



FIREBALL WORLD CHAMPIONSHIPS @ LOUGH DERG YACH CLUB 20TH – 27TH AUGUST 2022.

NON-SAILOR ACTIVITIES AND TOUR RECOMMENDATIONS

The organisers of the Fireball Worlds would like to welcome all non-sailors to attend the event and enjoy the wonderful amenities that surround Lough Derg and Dromineer.

We have listed a range of leisure and touring activities that we believe will make your stay a memorable one whilst your partner/friend is competing at the top level of the World Championships.

At this stage the options listed are our suggestions only. We would invite you to let us know which of these possibilities are of interest to you.

Once we receive enough positive feedback, we will go ahead and organise the activity/tour and advise you of the cost, dates, times etc.

ACTIVITIES INCLUDED :

- #1 Lough Derg Way Walking Tour
- #2 Trip to visit King John's castle, Limerick and Bunratty Castle, Co Clare.
- #3 Blueway water trail on Lough Derg by either kayak or Stand Up Paddleboard(SUP)
- #4 Mountain Biking adventure in Tipperary mountains
- #5 2 hour Cruise on Lough Derg taking in local vistas and view the racing area.
- #6 Derg Isle Activity centre and kayak tour of Scarriff river
- #7 Self guided cycle route (2 options) departing Nenagh
- #8 Shopping trip to Kildare Village Outlet Centre
- #9 Trekking on horseback in East Tipperary
- #10 Portumna Castle & Gardens with Terryglass Village.

Please email us on fireballinternational2022@gmail.com with you name(s), boat nbr. and chosen activity(s).



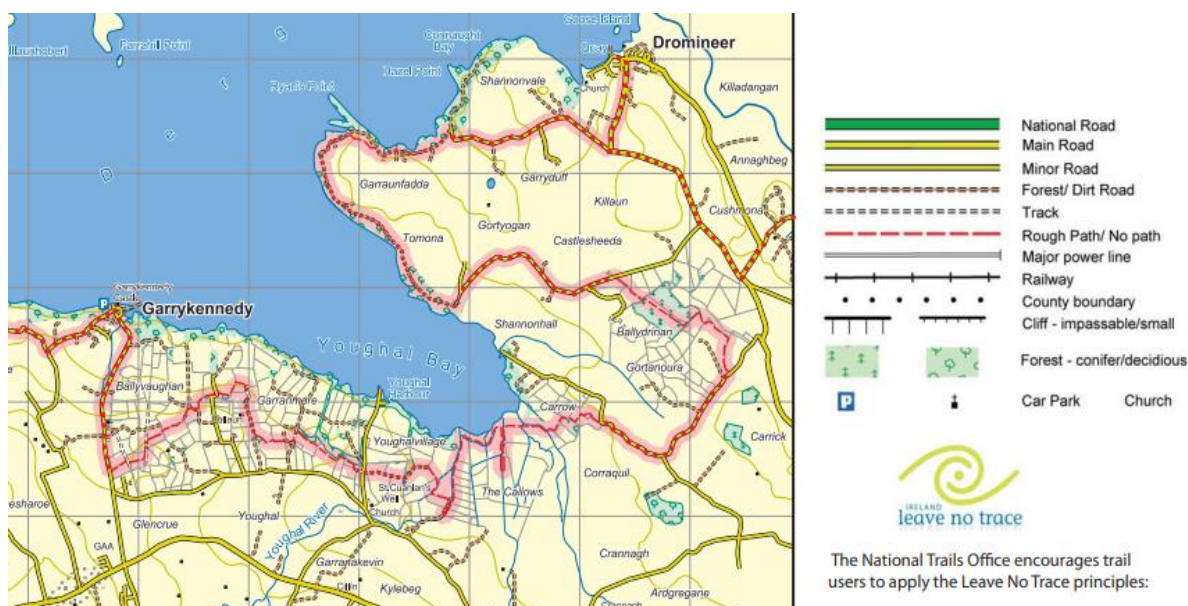
LOUGH DERG WAY – WALKING TRAIL

Dromineer to Garrykennedy

#1

Starting in the village of Dromineer, on the shores of Lough Derg, this trail follows the border to the lake and on to the River Shannon and eventually to the historic city of Limerick. Along the way, you will be treated to quaint views of the lake and panoramic views of the Slieve Bernagh range of mountains to the west. The overall trail is 67km long and has a total elevation gain of 729m. However, the section from Dromineer to Garrykennedy is only 20km with an elevation gain of only 20m so is ideal for those who are looking for a leisurely trail.

Trail maps available here - [Lough Derg Way trail stages \(hiiker.app\)](https://www.hiiker.app/)



Garrykennedy

One of the best ways to experience the magic of Lough Derg is to visit the beautiful hamlet of Garrykennedy. This quaint Irish village is a firm favourite for many visitors to the lake and it isn't difficult to see why. The famous [Larkins Thatched Bar & Restaurant](#) is a multi-award winning venue regularly attracts visitors from all over Ireland and is a very popular destination for food, music and

culture. The relaxing atmosphere of the village makes for the perfect atmosphere for a family day at the lakeside, while the wooded trails that hug the shoreline are perfect for a leisurely wander in nature. Then of course there's the craic you'll find the famous pub in the village Ciss Ryan's.

Within the harbour you will find a pretty park dotted with picnic areas and barbecue facilities.



Today's Garrykennedy at Lough Derg was once a fortification of the O'Kennedy's. In the 15th Century this old Irish clan built a tower house at the sheltered bay, with which they controlled the strategically important harbour and the surrounding lands. The incursion of Cromwell's troops put an end to the reign of the clan. Records from the mid-17th Century indicate that Garrykennedy Castle was already decayed at that time. Despite the castle's fall the port was always kept in working order. Among other things, mainly slate from nearby mines was shipped across the Shannon to Limerick. For the renovation of the harbour in the middle of the 19th Century much of the stone from the castle's remains were used to construct the lining of the harbour basin.



Visit to King John's Castle Limerick & Bunratty Castle & Folk Park. #2

KING JOHN'S CASTLE LIMERICK



Located at the heart of Limerick's medieval quarter, STEP INSIDE the walls of Limerick's most iconic landmark! Discover the stories of ruthless King John, the noble knights, and rebellious natives. King John's Castle brings to life over 800 years of dramatic local history. Explore the spacious outdoor [courtyard](#) where you'll get a sense of the bustling activity that took place many years ago. On your journey, expect to see some lively characters.

Venture into our [visitor centre](#) with state-of-the-art interpretive activities and exhibitions. 21st century touch screen technology, 3D models and discovery drawer are among the exciting techniques that will connect you to tales of siege and warfare. Visitors will love the dazzling array of computer-generated animations and ghostly projections as they travel back through time.

Distance from Dromineer to King John's Castle is 50km and the drive will take approx. 45 minutes.

BUNRATTY CASTLE & FOLK PARK



The site on which Bunratty castle is built was originally a Viking settlement dating from approx. 970AD. The current structure is the 4th castle to have stood on this site and was built in 1425 by the McNally family. It was opened to the public in 1960 and houses many fine collections dating to around 1600's.

The Folk Park includes a sample of 19th century urban Irish buildings, including a reproduction village street, Regency walled gardens, Fairy Trail and Petting farm.



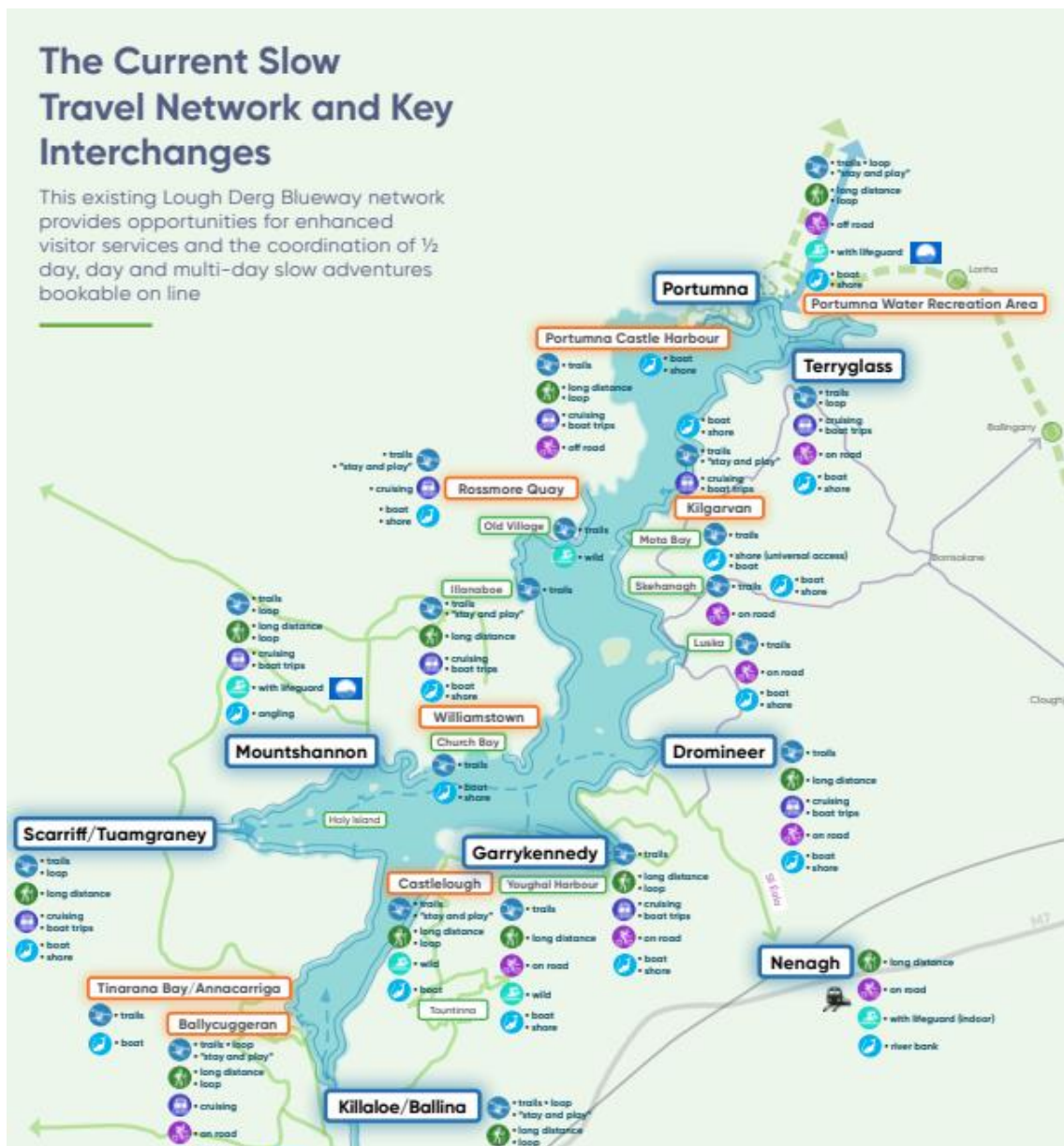
Distance from King John's Castle to Bunratty is 16km and will take approx. 15 minutes to drive.

Distance from Dromineer to Bunratty Castle is 66km and travel time is 50 minutes.



Blueway water trail on Lough Derg by kayak or Stand Up Paddleboard(SUP) #3

The Blueway routes on the 160km shoreline of Lough Derg provide water-based trails linking the small local communities of the lake-side. Part of the Slow Travel Network, they offer unique opportunities to sustainably interact with the lake environment.



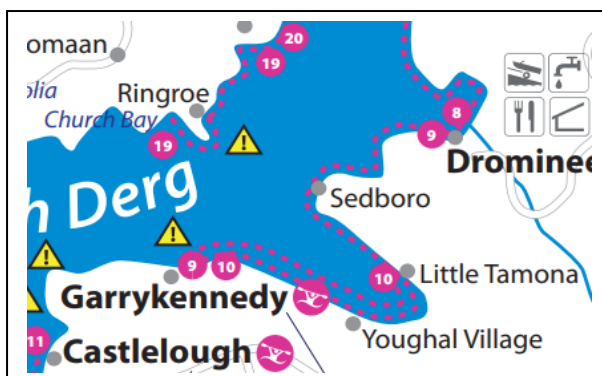
Route 8 – Dromineer to Luska. [Dromineer to Luska | \(discoverloughderg.ie\)](http://discoverloughderg.ie)

Skirting small headlands and following bays and tree-lined river banks, this intermediate level blueway trail leads paddlers from one side of Dromineer to the other and North to Luska pier. Depending on water levels as you pass the mouth of the Nenagh river, you can take an 5km upstream detour as far as Hanly's Woollen Mills along a reed-lined tranquil setting.

Excluding the detour, the trip is 6Km each way and will take approx. 2 hours one-way.



Route #9 – Dromineer to Garrykennedy (or Youghal village).



This is one of the longer Blueway trails on the lake extending to 11km one-way as far as Garrykennedy. It is best suited to intermediate paddlers in good weather. You will pass more than 10 quaint little harbours, tiny islands and the small grassy pier at Little Tamona. You can reduce the trip length by turning back here as its less than 7km back to Dromineer. Or, if you are still fresh, continue on as far as the tiny

village of Youghal Harbour which is 8km from Dromineer.

It's not far from Little Tamona to Garrykennedy and you have a choice of 2 routes – straight across the bay or along the tree-lined shoreline.

[Dromineer to Garrykennedy via Little Tamona and Youghal Quay | \(discoverloughderg.ie\)](http://discoverloughderg.ie)



Mountain Biking Park at Ballyhoura Woodland Park

#4

Ballyhoura Mountain Park is located approx. 85km from Dromineer and is Ireland's most extensive Mountain Bike Park. The location is a Special Area of Conservation with a mixture of woodland and bogland trails. Covering multiple loop trails ranging from 6km to 50km in length and ranging from beginner to expert levels of competence.

If mountain biking is new to you then you could take the Introductory Course which is a 6 hour fully immersed introduction to the art. Covering set-up, seating and stand-up peddling & gears, trail etiquette, repairs etc.



LOOP SAMPLES

- | | |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Greenwood Loop | : Trailing through woodland hillside this trail is short- 6km. Easy climbs and a great introduction to singletrack. The trail includes some boardwalk sections. |
| Mountrussel Loop | : Technically a little more challenging than the Greenwood, a little steeper and narrower. This trail is 17km |
| White Loop | : 35km of trail with some steep inclines and descents on forest roads, tracks and singletrack trails. |
| Blue Loop | : Breaks away from the White loop to provide a longer ride before re-joining and climbing higher into the mountain. Some fast descents and some longer climbs. |
| Red Loop | : 51km long and combines some of the most challenging and demanding climbs and fast descents. |

BIKE RENTAL.



At the trailhead is the rental shop Ballyhoura Trail Bikes. All the rental bikes are less than 3 months old. They use only well-known brands such as Trek & Cube. Helmets and toolkits are provided and there are shower block located at the trail head.





Take a Cruise on Lough Derg ex Dromineer

#5

Take a scenic 2 hour cruise around Lough Derg and watch some of the Fireball Racing from up close!

The Ku-ee-tu is a fifty-three seat water bus offering the ultimate in comfortable cruising where Ted Knight and his energetic team will create a wonderfully relaxing experience ensuring that your trip to Lough Derg is one for the memory books. Ted knows these waters and will be happy to share the many stories that surround Lough Derg.

There is no better way to enjoy the serene waters but with one of Ted's fascinating boat trips. The boat also has a fully licenced bar on board.



This area of Lough Derg is steeped in ancient & medieval Irish history. Exploring by boat affords great access and unique vantage points in which to explore this historical corner of Ireland.

Instagrammers will be very happy with the simply huge range of excellent photo opportunities to be had on this tranquil and pleasant couple of hours spent on the lake.

Places and historic sites include:

- Garrykennedy
- Scarriff River
- Kilgarvan Pier
- Mota Quay
- Killaloe town
- Ballina
- Inis Cealtra (Holy Isle)



Inis Cealtra

Navigate around Inis Cealtra or Holy Isle, which is an important monastic site with an early monastery dating from 520AD and a further collection of 6 early Christian churches and a 24 metre high round tower dating from the 11th Century.

The island also has many ancient burial sites and indeed still is used as a burial site in modern times.



Visit Derg Isle Adventure Centre & Scariff river kayak trip. #6

Derg Isle Adventure Centre which is one of Ireland's premier outdoor adventure centres is located across the lake from Dromineer and can be reached either by road (45 minutes) or via water taxi (approx. 15 minutes).

Located in Scariff, Co. Clare, this 13-acre lakefront activity centre was launched in 2015 offering land and water based activities with direct access to the lake through a series of calm and winding channels which lead onto the mighty expanse of Lough Derg.

Activities catered for include:

- Obstacle Courses
- Climbing Walls
- Kayaking
- Paddleboarding
- Zorbing
- Canadian Canoes
- Archery



In conjunction with the centre-operators we have devised a special package for you to spend a couple of hours on land enjoying some of the above activities and follow up with a River Kayaking Experience along the Scariff River to Scariff harbour all of which is located in a Special Area of Conservation, thus offering an up-close experience of local flora, fauna and wildlife including home to some White-tailed eagles.



Scarriff Harbour.



Nenagh Cycling Hub -Cycling Loop Trail

#7

This Cycling Loop routes starts with bicycle rental in the town of Nenagh which is 13 minutes' drive from the Sailing Club at Dromineer.

The North Tipperary Cycle Network boasts a range of routes that offer the keen cyclist pleasant views of the local countryside. No matter which routes you choose, you'll find numerous picnic stops dotted along, as well as a number of award-winning pubs and restaurants. Loops 1 and 2 provide stunning lakeshore panoramas.

Loop 1:

Distance: 65km Time 4 hours. Ascent 158m

This loop takes you along the eastern shores of Lough Derg and through the lakeside villages of Dromineer and Terryglass. Shorter journeys 1A (11km), 1B (28km), and 1C (46km), which are signposted, may be taken along this loop.

Loop 2:

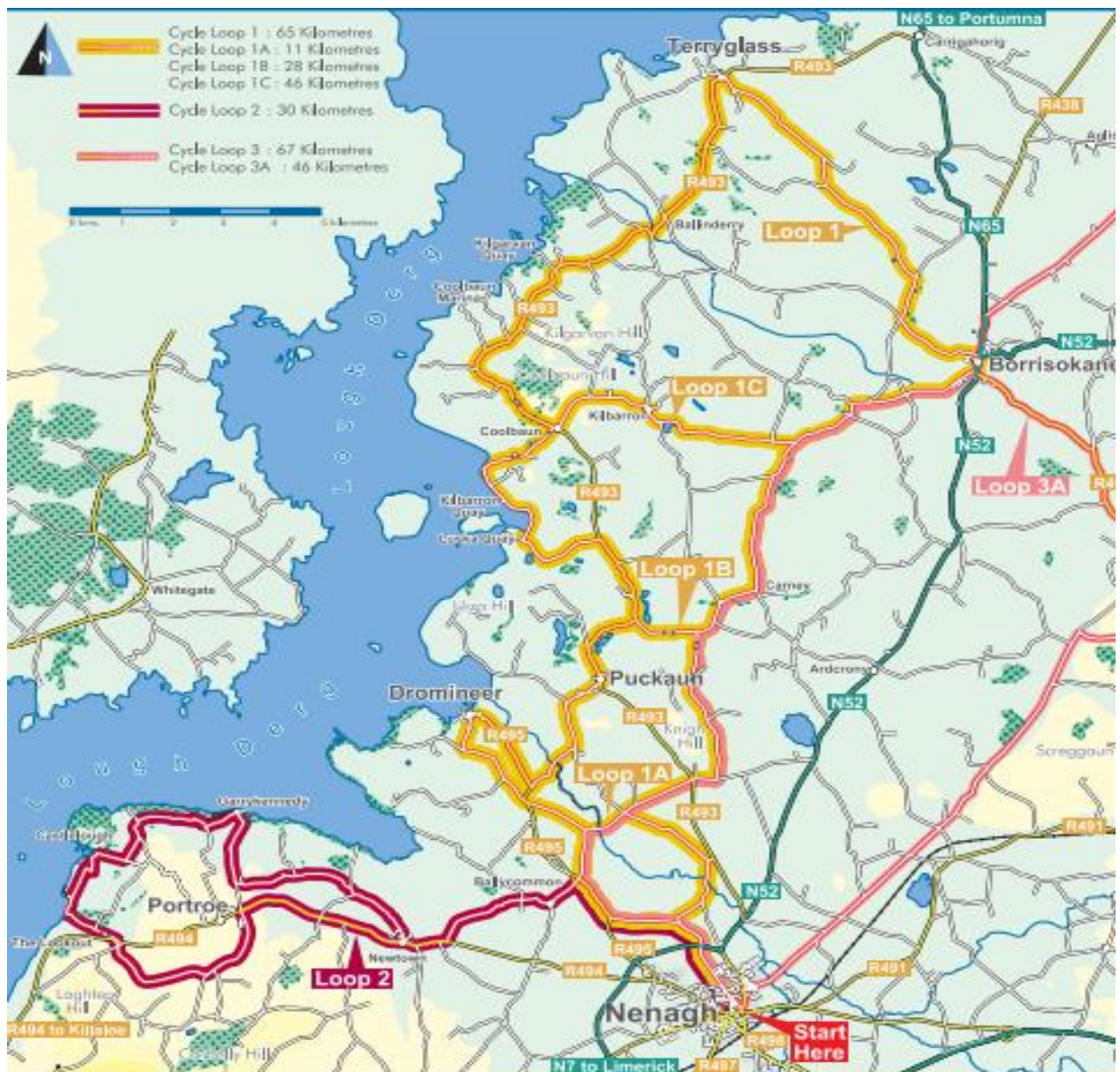
Distance: 30km Time: 2hrs 50 minutes Ascent : 178m

This is the shortest of the three loops and allows access to some of the more spectacular views of the lake before you descend into Castlelough and on through a working farm and along a slight off-road section (suitable for all bike types) to Garrykenny.

Loop 3:

Distance: 67km. Time 4 hours. Ascent : 105m

This loop is a relatively flat cycle visiting Cloughjordan, home of Ireland's first eco-village, and returning to Nenagh along quiet inland roads. A shorter journey 3A (46km) may be taken along this loop.



Nenagh Cycle Hub Route Map.

[Get on your bike – Nenagh Cycle Hub | \(discoverloughderg.ie\)](https://discoverloughderg.ie)



Take a shopping trip to Kildare Village

Outlet Stores

#8

OK so who doesn't like a bargain. Kildare Village Outlet Stores is a 1 Hour 10 Minute drive from Dromineer but its worth the trip if you like your shopping convenient and your bargains on the large scale.

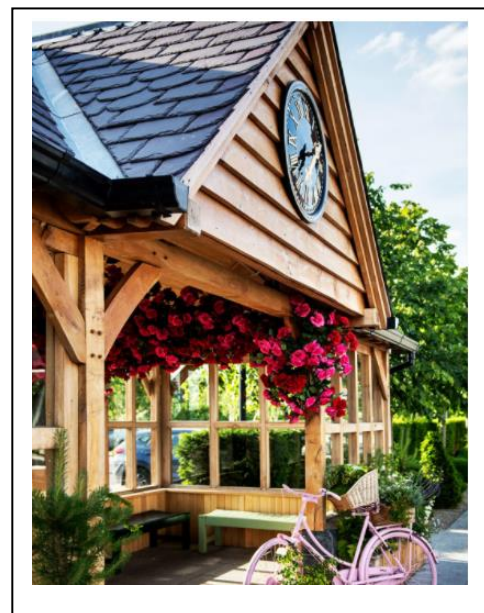
You'll find it difficult to resist temptation with 100 boutiques from the world's most exciting designers including Louise Kennedy, Armani, Brooks Brothers, Mulberry and many more, all offering up to 60% off the recommended retail price all year around.

L'Officina, Dunne & Crescenzi's ultra-modern Italian restaurant offers breakfast, mid-morning snacks, lunch and wonderful wines for you to imbibe while you deliberate over your next purchase. Starbucks is the perfect spot for a restorative coffee and treat.

Kildare Village is one of 11 luxury shopping destinations in The Bicester Village Shopping Collection across Europe.

Top Brand Stores include :

- Armani
- Barbour
- BOSS
- Prada
- Jimmy Choo
- Calvin Klein
- Home & Cook
- Superdry.
- Kate Spade NYC
- Lacoste.



VAT REFUNDS

For U.K. and other NON-EU visitors all stores in Kildare Village partake in the VAT REFUND scheme which allows visitors to claim back VAT on their in-store purchases of goods.



Horse Riding & Pony Trekking in Tipperary mountains #9

Tipperary Mountain Trekking is located approx. 30 minutes' drive from Dromineer and is fully approved by the Association of Irish Riding Establishments to both teach and operate treks in the mountains surrounding the centre.

At Tipperary Mountain Trekking Centre, we have access to hundreds of acres of unspoiled mountain pastures, with panoramic views and fabulous wildlife. Treks through our beautiful surroundings can take in the remains of a Bronze Age settlement, an Iron Age hill fort, Celtic ring forts, a standing stone around 6,000 years old which was more recently used as a mass rock, and the romantic ruins of ancient farmsteads.

The pace of treks varies from a gentle walk through the countryside for novice riders, to fast rides with exhilarating gallops for experienced riders.

All treks are accompanied by an experienced leader.

When you arrive, we will assess your riding ability in our sand arena. Assessments include basic instruction in stopping, starting and turning. For more experienced riders assessments include evaluations of safety in trotting (posting), cantering and jumping.



Your trek will be tailor made to suit the needs of your party and will be based at the level of the least experienced rider in your party. We do not mix groups.

Views are beautiful – bring your phone or a small camera with you!

Treks of varying length and ability are offered so there is something for everyone on this trip.

Scenic Trip: 1 hour.

This trek is suitable for beginners and younger children, as well as experienced riders.

Black Hill Trip: 2 hours

Slightly more strenuous and with a slightly higher level of expertise required. Still suitable for younger people.

Upperchurch Trip: approx. 5 hours.

This ride is suitable for fit adults and older children. It also involves a stop at a local pub for food and a drink before trekking back to base.



[Horse Riding and Pony Trekking at Tipperary Mountain Trekking Ireland \(timotrec.com\)](http://timotrec.com)



Portumna Castle & Gardens followed by visit to lakeside village of Terryglass. #10



Built by the fourth earl of Clanricarde in around 1618, Portumna Castle was the de Burgo family power base for centuries.

The castle is a unique example of the transitional Irish architecture of the early 1600s. Its bold design combines elements of medieval and Renaissance style that complement each other perfectly.

A major fire in 1826 left the castle a roofless shell, but the state began to bring it back from ruin in the 1960s. Restoration work continues to this day.

The dramatic walk up to the building includes charming formal gardens, which create an enchanting sense of the original seventeenth-century setting. The walled kitchen garden is particularly memorable.

The castle enjoys a sensational view of Lough Derg. The ground floor is open to the public and houses an exhibition that brings the story of the castle and the de Burgo family to life. It is right beside the River Shannon and Portumna Forest Park, which makes it a great choice for a delightful day out.



Portumna Castle has formal, geometrically-laid gardens to the north. The Willow Maze incorporates several different willow varieties and its central path is lined with espalier fruit trees which are underplanted with lavender.

A 17th-century potager kitchen garden has been restored to its original splendour and organically planted with flowers, herbs, hollies, and vegetables. The garden offers the visitor an ideal opportunity to see and experience gardening layout and techniques of yesteryear.

Once you are finished at Portumna Castle, head to the wonderful village of TERRYGLASS on the lakeside for lunch and perhaps a swim in the lake.

For food, entertainment and atmosphere, the little village of Terryglass is the perfect stopping place for all those looking to experience the famous Irish 'craic'. The village has won numerous tourism awards and is a five-minute walk from the harbour. The scenery around this area is amongst the most stunning on the Shannon and a sunset witnessed from here is a truly special wonder.



The village has a strong reputation for food and the two award winning Bar and Restaurants located here are well known through out Ireland for their high standards and friendly atmosphere. These are Paddy's Bar and The Derg Inn. They have both been serving quality locally farmed traditional Irish food for the past 200 years and a trip along this part of the

Shannon is never complete without visiting. Open fires, velvet pints, Irish music and friendly banter is what Terryglass is famous for so make sure to stop for and enjoy an evening here.

The village has a long history dating back to the mid-6th century when an abbey was founded by Saint Columba, who was one of the twelve apostles of Ireland (pioneers of Christianity throughout Ireland). The famous Book of Leinster which is a Celtic treasure was scribed here by monks in the mid 12th century. Shortly after this time the abbey was burnt down by the ever-present Viking raiders. This book is currently housed at Trinity College Dublin. A wall from the abbey is still present in the town.