

Lough Derg

LAKELANDS



Lough
Derg

WELCOME TO THE LOUGH DERG LAKELANDS

If you haven't yet been to Lough Derg, you are missing out on one of Ireland's true gems. Nestled in the heart of the country between the counties of Clare, Tipperary and Galway, Lough Derg is the largest and most spectacular lake on the River Shannon.

The area boasts some of the most picturesque walking trails in the country, with breath-taking scenery around every corner.

For those seeking adventure, the list is endless - from sub aqua diving, canoeing, water-skiing, kayaking and sailing, to golf, cycling, horse riding, angling & fishing.

Lough Derg has it all!

Lough Derg consists of 179km of indented shorelines, stretching from its northern tip at Portumna to Ballina and Killaloe in the south.

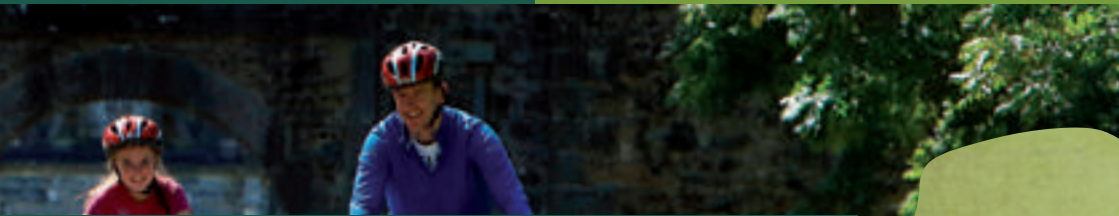




PORTUMNA CASTLE



NENAGH CASTLE



TOP RECOMMENDED ACTIVITIES



Visit the multitude of historical sites including castles, abbeys and parks (check out our map for inspiration!)



Walk, cycle or drive at least one of the spectacular Lough Derg loops - a must do if only here for a couple of days



Hire a boat on the River Shannon and take in the stunning scenery at your leisure



Indulge your adventurous side with a day of water sports



Get away from it all in any of the 3 and 4-star hotels in the area



Golfing enthusiasts can enjoy a game on any number of superb golf courses in the region



Take a well-deserved break from activities and enjoy a spot of lunch or dinner in any one of the award winning cafes and restaurants dotted along the lakeside



Lough Derg offers a terrific angling holiday experience. Its remote areas are wild and beautiful and the lake is especially famous for its brown trout and pike



WHERE TO STAY

Lough Derg Lakelands caters for all tastes and budgets, with accommodation ranging from modern three and four-star hotels, bright and airy B&Bs or cosy self-catering thatched cottages.

Why not see Lough Derg in a totally different way by hiring a boat for the duration of your holiday and see where your adventure takes you!

A TASTE OF LOUGH DERG



The lakeside towns of Lough Derg are renowned for their impressive array of award-winning restaurants, cafes, pubs and speciality food shops, all offering that famously warm Irish welcome.

For a chance to meet some of the areas local food gurus, look no further than the many farmer and country markets that take place throughout the year in Killaloe, Scarriff, Mountshannon, Nenagh, Portumna & Terryglass.

Catch one of the many food events that take place around the lake during the summer months as part of the 'Taste of Lough Derg' food series.

Key Destination Points

- Holy Island
- Castlelough
- Nenagh Castle
- Lookout at Portroe
- Portumna Forest Park
- Portumna Castle
- Two-Mile-Gate
- Aistear Park
- Tountinna
- Mountshannon
- Saint Cronans Church, Tuamgraney
- St Luas Oratory
(St Flannans Church, Killaloe)



TIME OUT

Holy Island, located on the western shore of Lough Derg, is home to the ruins of several small churches, an ancient round tower, a cemetery and a holy well. It is one of the most famous Irish monastic sites, and a must see on a visit to the area.

Boat trips to Holy Island depart from the picturesque pier at Mountshannon and Scarriff, in itself a unique and memorable experience.



HISTORY AND FOLKLORE



According to legend the Warrior Hero, Finn fought and killed a huge monster which lived in the lake - some say a smaller lake creature still lives in the water!



Brian Boru - High King of Ireland, was born just a few miles from the village of Killaloe. Brian Boru was crowned High King of Ireland in 1002. His fort, Beal Boruma, stood on the site of an Iron Age ring at Kincora, Killaloe.



In the 16th century Edmond Roe O'Kennedy was murdered before telling anyone where he had hidden his treasure, it is reported that his shadow has been seen in Annagh Castle.



The "Graves of the Leinstermen", Tountinna are believed to form part of a Neolithic stone circle.



The Church in Tuamgraney founded by St Cronan in the 10th century is reputed to be Ireland's oldest church in continuous use, a church frequently visited by Brian Boru. It is reported that Brian Boru was responsible for repair work carried out on the ancient building.



LEGEND

- | | | | | |
|--|--|---|--|--|
|  Castle \ Ruin |  Accommodation |  Golf Club |  Playground |  Beach |
|  Forest \ Woods |  Blueway Trail Head |  Walks |  Religious Site |  Primary Road |
|  Dining |  Watersports \ Cruising |  Cycle Hub |  Eagles |  Motorway |

**16.5
km**

ARRA MOUNTAIN LOOP

Looped Walk / Moderate Walk

The Arra Mountains are located in Co. Tipperary, between the towns of Nenagh and Ballina, south east of Lough Derg. This walk commences at the Lookout at Portroe, the terrain is varied ranging from forest paths, fields, peat land paths and quiet roads. It is a long walk but walkers are rewarded with spectacular views over Lough Derg and surrounding areas.

**5.8
km**

GRAVES OF THE LEINSTERMEN LOOP

Looped Walk / Moderate Walk

This looped walk follows minor roads and laneways to ascent Tountinna. The first section follows quiet public roads before turning off the road and continuing to Tountinna, the summit of the Arra Mountains.

The walk descends steeply back to the trailhead. Specular views of Lough Derg and surrounding areas can be enjoyed from the summit. According to legend, this area is the burial place of a Leinster King and his small army, who were ambushed by Brian Boru's wife in the 11th century, whilst on their way to a wedding in Killaloe. Their graves are marked with several medium sized blocks of native stone.

**2.4
km**

MILLENNIUM CROSS

Moderate Walk

This 2.4 km walk is along a rough track through open bog, which brings you to the site of the Millennium Cross which was erected in 2006.

The cross, which weighs in excess of four tonnes, is located on Cloneybrien Hill near Portroe, outside Nenagh.

The Millennium Cross was erected by the local community to replace a cross built for the Eucharistic Congress of 1932 - which was destroyed by lightning in 1945.

**7.1
km**

BALLYCUGGARAN LOOP

Looped Walk / Moderate Walk

This walk ascends along forest paths and offers stunning views of Lough Derg. It is a 7.1 km loop which starts in Ballycuggaran, the homeland of the O'Cuggarans, an important family at the court of Brian Boru.

The walk which takes approximately 2 hours overlooks Lough Derg, the Annacarriga Valley and the hills between Caherhurley and Ogonnelloe.



68
km

LOUGH DERG WAY

Moderate / Difficult Walk

The length of this trail is 68km, an estimated 2-2.5-day walk, with each section representing approximately a half day walking. This trail can be accessed at one of five key trailheads

– Limerick City, Clonlara, Killaloe, Garrykennedy or at Dromineer. The Way follows a mix of riverbank, forest track, canal banks and minor roads.

The Way rises to an altitude of 417 km at Tountinna, in the Arra Mountains. Along this spectacular route, walkers will reach the historic town of Killaloe, once home to Brian Boru – 11th Century High King of Ireland. Beautiful lake views can be enjoyed along the Tipperary section.

EAST CLARE WAY

Trail / Moderate / Difficult Walk180
km

The East Clare Way is a long distance circular walking route. It can be accessed at any one of the nine trail heads: Killaloe, Broadford, O'Callaghan's, Mills, Tulla, Feakle, Flagmount, Whitegate, Mountshannon or Scarriff.

The walk crosses the Slieve Bearnagh Mountains and then descends to the Clare Lakeland areas and circles Lough Graney, it continues back towards Lough Derg, Scarriff, ending in Killaloe. This is a moderate walk with spectacular views and lots to explore.

125
km

LOUGH DERG DRIVE

The Lough Derg Drive is a distance of 125 km which spans 3 different counties.

The drive starts at the twin towns of Killaloe/Ballina, located on the south tip of the lake.

The drive continues up the western side of the lake through the villages and towns of Tuamgraney, Scarriff, Mountshannon and Whitegate, before reaching the northern tip of the lake at Portumna.

The drive along the eastern side finishes in Ballina, passing by towns and villages (Terryglass, Coolbawn, Dromineer and Nenagh). There are several lookout points along the route which can be enjoyed, along with plenty of scenic delights.

LOUGH DERG HERITAGE AND NATURE TRAIL

The Lakelands are steeped in history with over 100 heritage sites dotted in and around the shoreline of Lough Derg and these are listed in the Lough Derg Heritage booklet. The Lough Derg Nature trail highlights the best scenery and natural sites around the lake. Booklets are available on request.



NENAGH CYCLING HUB

The Nenagh Cycling Hub consists of 3 trails ranging in distance from 11 km to 67 km.

Loop 1 is a 65 km in length (shorter routes are signposted along the loop), cyclist along this route can enjoy the eastern side of Lough Derg, passing through the lakeside villages of Dromineer and Terryglass.

Loop 2 is the shortest of the 3 loops at 39 km in length. Cyclists along this loop can enjoy breath taking views of the lake before descending into Castletlough and cycling onto Garrykennedy.

Loop 3 is a 67 km loop which passes through Cloughjordan before returning to Nenagh. There are very few hills along this loop making it an enjoyable flat cycle.

PORTUMNA PARK AND FOREST WALKING AND CYCLING TRAILS

Easy / Moderate Trails

The 450-hectare forest park is dominated by mature conifers and home to four different trails ranging from easy to moderate grades.

There is a family friendly circular trail (easy / 2 km) which consists of gravelled sections as well as tarred forest road, and wide timber boardwalk. There is minimal gradient making it suitable for buggies and for children who want to bring their bikes along. From the viewing platform walkers can enjoy the specular views of Lough Derg and its islands.

Both walkers and cyclists can enjoy the Bonaveen trail (moderate / 10 km), this loop covers the western side of forest park. This trail can be narrow and twisty in places as it passes through a variety of trees and open lakeshore.

Other trails include the Rinmaher walking trail (moderate / 10 km) and the Portumna Forest Park Loop.

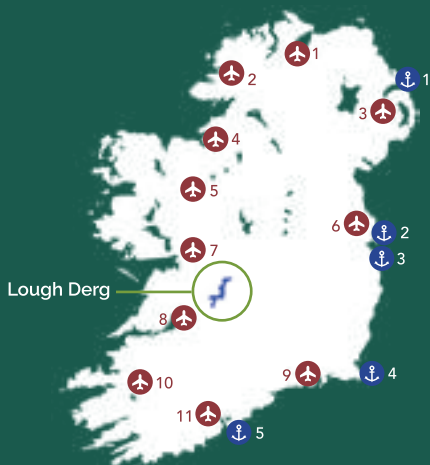


THE LOUGH DERG BLUEWAY

Whether you're into paddling, walking, cycling or simply hooked on the outdoors, the Lough Derg Blueway allows you to create your own adventure. The multi-activity trails on the Lough Derg Blueway provide a scenic perspective into the heart of the Irish landscape. Make use of the many service providers around the Lough Derg Blueway that can offer you guided tours by kayak, paddleboard, walking, hiking or cycling.

Check out www.bluewaysireland.org for details and itineraries to explore where and how to get outdoors at Lough Derg.





Irish Airports

1. Derry
2. Donegal
3. Belfast
4. Sligo
5. Knock
6. Dublin
7. Galway
8. Shannon
9. Waterford
10. Kerry
11. Cork



Irish Ports

1. Belfast
2. Dublin
3. Dun Laoghaire
4. Rosslare
5. Cork

CONTACT US

www.discoverloughderg.ie info@discoverloughderg.ie



@discoverlrderg



Discover Lough Derg



Comhaltas, Pobal agus Rialtas Árainn
Environment, Community and Local Government

Lough Derg
LAKELANDS

