Here is a trip to remember as you explore scenic Lough Derg’s bank-side heritage, canals and eagles and deserted islands, all from the perspective of its sparkling waters, along one of the Blueway Paddling Trails.

Experience the Lough Derg Blueway by kayak, canoe or stand-up paddleboard from one of the 13 trailheads (trail start points). With 21 individual shoreline paddling trails, each with different views, distances and ways to experience this Blueway from the water, there is something for everyone.

- **New to the Blue?** If you are new to paddling but want to indulge your sense of adventure on a trail, contact one of the water activity providers at www.bluewaysireland.org for a guided paddle with an experienced instructor.
- **Experienced Paddler?** If you are self-contained and are competent on an independent paddle-travel, select a world-class paddling trail from the map and trail information overlaid.

Users of these trails do so at their own judgement and risk.

### Wind Safety

Lough Derg is exposed to the wind especially from the south so always stay within 50 meters of the shore, get a weather forecast and use the trails only in winds of force 2 or less. Open canoes may also be hazardous in these areas, so get a weather forecast before setting out.

### Paddling Advice

- **Stay and Play Areas**
  - Portumna/Water Recreation Park
  - Killaloe/Ballina
  - Luska
  - Mountrath (Dromaan)
  - Stackagh
  - Kilgarvan-Jetty

- **TRAILHEADS**
  - Each of the 16 trailheads include parking, water access and support facilities such as showers and toilets (March to November), and overnigh storage for small water-craft.
  - For access to the storage facilities, contact Waterways Ireland at the Western Regional Office, Scarriff, or Call 033 (0) 822 010.

- **Contact Details**
  - We welcome feedback about your paddling experience. Please contact us at info@bluewaysireland.org with your comments or queries.

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### Invasive Species

Help stop the spread of invasive species—wash your boat or SUP before and after a paddle. www.invasivespeciesireland.com

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### Leave No Trace

- **Take only pictures, leave only ripples**, www.leaveenotrace.com

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KILGARVAN
Kilgarvan Trailhead: Traveling along the A94 towards Limerick from the roundabout at the old bridge between Kilgarvan and Mountshannon. GPS: 52.885073, -8.299125.

Description: Suitable for beginners with a guide and intermediate paddlers.

Distance: 6 km one way.

Difficulty: 3 hr one way.

Overview: Suitable for first time paddlers, you will see a narrow channel marked by two wooden buoys where you can exit the stream and then follow the river before turning north along a long and exposed river bank.

Castlelough Trailhead: Castlelough is reached via a small road to the left of the A84 which is immediately to the left of the Cross River Bridge. GPS: 52.870459, -8.328296.

Description: Suitable for intermediate paddlers, exposed to prevailing winds from large sections.

Distance: 6 km one way.

Difficulty: 2 hr 45 min one way.

Overview: Kilgarvan travelling left south west in the direction of Coolbragh Quay and marina. Past this and enter the national intercontinental park. Continue along the Coolbragh Quay along the river level and travel directly to the River Shannon at Tulsk, near the village of Kilgarvan. You then see the marina and you now see the wide river which runs past the marina.

STEPHENVILLE
Steppenwolde Quay Trailhead: Steppenwolde Quay Trailhead is located at the end of the Steppenwolde Marina, which is located on the north side of the Sprawling River. GPS: 52.889215, -8.304135.

Description: Suitable for guided beginners with experienced paddlers and for intermediate paddlers the crossing of Lough Lein may be difficult.

Distance: 3 km one way.

Overview: The crossing from Steppenwolde to Mountshannon is a narrow channel and takes you through the Steppenwolde Marina. From here you can see the marina on your right and then the river leading towards the Steppenwolde Marina.

Williamstown Trailhead: Williamstown Trailhead is located on the north side of the Shannon and just 1 km from the Williamstown Bridge. GPS: 52.892135, -8.304055.

Description: Suitable for guided beginners and intermediate paddlers with reasonable fitness.

Distance: 4.5 km one way.

Overview: Suitable for those who do not want to go to the Williamstown area. This trail is one of the most popular and most scenic trails on Lough Lein.

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