




## 72HRS ON LOUGH DERG (PORTUMNA SOUTH)


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### Day 1: Portumna to Garrykennedy

Time	Activities & Attractions	Details
<b>AM</b>	<p>Gear up for Portumna! Begin your Lough Derg adventure by discovering the largest town on the lake - on two wheels. After renting your rothar from Dick's Bike Hire, tour the historic Galway town's top attractions at your own pace, from Portumna Castle and Gardens which date from 1550 to stunning Portumna Forest Park. The park features a number of all-level cycling trails but scenic Bonaveen Point makes the best point to soak in the views.</p> <p> Duration: 2hrs</p>	<p>Dick's Bike Hire, Dominick Street, Portumna, Co. Galway, H53 E953 <b>e:</b> <a href="mailto:info@dicksbikehire.ie">info@dicksbikehire.ie</a> <b>w:</b> <a href="http://dicksbikehire.ie">dicksbikehire.ie</a> <b>t:</b> 353 (0) 90 975 7499</p> <p>Portumna Forest Park, Portumna Demesne, Portumna, Co. Galway <b>w:</b> <a href="http://coillte.ie">coillte.ie</a></p> <p>Portumna Castle, Castle Demesne, Portumna, Co. Galway, H53 YK27 <b>e:</b> <a href="mailto:portumnacastle@opw.ie">portumnacastle@opw.ie</a> <b>w:</b> <a href="http://heritageireland.ie">heritageireland.ie</a> <b>t:</b> 353 (0) 90 974 1658</p>
<b>Lunch</b>	<p>Back on your cruiser, make the relaxing 30 minute crossing along Lough Derg's northern shores to the gorgeous Tipperary village of Terryglass. After mooring up, enjoy lunch at one of Ireland's finest gastropubs, The Derg Inn, where speciality dishes like seafood mussels with garlic &amp; white wine sauce offer the perfect boating fare!</p> <p> Duration: 1hr</p>	<p>The Derg Inn, Main Street, Terryglass, Co. Tipperary, E45 XF72 <b>e:</b> <a href="mailto:info@derginn.ie">info@derginn.ie</a> <b>w:</b> <a href="http://derginn.ie">derginn.ie</a> <b>t:</b> +353 (0) 67 22037</p>

<i>Time</i>	<i>Activities &amp; Attractions</i>	<i>Details</i>
<b>PM</b>	<p>Come afternoon, journey south to your base for the evening, Garrykennedy, where you will moor under the shade of the village's 15th century castle. For a pre-dinner preamble, stroll along the village's beautiful forest and wetlands trails which can be enjoyed by heading either north or south along the stunning Lough Derg Way. Your food journey continues with a visit to Larkins, a 300 year old tavern which serves up favourites from wild mushroom bruschetta to ruby ale battered fish &amp; chips.</p> <p> Duration: 1hr</p>	<p>Larkins, Garrykennedy, Co. Tipperary, E45 W729 <b>e:</b> <a href="mailto:info@larkins.ie">info@larkins.ie</a> <b>w:</b> <a href="http://larkins.ie">larkins.ie</a> <b>t:</b> 353 (0) 67 23232</p>


## Day 2: Garrykennedy to Killaloe

<i>Time</i>	<i>Activities &amp; Attractions</i>	<i>Details</i>
<b>AM</b>	<p>After rustling up a fresh breakfast on board, navigate your way south to Killaloe-Ballina, the charming twin town flanking the Clare and Tipp border. You'll probably be ready to stretch your legs when you arrive and there's no better hiking destination than Tountinna, one of the highest points over Lough Derg. The 457m hilltop sits 7km from Ballina marina and those lakeland views, stretching from Kerry to Galway on a clear day, are well worth the step count!</p> <p>Any hike is only as good as its snacks, of course. To stock up on trekking treats, head to the gorgeous Wooden Spoon café in Ballina. Menu options here feature superfood salads, raspberry and apple scones and great coffee - they're very kid-friendly too!</p> <p> Duration: 4hrs</p>	<p>The Wooden Spoon, Bridge Street, Ballina, Co. Tipperary, V94 A326 <b>e:</b> <a href="mailto:thewoodenspoonkillaloe@gmail.com">thewoodenspoonkillaloe@gmail.com</a> <b>w:</b> <a href="https://www.facebook.com/TheWoodenSpoonKillaloe">facebook.com/TheWoodenSpoonKillaloe</a> <b>t:</b> 353 (0) 61 622 415</p>

Time	Activities & Attractions	Details
PM	To explore the area on the water, grab a paddle with My Next Adventure; a water-sports outfitter which offers fun-packed guided kayaking trips on Lough Derg. Inspired by the legendary High King of Ireland who once navigated these waters, their <i>Brian Ború Experience</i> takes kayakers through one thousand years of Irish history – all prompted by sights along the scenic river, lough and canal route.	My Next Adventure, The Mill Yard, Shantraud, Killaloe, Co. Clare <b>e:</b> <a href="mailto:info@mynextadventure.ie">info@mynextadventure.ie</a> <b>w:</b> <a href="http://mynextadventure.ie">mynextadventure.ie</a> <b>t:</b> 353 (0) 87 395 2777
Dinner	Come evening, indulge in a little slice of <i>la bella vita</i> at one of Ireland's Hidden Heartland's most ambient restaurants, Tuscany Bistro. Fusing the best of local Irish ingredients with authentic Italian cuisine, the restaurant is a real regional favourite for both couples and families (so be sure to book ahead!). Dishes include goats cheese bruschetta, seafood risotto and home-made lasagne emiliana – along with a great cocktail menu too. Buonissimo!	Tuscany Bistro, Main Street, Ballina, Co. Tipperary, V94 EN24 <b>e:</b> <a href="mailto:ballina@tuscanys.ie">ballina@tuscanys.ie</a> <b>w:</b> <a href="http://tuscanys.ie">tuscanys.ie</a> <b>t:</b> 353 (0) 61 376 888

## Day 3: Killaloe to Mountshannon

Time	Activities & Attractions	Details
AM	After overnighting in Killaloe-Ballina, the next morning make your way northwest across the lake to the postcard village of Mountshannon. En route, keep an eye out for Lough Derg's spectacular white-tailed sea eagles who have made their home in the region since their successful reintroduction to Ireland. The birds can be best spotted soaring the skies in search of prey and are usually identifiable by their huge wing-span of up to 2.4m!	
PM	To really soak up Lough Derg life, enjoy a beach day at Mountshannon's glorious blue flag strand. The beach, which sits just adjacent to the village marina, offers the pleasure of pristine lakeland swimming and bathing. If you'd like to get more active, My Next Adventure also operates guided water activities out of Mountshannon. For another blue flag beach option, Ballycuggeran is a lakeside bathing area, nestled in a designated conservation area, 4km north of Killaloe.	

Time	Activities & Attractions	Details
<b>Dinner &amp; Stay</b>	After a stroll around scenic Mountshannon, enjoy a relaxing meal at The Snug. The restaurant, best known for its delicious homemade pizzas, is also popular for wine and tapas if you fancy smaller bites. Keep an eye out for their movie showings to wrap-up your all-star day!	The Snug Pizzeria, Main Street, Mountshannon, Co. Clare, V94 HK24 <b>e:</b> <a href="mailto:thesnugpizzeria@gmail.com">thesnugpizzeria@gmail.com</a> <b>w:</b> <a href="http://thesnugpizzeria.wixsite.com">thesnugpizzeria.wixsite.com</a> <b>t:</b> 353 (0) 61 926 826
	 Return to Portumna 2hrs	

## Day 4: Mountshannon to Portumna

Time	Activities & Attractions	Details
<b>AM</b>	The next morning after breakfast on board, head north at your leisure to return your vessel. Don't forget to factor in a little additional time in case of a wait at Portumna bridge.	

### Instagram moment...

Keep an out eye for Lough Derg's startling murmurations which occur when hundreds, if not thousands, of the birds fly in unison over the lake like an ethereal jet-black cloud!

### Three more to explore...

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

1	2	3
Hungry? Portumna Castle is also the location of the most gorgeous tea rooms, with deliciously imaginative sweet and savouries created by CaToCa Fine Food.	Serving customers for over 200 years, Paddy's Bar makes another fine option in charming Terryglass for drinks and fine, homemade food.	If you'd like someone else to do the steering for a while, enjoy a guided gin tasting cruise along the Shannon with Killaloe River Cruises.
Portumna Castle Tearooms, Castle Demesne, Portumna, Co. Galway, H53 YK27 <b>e:</b> <a href="mailto:info@catocafinefood.com">info@catocafinefood.com</a> <b>w:</b> <a href="http://catocafinefood.com">catocafinefood.com</a> <b>t:</b> 353 (0) 90 974 1667	Paddy's Bar, Terryglass, Co. Tipperary, E45 XA59 <b>e:</b> <a href="mailto:paddysbar1@gmail.com">paddysbar1@gmail.com</a> <b>w:</b> <a href="https://www.facebook.com/paddysbar1">via Facebook</a> <b>t:</b> 353 (0) 67 22174	Killaloe River Cruises, Lakeside Drive, Ballina, Co. Leitrim, V94 X2WH <b>e:</b> <a href="mailto:info@spiritofkillaloe.ie">info@spiritofkillaloe.ie</a> <b>w:</b> <a href="http://killaloerivercruises.com">killaloerivercruises.com</a> <b>t:</b> 353 (0) 86 814 0559