In the unlikely event of an emergency dial 999 or 112 to contact emergency services. Use VHF channel 16 to contact the coast guard.

**LEAVE NO TRACE**
Take only pictures, leave only ripples. www.leavenotraceireland.org

**INVASIVE SPECIES**
Help stop the spread of invasive species – wash your boat and SUP before and after a paddle. www.invasivespeciesireland.com

We welcome feedback about your paddling experience. Please contact us at info@bluewaysireland.org

For further information please contact Waterways Ireland at Eastern Regional Office:
Ashtowngate: +353 (0) 868 0148

*Users of this trail do so at their own judgement and risk.

**Overview Map**

1-2 Mullingar Harbour to Ballinea Slip
- Access and car parking at Mullingar Harbour and Ballinea Slip.
- Distance: 7km
- Duration: 2hr 20min

2-3 Ballinea Slip to Coolnahay Harbour
- Access and car parking at Ballinea Slip and Coolnahay Harbour.
- Distance: 4km
- Duration: 1hr 20min

1-4 Mullingar Harbour to McNeaed’s Bridge
- Access and car parking at Mullingar Harbour and McNeaed’s Bridge.
- Distance: 12km
- Duration: 4hr