





72HRS BANAGHER (SOUTH)



Day 1: Banagher to Terryglass

| Time | Activities & Attractions | Details |
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| AM | <p>As one of the River Shannon's main cruiser hubs, Banagher makes a fantastic springboard for adventure on both land and water. Mid Ireland Adventure conveniently operates a base out of the Offaly town. The friendly outfitter offers activities from mountain-biking to hiking but given the location, why not explore the area by kayak? Guided kayaking safaris take in the soul-stirring surrounds of the Shannon, where you'll paddle through the wildlife-rich waters before reaching land on the banks of Bullock Island.</p> <p> Duration: 2hrs</p> | <p>Mid Ireland Adventure, The Marina, Banagher, Co. Offaly</p> <p>e: info@midirelandadventure.ie w: midirelandadventure.ie t: 353 (0) 85 173 5204</p> |
| PM | <p>After picking up your cruiser, embark on the first stretch of your Shannon journey and travel south along one of the river's most serene stretches. Here, you'll soak in the scenes of the vast Shannon callows; the region's unique wetlands where river islands, grasslands and reed swamps lend an air of the Emerald Isle meets the Everglades. Keep an eye out for birdlife from kingfishers to cormorants.</p> <p> Duration: 4hrs</p> | |
| Lunch | <p>Come evening, you'll arrive at the Tipperary shores of Lough Derg and your first base, Terryglass. Terryglass is a quintessential Lough Derg village; charming, quaint and offering a food scene that punches above its weight. For your dinner, choose between two fine offerings in the town: Paddy's Bar or the Lough Derg Inn, both within strolling distance of the marina. Along with their relaxing setting, dishes from burgers to fresh mussels offer the perfect boating fare!</p> | <p>The Derg Inn, Main Street, Terryglass, Co. Tipperary, E45 XF72</p> <p>e: info@derginn.ie w: derginn.ie t: 353 (0) 67 22037</p> <p>Paddy's Bar, Terryglass, Co. Tipperary, E45 XA59</p> <p>e: paddysbar1@gmail.com w: via facebook t: 353 (0) 67 22147</p> |


Day 2: Terryglass to Scarriff

| Time | Activities & Attractions | Details |
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| AM | <p>In the morning, stroll around Terryglass' scenic woodland trails before continuing your Lough Derg cruise south. The small town of Scarriff, Co. Clare is your next stop. With Lough Derg in your wake, take a scenic meander up the River Scarriff where you've the option to moor at either Scarriff's harbour or at Redden's Quay in the neighbouring village of Tuamgraney, which lies 1km closer downriver.</p> <p> Duration: 3hrs</p> <p>After mooring, make the stroll into the charming small town of Scarriff, where you can enjoy a cup of fair trade coffee or freshly-baked treat at The Garden Café, a great community spot which features as much local, organic produce as possible.</p> <p>Down the road at Wilde Irish Chocolates in Tuamgraney village, you can experience the workings of a real life confectionary factory – and sample some of the goods while you're here too. Meanwhile at McKernan's Woollen Mills, pay a visit to one of Ireland's most authentic craft centres and see stunning scarves being weaved on traditional looms, just as they were back in the 1800's.</p> <p> Duration: 3hrs</p> | <p>The Garden Café, Main Street, Scarriff, Co. Clare, V94 HPX9 e: eastclarecoop@gmail.com w: eastclarecommunitycoop.com t: 353 (0) 61 921 536</p> <p>Wilde Irish Chocolates, Unit 6, Enterprise Centre, Tuamgraney, Co. Clare, V94 83X2 e: onlineshop@wildeirishchocolates.com w: wildeirishchocolates.com t: 353 (0) 61 922 080</p> <p>McKernan's Woollen Mills, Tuamgraney, Co. Clare, V94 R1W4 e: info@scarves.ie w: scarves.ie t: 353 (0) 61 921 527</p> |
| | PM | <p>For dinner, pay a visit to Nuala's Bar & Restaurant in the heart of Tuamgraney. The historic bar, which dates back to 1850, offers a great choice of dinner options with a special kids' menu too. Mains include steaks, pastas and salads, with roasts of the day, daily fish specials and a delicious dessert menu.</p> <p>You'll also find Nuala's open for breakfast and brunch from 10am the next morning if you're tempted to make a return visit. They also sell freshly baked wholemeal breads (like raisin & apricot), if you fancy picking up a loaf for your boat-trip.</p> |

Day 3: Scarriff to Meelick (via Portumna)

| Time | Activities & Attractions | Details |
|--------------------------|---|---|
| AM | <p>The next morning make the journey north to the largest town of lough Derg, Portumna. Just a short walk from the marina, you'll discover the impressive surrounds of Portumna Castle & Gardens. The 17th century manor is open to the public and features a fascinating exhibition area which brings the castle's history to life.</p> <p>If you'd like to explore more in the area, Portumna Forest Park, which lies directly west of the marina, makes for an idyllic afternoon of woodland wandering, with numerous trails and a new bird-watching hide.</p> <p> Duration: 3hrs</p> | <p>Portumna Castle, Castle Demesne, Portumna, Co. Galway, H53 YK27 e: portumnacastle@opw.ie w: heritageireland.ie . t: 353 (0) 90 974 1658</p> <p>Portumna Forest Park, Portumna Demesne, Portumna, Co. Galway, H53 AH10 w: coillte.ie</p> |
| PM | <p>For lunch, you can also enjoy coffee, lunch or afternoon tea in the CaToCa tearooms, located at Portumna Castle. They offer a mouthwatering mix of wraps and baps, soups and salads. Afterwards, wander into Portumna to pick up some staples for your evening meal; O'Meara's <i>SuperValu</i> is a fine option for fresh, local produce.</p> | <p>Portumna Castle Tearooms, Castle Demesne, Portumna, Co. Galway, H53 YK27 e: info@catocafinefood.com w: catocafinefood.com t: 353 (0) 90 974 1667</p> |
| Dinner & Stay | <p>Leaving Portumna, continue your journey upriver, making your way under Portumna's landmark swing bridge and through Victoria Lock. Just beyond it, moor at one of the most serene spots along the Shannon, Meelick Quay. Come evening, rustle up a barbecue or home-cooked meal with your produce gathered in Portumna and wrap up your day with an idyllic sunset stroll along the river.</p> <p> Duration: 2hr</p> | |

Day 4: Meelick to Banagher

| Time | Activities & Attractions | Details |
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| AM | The next morning, enjoy a leisurely breakfast on board, before making the short return leg north back to the marina at Banagher. | |
| |  Duration: 1hr | |

Insider tip...

Take a walk along the new Meelick Weir boardwalk which links Galway and Offaly. In Meelick, discover one of the oldest operating churches in Ireland (St. Francis'), which sits alongside beautiful outbuildings, all of which have been lovingly restored over the last few years.

Jonathan O'Meara, owner, Mid Ireland Adventure

Three more to explore...

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

| 1 | 2 | 3 |
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| This charming market which sells an array of local crafts makes a great spot to pick up a souvenir during your visit to Tuamgraney. | A 2km walk from Scarriff lies Ireland's only public seed bank with 20 acres of heritage orchards and native woodlands. | Take a tour through the harrowing yet gripping history of this former pre-Famine workhouse, now museum. |
| East Clare Trading Post, Tuamgraney, County Clare, V94 TP80 e: eastclaretradingpost@gmail.com w: eastclaretradingpost.ie t: 353 (0) 83 0235 735 | Irish Seed Savers, Capparoe, Scarriff, Co. Clare, V94 V6W0 e: info@irishseedsavers.ie w: irishseedsavers.ie t: 353 (0) 61 921 866 | Irish Workhouse Centre, St Brigids Rd, Portumna, Co. Galway, H53 EK74 e: info@irishworkhousecentre.ie w: irishworkhousecentre.ie t: 353 (0) 90 975 9200 |