



Páirc Áineasa Uisce Phort Omna



Failte go Gormbhealach Loch Deirgeirt

Ar Ghormbhealach Loch Deirgeirt is féidir leat an draíocht agus an áilleacht nádúrtha ar fad atá ag an loch maorga seo a bhreathnú ar shraith de chonairí ar uisce agus cois uisce. Is baile mór fáilteach spleodrach é Port Omna agus is bunáit iontach é le haghaidh turais a dhéanamh amach as go dtí an saol amuigh faoin spéir.

Bíodh turas dodhearmadta agat agus tú ag breathnú ar an oidhreacht álainn ar bhruach Loch Deirgeirt ón uisce lonrach féin, na healaí agus na hiolair, agus na hoileáin thréigthe san áireamh.

Tá rogha de 21 chonair chéaslóireachta ann feadh an bhruaigh, ag síneadh ó bharr an locha ag Port Omna ó thuaidh go háit dúchais Bhrian Bóramha, Ardri na hÉireann, i gCill Dalua ó dheas. Tá an tús ag trí cinn de na conairí sin sa Pháirc Áineasa Uisce i bPort Omna. Cuir eachtra in áirithe le soláthraí gníomhaíochta agus gheobhaidh tú eispéaras nach ndéanfaidh tú dearmad air.

An bhfoireann an slí seo duit?

Mura bhfuil taithí céaslóireachta ar bith agat, nó má tá tú ar bheagán taithí léi, moltar go láidir duit clárú le club áitiúil nó turas a chur in áirithe le soláthraí gníomhaíochta atá cumasach ar gach grád slite.

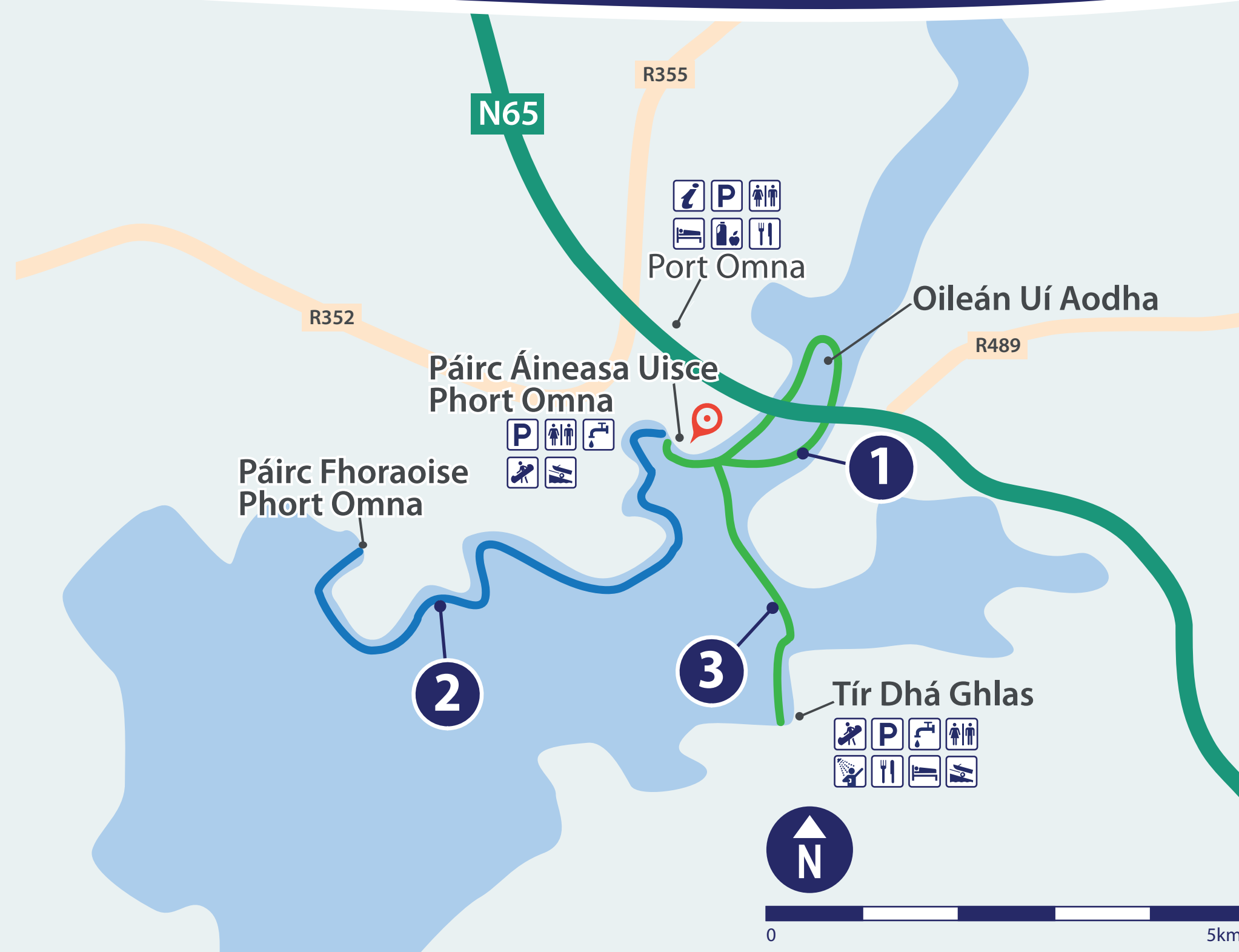
Tá liosta de sholáthraithe gníomhaíochta cumasacha le fáil ar Bluewaysireland.org maraon le mioneoas ar an riocht atá ann ar gach gné den síl, agus cé chomh oiriúnach is atá siad do na leibhéalacha cumais éagsúla – téigh i gcomhairle leis an eolas seo roimh ré, le do thoil.

Is feidir leis na spóirt uisce a bheith contúirteach agus baineann roinnt bunrioscaí leo. Déan machnamh cúramach ar do chumas, do scileanna agus do chuid folláine le do thoill.

- Déan seiceail i gcónaí ar thuar na haimsire agus staid an uisce roimh ré. Is féidir athrú glao a theacht ar na slite de réir mar a théann an aimsir in óclás. Moltar duit a bheith cúramach nuair a bhíonn teocht an aeir agus an uisce ísle.
- Ná bí ag céalsóireacht leat féin - níor chóir am ar bith go mbeadh níos lú na trí (shoitheach) ann.
- Inis do dhuine éigin ca bhfuil tú ag dul agus cén t-am atá sé de rún agat teacht ar ais.
- Biodh mion deaghteanna agat chun cuidiú a fháil – dialligh 999 nó 112 le haghaidh na seirbhíse éigeandála. Bain úsáid as cáineál 16 ar raidió an-armhíochtaíoch (VHF) chun dul i deaghláil leis na gardaí cósta.

Grád	Tosaítheoir Uisce Simpli	Meánleibhéal Uisce Measartha	Ardleibhéal Uisce Dúshlánacha
Oiriúnacht	Tá cumas snámha riachtanach Don Tosaítheoir/Núíosach, moltar go mór oiliúint roimh ré ag club, nó soláthraí gníomhaíochta cumasach a chur in áiríthe.	Tá cumas snámha riachtanach Cumas agat builli céasla bunúsacha a dhéanamh, féintharrtháil agus tú fein a loingsiú go muineaneach le léarscáil. Ní mór áiríthint a dhéanamh le soláthóirí gníomhaíochta atá iniúil.	Tá cumas snámha riachtanach Cumas agat ardbuilli céasla a dhéanamh, féintharrtháil agus tú fein a loingsiú go muineaneach le léarscáil. Taithí phraiticiúil agat ar uisce reatha — foghail, tonnta seasta, stopadóirí agus roghnú bealaigh.
Dálai	Aibhneacha/canálacha a bhogann go hiontach mall. Locha beaga nach n-éiríonn garbh nuair a athraíonn an aimsir.	Aibhneacha a bhogann go mall gan bhac. Locha a éiríonn Dúshlánacha nuair a mbíonn gaoth ann.	Aibhneacha le baic shimplí agus áiteanna ina ritheann an t-uisce níos gasta. Is féidir stopadóirí agus braonta beaga a bheith ann. Locha a éiríonn Dúshlánach nuair mbíonn gaoth ann.

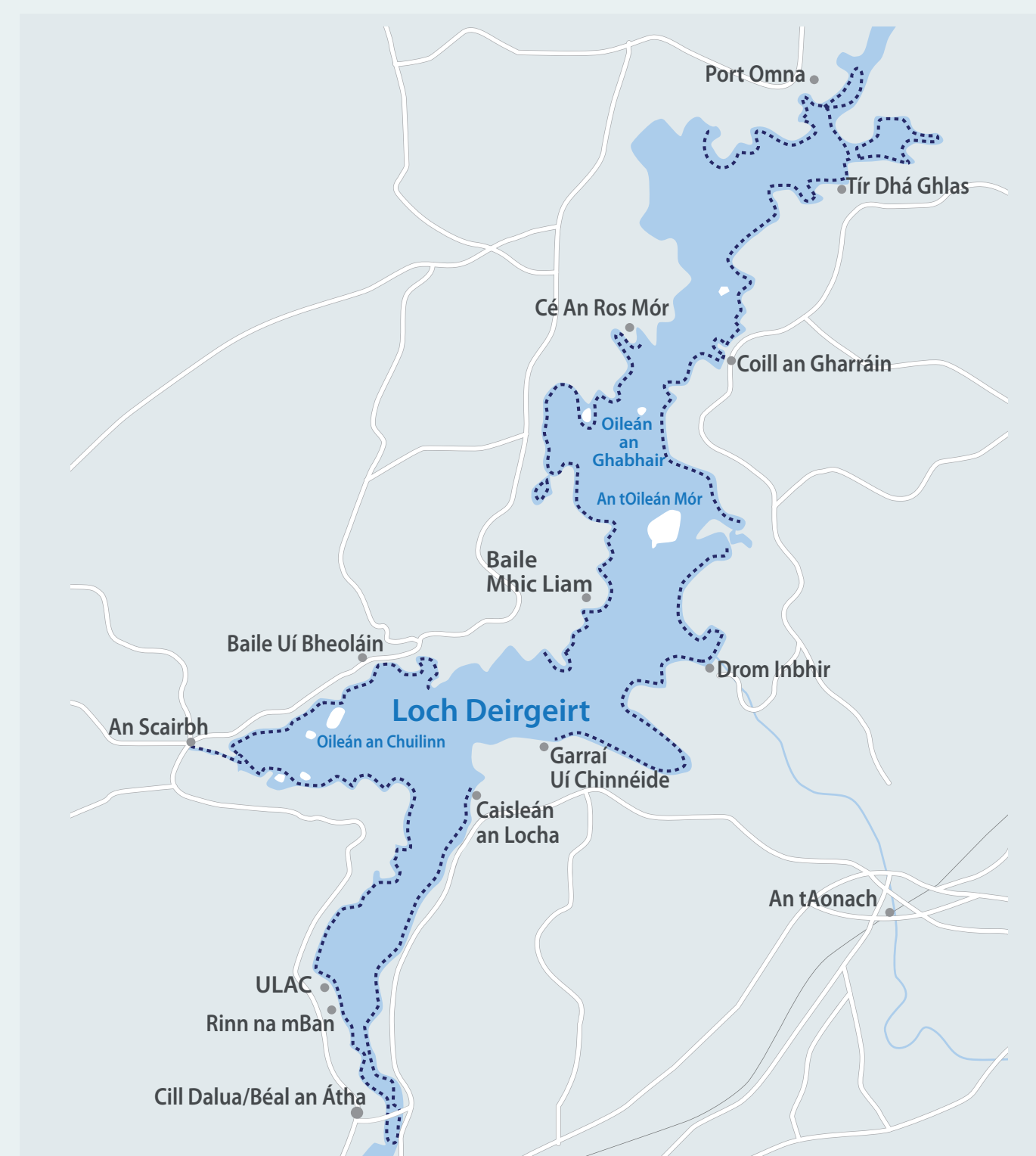
 Conair Chéaslóireachta		km	Aga	Tráchtanna
1	Oileán Uí Aodha (is féidir leis na husicí a bheith measartha nuair atá sé gaofar.)	4.75	1:35	Taistil ar chlé (soir) agus tú ag imeacht ón bpáirc áineasa agus ansin téigh amach sa tSionainn ag an áit a bhfuil na marcóirí loingseoireachta. Féadann an t-uisce a bheith garbh ag an áit a dtéann an tSionainn isteach sa loch agus féadann sé a bheith deacair taisteal in éadan an tsrutha nuair atá tuile san abhainn, agus seachain na seastáin iascaireachta ar thaobh na láimhe clé freisin. Céaslaigh faoi dhroichead N65 agus ansin tar ar ais ar an taobh eile d'Oileán Uí Aodha. Bí ar an airdeall gur féidir sruthanna stiúracha a bheith cruthaithe ag na cúrsóirí innill agus na scairdscionna.
2	Páirc Fhoraoise Phort Omna	6.5	2:10	Céaslaigh ón bpáirc áineasa feadh an bhruaigh ar dheis (siar) agus téigh trasna an chainéil isteach go Muiríne Phort Omna (0.5 km). Os do chomhair amach beidh bruaich Pháirc Fhoroise Phort Omna, a bhfuil crainn ar gach taobh de, mar aon le cuanta agus reanna beaga. Tiontaíonn an loch ar dheis ag an rinn mhór ar Rinn Mhóthair agus téann tú isteach go cuan mór ina bhfuil deich n-oileán bheaga scaipthe. Is é Oileán an Teampaill an ceann is mó ar an chuar laistigh den chuan, agus ó mhí an Mháirta go mí Iúil, bíonn na hOlair Mhara ag neadú, fan ar shiúl 250 méadar ar a laghad i rith na míonna seo mar sin.
3	Tír Dhá Ghlas (is féidir leis na husicí a bheith measartha nuair atá sé gaofar.)	12	4:00	Taistil ar chlé (soir) agus tú ag imeacht ón bpáirc áineasa agus ansin téigh trasna bhéal na Sionainne ag an áit a bhfuil na marcóirí loingseoireachta. Lean an bruch go dtí an carn bán agus ansin téigh trasna go Tír Dhá Ghlas ar dheis ag an bpointe is cóngaraí (600 méadar ar leithead). Tá radharcanna maithse síos an loch ón áit seo. Bí cúramach ag dul trasna na habhann nuair atá tuile san abhainn, agus ag dul trasna an uisce oscailte go Calafort Thír Dhá Ghlas. Seachain an bealach trasna seo má tá sé gaofar agus molar an rogha a bheith agat deireadh a chur leis an turas i dtír Dhá Ghlas.



Eochair Eolais Léarscáile

- | | | |
|---|---|---|
|  Uisce Simplí |  Cithfholcthaí |  Siopa |
|  Uisce Measartha |  Faisnéis |  Sleamhnán |
|  Tá tú anseo |  Leithris |  Úruiisce |
|  Bia agus Deoch |  Lóistín | |
|  Carrchlós |  Pointí Cur Isteach / Tógáil Amach | |

Léarscáil Ghinearálta



Speicis Ionracha

Cuidigh chun leathadhspeiceas ionrach a stopadh – nigh do bhád nó do chlár seachseaslóireachta roimh agus i ndiaidh na céaslóireachta.

invasivespeciesireland.com

Ná Fág Aon Lorg

Ná tarraing ach pictiúir, ná fág ach tonnta.
leavenotraceireland.org



Lough Derg Blueway

Portumna Water Recreation Park



Welcome to the Lough Derg Blueway

On the Lough Derg Blueway you can explore all the charm and natural beauty of this majestic lake through a series of on-water and waterside trails. Portumna is a vibrant and welcoming town and provides a wonderful base for exploring the great outdoors.

Have a trip to remember as you explore the scenic Lough Derg's bank-side heritage, swans and eagles and deserted islands, all from the perspective of its sparkling waters.

A series of 21 shoreline paddling trails to choose from, stretching from Portumna at the lake's northern tip, to the birthplace of Brian Boru, high king of Ireland, in Killaloe at its South. Three of these trails start from the access point at Portumna Water Recreation Park.

Book with an activity provider for an unforgettable experience.

Is this trail for you?

If you have little or no prior experience of paddling it is strongly recommended to join a local club or book an experience with a competent activity provider for all grades of trail.

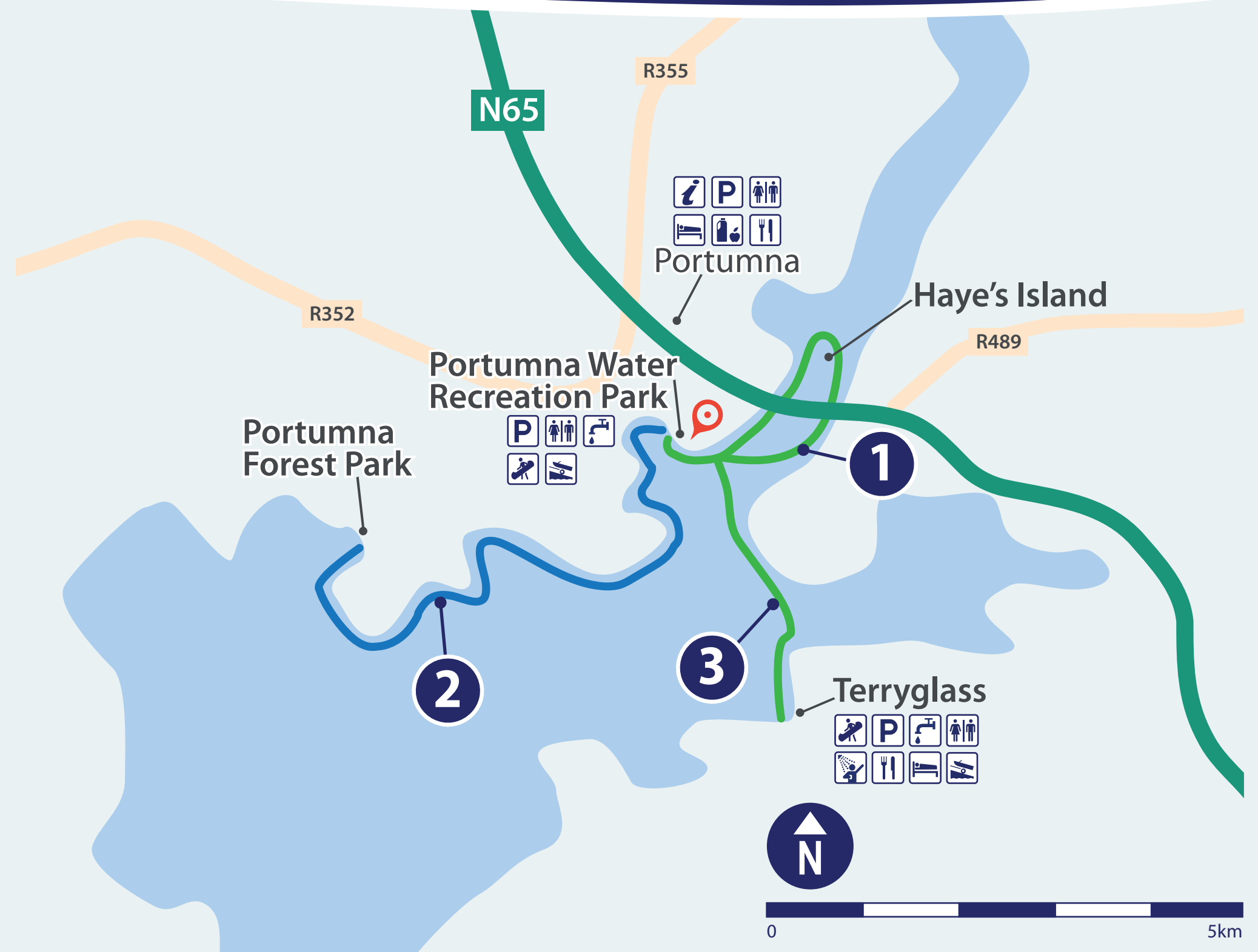
Bluewaysireland.org has a list of competent activity providers and detailed information about the conditions along each section of the trail and their suitability for different levels of expertise – please consult in advance.

Watersports are potentially a hazardous activity carrying some inherent risks. Please consider your skills, abilities and fitness carefully.

- Always check the weather forecast and water conditions first. Trails can change grading as the weather deteriorates. Care is advised when water temperatures and air temperatures are low.
- Never paddle alone – less than 3 (craft) there should never be.
- Let someone know where you are going and what time you plan to return.
- Have method for calling for help – dial 999 or 112 for emergency services. Use VHF channel 16 for the coastguard.

Grade	Beginner Simple Waters	Intermediate Moderate Waters	Advanced Challenging Waters
Suitability	Ability to swim essential For a Beginner/Novice, prior training with a club, or booking with a competent activity provider, is highly recommended.	Ability to swim essential Ability to undertake basic paddling strokes, self-rescue and navigate confidently using a map. Booking with a competent activity provider, is essential.	Ability to swim essential Ability to undertake advanced paddling strokes, self-rescue and navigate confidently using a map. Practical experience of moving water — eddies, standing waves, stoppers and route selection.
Conditions	Very slow-moving rivers / canals. Small lakes which do not become rough when conditions change.	Slow moving rivers without obstruction. Lakes which can become Challenging Waters in windy conditions.	Rivers with simple obstructions and places where the flow accelerates. Stoppers and small drops can be present. Lakes which become rough in windy conditions.

	Paddling Trail	km	Time	Comments
1	Hayes's Island (can change to Moderate Waters in windy conditions.)	4.75	1:35	Travel left (east) when you depart from the recreation park and then enter the Shannon River where you see the navigation markers. There can be rough water where the Shannon enters the lake and travelling upstream can be difficult in high river flows, also avoid the angling stands on your left. Paddle under the N65 bridge and then return on the other side of Hayes Island. Be aware that motor cruiser and water ski craft in the river can create large wakes.
2	Portumna Forest Park	6.5	2:10	Paddle from the recreation park along the bank on the right (west) and cross the entrance channel to Portumna Marina (0.5 km). The tree-lined shore of Portumna Forest Park with small bays and headlands is in front of you. At the large headland at Rinmaher the lake bank turns to the right and you enter a large bay with ten small scattered islands. The largest on the inside curve of the bay is Church Island and during March to July, please stay at least 250 metres away as the White Tailed Sea Eagles will be nesting then.
3	Terryglass (can change to Moderate Waters in windy conditions.)	12	4:00	Travel left (east) when you depart from the recreation park and then cross the mouth of the Shannon River where you see the navigation markers. Follow the bank to the white stone cairn and then cross to Terryglass on your right at the closest point (600 metres wide). There are good views down the lake from here. Take care crossing the river in high flows and also when crossing the open water to Terryglass Harbour. Avoid this crossing if there is wind and it is advisable to have the option of stopping the journey in Terryglass.



Map Legend

- Simple Waters
- Moderate Waters
- You Are Here
- Accommodation
- Car Park
- Food and Drink
- Fresh Water
- Info
- Put In / Take Out Points
- Slipway
- Shop
- Toilets
- Shower

Overview Map



Invasive Species

Help stop the spread of invasive species – wash your boat or SUP before and after a paddle.
invasivespeciesireland.com

Leave No Trace

Take only pictures, leave only ripples.
leavenotraceireland.org

For more information visit:
bluewaysireland.org

