Access Point 1 - Lifford
Lifford is a small town in County Donegal (connected with Strabane in County Tyrone across the border). It has the usual array of cafes, shops, pubs and bed & breakfasts. It is approximately three hours at Lifford Canoe Centre (in the centre of Lifford town). There is also a selection of camping opportunities and some canoeist camping shelter and wild camping.

Access Point 2 - Greenvale Quay
Mid-way between Lifford/Strabane and Derry/Londonderry is Greenvale Quay, an industrial estate area where a local angling society operates a fish smoking charity. The site access has a small car park and includes a traditional Irish house which is open to visitors. Access to the East Bank (to the east) and the West Bank (to the west) running either side of a grassy area beside the canal entrance.

Canoeing 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 Ireland (CAI) approved provider or club where expert tuition can be provided. Details can be found at www.canoe.ie.

When canoeing on the Foyle Canoe Trail consider the following:
- There are extensive mud flats in Lough Foyle and sand banks on the river - please be aware that some access points are land locked with high water only.
- The river is a large quiver which comes from a wide catchment - watch for rapid currents and long red and green. Depth reduces rapidly either side of this flood debris such as trees.
- There are extensive mud flats in Lough Foyle and sand points are best used at high water only.
- Tidal stream:
  - Northern tip of Islandmore + 2.5 hrs
  - the River runs on average at 4.5 knots – bear in mind the wind is from the southwest.

- Inish Adventures
  - 1945 - chosen because of the importance of Derry in the World War Two naval base), downstream of the marina on the western bank of the river. Access is via a gate with key or boating licence.

- Other places to pull ashore – whether for a rest or to avail of some facilities:
  - Moville is a quaint Victorian seaside resort with the usual array of shops, cafes, pubs, hotels, B&Bs etc. In addition to an array of facilities including lean-to camping shelter, canoeist camping shelter and wild camping.

- To the east:
  - Red Bridge
  - Burnfoot
  - Strabane
  - Rathlin Island
  - Greencastle (a busy fishing port and ferry terminal). A canoeist should be aware that this can be a ferry glide rather than a straight glide.

- To the west:
  - Foyle Marina

Canoeists should be aware that the steps are not at a one metre. Car parking is available nearby (30m or so)

- It has the usual array of cafes, shops, pubs and bed & breakfasts. There is a concrete path and set of wooden steps just downstream of the marina.

Canoeists should be aware that the steps are not at a one metre. Car parking is available nearby (30m or so)