12:00hrs and 17:55hrs. Sea area Malin covers the Foyle. shipping forecast four times a day – 00:48hrs, 05:20hrs, BBC Radio 4 (198 KHz AM in Irish waters) broadcasts a Shipping Information

999 (from all phones) police, ambulance and coastguard In the event of an emergency use the following number: Emergency Numbers

east to northeast licking the water up into steep waves. in planning a trip. Watch out for winds from south through Tides, winds, and sea conditions generally must be considered bay on the Atlantic coast, reaching 15km width in places. Treat Lough Foyle as the sea - it is, after all, a large enclosed

them on their way. can harness favourable winds by rigging a sail to help particularly if wind is against tide. On the upside, paddlers Remember that the River Foyle can become choppy,

#### **sbniW**

steep waves all along the river and in the lough. when the effect of wind against tide can produce short, Take care in southwesterly winds on a flooding tide

the wind is from the southwest. tide the current will be strongest... and even stronger if the river is tidal and flow can be 'upriver'! On an ebbing - the river runs on average at 4.5 knots - bear in mind - streams between Moville and Culmore reach 2.5 knots

- streams in the entrance to Lough Foyle run at 3.5 • Tidal stream:

s1d 0.E +

Lifford/Strabane s1d 2.2 + Morthern tip of Islandmore Derry~Londonderry city snim 25 +

snim 24 - Approximate time differences River Foyle) from Foyle Port londonderryport.com

• Tide tables are available for Lisahally (near mouth of • Average ebb time: 6 hours 17 minutes

• Lough Foyle and the entire River Foyle are tidal!

• Average flood time: 6 hours 7 minutes

1-1.5m at Lifford • Tidal range: up to 3.08m (at Lisahally) and approximately

## Tidal Information

knots at springs

East Inishowen Sea Kayak Trail Guide (contains charts of Admiralty Chart no 2510 Ordnance Survey Ireland: sheet 3 OSNI Discoverer Series: sheet 4, 7, 12 information on tides, tidal streams and navigation points) Directions" ISBN 978 0 9558 199 1 9 (excellent Inish Cruising Club "East and North Coasts of Ireland Sailing Other Useful Maps



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 Northern Ireland (CANI) approved provider or club where expert coaching can be provided. Details can be found at

When canoeing on the Foyle Canoe Trail consider the

points are best used at high water only.

There are extensive mud flats in Lough Foyle and sand

• The Foyle Port shipping channel (maintained depth 8

red and green. Depth reduces rapidly either side of this

often busy channel. Small vessels (including canoes/

boating recreational areas and you should be aware of

other users, especially sailing boats competing in races.

Wear adequate clothing. Prolonged immersion in cold

water leads to hypothermia – hypothermia can kill.

paddlers is the minimum recommended number to

You do not need to be a strong swimmer but you will

Consider attending a Foundation Safety and Rescue

types of canoe and kayak and environmental issues.

• It is recommended that paddlers obtain an up-to-date

weather forecast as the Foyle can become rough in

CANI recommends that paddlers leave details of their

Malin Head Coastguard T. +353 (0)74 9370103

Carry adequate basic safety equipment – spare clothes,

extra food, warm drink, bivvi bag, compass and means

be difficult to see from a larger craft so carry a whistle.

phone, flares etc), first aid kit. Remember – a canoe may

of communication (waterproofed VHF radio or mobile

T. +44 (0) 28 9146 3933

strong winds. Carrying rafting poles for open canoes is

• Carry and know how to use a map and compass.

larger craft that are restricted to this channel.

banks on the river – please be aware that some access

Safety

cani.org.uk

following safety advice:

flood debris such as trees.

if you capsize.

and get ashore safely.

in rough conditions).

Belfast Coastquard

#### For an interactive trail guide visit www.CanoeMl.com

approximately 90km to Waterfoot. start of the North Coast Sea Kayak Trail, which runs paddle, dependent upon the state of the tide. This is the aware that this can be a ferry glide rather than a straight across the Narrows to Magilligan Point. Paddlers should be Slightly north of here is a jumping-off point for the run Greencastle (a busy fishing port and ferry terminal). pleasant landscape of woods with rocky offshore reefs to Magilligan Point. The preferred route is to go north via a From here, canoeists can paddle across the lough to

tlt t6l ZSZZ (0) tt+ Inishadventures.com T: + 353 (0) 87 2202 577 or storage. Prior arrangement is recommended. Contact camping, showers, toilets, fresh water and secure boat a host of facilities including lean-to camping shelter, on it), the Inish Adventures slipway offers direct access to harbour and another beside the old pier with a monument to the 2 public slipways in the town (one in the main array of shops, cafes, pubs, hotels, B&Bs etc. In addition Moville is a quaint Victorian seaside resort with the usual



#### - Inish Adventures Access Point - Moville

lava eruptions millions of years ago. distinctive stepped profile is Binevenagh, formed from part of the watershed of the Foyle. The hill with a the south and east are the Sperrin Mountains. These form cliffs with wooded coves and small beaches. The hills to The paddling along this section of the lough is past low It is 6.7km to the next official access point at Moville.

Redcastlehoteldonegal.com or T. +353 (o) 74 938 5555 ashore and up to the hotel. hotel comforts. The hotel welcomes paddlers coming place to pull ashore - whether for a rest or to avail of some The nice pebble beach below the Redcastle Hotel is a good

## Access Point 6 - Redcastle Hotel





This river and sea canoe trail offers varied paddling opportunities for a wide range of abilities. Running through the centre of Derry~Londonderry, the trail gives paddlers the opportunity to explore the city's wealth of attractions, hospitality and entertainment. The city is quite majestic when viewed from the river. Paddlers will gain a unique perspective of Gothic buildings, vast bridges, and riverside trains and can avail of secure tie-up at the Foyle Marina Pontoon, right in the heart of the city (prior arrangement necessary).

The River Foyle is tidal along its entire length - from Lifford to Culmore Point where it spills into the vast sea lough of Lough Foyle. The river ranges from 50 to 900 m in width with some remarkably shallow stretches at various points. It offers a selection of camping opportunities and some excellent chances to explore this unfrequented part of Ireland. At places such as 'the islands' (on the upper stretch) look out for kingfishers, sand martins, otters and even sometimes seals. On the broader parts of the river, huge flocks of whooper swans, herds of geese, drifts of waders and rafts of duck can be seen in the winter months.

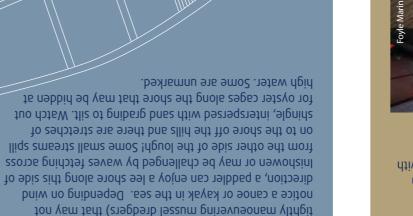
Downstream of the city is Lough Foyle, which is approximately 179 square km in size with an average depth of 5m. The trail runs up the west coast of the lough along the Inishowen Peninsula, a key element of the Wild Atlantic Way offering an attractive mix of woods, sandy beaches, wavecut platforms and streams. The eastern side of the lough is very shallow, with a lot of it drying at low water.

From the northern end of the lough seasoned canoeists can link up with the North Coast Sea Kayak Trail, which begins at Magilligan Point only 4.7 km from Moville (with an additional 1.2 km paddle across the Narrows at Greencastle, taking care to avoid the regular car ferry). The East Inishowen Sea Kayak Trail also follows the peninsula concluding at Malin Head.

This trail guide has been designed by canoeists for canoeists. It provides practical information including official access points, campsites and tidal details. Please see CanoeNI.com for more information.

# Happy paddling!

Please note: Lough Foyle is an important shellfish fishery primarily mussels and oysters. In places, oysters are cultivated in cages on trestles along the shore. These are submerged at high water and should not be disturbed. Watch out for mussel boats manoeuvring – they will turn sharply when fishing.



shipping channel. Be aware of fishing boats (including

It is 14.6km to the next official access point at Redcastle.

frequently used by the emergency services, RNLI, Search &

grassy area above the beach as this will block access

lfyc.co.uk or just ask a member on site. Unfortunately

There is a boatyard at the castle which is tenanted by

Access Point 5 - Culmore Point

eddies and choose landing spots with care – some soft

deep here and narrows between rocky shores to produce

and some palatial houses on the west bank! The river is

al at the start and then progressing to beautiful woodland

Point, with the landscape being fairly built up and industri-

It is 6.2km to the next official access point at Culmore

a strong current, especially midstream. Watch out for

Battle of the Atlantic.

unq iu biaces!

boat storage here during operating hours. (Please visit

Lough Foyle Yacht Club. Paddlers may be permitted secure

1945 - chosen because of the importance of Derry in the

location for a mass surrender of the German U-boat fleet in

jetties still visible here were the

Foyle Port. The old wooden

commercial dock operated by

river is Lisahally, an important

short stroll away. Across the

e ,agelliv ant ni qon's e bne duq

small sandy beach. There is a

available and access is via a

Foyle. Roadside parking is

Foyle discharges into Lough

The sandy beach and old

mark the place where the River

medieval castle at Culmore Point

pre-booking is not available). Please do not park on the

Paddlers should stay outside and to the west of the

a combination code lock. Call +353 872 202 577 for on the western bank of the river. Access is via a gate with World War Two naval base), downstream of the marina There are concrete canoe steps at Fort George (once a

peace of mind that it is behind locked gates! great places to eat and drink. Tie your boat up and have 400 year old intact city walls, accommodation options and Derry~Londonderry. There are many tourist attractions, From here you will have access to the bustling city of

harbourradio@londonderryport.com Harbour Radio T: +44 (0) 28 7186 0313 or email For further information, please contact: office. Access is only by prior arrangement. gated gangway with intercom connecting to the harbour Ireland and from Scotland. The pontoons are secured by busy, attracting many sail cruisers from other parts of yacht race. It is operated by Foyle Port. The marina is platform which has hosted the Clipper Round the World quay and a larger pontoon designed as a maritime event The marina is made up of a visitor pontoon, cruise ship

#### Access Point 4 - Foyle Marina

on one of the BBC's Great Railway Journeys of the World. Bridge, the impressive Peace Bridge and the riverside trains walls, the 32m air draught Foyle Bridge, the low Craigavon see the Guildhall, church spires, four hundred year old city Marina pontoon. As you paddle through the city you will It is 3.7km to the next official access point at the Foyle

a slipway at the back of the Loughs Agency premises. T: +44 (0)28 7134 2100 or loughs-agency.org ). There is also minute walk southwards along the cycle path (opening times: Z e tzuj muineupA bne 9ntn9D notisiV dotewn9viЯ e Von9pA Learn about the natural life of river and sea at the Loughs

woodland that once flanked the Foyle valley. Mearby is Prehen wood, a remnant of the ancient and Rescue – private access unless in an emergency! small pontoon nearby which is operated by Foyle Search steps (the latter used by the local rowing club). There is a At Prehen there is a car park, concrete slipway and wooden

## Access Point 3 - Prehen



# Access Point 1 - Lifford



Lifford is a small town in County Donegal (connected with Strabane in County Tyrone by road bridge). It has the usual array of cafes, shops, pubs etc and an interesting old court house which is open to visitors. Access to the River Foyle is via a

concrete path and set of wooden steps just downstream of the bridge.

Canoeists should be aware that the steps are not at a perfect height above the level of water in the river – a



problem compounded at low tide! However, paddlers should set off downriver at or close to high water to take advantage of the ebbing tide. Remember that since the river is tidal, there is a tidal time difference of approximately three hours at Lifford (compared to Lisahally, just south of

Culmore Point) and there is a tidal range of approximately one metre. Car parking is available nearby (30m or so) and there is convenient access from the street.

It is 11km to the next official access point at Gribben Quay. The section between these points is picturesque and home to a wealth of biodiversity. In summer, watch the sand martins flitting after winged insects and hurtling into their nests tunnelled into the sand banks that edge much of the river. The river splits into two channels: the Backwater (to the east) and the Frontwater (to the west) running either side of a 106 hectare island called Islandmore. After the island the river quickly widens. At low water, watch out for sandbanks on the right side, just before Gribben Quay.

# Access Point 2 - Gribben Quay

Mid-way between Lifford/Strabane and Derry~Londonderry is the Gribben Quay, an old fishing station which once operated a fish smoking chimney. The site access has a vehicle barrier (arrange entry in advance with site manager at the Loughs Agency +44 (0)28 7134 2100) and offers car parking, a stone jetty, slipway, a lean-to canoeist camping shelter and wild camping.

It is 11km to the next official access point at Prehen. This is the widest section of the river, with a number of scenic stopping points. Look out for the two art installations near New Buildings (one on each side of the river) which reference the community's historic involvement with the salmon industry.

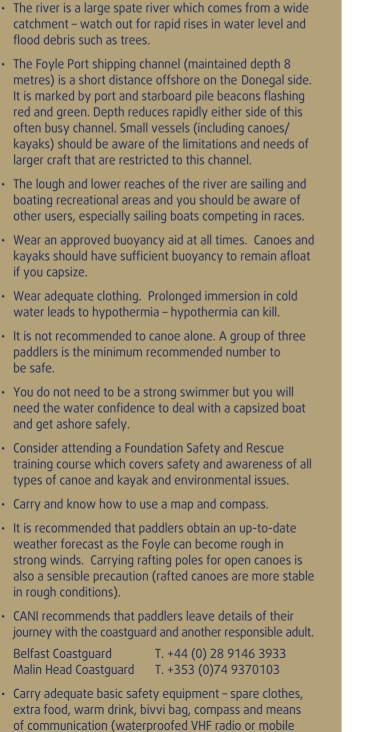


Finding freedom in Northwest Ireland on the

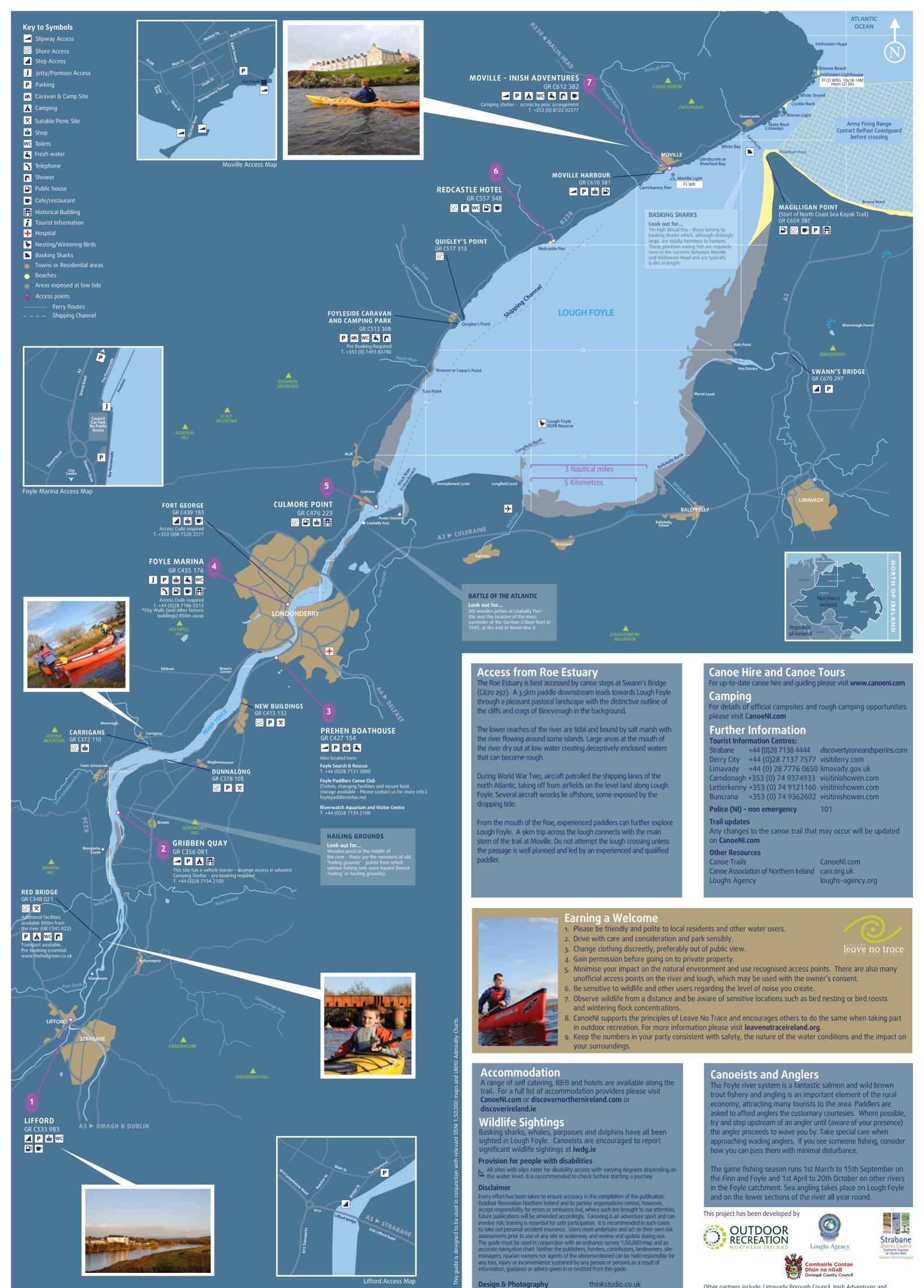
# Foyle Canoe Trail

Stretching over 53km from the start of the River Foyle to the Atlantic Ocean, the Foyle Canoe Trail dips in and out of both Northern Ireland and the Republic of Ireland. From Lifford, this unique trail runs through rural countryside, the historic city of









Other partners include: Limavady Borough Council, Inish Adventures and Canoe Association of Northern Ireland