


## 72HRS CARRICK-ON-SHANNON (SOUTH)

### Day 1: Carrick-on-Shannon to Tarmonbarry

Time	Activities & Attractions	Details
AM	<p>Carrick-on-Shannon is an idyllic base to start your Shannon adventure but before heading downriver, explore the highlights of this lively Leitrim town.</p> <p>Start by heading to the quirky Olive Tree Café on Market Yard where you can pick up a coffee or ginger beer before wandering the town's attractions. Don't miss the Costello Chapel, said to be Europe's smallest church at just over 3m wide!</p> <p>Visiting on a Thursday? At The Market Yard Centre farmers' market, you can stock up on up fresh eggs, farmhouse cheeses, homemade boxty and even fresh fish – if you're not planning on catching your own, that is.</p> <p>Alongside the marina, pay a visit to The Dock, a visual arts centre showcasing edgy exhibits which wouldn't look out of place in a London or Berlin gallery. There's also a café and a gorgeous little gift shop with crafts made in Leitrim and its hinterland.</p> <p> Duration: 2hrs</p>	<p>Farmers' Market, Market Yard Centre, Carrick-on-Shannon, Co. Leitrim, <b>e:</b> <a href="mailto:info@themarketyardcentre.com">info@themarketyardcentre.com</a> <b>w:</b> <a href="http://themarketyardcentre.com">themarketyardcentre.com</a> . <b>t:</b> 353 (0) 71 965 0816</p> <p>Olive Tree Café, Unit 4, Market Yard Centre, Carrick-On-Shannon, Co. Leitrim, N41 VK07 <b>e:</b> <a href="mailto:cliodhnaq@gmail.com">cliodhnaq@gmail.com</a> <b>w:</b> <a href="http://theolivetreecafe.ie">theolivetreecafe.ie</a> . <b>t:</b> 353 (0) 71 965 0525</p> <p>The Dock, St Georges Terrace, Townparks, Carrick-On-Shannon, Co. Leitrim, N41 T2X2 <b>e:</b> <a href="mailto:info@thedock.ie">info@thedock.ie</a> <b>w:</b> <a href="http://thedock.ie">thedock.ie</a> . <b>t:</b> 353 (0) 71 965 0828</p>

*Time**Activities & Attractions**Details***Lunch**

Leaving Carrick, two hours of scenic cruising brings you downriver to the postcard village of Dromod. The village features a charming signposted nature walkway where you can stretch your legs before enjoying lunch in one of the village's impressive restaurants. Try the Brandywell for their delicious dishes or Harkins Café, a popular local option for tasty bites like salads or quiches.

 Duration: 3hrs

Harkins Café,  
36 Mac Oisín Place, Dromod,  
Co. Leitrim, N41 V825  
**e:** [emmaharkins1@gmail.com](mailto:emmaharkins1@gmail.com)  
**t:** 353 (0) 87 355 3669

The Brandywell,  
Main Street, Dromod,  
Co. Leitrim, N41 Y6N3  
**e:** [brandywelldromod@gmail.com](mailto:brandywelldromod@gmail.com)  
**w:** [brandywell.ie](http://brandywell.ie)  
**t:** 353 (0) 71 963 8278

**PM**

After navigating the scenic waterways of Lough Bofin, Roosky Lock and Lough Forbes, continue cruising south until you reach your base for the night, Tarmonbarry in Co. Roscommon. Once berthed, the village's Purple Onion restaurant, which also features an art gallery, makes a fine place to dine. Menu options like gin-laced watermelon with feta or forest mushroom & blue cheese risotto have made this restaurant a worthy award-winner.

 Duration: 2hrs

The Purple Onion,  
Tarmonbarry Village,  
Co. Roscommon, N39 FY94  
**e:** [info@purpleonion.ie](mailto:info@purpleonion.ie)  
**w:** [purpleonion.ie](http://purpleonion.ie)  
**t:** 353 (0) 43 335 9919

## ***Day 2: Tarmonbarry to Athlone***

*Time**Activities & Attractions**Details***AM**

Come morning, enjoy some birding along Tarmonbarry's Harbour Road or take the scenic 5km round trek across the river to the neighbouring village of Clondra, the starting point of the historic Royal Canal.

Once back on your cruiser, continue south between the banks of Longford and Roscommon until you reach the majestic shores of Lough Ree, the 'Lake of Kings' and Ireland's fifth largest lake.

 Duration: 2hrs

## Time

## Activities & Attractions

## Details

### PM

Once you've navigated your way to the southern shores of Lough Ree, either head for some adventure at Baysports, located at the Hodson Bay Hotel, or treat yourself to a blissful afternoon of pampering at the renowned Wineport Lodge.

Baysports is Ireland's largest inflatable waterpark featuring a trove of medieval-themed slides which celebrate the region's rich history. While kids make a splash at the waterpark, adults can grab a paddle and explore Lough Ree by kayak. For lunch, visit either the on-site BayCafé or the Waterfront Bar located in the Hodson Bay Hotel, just next door.

At Wineport Lodge, you can enjoy a luxury treatment at the hotel's lakeside spa – perhaps a hot stone massage or a *Voya* seaweed bath with bubbly to really soothe the soul? Afterwards, enjoy lunch on the terrace of their famous restaurant.

 Duration: 4hrs

Baysports,  
Hodson Bay, Athlone,  
Co. Roscommon, N37 KH72  
**e:** [info@baysports.ie](mailto:info@baysports.ie)  
**w:** [baysports.ie](http://baysports.ie)  
**t:** 353 (0) 90 649 4801

Hodson Bay Hotel  
Roscommon Road, Athlone,  
Co. Roscommon, N37 XR82  
**e:** [info@hodsonbayhotel.com](mailto:info@hodsonbayhotel.com)  
**w:** [hodsonbayhotel.com](http://hodsonbayhotel.com)  
**t:** 353 (0) 90 644 2004



Wineport Lodge,  
Glasson, Athlone,  
Co. Westmeath, N37 R2D7  
**e:** [lodge@wineport.ie](mailto: lodge@wineport.ie)  
**w:** [wineport.ie](http://wineport.ie)  
**t:** 353 (0) 90 643 9010

### Dinner

In the afternoon, continue your day's journey by making the short stretch south to Athlone, the urban heartbeat of the region. With one of the most vibrant dining scenes in the Midlands, Athlone enjoys a bounty of excellent restaurants. Book a table at Thyme Restaurant for its delicious seasonal menu before chasing your night with a visit to Sean's Bar, which lays claim to being the oldest pub in the world!

Thyme Restaurant,  
2 Bridge Street, Athlone,  
Co. Westmeath, N37 F1W4  
**e:** [info@thymrestaurant.ie](mailto:info@thymrestaurant.ie)  
**w:** [thymrestaurant.ie](http://thymrestaurant.ie)  
**t:** 353 (0) 90 647 8850

## Day 3: Athlone to Shannonbridge

Time	Activities & Attractions	Details
AM	<p>Enjoy a morning wander around Athlone's charming old town, beginning with a visit to Bastion Kitchen for breakfast. With a focus on local, organic ingredients, the café tempts with a fine stock of treats including hand roasted coffee, smashed avocado toast and delicious organic granola.</p>	<p>Bastion Kitchen, Bastion Street, Athlone, Co. Westmeath, N37 A2N7 <b>e:</b> <a href="mailto:bastionkitchen@gmail.com">bastionkitchen@gmail.com</a> <b>w:</b> <a href="http://bastionkitchenonline.ie">bastionkitchenonline.ie</a> <b>t:</b> 353 (0) 90 649 8369</p>
	<p>Before returning to the marina, pay a visit to Athlone Castle.</p> <p> Duration: 2hrs</p>	<p>Athlone Castle Visitor Centre, Castle Street, Athlone, Co. Westmeath, N37 EA32 <b>e:</b> <a href="mailto:info@athlonecastle.ie">info@athlonecastle.ie</a> <b>w:</b> <a href="http://athlonecastle.ie">athlonecastle.ie</a> <b>t:</b> 353 (0) 90 644 2130</p>
PM	<p>Leaving the bustle of Athlone behind, continue your journey downriver though Athlone Lock towards one of the true highlights of Ireland's waterways: the ancient wonder of Clonmacnoise. The site is one of the best preserved monastic settlements in Europe and features nine churches and two stunning round towers dramatically set along the winding river. Step back in time at the excellent interactive visitor centre before wandering amid the awe-inspiring ruins.</p> <p> Duration: 3hrs</p>	<p>Clonmacnoise, Shannonbridge, Co. Offaly, N37 V292 <b>e:</b> <a href="mailto:clonmacnoise@opw.ie">clonmacnoise@opw.ie</a> <b>w:</b> <a href="http://heritageireland.ie">heritageireland.ie</a> <b>t:</b> 353 (0) 90 967 4195</p>
	<p>With Clonmacnoise in your wake, cruise south to the postcard village of Shannonbridge. The historic Luker's Bar makes an idyllic spot to enjoy your final night on the Shannon with their panoramic riverside restaurant offering a delicious menu of locally sourced fare. It's the perfect spot to enjoy a Shannon sun-downer too.</p>	<p>Luker's Bar, Main Street, Shannonbridge, Co. Offaly, N37 XK75 <b>e:</b> <a href="mailto:lukersbar@gmail.com">lukersbar@gmail.com</a> <b>w:</b> <a href="http://lukersbar.com">lukersbar.com</a> <b>t:</b> 353 (0) 90 967 4995</p>

## Day 4: Shannonbridge to Banagher

AM

In the morning, enjoy the walk across the river to the Shannonbridge Fortifications which were built by the British in the 18th century to guard the region against Napoleonic attack. They also feature a gift shop and charming riverside café. Afterwards, make the scenic 2hr journey south to return your vessel to your base at Banagher marina.

Shannonbridge Fortifications,  
Shannonbridge,  
Co. Roscommon, N37 XT54  
**w:** [shannonbridgefortifications.ie](http://shannonbridgefortifications.ie) .  
**t:** 353 (0) 90 967 4973

### Instagram moment...

From historic Sean's Bar in Athlone, to the charmingly rustic Luker's in Shannonbridge, the gorgeous pub facades of Ireland's Hidden Heartlands well deserve some tiles on your feed!

### Three more to explore...

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

**1**

Another great option for dining in Shannonbridge, this historic pub also features a top-notch outdoor organic kitchen.

Fallon's Bar,  
Raghra, Shannonbridge,  
Co. Offaly, N37 P6Y8  
**e:** [info@fallonsbar.ie](mailto:info@fallonsbar.ie)  
**w:** [fallonsbar.ie](http://fallonsbar.ie)  
**t:** 353 (0) 87 850 6630

**2**

Keenan's boutique hotel in Tarmonbarry is home to a beautiful gastropub offering everything from evening meals to mid-morning toasties!

Keenan's Hotel,  
Main Street, Tarmonbarry,  
Co. Roscommon, N39 W968  
**e:** [info@keenans.ie](mailto:info@keenans.ie)  
**w:** [keenanshotel.ie](http://keenanshotel.ie)  
**t:** 353 (43) 332 6098

**3**

Trace 270 years of Athlone's distilling heritage with a guided whiskey tour across the town. Includes whiskey samples and a chocolate pairing.

Athlone Whiskey Tours,  
Athlone,  
Co. Westmeath  
**e:** [info@midlandswiskeyexperiences.ie](mailto:info@midlandswiskeyexperiences.ie)  
**w:** [athlonewhiskeytours.ie](http://athlonewhiskeytours.ie)  
**t:** 353 (0) 85 238 0023