

1 Pallas Karting and Paintball

Thrill to the exhilaration of speed as you zoom down the tarmac to challenge your fears and outpace 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 🌐 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.

📍 Killmore, Co Galway 📅 Advance booking
☎ +353 (0)906 76112 / +353 (0)87 257 0221
✉ info@flowerhill.net 🌐 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

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

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 🌐 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
🌐 www.angairdin.ie / 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 / marie.gibbs@opw.ie
🌐 www.heritageireland.ie/en/west/portumnacastleandgardens/

21 Nenagh Walking Tours

Your guide Kevin will bring the streets and buildings alive with the 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
✉ mllsnyng@yahoo.ie
🌐 www.facebook.com/nenaghwalkingtours
GPS: 52.865382, -8.199768

22 An Seileastram Bui

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
✉ camillalocallaghanyoga@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

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/ 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
🌐 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

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 act 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

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

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 Boru 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 Bunic-inscribed Thorgrim Stone; St. Flannan's Catholic church with Harry Clarke stained-glass window and beside it St. Luá'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 Boru's ringfort 15 minutes from the town, Tobermurragh well, where Brian Boru'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. Luá's Catholic church and Templechally 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.visiteastclare.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@spirttoKillaloe.ie 🌐 www.killaloerivercruises.com

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 Sibin Equestrian Centre

A 300-year-old restored farmhouse is home to An Sibin'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 Sibin'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/ansibin-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.discoverloughdergie.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 Burial' 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 boards 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

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 31299 ✉ 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

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.discoverloughdergie.ie

Captain your own boat, if you want to spend a few days on a liveboard motor-cruiser then check out www.boatholidaysireland.com. No experience necessary.



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.