

72HRS BANAGHER (NORTH)

Day 1: Banagher to Shannonbridge

Time	Activities & Attractions	Details
AM	<p>Your Shannon adventure begins where east meets west in the small town of Banagher, Co Offaly. Before setting off on your cruise, be sure to explore the town's fascinating waterfront by crossing Banagher Bridge to Banagher Park, on the Galway side of the town. The public green space also features an outdoor pool if you fancy a freshwater dip as well as a scenic pitch and putt course. You can swim, tee-off or just relax in the shadow of Cromwell's Castle and a neighbouring Martello tower – just a taste of the historic highlights to come on your adventure.</p> <p>Need to stock your boat with groceries? A <i>SuperValu</i> is conveniently located on Main Street for you to pick up all the necessities you need for your trip.</p>	<p>Banagher Park, Banagher, Co. Galway,</p>
PM	<p>Steer your adventure upriver, navigating alongside the lush banks of the Shannon callows – the unique water meadows of Ireland's Hidden Heartlands, which teem with flora, fauna and curious livestock.</p> <p>After one hour's cruising, the sight of the West Offaly Power Station marks your arrival in the charming village of Shannonbridge. Here, moor up to discover the rich history behind the riverside settlement. Cross the impressive sixteen-arch bridge to Co. Roscommon where the 19th century Shannonbridge Fortifications, built by the British to guard against Napoleonic attack, mark the start of a scenic 5km history loop. Be sure to pop into the charming River Café and gift shop located within the fortifications during your visit also.</p>	<p>Shannonbridge Fortifications, Shannonbridge, Co. Roscommon, N37 XT54 w: shannonbridgefortifications.ie . t: 353 (0) 90 967 4973</p>

<i>Time</i>	<i>Activities & Attractions</i>	<i>Details</i>
Dinner	Stroll back to the Offaly side of the village where Luker's makes an idyllic spot for an evening meal (or sundowner). The riverside restaurant offers panoramic Shannon views plus an excellent menu with favourites from local sirloins to pan-fried sea bass. Chase your night with a visit to the traditional pub located just next door. The massively photogenic bar is a guaranteed spot for both Guinness and craic on tap!	Luker's Bar, Main Street, Shannonbridge, Co. Offaly, N37 XK75 e: lukersbar@gmail.com w: lukersbar.com t: 353 (0) 90 967 4995

 Duration: 1hr

Day 2: Shannonbridge to Lough Ree

<i>Time</i>	<i>Activities & Attractions</i>	<i>Details</i>
AM	Following a relaxing breakfast on board (you'll find a Gala mini-market in Shannonbridge for groceries), wind your journey northwards towards the ancient wonder of Clonmacnoise. Arriving at the site by boat, just as Vikings, monks and missionaries did in the past, is a truly iconic experience – as is exploring the site on land. Visitors can wander and photograph the ruins here as well as enjoy the interactive visitor centre which invites you to really step back in time.	Clonmacnoise, Shannonbridge, Co. Offaly, N37 V292 e: clonmacnoise@opw.ie w: heritageireland.ie t: 353 (0) 90 967 4195

 Duration: 4hrs

Lunch	Come afternoon, navigate upriver towards vibrant Athlone, the second largest town on the Shannon after Limerick. The Westmeath hub characterised by its medieval castle, landmark church and walled old town offers visitors an urban slice of history, culture and great dining options. For lunch, pay a visit to Dead Centre Brewing for locally crafted beers and pizza, while popular Italian restaurant Il Colloseo makes a great family-friendly option with its own kids' menu.	Dead Centre Brewing, Custume Place, Athlone, Co. Westmeath, N37 N1F2 e: info@deadcentrebrewing.com w: deadcentrebrewing.com t: 353 (0) 90 642 0883 Il Colloseo, 6 Northgate St, Athlone, Co. Westmeath, N37 EY47 e: ilcolosseo26@gmail.com w: ilcolosseo-athlone.com t: 353 (0) 90 647 5094
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<i>Time</i>	<i>Activities & Attractions</i>	<i>Details</i>
Dinner	You've the option of mooring for the night in Athlone's marina or continuing onwards to Wineport Lodge, nestled on the eastern shores of Lough Ree. The jewel in the crown of many Shannon journeys, Wineport's setting is perhaps only outmatched by its esteemed eatery, The Restaurant (famed thanks to the TV show of the same name). Enjoy great local dishes either in the dining room or <i>al fresco</i> on the stunning lakeside terrace, which even features glass pods. Fingers crossed for an epic Wineport sunset!	Wineport Lodge, Glasson, Athlone, Co. Westmeath, N37 R2D7 e: lodge@wineport.ie w: wineport.ie t: 353 (0) 90 643 9010

Day 3: Lough Ree to Dromod

<i>Time</i>	<i>Activities & Attractions</i>	<i>Details</i>
AM	After either enjoying brunch at Wineport or rustling up your own breakfast on board, cruise across to the Baysports activity centre located at the Hodson Bay Hotel. A great adventure option for all age groups, kids can enjoy Ireland's largest inflatable waterpark while adults can experience the lake in a more unplugged fashion – by renting a kayak or raft.	Baysports, Hodson Bay, Athlone, Co. Roscommon, N37 KH72 e: info@baysports.ie w: baysports.ie t: 353 (0) 90 649 4801
Lunch	Afterwards, you can enjoy lunch at either the BayCafé or the Waterfront Bar at the Hodson Bay Hotel next door. If you've brought your own supplies, you can also use Baysports' barbecue pits to fire up your own lunch.	Hodson Bay Hotel Roscommon Road, Athlone, Co. Roscommon, N37 XR82 e: info@hodsonbayhotel.com w: hodsonbayhotel.com t: 353 (0) 90 644 2004
PM	Continue north across Lough Ree, taking in the lake's several islands, many of which were inhabited until the 1950s. In Lanesborough, Co. Longford, get into the spirit of Ireland's Hidden Heartlands by paying a visit to the artisan Lough Ree Distillery. Perhaps pick up a bottle of their Sling Shot Gin, Zesty Vodka or Bridge Whiskey, fittingly named after the town's riverside setting. Keep an eye out for the distillery's new expanded riverfront site.	Lough Ree Distillery, Main Street, Lanesborough, Co. Longford, N39 P229 e: peter.clancy@lrd.ie w: lrd.ie t: 353 (0) 43 332 1542

Time	Activities & Attractions	Details
Dinner	Come evening, drop anchor at the charming marina of Dromod, Co. Leitrim. Enjoy a walk in the village's scenic forest trail before pulling up a pew at Cox's Steakhouse, one of the finest bars in the region. As the name suggests, Cox's is a prime spot for carnivores but menu options from baked Irish salmon to vegan tomato pasta will satisfy all.	Cox's Steakhouse, Harbour Rd, Clooncolry, Dromod, Co. Leitrim, N41 X893 e: coxssteakhouse@yahoo.ie w: coxss-steakhouse.com t: 353 (0) 71 963 8234

Day 4: Dromod to Carrick-on-Shannon

Time	Activities & Attractions	Details
AM	If you've any kids (or train lovers) in your party, pay a visit to Dromod's quirky Cavan & Leitrim Railway which offers an homage to the region's heritage as a transport hub. <i>Thomas the Tank Engine</i> fans will love the green train which is a dead ringer for Henry! Leaving Dromod, continue your final leg to Carrick-on-Shannon where you can return your vessel or moor to explore the lively Leitrim town.	Cavan and Leitrim Railway, Clooncolry, Dromod, Co. Leitrim, N41 R504 e: dromodrailway@gmail.com w: cavanandleitrim.wixsite.com/home t: 353 (0) 71 963 8599

Insider tip...

"A real treat is a visit to *Beans & Leaves Café* along the river in the centre of Athlone. Partners Daniel Linehan & Georgia Quealy are based there producing the most delicious handmade chocolates. You can sit looking at the boating activity and enjoy really good coffee and world class chocolate."

Ray Byrne, owner Wineport Lodge

Three more to explore...

Looking for more inspiration? Consider adding these attractions into your Ireland's Hidden Heartland itinerary.

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Take a trip back in time with a visit to Athlone's wonderfully-preserved medieval castle, which dates back an incredible 800 years.	For an alternative base in the Lough Ree area, the Glasson Lakehouse is a gorgeous stopover for dinner or a round of golf.	Located just off the marina in Carrick-on-Shannon, this dynamic visual arts centre makes a haven for lovers of culture.
Athlone Castle Visitor Centre, Castle Street, Athlone Co. Westmeath, N37 EA32 e: info@athlonecastle.ie w: athlonecastle.ie t: 353 (0) 90 644 2130	Glasson Lakehouse Killinure, Glasson, Co. Westmeath, N37 HX45 e: info@glassongolfhotel.ie w: glassonlakehouse.ie t: 353 (0) 90 648 5120	The Dock, St Georges Terrace, Townparks, Carrick-On-Shannon, Co. Leitrim, N41 T2X2 e: info@thedock.ie w: thedock.ie t: 353 (0) 71 965 0828

