



72HRS ON LOUGH DERG (PORTUMNA: OPTION B)

Day 1: Portumna to Dromineer

Time	Activities & Attractions	Details
PM	Once you leave your marina base and Portumna's landmark swing-bridge opens wide, your great Lough Derg adventure officially begins. Journey deep into the blue of one of Ireland's largest lakes and cruise south towards Dromineer. With great options for both food and adventure, this charming village set on the shores of Co. Tipperary makes a characterful introduction to the stunning Lough Derg region.	
Dinner	After mooring in the scenic marina, stroll around the pint-sized village, taking in sights like Neddy Hogan's Cottage and Dromineer Castle. For dinner, enjoy a meal at the charming bar and restaurant, The Whiskey Still. The restaurant overlooks the lake and offers a menu that's just as impressive. Think dishes from beer-battered fish & chips with tartare sauce or buttermilk chicken on floury brioche buns.	The Whiskey Still, Dromineer, Co. Tipperary, E45 EH21 e: thewhiskeystill@eircom.net w: via Facebook t: +353 (0) 67 24129

Day 2: Dromineer to Tuamgraney

Time	Activities & Attractions	Details
AM	For some lakeside adventures, Aquasplash, located just off Dromineer Quay, is one of the country's largest waterparks. The fun-filled facility offers a whole course of inflatable slides while older visitors can rent kayaks or stand-up paddle-boards. If you fancy covering a little more ground, consider renting a double-seater canoe! All gear is provided.	Aquasplash, Dromineer Quay, Dromineer, Co. Tipperary e: ldaquasplash@gmail.com w: aquasplash.ie t: +353 (0) 89 226 7684
	 Duration: 3hrs	

<i>Time</i>	<i>Activities & Attractions</i>	<i>Details</i>
Lunch	<p>For lunch (or indeed breakfast and brunch), pay a visit to The Lake Café in Dromineer which offers tasty options from pancakes, French toast and kedgeree to tuna melts and warm caprese salad rolls. Wash it all down with a cup of Tipperary-roasted Ponaire coffee.</p> <p>Afterwards, enjoy a relaxing walk by either taking in a leg of the scenic Lough Derg Way along the lakeshore or hike the Slí Eala (the Way of the Swan) linear route, which follows the banks of the River Nenagh.</p>	<p>The Lake Café, Dromineer, Co. Tipperary, E45 K284 e: info@loughderghouse.ie w: loughderghouse.ie t: +353 (0) 87 226 4138</p>
PM	<p>In the afternoon, continue your Lough Derg journey west as you cruise across the lake to the village of Tuamgraney. The small village in County Clare is reachable by going upstream along the River Scarriff, which reaches its mouth on Lough Derg.</p> <p> Duration: 2hrs</p>	
Dinner	<p>For dinner, pull up a pew at 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>	<p>Nuala's Bar & Restaurant, Tuamgraney, Co. Clare, V94 YT96 e: nualastuamgraney@gmail.com w: nualas.ie t: 353 (0) 61 921 249</p>

Day 3: Tuamgraney to Terryglass

Time	Activities & Attractions	Details
AM	<p>The next morning, explore Tuamgraney's trove of quirky highlights. At Wilde Irish Chocolates, you can experience the workings of a real life confectionary factory – and sample or purchase some of the goods while you're here too.</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>Meanwhile, at McKernan's Woollen Mills, you can 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>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>In the afternoon, return downriver to Lough Derg and loop your journey northwards towards Portumna. For your final evening, cruise towards the village of Terryglass which features a fine choice of dining options for you to enjoy on your final evening.</p>	
	<p>For an alternative – and more unplugged base – make the quay at Rossmore, your haven for the evening. The tiny Galway harbour doesn't have any nearby eating options so you'll need to dine on board - or perhaps enjoy a barbecue along its serene shores.</p>	
Dinner	<p>Terryglass is one of the jewels of Lough Derg, with a gorgeous postcard setting and a food scene that punches high above its weight. For dinner, choose between the historic Paddy's Bar or the Lough Derg Inn gastropub which are both located both within strolling distance of the marina. Enjoy dishes from locally-farmed beef burgers to fresh mussels – and perhaps a nightcap to toast the last night of your trip.</p>	<p>Paddy's Bar, Terryglass, Co. Tipperary, E45 XA59, e: info@paddysbar.ie w: paddysbar.ie / facebook t: 353 (0) 67 22147</p>
		<p>The Derg Inn, Main Street, Terryglass, Co. Tipperary, E45 XF72 e: info@derginn.ie w: derginn.ie t: 353 (0) 67 22037</p>

Day 4: Terryglass to Portumna

Time	Activities & Attractions	Details
AM	After a relaxing walk around Terryglass' marina and enjoying breakfast on board, the next morning, continue your final journey to your base in Portumna. Don't forget to factor in a little wait time at Portumna Bridge for your return time to your base.	

Instagram moment...

Swan lake: Ireland's largest native bird, the mute swan, can be found in stunning abundance on Lough Derg and an image of the bird is a quintessential regional image. Just keep a respectful distance from the birds when capturing your shot.

Three more to explore...

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

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Don't leave Portumna without paying a visit to Portumna Castle & Grounds. The castle is open to the public with fascinating exhibits.	Portumna Castle is also the location of the most gorgeous tea-rooms, with deliciously imaginative sweet and savouries created by CaToCa Fine Food.	Take a tour through the harrowing yet gripping history of this former pre-Famine workhouse, now museum.
Portumna Castle, Castle Demesne, Portumna, Co. Galway, H53 YK27 e: portumnacastle@opw.ie w: heritageireland.ie . t: 353 (0) 90 974 1658	Portumna Castle Tearooms, Castle Demesne, Portumna, Co. Galway, H53 YK27 e: info@catocafinefood.com w: catocafinefood.com t: 353 (0) 90 974 1667	Irish Workhouse Centre, St Brigids Rd, Portumna, Co. Galway, H53 EK74 e: info@irishworkhousecentre.ie w: irishworkhousecentre.ie t: 353 (0) 90 975 9200