf fire. An Sibín's eight-day Galway Clare Burren Trail takes riders 140km overland from the shores of Lough Derg to the Atlantic seaboard near the cliffs of Moher through the heart of the Burren National Park.



**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

## 14 Ku-EE-Tu

The 53-seater Ku-EE-Tu carries passengers each day from New Harbour, Dromineer, to explore Lough Derg. There is a fully licensed bar on board and live music, parties and food can be arranged for groups or special occasions. Yachts and small cruisers can also be hired from the operators.



**Calista, Dromineer, Co Tipperary**  
Advance booking required +353 (0)67 24295 /  
+353 (0)87 214 2363 pandtknight@eircom.net  
www.discoverloughderg.ie/the-ku-ee-tu,  
GPS: 52.91583254, -8.283197006

## 15 Holy Island Tours

Holy Island, named because of its links with early Christian saints, is called in Irish Inis Cealtra or 'Island of the Burials' and the island holds a graveyard with graveslabs dating from the 8th century. Historian Gerard Madden, author of the history of Holy Island, which is on sale, leads daily boat trips and guided tours of the island. Fishing, rowing and paddle boats can be hired too. Tours leave from Mountshannon pier.



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

## 16 Lakeside Watersport Centre and Holiday Park

The centre, set in wooded parkland on the western shore of Lough Derg, offers a range of water sports. Swimming, fishing, table tennis, football, tennis and scenic walks can be enjoyed. Motor, angling, rowing and sailing boats are for hire plus kayaks and windsurfers. Boat owners can use the harbour moorings in season. The centre has a camping and caravan area with all the facilities and it rents lakeside mobile holiday homes. The park even boasts its own red squirrel.



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

## 17 Derg Isle

Derg Isle is a centre for team building, personal development and survival training set on a wooded site along the Graney river, which flows into Lough Derg near Scariff. Specialising in group courses for schools, sports clubs, youth groups and corporate teams, it provides a wide range of outdoor and indoor team-building activities. Boot camps for men, women and beginners feature lively exercises and workouts to suit all abilities run over six weekly sessions. Meals are provided and accommodation comprises tent and hostel with cottages for group leaders.



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

## 18 Clare Walking Tours

You can choose lots of routes to walk around East Clare, while staying in the comfortable Clareville House B&B, home to Clare Walking Tours. They will advise on routes, supply maps, provide a packed lunch and even drop you off and collect you later. As well as lots of short local loop walks, you are right in the heart of the East Clare Way, 172km of waymarked paths broken into eight sections. Whatever walk you pick, you will stride through unspoilt rural scenery with stunning views. They collect and drop you to the airport or railway station too. All you have to do is walk.



- 📍 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 East Clare Yoga Centre

Regular weekly classes and weekend workshops in Iyengar yoga are held in this family-run yoga centre set in green countryside. Both teachers are certified instructors and hold the international Iyengar Yoga Certification Mark. There is a purpose-built yoga studio with adjoining changing facilities. Students are given a gradual introduction to yoga posture, its general principles and the use of yoga props to achieve postures.



- 📍 Boru Oak Lodge, Raheen Road, Tuamgraney, Co Clare
- 📅 Classes Tues/Wed 9.30am-11am and Tues/Wed/Thurs nights. ☎ +353 (0)61 640 923 / +353 (0)87 752 1783
- ✉ info@eastclareyoga.com
- 🌐 www.eastclareyoga.com / www.facebook.com/eastclareyoga

## 20 Nenagh Equestrian Centre

Nestling at the foot of the Silvermines mountains, this family-run centre provides riding lessons, trail rides, trekking, livery, hunting, equestrian holiday camps and disabled riding facilities. There are indoor and outdoor riding areas. Instructors have British Horse Society qualifications and the centre is approved by the Association of Irish Riding Schools. Lessons cater for all levels of riding skill in a safe and friendly atmosphere. Lesson times are Wednesday and Friday evenings and throughout Saturday. Most lessons last one hour.



- 📍 The Briary, Ballintoher, Nenagh, Co Tipperary
- 📅 Year round ☎ +353 (0)67 31400 / +353 (0)86 869 8885
- ✉ nenaghequestrian@gmail.com
- 🌐 www.nenaghequestriancentre.com /  
www.facebook.com/Nenagh-Equestrian-Centre

## 21 Nenagh Walking Tours

Your guide Kevin will bring the streets and buildings alive with stories of the past as you walk with him through the town whose origins go back to before the Norman settlement. The tour takes in Nenagh Castle, the Abbey, the jail, courthouse and many of the other handsome structures that grace the town. You will be regaled with stories of people and events that occurred down the years.



- 📍 Banba Square, Nenagh, Co Tipperary
- 📅 All year, seven days a week. Call for details. Payment by cash on the day.
- ☎ +353 (0)86 124 7945 🐦 @nenaghwalkingtours
- ✉ millsyng@yahoo.ie
- 🌐 www.facebook.com/nenaghwalkingtours  
GPS: 52.865382, -8.199768

## 22 An Seileastram Buí

Camilla O'Callaghan gives individual and group classes in yoga from her home set in wooded landscape above Lough Derg. Her aim is to encourage nourishment and healing through yoga, holistic nutrition and nature in a simple and beautiful environment. She is deeply interested in the links between eating and drinking habits and a person's mental clarity and health. Each student is guided from their individual starting point and daily practice is encouraged. Monthly residential retreats are held throughout the year.



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

## 23 University of Limerick Activity Centre

This purpose-built centre sitting snugly on the lake shore provides high-quality adventure programmes year round to students and the general public. Activities are focused around adventure, skill training and personal development. Purpose-built piers and jetties provide easy access to the lake and there are changing facilities a sauna, kitchen facilities an outdoor picnic area, all wheelchair friendly. Courses on first aid and safety, powerboat driving (ISA certified), sailing and kayaking are offered. They have lots of brilliant fun activities to try.



📍 Two Mile Gate, Killaloe, Co Clare  
📅 Year round 📞 +353 (0)61 376 622  
✉ info@ulac.ie 🌐 www.ulac.ie GPS: 52.82980503, -8.467749

## 24 Mid Ireland Adventure

If your passion is the great outdoors, Mid Ireland Adventure is ready to take you where you want to go. They travel to different locations throughout Lough Derg providing a wide range of activities from mountain biking at Portumna Forest Park to Stand Up Paddle Boarding (SUP) safaris on the river Shannon or Lough Derg. Activities include mountain bike tours/rental, hiking, SUP safaris, lessons and rental, SUP summer camps and BBQ safaris. They cater for every sort of group and all activities are available on request.



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

## 25 Fishing for Kids

A child might become an angler for life after completing this day course in fishing skills that will introduce them to a new hobby and the world of outdoor adventure. Fishing for Kids teach each child how to select, set up and operate a spinning fishing rod; choose the right baits, lures and worms; how to unhook and release a fish unharmed and how to cast safely near and on water. They learn the mysteries of casting, trolling and float fishing. The course is suitable for beginners of all ages, including adults. A lakeboat can also be hired for jaunts to lakeside villages or short trips.



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

## 26 The Celtic Connexion Travel Company

Individual walking holidays or tailor-made small group tours of the Lough Derg lakeland are the speciality of Celtic Connexions. Many walks cover stretches of varying length along the East Clare Way, crossing forest, canal path, riverbank, flat or upland terrain. Special themed walks can be organised, such as a stone wall and walk weekend with drystone wall workshop or a Hidden Ireland hiking holiday in the Lough Derg area with Killaloe as base. Activities like fishing, golfing, swimming and sports events can be built into each package. Guide and qualified Mountain Leader Willeke Ansink each Sunday leads a 5km walk from Killaloe.



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

## 27 Killaloe Heritage Walking Tours

Scenic Killaloe is steeped in history from its churches and early Christian saints to its quaint streets and sheltering hills. A guided tour of Killaloe will enrich your knowledge of this heritage town's architectural and historic legacy. Hear the stories of High King Brian Ború whose fortress/palace, Kincora, overlooked the town and visit some of the sites associated with him. Tours can be arranged to suit individual schedules at different price ranges.



📍 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

## 28 Killaloe Historic Self-Guided Walks

Killaloe has a walking trail that wends past its most important heritage buildings and sites. It brings walkers to St. Flannan's Cathedral (1185) and St. Flannan's Oratory (12th century) with the Ogham and Runic-inscribed Thorgrim Stone; St. Flannan's Catholic church with Harry Clarke stained-glass window and beside it St. Lua's Oratory rescued when Friar's Island was drowned by the Shannon hydroelectric scheme in 1929; the Aillebaun Walkway between Main Street and the canal bank; the impressive Brian Ború's ringfort 15 minutes from the town, Tobermurragh well, where Brian Ború's son, Murrough, was baptised; the Canal Bank; the Farmer's Market site (Sundays); the scenic railway line and riverside paths and, the Old Mill across the river; Our Lady's and St. Lua's Catholic church and Templeachally 12th century church ruins.



📍 Map board with route at carpark on bridge, Killaloe, Co Clare  
📅 Year round  
📞 +353 (0)61 6821 616 (Clare County Council Tourism Office)  
🌐 www.visitclare.ie/project/killaloe-historic-town-trail

## 29 Killaloe River Cruises

Killaloe River Cruises offer daily, one-hour tours of the river Shannon and Lough Derg. The tour cruises north along the river Shannon and the lake. A commentary is provided on all interesting sites as you cruise by. Relax and unwind on one of their modern boats taking in the magnificent scenery, wildlife, heritage, legends and folklore. They cruise all year round and private charter is also available for groups of up to 50 people.



📍 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.killaloeivercruises.com

## 30 Soulkite Stand Up Paddling

Scooting along on a large, buoyant board using lightweight paddles is a perfect way to introduce yourself to Lough Derg's waters. Soulkite teaches SUP skills from its base at the canal in Killaloe. Novices learn the essentials in the calm canal before moving out onto the lake. Then you are ready to safely enjoy all the SUP activities and games that Soulkite arrange, including two-hour SUP tours. A lesson lasts 1.5 hours and Soulkite provide top-quality equipment, catering for individuals or groups.



📍 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

## 31 Lakeside Leisure Centre

When the Lakeside Hotel was first opened in 1894 on the banks of the Shannon river, it is unlikely that guests whooshed down a figure-of-eight water slide but today's visitors can enjoy that splash, plus the amenities of the spacious leisure centre with its 18m pool, jacuzzi and gym. Serious exercise lovers can devise a personal workout plan with qualified staff members.



- 📍 The Lakeside Hotel, Ballina-Killaloe, Co Tipperary
- 🕒 Monday-Friday 7am-9.30pm; Saturday 8am-9pm; Sunday/bank holidays 8am-8.45pm
- ☎️ +353 (0)61 376 122 ✉️ info@lakesidehotel.ie
- 🌐 www.lakesidehotel.ie / www.facebook.com/lakeside.centre

## 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 White Tailed Sea Eagles at the information point in Mountshannon harbour (staffed during summer) and from the bird hide in Portumna forest park. You can also see them in many other places around the lake when they go out hunting.



- 🌐 www.mountshannoneagles.ie / Facebook: Mountshannon Eagles

## BIKE HIRE

- **De Burgo Bike Hire** Including child seats and baby pull-alongs.  
Pod Umna Village, Dominick St, Portumna, Co Galway.  
☎️ +353 (0)909 759499 ✉️ info@deburgos.ie 🌐 www.deburgos.ie
- **Moynan's Bikes** Sale, hire and repair of all types of bikes.  
4, Cecil Walk, Nenagh, Co Tipperary.  
☎️ +353 (0)67 31293 ✉️ info@moynans.com 🌐 www.moynans.com
- **Planet-Tri and Bike Rental**  
Supply biking, running and swimming gear.  
Convent Hill, Shantraud, Killaloe, Co Clare.  
☎️ +353 (0)61 622062 ✉️ info@planet-tri.ie 🌐 www.planet-tri.ie
- **Mid Ireland Adventure** Mountain bike hire and guiding.  
☎️ + 353 (0)85 1735204 ✉️ adventureire@gmail.com  
🌐 www.midirelandadventure.ie

## MOTORHOME PARK

If you are travelling with a campervan and want to sleep to the sound of water lapping, visit the public motorhome area at the Portumna Castle Harbour Marina. There are twenty sites with electricity hook-ups, toilets and shower facilities, all in a beautiful setting.



## TAKE TO THE WATER

There are many options to 'get on the water' in Lough Derg.



If you want a guided up-close-and-personal splashy experience? Call one of the activity providers (12, 16, 23, 24 and 30).



You can have a relaxing trip on one of the passenger boats operated by the three cruise companies on Lough Derg, 4, 14 and 29, anywhere you see the red boat symbol.



Small lake-boats are available for hire, for angling or just cruising the lake shore, see [www.discoverloughderg.ie](http://www.discoverloughderg.ie)

Captain your own boat, if you want to spend a few days on a liveboard motor-cruiser then check out [www.boaholidaysireland.com](http://www.boaholidaysireland.com). No experience necessary.



## Lough Derg Blueway Outdoor Activities

