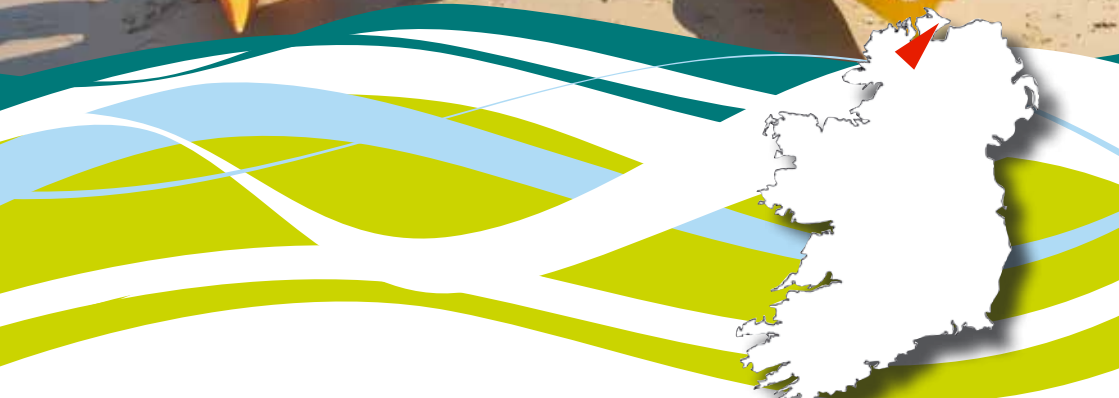




• Kinnagoe Bay



East Inishowen Sea Kayak Trail

plus tidal waters of rivers Roe and Foyle

... paddle by sandy beaches and cliffs, push around headlands,
kayak in the shadow of rocky stacks and through caves!



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Loughs Agency - Foyle

LINKS WITH OTHER TRAILS

The Foyle Canoe Trail runs from Lifford to Moville with the section from Culmore Point overlapping part of the Inishowen Trail. Stretching over 22 nautical miles from the start of the River Foyle, this unique trail runs along the tidal river, passing through historic Derry city before following Lough Foyle's varied coastline to the seaside town of Moville.

From the northern end of Lough Foyle, seasoned kayakers can link up with the North Coast Sea Kayak Trail, which begins at Magilligan Point only 1.2 km across the Narrows at Greencastle - plan the crossing carefully, taking into account currents and wind, passage of commercial shipping and fishing boat operations!

WILDLIFE



• *Seals on Inishtrahull*

The screeches and calls of cliff nesting bird colonies dominate the soundtrack of this rugged coastline. Fulmar and manx shearwater elegantly skim the surface of the water, 'shearing' from side to side as they rhythmically alternate white under parts and dark upper body. Diving terns and soaring gannets (from Ailsa Craig in western Scotland) indicate shoals of fish near the surface. Keep a special eye out for the white rumped storm petrel, a dainty ocean wanderer, who patters along the wave tops in summer, flying ashore on dark nights to their island nest in some stony crevice.

Peregrine and buzzard are cliff top predators with the added excitement of regular eagle sightings in recent years. Skua have been seen amongst gull and tern colonies, harassing and scavenging for a fish supper.

Grey and common seals are year round residents, with the elusive otter commonly seen. Other regularly encountered sea mammals include porpoise and bottlenose dolphin plus occasional minke whale.

Basking shark, the largest fish in the Atlantic Ocean, is a frequent summer visitor. Extremely docile in nature, this huge shark feeds by sieving plankton through gill rakers at the sides of its dramatic gaping mouth. During calm periods they frequently feed near the surface on the huge aggregations of plankton concentrated by the tidal slicks and currents along the coastline. Another interesting fish is the sun fish, with sightings focussed around Glengad Head.



East Inishowen Sea Kayak Trail

• Portmore, Inishtrahull





• Banba's Crown, Malin Head



The East Inishowen Sea Kayak Trail

The East Inishowen Sea Kayak Trail runs around the coastline of the Inishowen peninsula, from the outskirts of the walled city of Londonderry or Derry, along the eastern side of this north Donegal peninsula to Malin Head, the most northerly point on the Irish mainland.

Five nautical miles (NM) to the northeast lies Inishtrahull, a long deserted island. The trip to "the island" runs across Inishtrahull Sound, a stretch of sea exposed to the Atlantic swell and strong, complex tidal streams sweeping around Malin Head. An interesting submarine feature in the sound, dropping to 90 metres of water, is the Inishtrahull Trench.

From the relative shelter of Lough Foyle to an Atlantic shore, the Inishowen Trail offers exploration of caves and off-shore islands, surf kayaking, harbour paddles and wildlife.

This trail is most suited for experienced sea paddlers, with some sections offering challenge and adventure to the skilled and well prepared paddler and those led by a qualified leader.

Before setting out, it is essential that the kayaker carefully studies forecasts of wind speed and direction as well as researching swell predictions, tidal streams, eddies, races and overfalls. Plan your route and be prepared to change plans - the geography of Inishowen is such that relative shelter can be found along one section of the coast while another may be considerably more exposed to the wind.

There are opportunities for wild camping along the trail but paddlers should be aware that much of the land along this coast is in private ownership and permission should be sought. There is a canoe bothy at Moville and another at the Gribben (upstream of Derry).



Section 1: Culmore Point to Redcastle (8 NM)

GR: C 477221

GR: C 55124 8 GR: C 550349

Culmore Point marks the place where the River Foyle (see section L2) discharges into Lough Foyle. Culmore village (pub and shop) is a short stroll up the hill.

Culmore translates from Irish as “large corner or nook” and probably refers to the line of the shore here.

Ships from as far away as south America steam up the Foyle to the Port of Londonderry. Paddlers should note that ships turn in Culmore Bay and be aware that the narrow shipping channel runs close to the shore on the western side of the lough!

Take a look at the old wooden jetties still visible at Lisahally port. This was the location for the mass surrender of the German U-boat Atlantic fleet in 1945 - chosen because of the importance of Derry in the Battle of the Atlantic when this most northwesterly Allied port sheltered and sustained the wartime convoy escort ships.

Culmore Point has long been a strategic site. The ancient stone tower was a Doherty stronghold from medieval times. In 1600, an Elizabethan army under Dowcra landed here - not unopposed for Dowcra reported that they were met with a “volie of shot”. The English soldiers fortified this peninsula and a moat and substantial rampart are still visible, northeastwards along the shore.

Low lying lands on the eastern shore of Lough Foyle are reclaimed, protected by the sea wall visible across the water. Much of the land behind the sea wall is actually below sea level making up polder lands similar to those in the Netherlands.

There is roadside parking at Culmore and access is via a pebbly beach. Please do not park on the grassy area above the beach as this will block slipway access frequently used by emergency services.

Between Culmore and Redcastle, several small streams spill off the Inishowen hills across deltaic features on the shore (such as at Quigleys Point with its shop). Stretches of shingle intersperse sand, grading to silt.

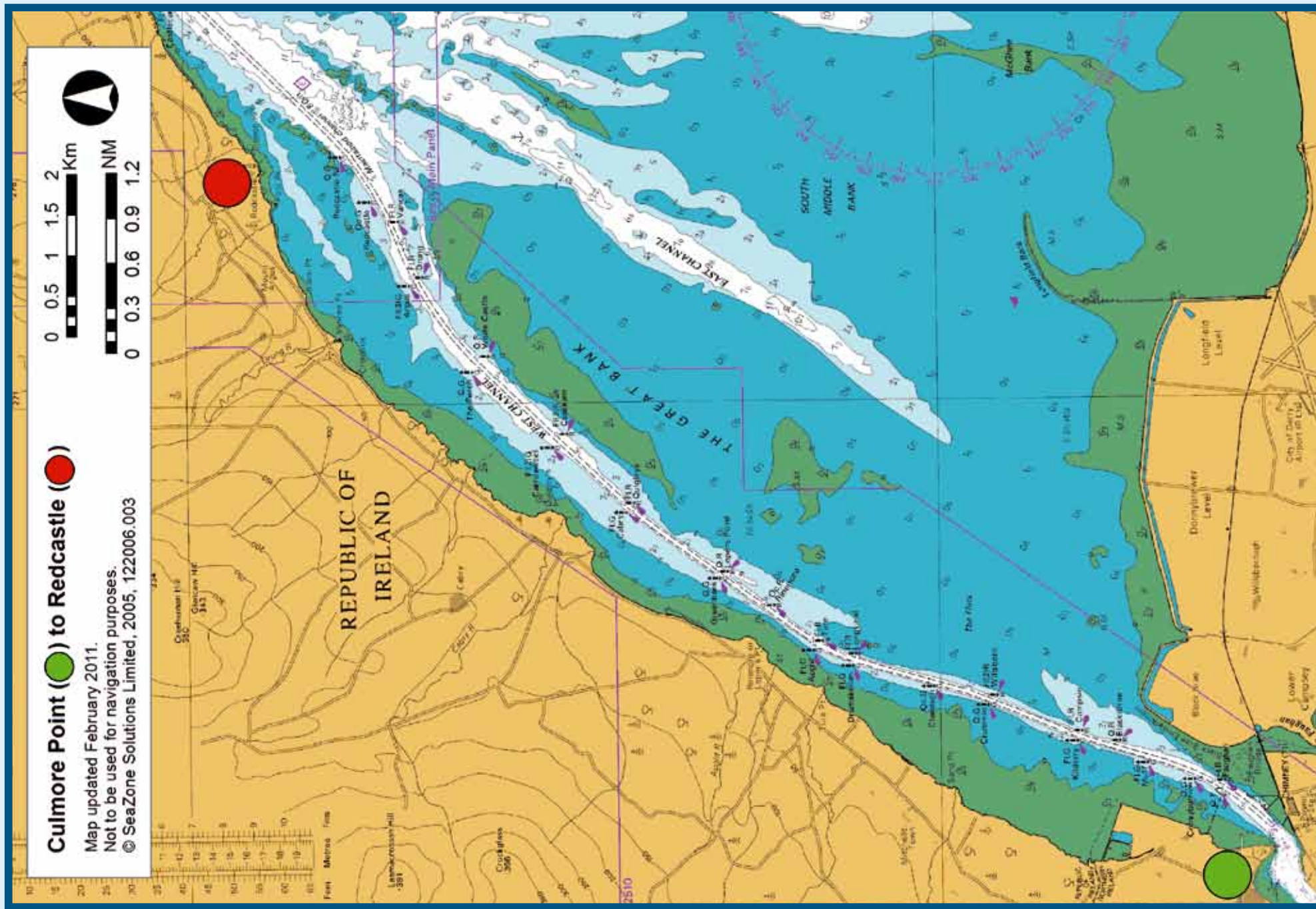
Tidal streams reach 2.5 knots along this western shore of the lough and the river can affect this, if in flood.

The pebble beach below the Redcastle Hotel offers a chance to come ashore for a rest and to avail of some hotel comforts. The hotel welcomes paddlers coming ashore and up to the hotel.



• Binevenagh Mountain

Culmore Point to Redcastle (8 NM)



Not to be used for navigation purposes



• Moville Harbour

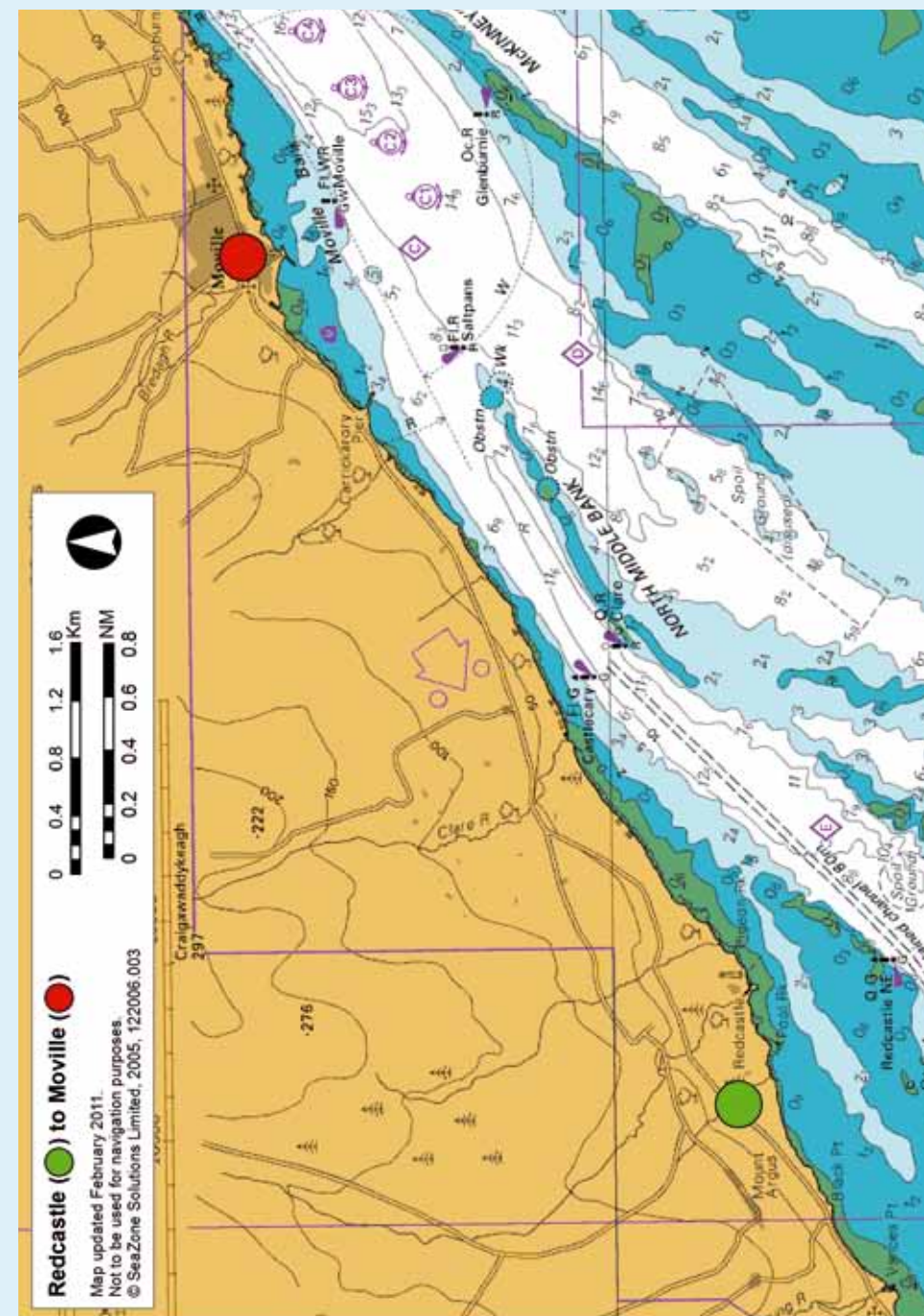
Section 2: Redcastle to Moville (5 NM)

GR: C 554347 & GR: C 611381
GR C 559349

The trail from Redcastle to Moville runs past wooded coves and low cliffs. Watch out for the quite spectacular high arch of the road bridge southwest of Carrickarory, the fishing pier a kilometre or more short of Moville harbour. Black Guillemots - pretty with their red legs, black plumage and white wing bars - nest in cavities in the stonework of the pier.

Along this shore streams run at 2.5 knots.

Across the lough are the rounded hills of the Sperrins, mountains drained by the rivers Faughan and Roe which spill into Lough Foyle. Just north of the Sperrins is the plateau of Binevenagh, formed millions of years ago as lava erupted across the ancient tertiary landscape, slumping to create the distinctively stepped profile.



Not to be used for navigation purposes



• Merville to Greencastle shore walk

Section 3: Merville to Greencastle (3 NM)

GR: C 611381 GR: C 648400

Merville is an attractive Victorian seaside resort and fishing harbour. The usual services (shops, cafes, pubs, accommodation) can be found in this small town.

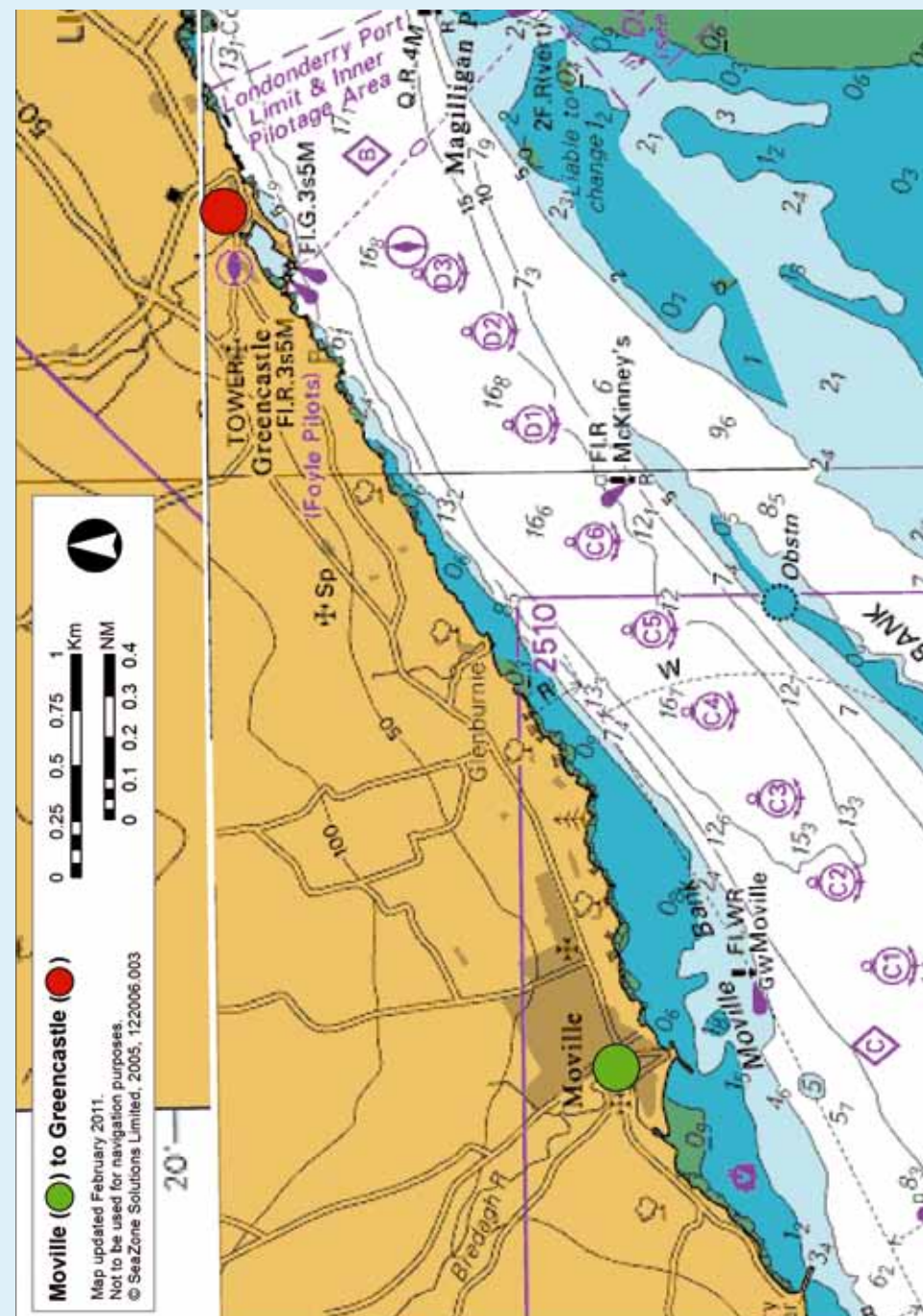
In addition to the 2 public slipways in the town (one in the main harbour and another beside the old pier with a sculpture on it), the Inish Adventures (Just Kayak) slipway offers access to a canoe bothy (camping, showers, toilets, fresh water, electric point and secure boat storage). Prior booking is recommended - Web: www.inishadventures.com Email: info@inishadventures.com Telephone: + 353 (0) 87 2202 577 or +44 (0) 77 52 194 414

From Merville, a pleasant wooded landscape and series of rocky offshore reefs leads to Greencastle, a busy fishing port with a seafood restaurant, bars and shop. A lovely shore side walking trail runs between Merville and Greencastle. The paddler will find several sandy coves where they can pull ashore such as the convenient picnic site at GR C629389

The streams in the entrance to Lough Foyle run at 3.5 knots at springs. Across the Narrows is Magilligan Point with its Martello Tower, built to defend the Foyle from French invasion when Napoleon's army threatened! A matching tower lies opposite in Greencastle close to the ruins of the Norman castle. A cosy pub and restaurant offers a welcome at the Point and the Shackleton Aviation Museum tells the story of the areas World War Two air bases.

There is a slipway in the eastern corner of Greencastle harbour, as well as the large slipway at the ferry terminal. A superb fish restaurant is nearby and the visitor should take a look around the Inishowen Maritime Museum - housed in the old coastguard buildings overlooking the harbour.

Another sea kayak trail is the North Coast Sea Kayak Trail - competent kayakers can link up with it at Magilligan Point but plan the crossing of the Foyle mouth carefully, studying currents, tide and wind!



Not to be used for navigation purposes



Section 4: Greencastle to Stroove (3 NM)

GR: C 648400

GR: C 682428

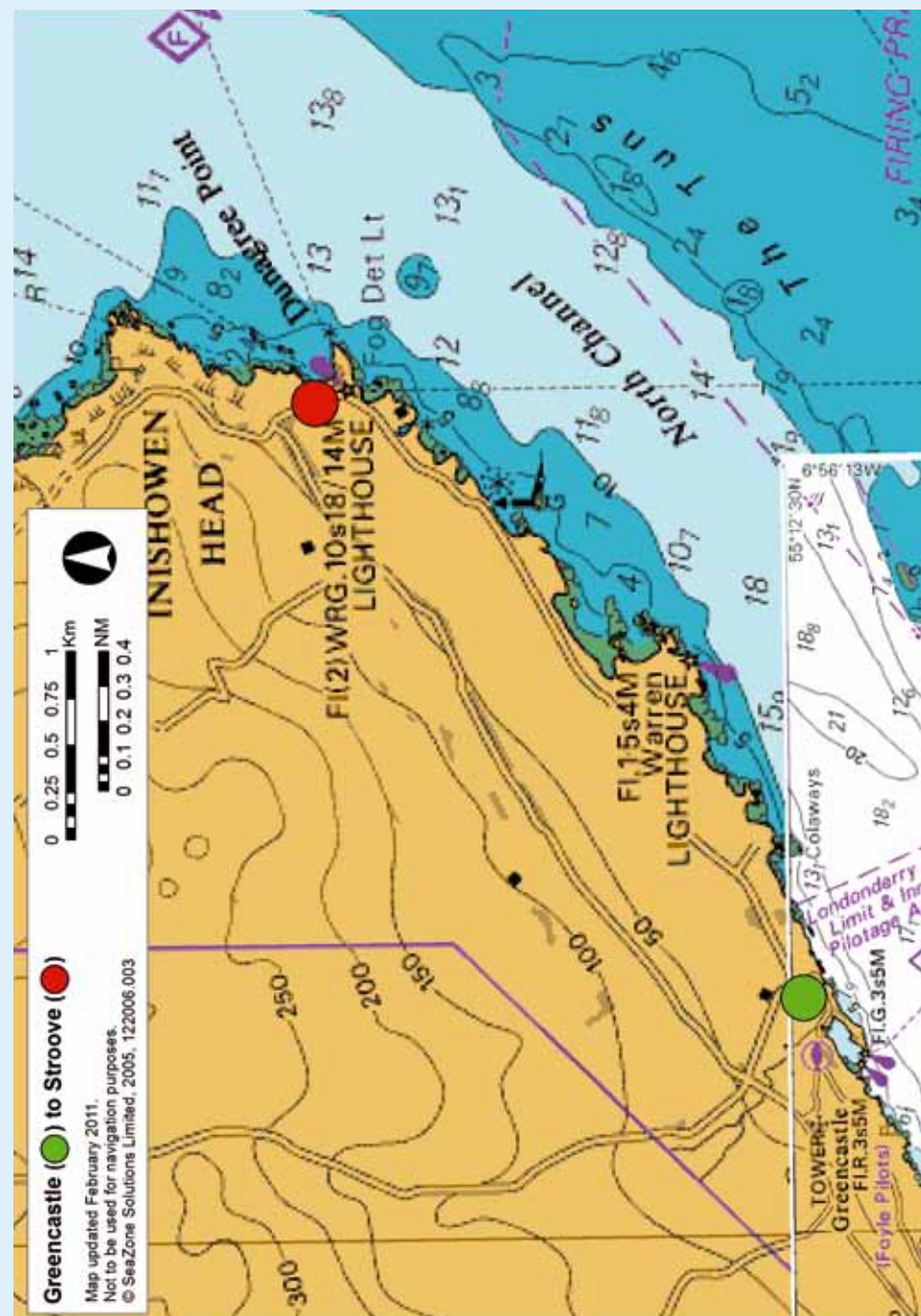
Greencastle is the second biggest fishing port in Donegal. Trawlers from here ply the Atlantic as far as Rockall and the harbour is the focus of the Foyle mussel and oyster industry. This fishing village is set at the mouth of Lough Foyle, opposite Magilligan Point.

A 3.5 knot current runs at the entrance to the lough at spring tides and a handy eddy runs on both ebb and flood between the Warren Light and Moville.

Consider wind and tide on this section - a north to northeast wind against an ebb tide will raise quite a sea!

The Inishowen Maritime Museum interprets the heritage of the area.

Working northeast along the coast from Greencastle to the peaceful bay at Shroove (variously spelled Stroove, Shrove) is a delightful paddle past an interesting mix of secluded coves and low cliffs - the seaside Greencastle Golf Course must have one of the most idyllic settings of any!



Not to be used for navigation purposes



• Inishowen Head Lighthouse

Section 5: Stroove to Kinnagoe Bay (4 NM)

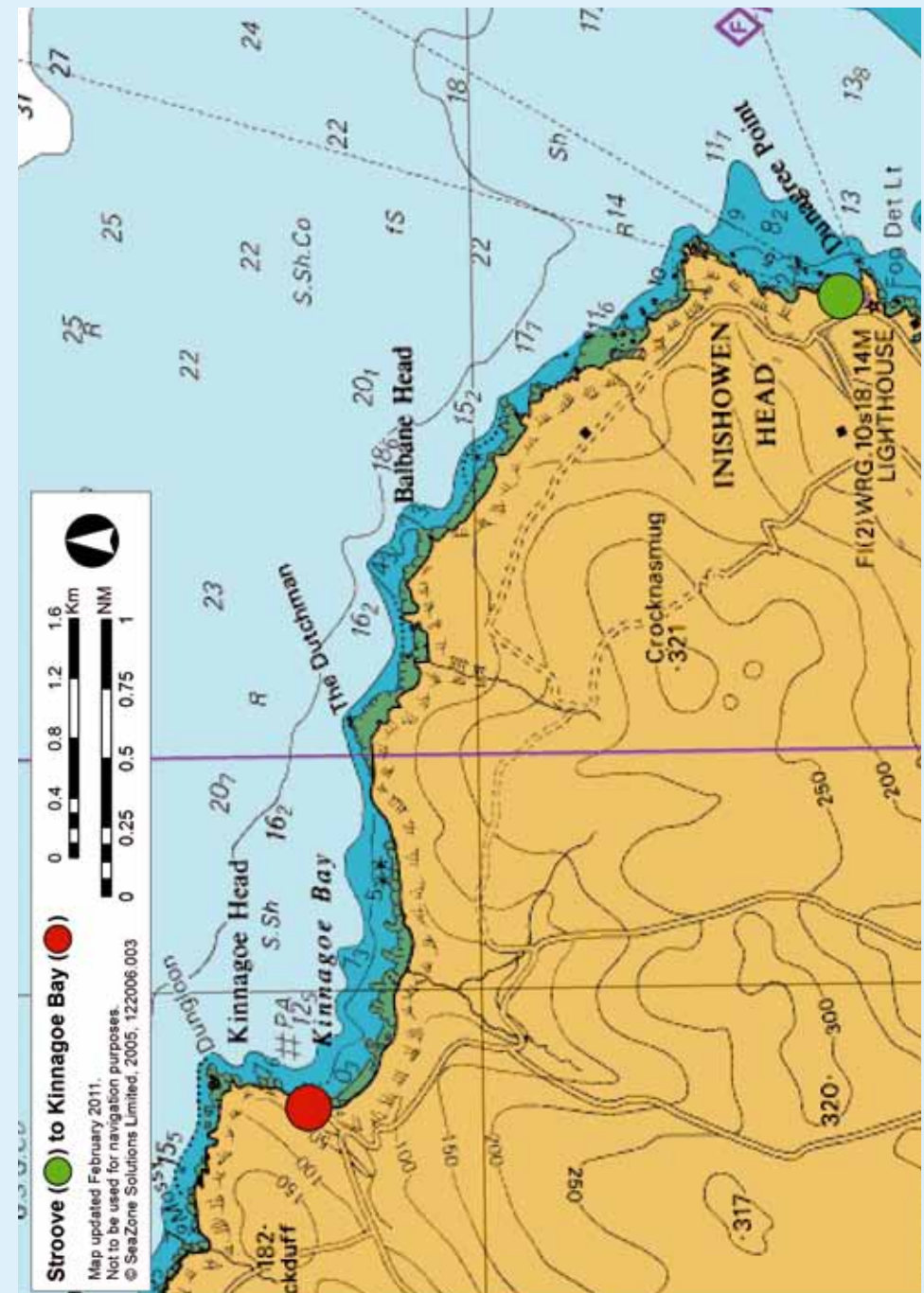
GR: C 682428 GR: C 627462

Once one paddles out of the relative shelter of Shroove Bay with its golden beach and reassuring bulk of the lighthouse, there is no road access to the shore until Kinnagoe Bay. In planning the trip, consider that a commitment to paddle for 4 nautical miles is required.

High cliffs, scree and headlands characterise this northeast facing coastline. There are some places where it is possible to pull ashore but exiting the shore to land is difficult except at either end of the section.

At Inishowen Head, lookout posts remain from World War Two. Otherwise, the landscape is unaffected by the hand of man apart from the farmers' grazing sheep.

Arriving at Kinnagoe Bay (recently voted one of the top ten picnic spots in Ireland), a golden crescent of sand awaits, backed by dunes. The eastern end of the beach is a more difficult landing in swell as there are innumerable boulders and rocks amongst the sand. The western end affords an easier landing and can be more sheltered when a swell is running.



Not to be used for navigation purposes



• Kinnagoe Bay

Section 6 - Kinnagoe Bay to Tremone (3 NM)

GR: C 627462

GR: C 591476

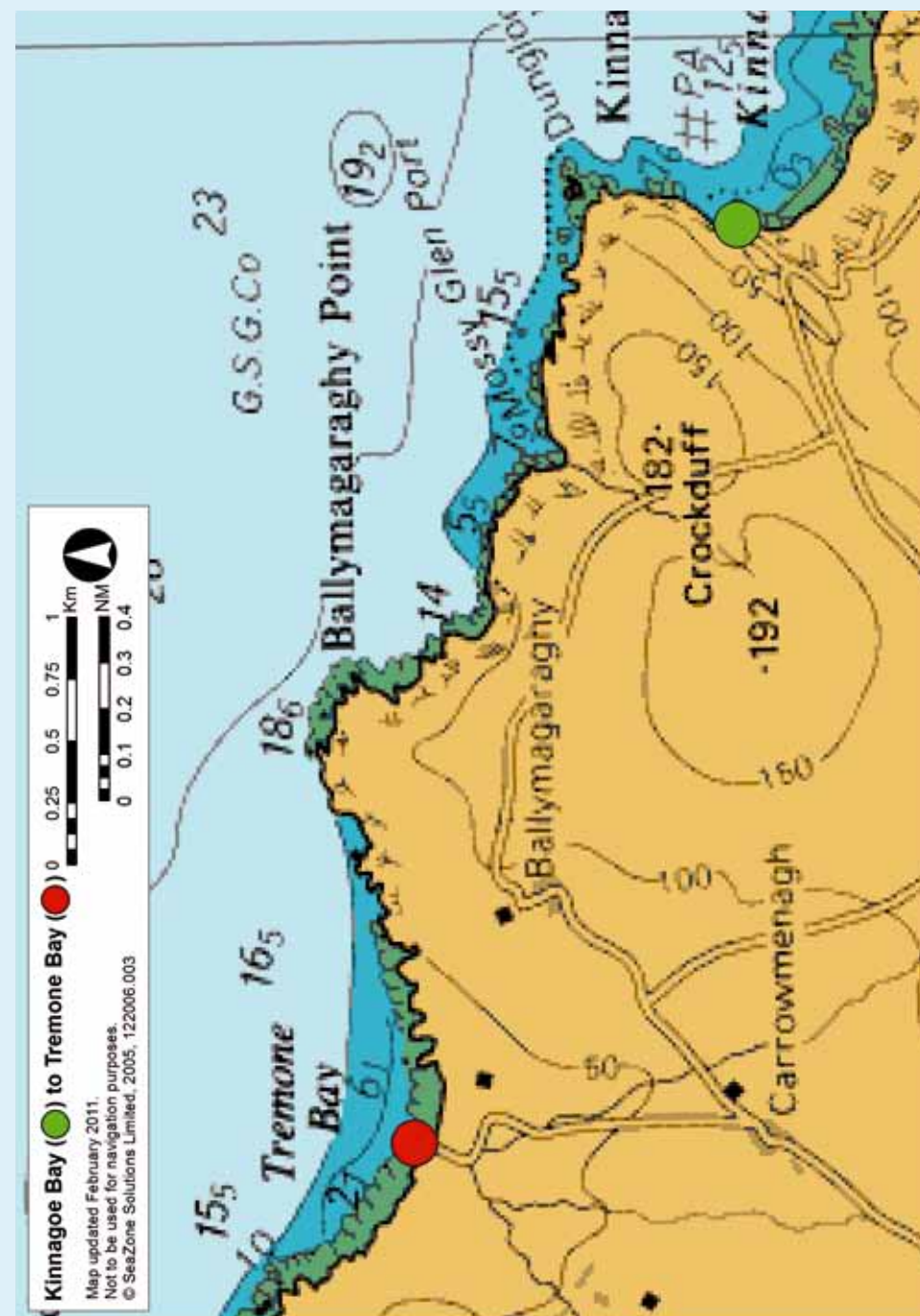
At Kinnagoe, a Spanish Armada galleon rests beneath the waves. La Trinidad Valencera sank here in 1588, just 150 metres from the shore at the western end of the beach. Treasure and other artefacts recovered from the ship are on exhibition at the Tower Museum in Derry.

This long, sandy beach is backed by sheltering sand dunes. Around the rocky promontory at the west end of the beach is a tumbling stream offering fresh water.

Kinnagoe Bay remains untrammelled by commercial development of any kind - a beautiful unspoilt beach.

The paddle from here to Tremone is by cliffs and stacks with interesting caves and tunnels. Look out for some amazingly tightly folded rock strata in the cliffs!

As with most of the Atlantic shore of east Inishowen there is limited access to land, with a commitment to paddle for 3 nautical miles.



Not to be used for navigation purposes



• Culdaff Beach and Dunmore Head

Section 7: Tremone to Culdaff (4 NM)

GR: C 591476

GR: C 540500

This stretch of coastline is generally rocky with some cliffs and a long strand at Culdaff. A good example of a raised beach can be seen at Tremone Bay where fertile fields now overlie the once wave cut platform.

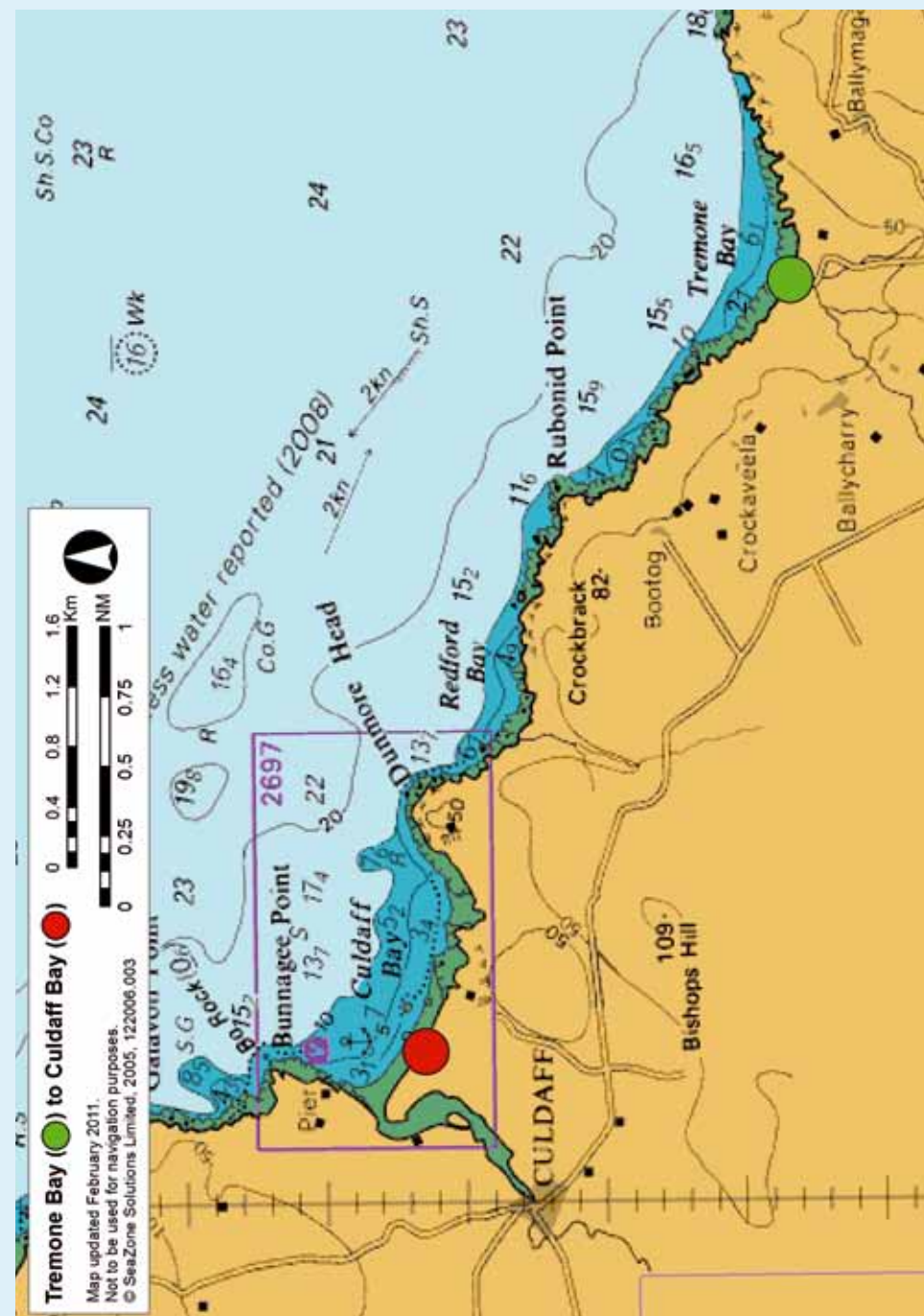
As with other stretches on this trail, there is no road access to the shore except at the start and finish of the section! Paddlers may find a landing spot but it will be difficult to move inland - there is a 3 nautical mile paddle from Tremone to the start of the beach at Culdaff.

A medium size sandy beach at Tremone has road access at its western end, complete with a small turning area.

At Culdaff Beach, there is good car parking, some dunes and a hotel.

Tremone Bay saw the departure into exile of Thomas D'Arcy Magee, fleeing to the Americas after his involvement in the rebellion of 1848.

A key figure in the Young Ireland movement, he later played a leading role in the confederation of the provinces in Canada, being assassinated there in 1868 walking home from a late night parliamentary debate (killed, it is thought, by political opponents).



Not to be used for navigation purposes



• Glengad

Section 8: Culdaff to Glengad (1 NM)

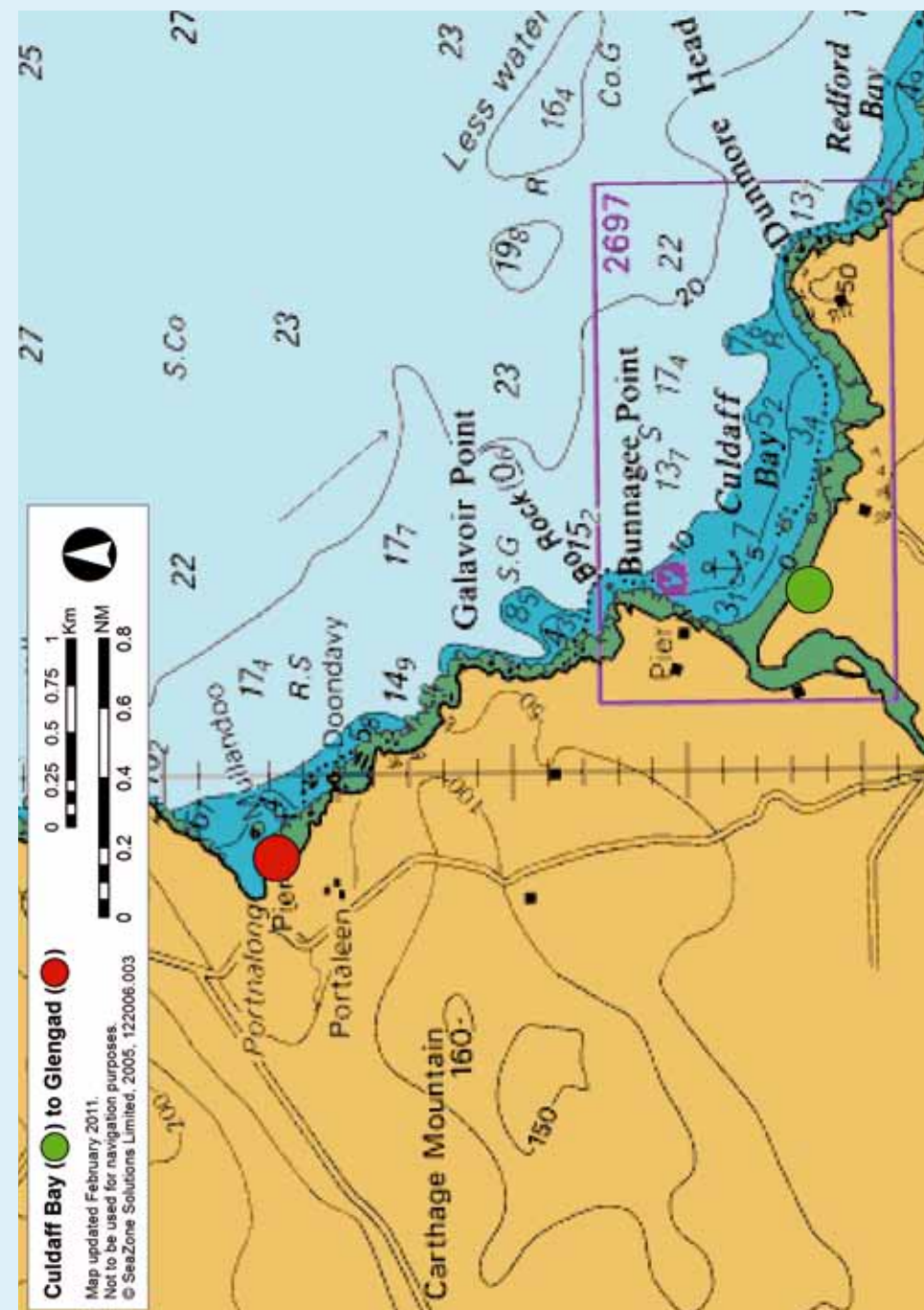
GR: C 540500 GR: C 524528

Culdaff town is a 1,500 metre paddle inland along the tidal stretch of the Culdaff River.

The river separates the sandy beach from the fishing harbour at Bunnagee with its slipway and pier. The beach at Culdaff gets some good surf in the right winds.

From Bunnagee to the pier and slipway at Portaleen (or Glengad) the coastline is cliff girt with, again, no road access and limited landfall for 1 nautical mile. Ancient promontory forts occupy headlands, high above.

Many islanders from Inishtrahull, 10 kilometers offshore, settled in the Glengad area in the 1920s.



Not to be used for navigation purposes



• Stookaruddan

Section 9: Glengad to Portmore (Malin - east) (7 NM)

GR: C 524528

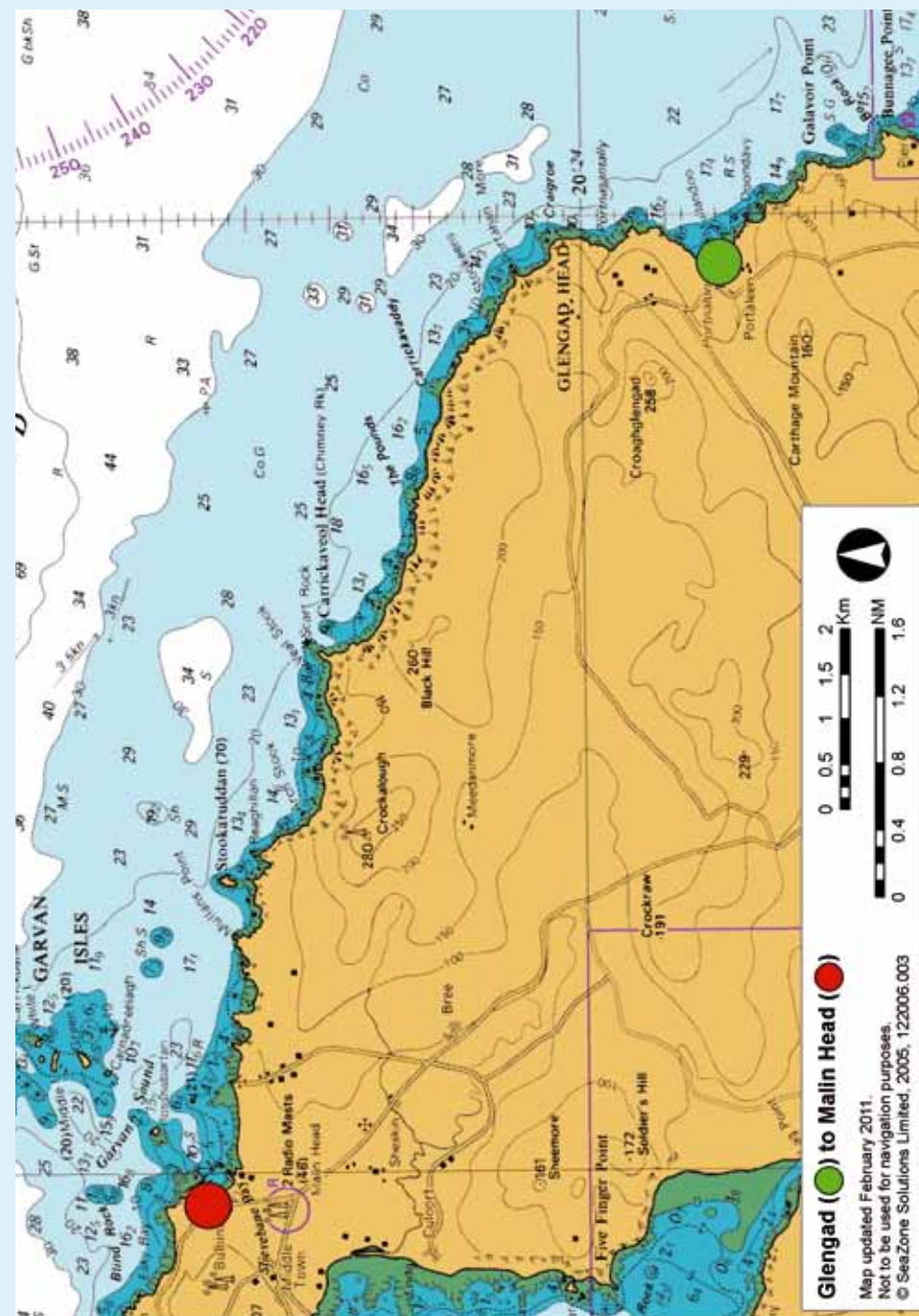
GR: C 423585

From Glengad to Malin Pier, the high hills of Inishowen are beaten by the Atlantic, creating a rugged, isolated coastline bounded by cliffs rising to 230 metres.

Two thirds away along this section, the majestic bulk of cliff bound Stookaruddan offers island sanctuary to nesting auks. A strong tidal stream runs off Stookaruddan – but an eddy and shelter from wind and swell is found between it and the mainland.

After Portaleen, the next road to meet the shore is east of Malin harbour (a 6 nautical mile paddle) at the “Wee House of Malin”, a religious shrine occupying the site of a small early Christian ecclesiastic settlement. The “Wee House” itself is a cave close by.

Above the shore between here and Portmore is a road that passes a shop, pubs and restaurant.



Not to be used for navigation purposes



• Malin Head

Section 10: Port More (Malin - east) to Port Ronan (Malin - west) (5 NM)

GR: C 423585

GR: C 406572

Hereabouts, currents from the Atlantic Ocean meet tides spilling out of the Irish Sea to create challenging seas! This section is only for extremely competent kayakers and those led by very experienced guides. Tides run at 3 knots around Malin Head and complex streams characterise this water!

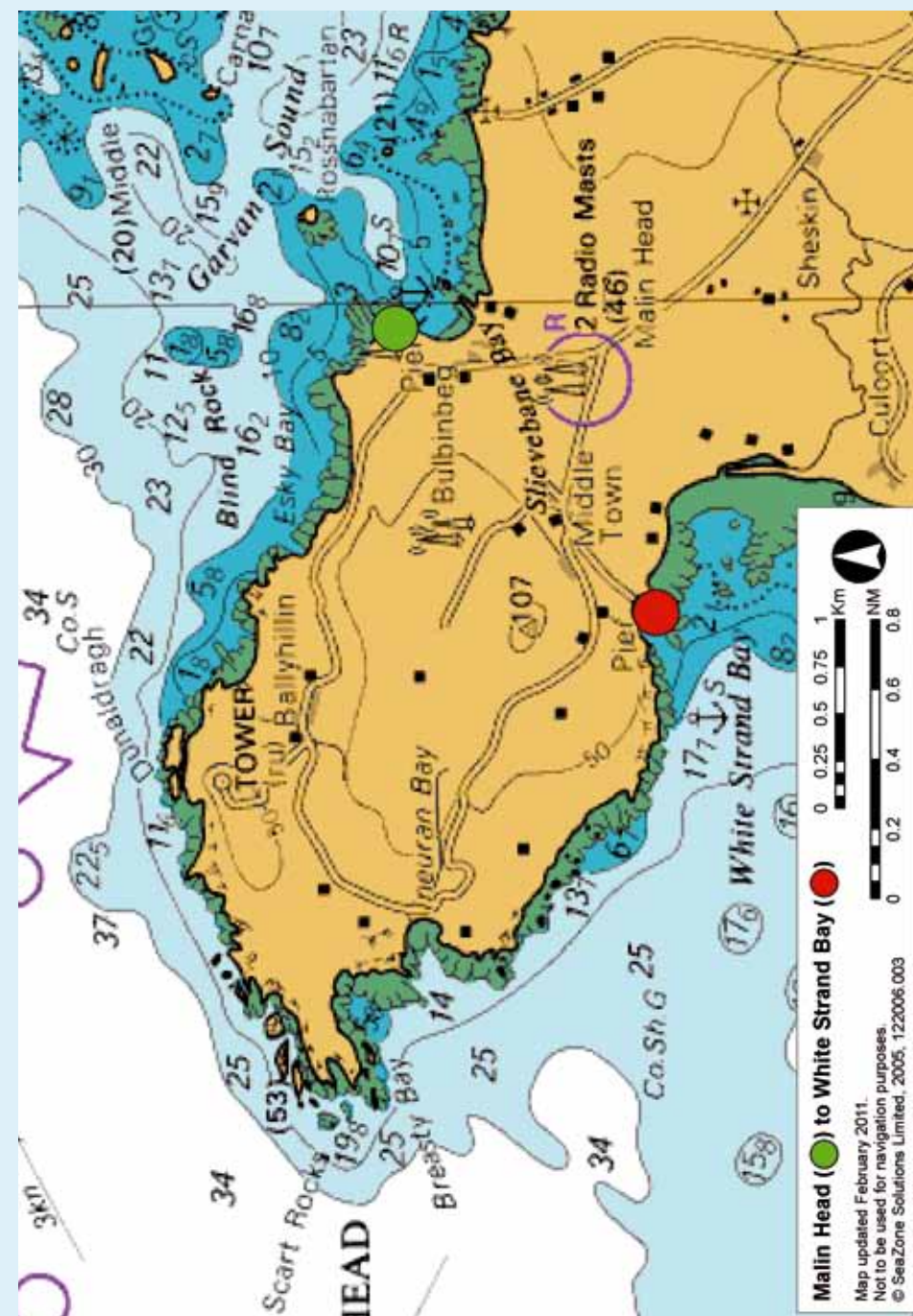
The Malin Head area is fascinating: the crab fishing harbour at Portmore (or Malin harbour) where crabs fished a day's sail away are landed; the quieter Portronan (on the western side of the 'Malin peninsula'); Banba's Crown (the little islet separated from the mainland by a narrow chasm and the most northerly point in mainland Ireland); the 19th century watch tower; and Malin Head itself!

This fantastic stretch of coastline offers towering stacks, rocky reefs, cliffs, gullies, pebble beaches, raised beaches and, across Garvan Sound, the mysterious Garvan Isles.

The perfect isle of Inishtrahull, ladylike across 5 nautical mile of ocean, is Ireland's most northerly inhabitable piece of land but the Torr Rocks jut out of the waves even a little further north again!

The tower surmounting the hill near Malin Head is known as Lloyds Tower. Built long ago as a lookout to warn of a much feared French invasion, Lloyds established a signal station here to receive and transmit semaphore - later radio - messages from ship to shore. Another station was where the modern lighthouse is on Inishtrahull, extending the effective range of the signalling system.

Signals could be telegraphed from Malin Head to Lloyds of London, reporting on the safe arrival of a valuable trans-atlantic cargo. Other news, too, was transmitted - it is recorded that Malin Head signal station was the first place in Europe to receive the news of the California Gold Rush in 1848 and word of President Lincoln's assassination!



Not to be used for navigation purposes



Section 1 I: Inishtrahull and the Garvan Isles

GR: C 484653

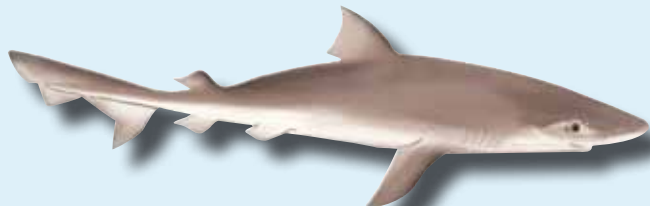
GR: C 436602

These islands and the seas around them can be misleadingly serene. Only extremely competent kayakers or those paddling with very experienced and appropriately qualified leaders should venture here.

The Garvan Isles are a group of rocks and stacks off Malin Harbour. Strong tidal streams rip through Garvan Sound and the Atlantic swell is forced up into towering breakers just west of the isles.

Most of the reefs and stacks have evocative names - Lackgolana, Rosnabartan, Carnadreelagh...

Inishtrahull is 5 nautical miles to the north, a jewel in these Atlantic waters. There is a well close to the rocky natural harbour on the northeast side of the island. Ruins of cottages and a schoolhouse occupy the lower lying land. A walled lighthouse compound (including the stump of the original lighthouse) is on the easternmost of the two hills that characterise the island. Nearby, a small graveyard bears the mortal remains of islanders. Above the western cliffs is the modern lighthouse.



Tope - caught by anglers in the waters around Inishtrahull.

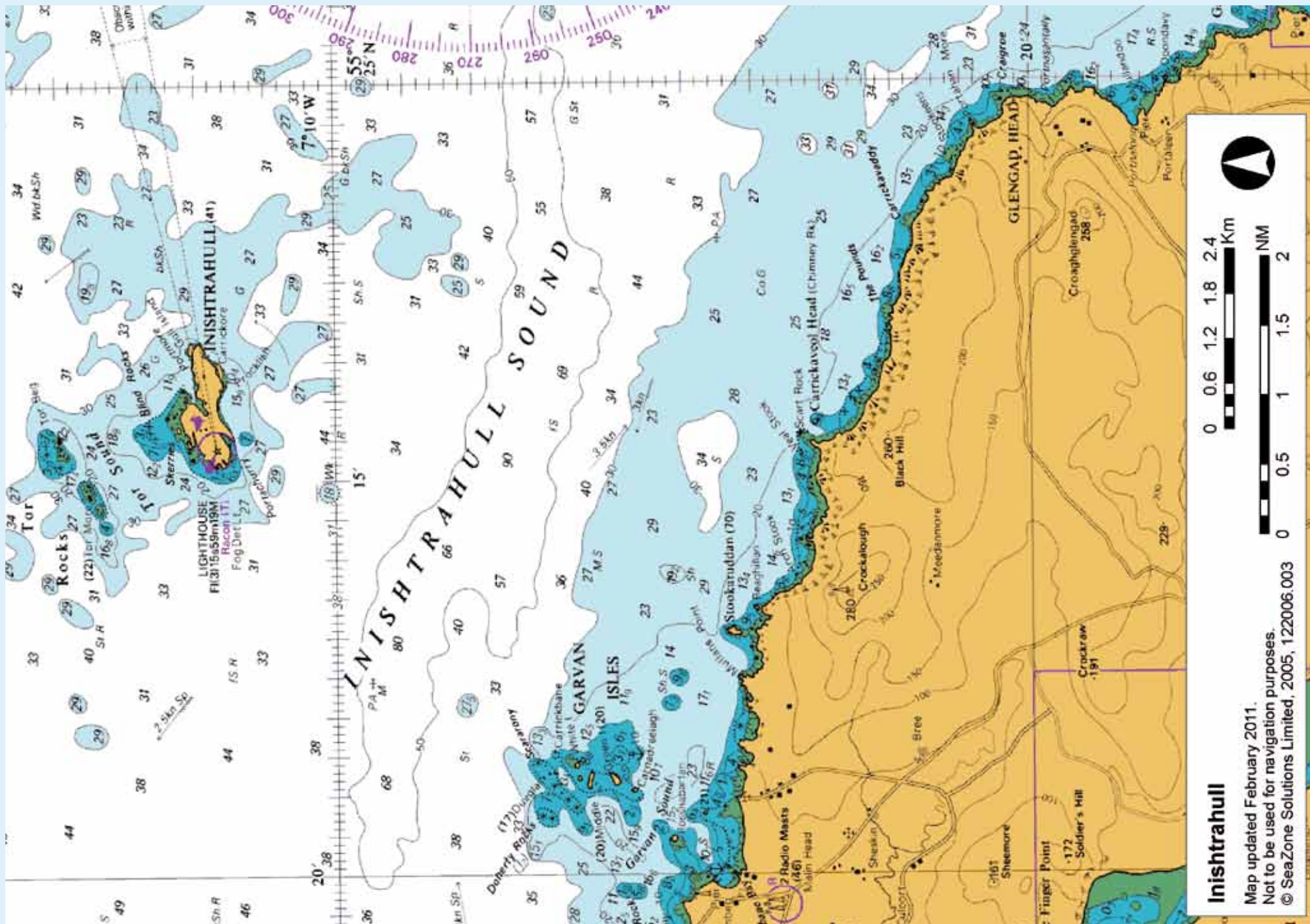
The rocks on Inishtrahull are a form of gneiss that is the oldest rock found in Ireland. Some say a similar rock is found in Greenland and point to this as evidence that this land was once joined to land that now lies far across the ocean.

In winter, a flock of barnacle geese fly to this remote island to roost, safe from land predators, having grazed on Malin Head during the day.

Other wildlife includes red deer, the remnants of a herd that was once farmed here.

• Inishtrahull Island





Not to be used for navigation purposes



• River Roe downstream of Swanns Bridge

Section L1: Link from Limavady (River Roe)

Access point: Swanns Bridge - Postcode BT49 9EF;

Grid Ref - IC 670297 ; Lat/Long - 55.110264, - 6.950188

The River Roe is tidal in the lower reaches. Access to this stretch is possible by way of the canoe steps at Swanns Bridge (on the B69 near where it joins the A2 road; shown as Roe Bridge on some maps/charts). There is a car park there (beware of the height restrictor).

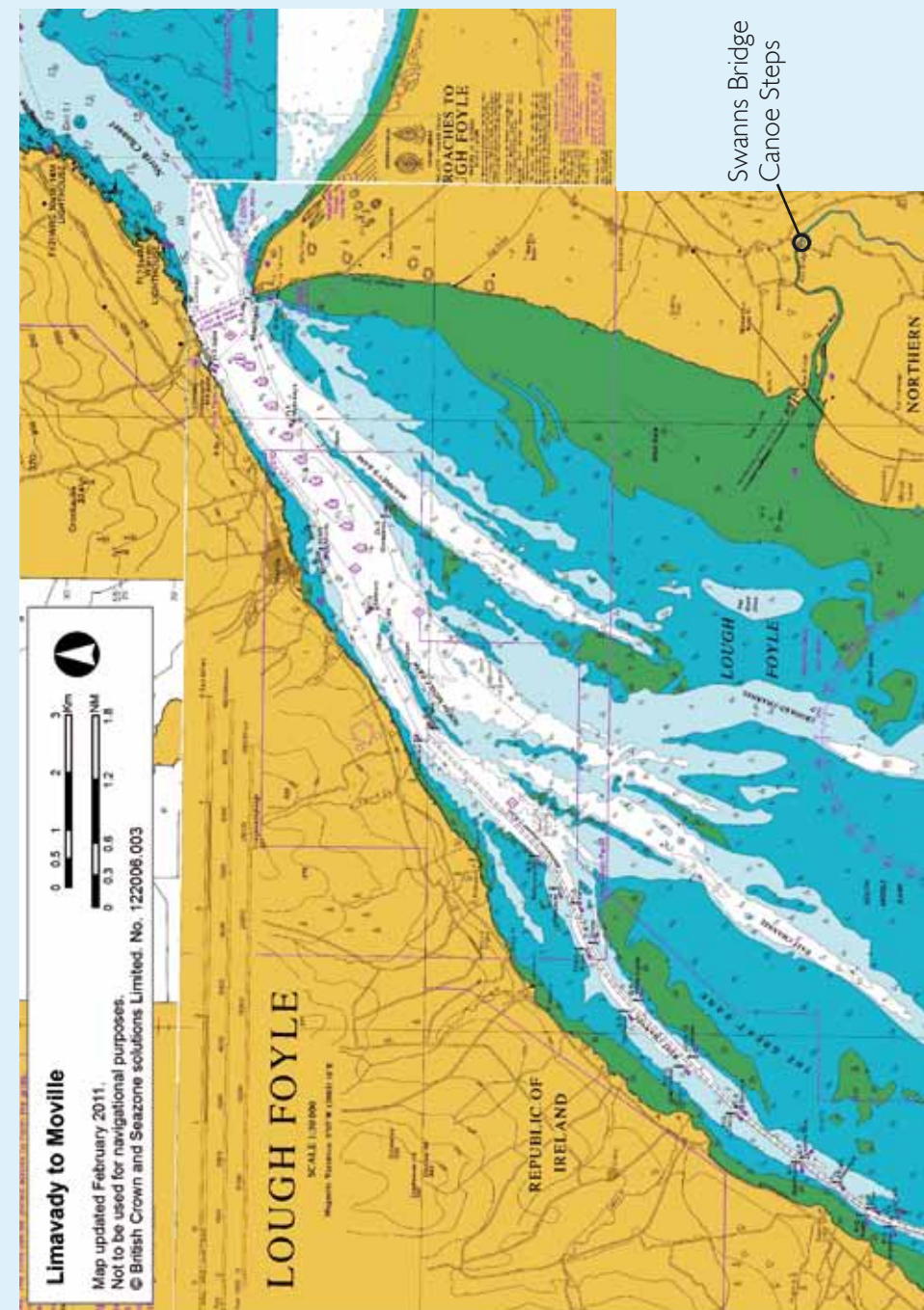
A 3km paddle leads to Lough Foyle through a pleasant pastoral landscape, the distinctive outline of the cliffs and crags of Binevenagh in the background. The lower reaches of the river are bound by salt marsh (spectacular bird life, especially in winter), the river flowing around some islands. The trail passes under the Belfast to Londonderry railway line to enter Lough Foyle.

From the mouth of the Roe, the paddler can explore Lough Foyle. Take care and plan well as large areas dry at low water and the deceptively enclosed waters can become rough (especially in south-westerly and southerly winds).

During World War Two, aircraft patrolled the shipping lanes of the north Atlantic, taking off from airfields on the level land along Lough Foyle. Several aircraft wrecks lie offshore, some exposed by the dropping tide.

A 9km trip across the lough connects with the main stem of the trail at Moville where there is a canoe bothy (see section 3).

Do not attempt the lough crossing unless the passage is well planned and led by an experienced and qualified paddler. Remain aware of the busy shipping lane on the western side of the lough and the activity of fishing boats within the lough!



Not to be used for navigation purposes



• River Foyle

Section L2: Link from Lifford/Strabane (River Foyle)

| | | |
|----------------|-------------|------------|
| Access points: | Lifford | GR H333983 |
| | Gribben | GR C357082 |
| | Prehen | GR C429154 |
| | Fort George | GR C439183 |
| | Culmore | GR C477224 |

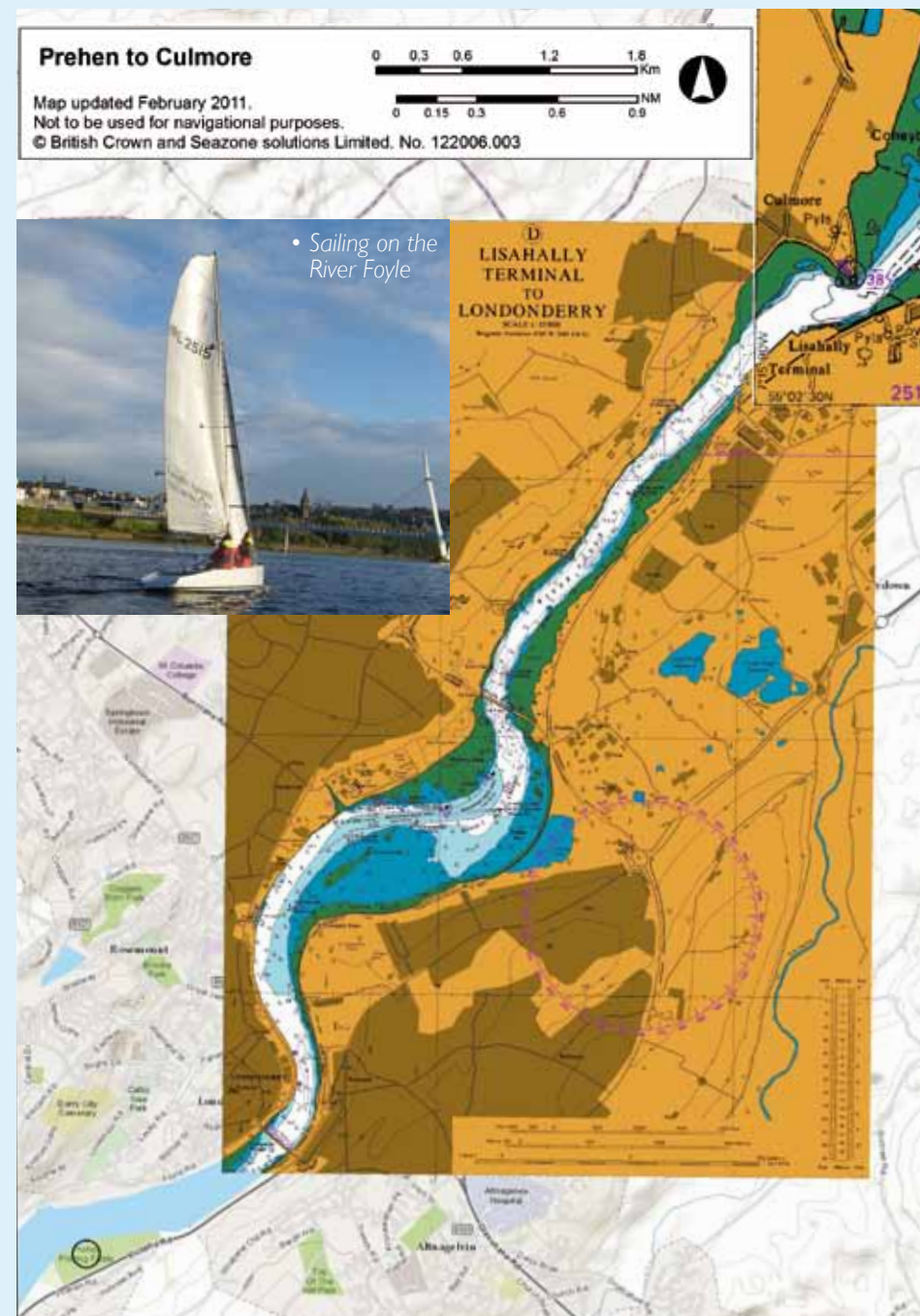
The River Foyle ebbs and flows, squeezing between its Donegal and Tyrone Shores; a broad, slow, tidal river stretching 20 odd miles from Strabane / Lifford to Culmore Point, just north of Derry.

Ranging in width from 50 to 900 metres, the tide ebbs to reveal expansive sand banks, dotted in places with "hailing grounds" - mounds of stones used to tie off nets, relicts of the centuries old salmon fishery. The time difference in tides is 3 hours at Lifford (compared to Lisahally).

Along its shores are the heritage of an industrial river, such as the canal running into Strabane that once bore ships to inland Tyrone's seaport!

On the Donegal shore is Mongavlin Castle, the home of a Hebridean princess, the daughter of one of the Lords of the Isles, homesick and wanting to live by an inlet of the Atlantic that would carry her homewards.

In Lifford (County Donegal), access to the Foyle is just downstream of the bridge by way of a concrete path leading to wooden steps. Below Lifford and Strabane, the river splits into two channels (Backwater and Frontwater!) running either side of a 500 hectare island called Islandmore.



Not to be used for navigation purposes

Midway along the river on the eastern (Tyrone) side is Gribben Quay, a salmon fishing station with its ice house and stone quay remaining... the smokery and fishermen's cottages long gone. The site access lane has a barrier and there is car parking, access to the river via an old stone jetty and slipway, wild camping and a basic canoe bothy. Please arrange entry in advance with the site manager at the Loughs Agency: +44 (0)28 7134 2100.

Just off the A5 road, there is a car park, slipway and wooden steps at Prehen. Learn more about the biodiversity of river and sea at the Riverwatch Visitor Centre and Aquarium, a 5 minute walk southwards along the cycle path (opening times telephone: 028 7134 2100 or www.loughs-agency.org)

Paddling through Derry~Londonderry, you will see the majestic Guildhall, city walls and the iconic Peace Bridge.

The Foyle Marina is operated by Foyle Port. The recipient of a Best Tourism Initiative award, the pontoon is secured by a gated gangway. Access by prior arrangement. For further information, please contact: Harbour Radio, Telephone: +44 (0)28 7186 0313

From the pontoon, enjoy a city break by canoe, walking up to the bustling city of Derry with its city walls, accommodation options and great places to eat and drink. Tie your boat up and have peace of mind that it is behind locked gates!

There are canoe steps near Fort George but access to them is only pedestrian.

Downstream towards Culmore Point, the landscape progresses to beautiful woodland and some palatial houses above the river!

The medieval castle at Culmore Point marks where the River Foyle discharges into Lough Foyle - and the start of the sea kayak trail proper. There is a pub and a shop in the nearby village. Opposite is Lisahally port. The old wooden jetties were the location for a mass surrender of the German U-boat fleet in 1945 - so important was Derry in the Battle of the Atlantic.

Limited roadside parking is available at Culmore Point and access is via a small sandy beach. Please do not obstruct the grassy area above the beach as this will block access frequently used by the emergency services.

This link section forms part of the Foyle Canoe Trail which was developed by Outdoor Recreation NI and Loughs Agency. Further information is available at the website: www.canoeni.com/canoe-trails/foyle



Not to be used for navigation purposes



• Malin head

Useful Maps and Guides

Irish Cruising Club "East and North Coasts of Ireland Sailing Directions"
ISBN 978 0 9558 199 1 9 (excellent information on tides, tidal streams and navigation points)

OSNI Discoverer Series: sheet 4, 7

Ordnance Survey Ireland: sheet 3

Admiralty Chart no 2510, 2811

Tidal Information

- Tide tables are available for Lisahally (near mouth of River Foyle) from the Port of Londonderry: www.londonderryport.com

Approximate Time Differences HW/LW and Tidal Characteristics

- Moville - 00:45
- Londonderry/Derry city +00:35
- Lifford +03:00
- Tidal range: up to 3.08m at Lisahally
- Average flood time (Lisahally): 6 hours 7 minutes
- Average ebb time (Lisahally): 6 hours 17 minutes
- Streams in the entrance to Lough Foyle run at 3.5 knots at springs
- Streams between Moville and Culmore reach 2.5 knots
- The river runs on average at 4.5 knots
- Take care where wind is against tide producing short, steep waves

Winds

Remember that Lough Foyle can become choppy, particularly if wind is against tide.

Treat Lough Foyle as the sea - it is, after all, a large enclosed bay on the Atlantic coast, reaching 15km width in places!

Much of the kayak trail is along an Atlantic coast, exposed to the east and north.

Tides, winds, and sea conditions generally must be considered in planning a trip.

Safety

Kayaking is an adventure sport and, as such, should be treated with respect. If you are new to the sport, it is advisable to contact a Canoe Association of Northern Ireland (CANI) or Irish Canoe Union (ICU) approved provider or club where expert coaching can be provided.

When paddling on the trail consider the following safety advice:

- There are extensive mud flats in Lough Foyle - please be aware that some access points are best used at high water only.
- The river is a spate river with a huge and wide catchment - watch out for flood debris such as trees.
- The Port of Londonderry shipping channel (maintained depth 8 metres) is a short distance offshore on the Donegal side. It is marked by port and starboard hand pile beacons flashing red and green. Depth reduces rapidly either side of this often busy channel. Small vessels (including canoes/kayaks) should be aware of the limitations and needs of larger craft that are restricted to this channel.
- The lough and lower reaches of the river are sailing and boating recreational areas and you should be aware of other users, especially sailing boats competing in races.
- Wear an approved buoyancy aid at all times. Canoe buoyancy must be sufficient to keep the canoe afloat if you capsize.

- Wear adequate clothing. Prolonged immersion in cold water leads to hypothermia - hypothermia can kill.
- It is not recommended to canoe alone. A group of three paddlers is the minimum recommended number to be safe.
- You do not need to be a strong swimmer but you will need water confidence to deal with a capsized boat and get ashore safely.
- Consider attending a training course which covers safety and awareness of all types of canoe and kayak and environmental issues.
- Carry and know how to use tide tables, map, chart and compass.
- Obtain an up-to-date weather forecast.
- It is recommended that paddlers leave details of their route with the coastguard and another responsible adult.
- Carry adequate basic safety equipment - spare clothes, extra food, warm drink, bivvy bag, compass and means of communication (waterproofed VHF radio or mobile phone, flares etc), first aid kit. Remember - a canoe may be difficult to see from a larger craft so carry a whistle and torch / strobe light.



Emergency
Numbers



Dial 999

for police, ambulance and coastguard

Shipping Information

BBC Radio 4 (198 KHz AM in Irish waters) broadcasts a shipping forecast four times a day - 00:48hrs, 05:20hrs, 12:00hrs and 17:55hrs.

Sea area Malin covers the Foyle and Inishowen.

Earning a Welcome

1. Please be friendly and polite to local residents and other water users.
2. Drive with care and consideration and park sensibly.
3. Change clothing discretely, preferably out of public view.
4. Gain permission before going on to private property.
5. Minimise your impact on the natural environment and use recognised access points. There are many unofficial access points which could be used with the owner's consent.
6. Be sensitive to wildlife and other users regarding the level of noise you create.
7. Observe wildlife from a distance and be aware of sensitive locations such as bird nest sites, bird roosts, seals on land and wintering wildfowl and wader concentrations.
8. Follow the principles of 'Leave No Trace'. For more information visit:- www.leaveonotraceireland.org
9. Keep the numbers in your party consistent with safety, the nature of the water conditions and the impact on your surroundings.
10. Biosecurity: paddlers must help stop the spread of invasive species threatening our waterways and coasts! Wash and thoroughly dry boats, paddles and all other kit after a paddle. Desiccation is effective against most invasive species, countering their serious environmental and economic impacts.

Canoeists and Anglers

The Foyle river system is a fantastic salmon and wild brown trout fishery and angling (including sea angling) is an important element of the rural economy, attracting many tourists to the area.

Paddlers are asked to afford anglers the customary courtesies. Take special care when approaching wading anglers. If you see someone fishing, consider how you can pass them with minimal disturbance.

Accommodation

A range of self catering, B&B and hotels are available along the trail. For a full list of accommodation providers please visit:-

www.visitinishowen.com

www.discovernorthernireland.com

Further Information

Tourist Information Centres:

Inishowen Tourism: +353 (0)7493 62602 www.visitinishowen.com

Derry Visitor Convention Bureau: +44 (0)28 7137 7577
www.derryvisitor.com

Trail updates - any changes will be updated on www.loughs-agency.org

Canoe Trails: www.canoeni.com

The Canoe Association of Northern Ireland: www.cani.org.uk

Outdoor NI: www.outdoorni.com

Outdoor Recreation NI: www.outdoorrecreationni.com

Loughs Agency: www.loughs-agency.org

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Disclaimer:

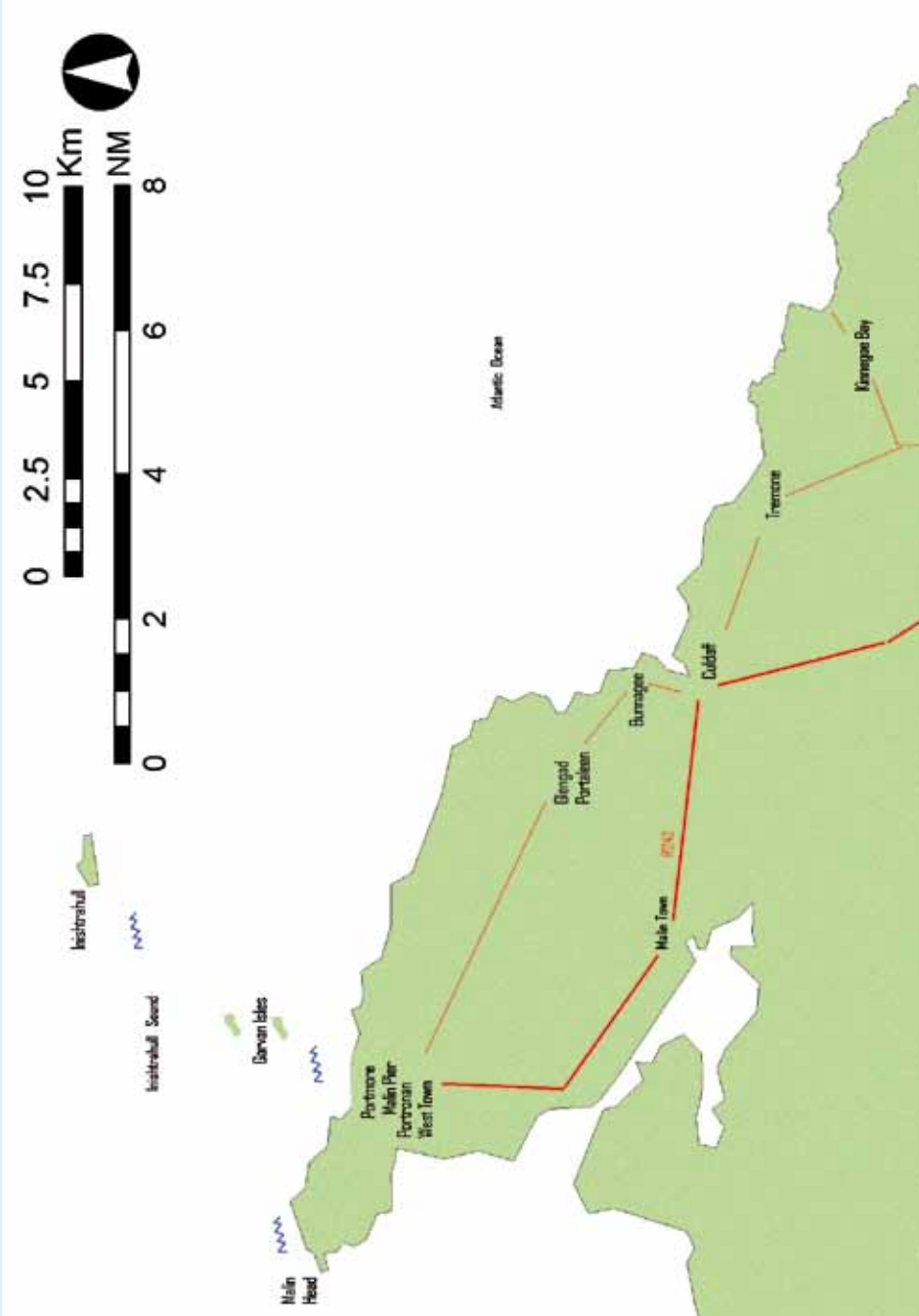
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• Malin pier

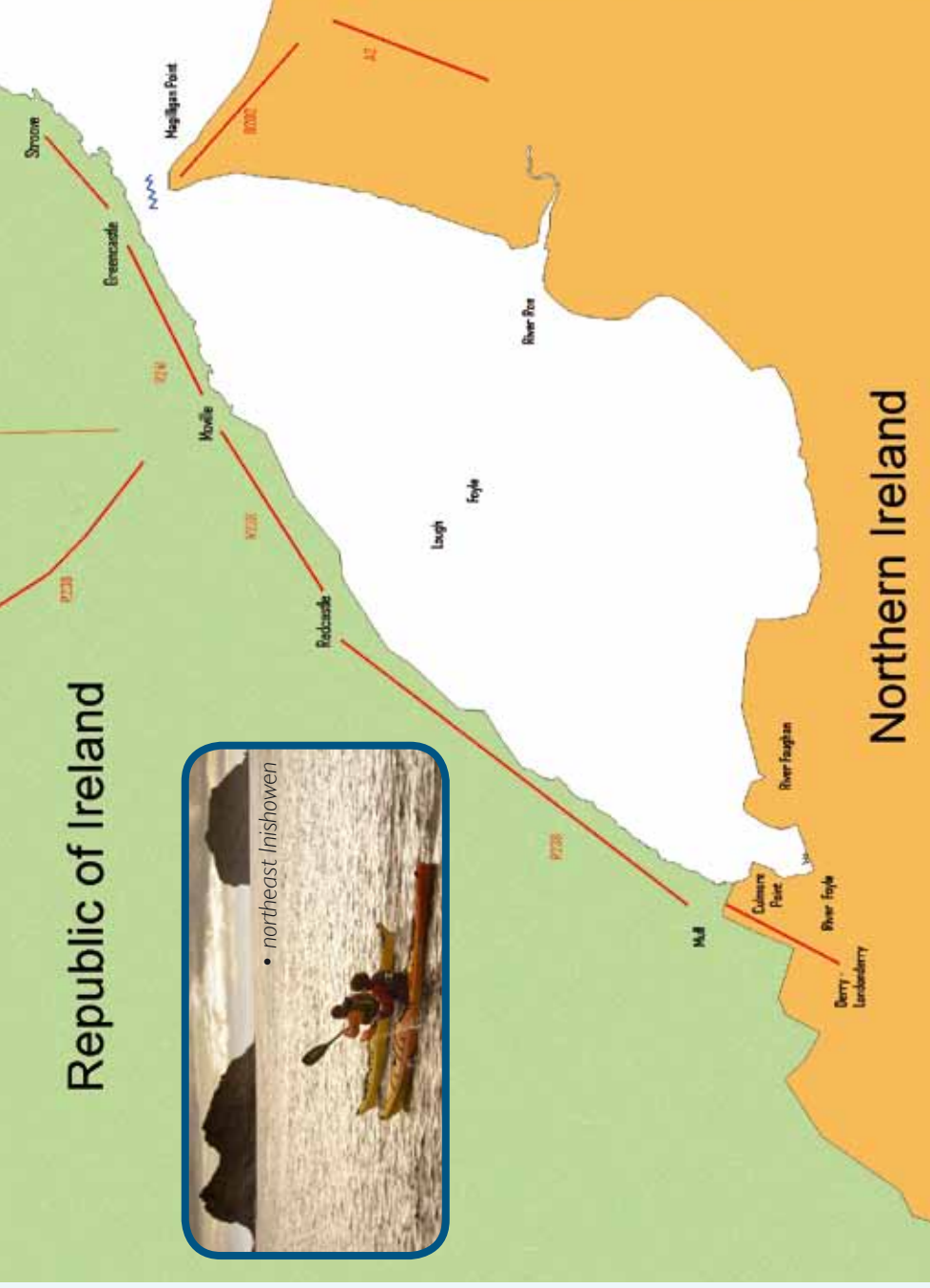


• Hitching a ride!





Republic of Ireland



Navigation and Safety Points

Lough Foyle is a shallow bay with a deep but narrow entrance.

When passage planning, study tides, pilot books and weather forecasts carefully and take into account the effect of streams, eddies, races and overfalls! Think of wind speed and direction - even the lough can whip up rough, particularly in easterly and southerly winds and the changeable Atlantic elements must always be respected!

A narrow, busy shipping channel runs along the western side of the lough. Paddlers must plan their course to avoid maritime traffic - for instance, stay outside and to the west of the shipping channel (marked by port and starboard hand pile beacons, flashing red and green).

Steer a wide berth from the commercial shipping facilities on the opposite shore from Culmore: Lisahally port, oil and chemical jetties near Maydown and the power station with its water intake and discharge.

Fishing boats dredge for shellfish in the shallow lough, executing tight turns when fishing. Take care - busy crew can easily overlook a canoe or kayak!

Avoid metal oyster cages and trellises along the shore (may not be visible at high water).

Wear bright clothing and always wear a serviceable buoyancy aid.



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Loughs Agency
22 Victoria Road
Derry~Londonderry
BT47 2AB

Tel: + 44 (0) 28 7134 2100 (from ROI 048 7134 2100)

Fax: + 44 (0) 28 7134 2720

Email: general@loughs-agency.org

Web: www.loughs-agency.org