

Key to Symbols

- Slipway Access
- Shore Access
- Step Access
- Sailing Club Access
- Parking
- Caravan & Camp Site
- Rough Camping
- Bothy
- Hostel/Youth Hostel
- Suitable Picnic Site
- Shop
- Toilets
- Fresh water
- Telephone
- Shower
- Public house
- Cafe/restaurant
- Historical Building
- Tourist Information
- Hospital
- Nesting/Wintering Birds
- Seals
- Overfalls - Tidal Rapids and waves, dangerous to the inexperienced canoeist
- Surf beach - dependent on conditions
- Caves
- Towns or Residential areas
- Beaches
- Areas exposed at low tide
- Access points
- Ferry Routes
- Shipping Channel

Beaufort Scale Force	Wind Speed Knots	Wind Speed MPH	Description	Sea State
0	0	0	Calm	Sea like a mirror.
1	1-3	1-3	Light Air	Ripples but without foam crests.
2	4-6	4-7	Light Breeze	Small wavelets, crests do not break.
3	7-10	8-12	Gentle Wind	Large wavelets, occasional white horses, crests begin to break. Noticeable work paddling into headwind.
4	11-16	13-18	Moderate Wind	Small waves, frequent white horses, becoming bouncy. Inexperienced should consider heading to shore unless it's an onshore wind.
5	17-21	19-24	Fresh Wind	Moderate waves, many white horses, some foam and spray. Hard work paddling into wind or across wind.
6	22-27	25-31	Strong Wind	Big seas with large waves. White foam crests and spray. Rescues difficult to execute, warnings issued to small craft.
7	28-33	32-38	Near Gale	Big seas with large waves, white foam blown in streaks along the direction of wind. Kayak handling difficult even for experienced paddlers. Communication very difficult.
8	34-40	39-46	Gale	High waves, crests begin to break into spindrift. Very dangerous conditions; communication almost impossible, rescues impractical, each man for himself.

- ▶ Limit for inexperienced paddlers
- ▶ Limit for experienced paddlers
- ▶ Limit for advanced paddlers



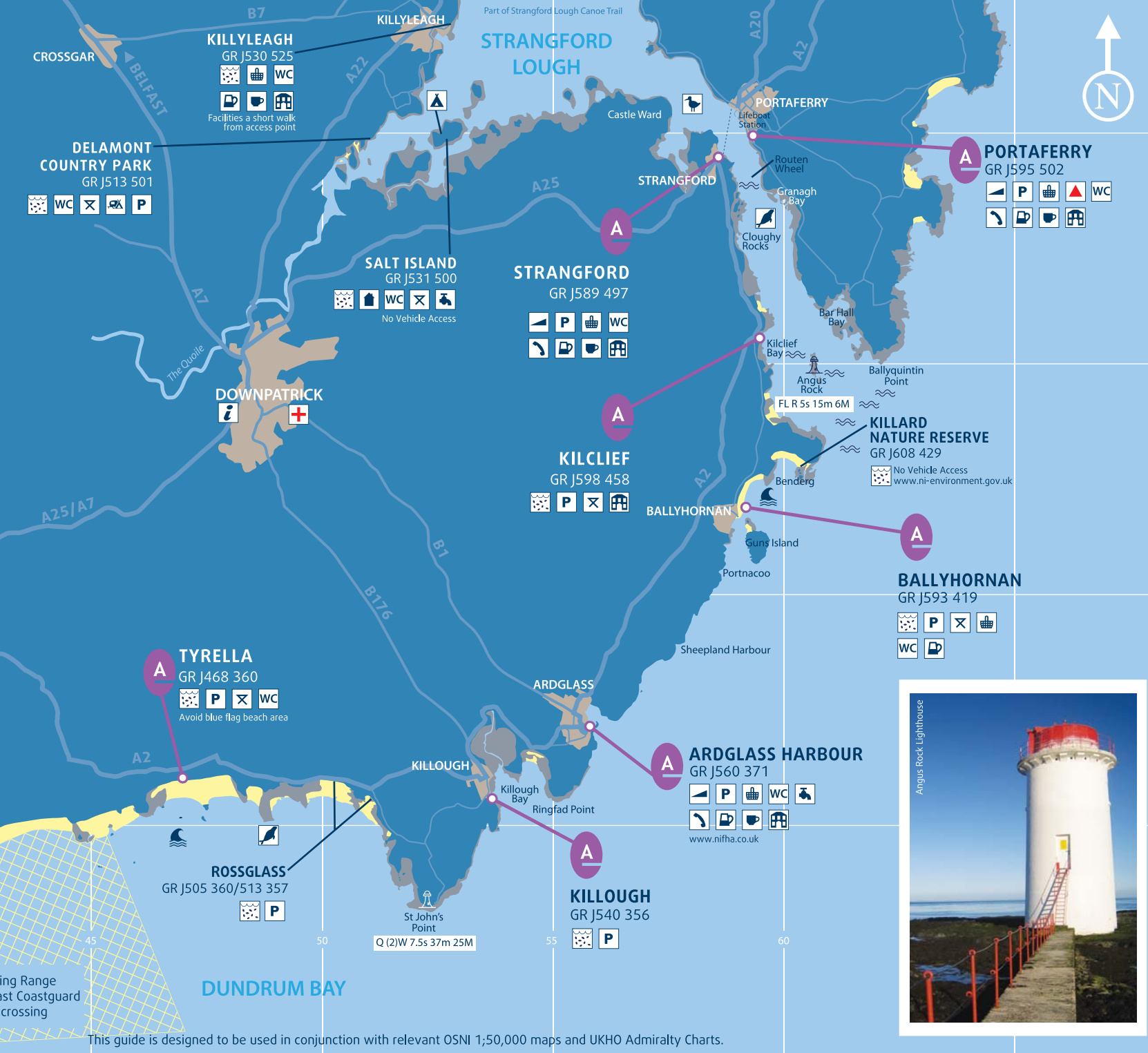
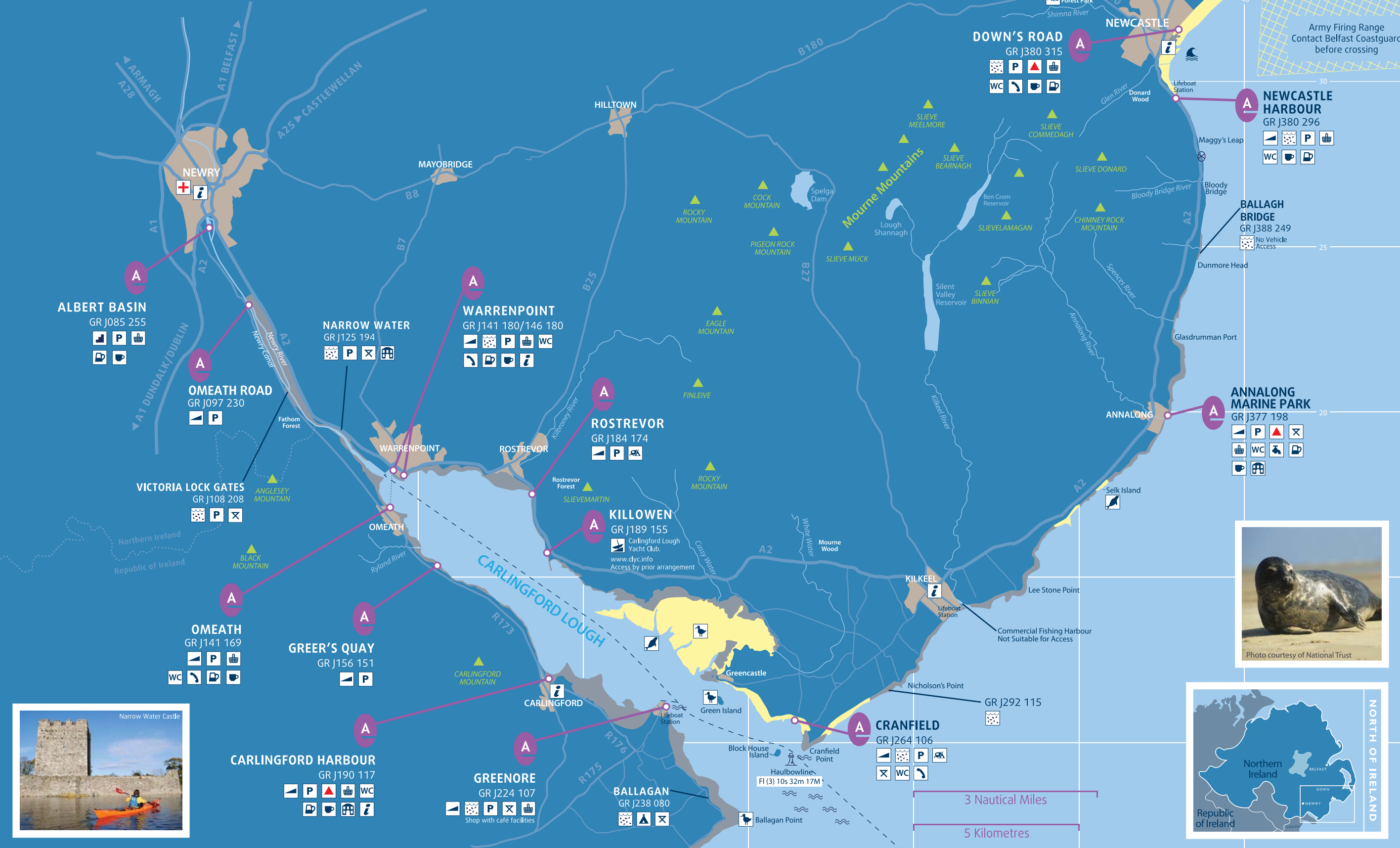
Carlingford Lough



Mourne Mountains from Murlough Beach



Carlingford Lough



This guide is designed to be used in conjunction with relevant OSNI 1:50,000 maps and UKHO Admiralty Charts.



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 discreetly, 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 also many unofficial access points along the coastlines, which may 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 nesting birds, wintering flock concentrations and seal haul-outs.
8. CAAN supports the principles of Leave No Trace and encourages others to do the same when taking part in outdoor recreation. For more information please 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. Wild camping should be carried out discreetly, in small parties, and for overnight stays only.



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.canoeni.com or www.discovernorthernireland.com or www.faltheireland.com

Canoe Hire and Canoe Tours

For up-to-date canoe hire and guiding please visit www.canoeni.com

Camping

For details of official campsites and rough camping opportunities please visit www.canoeni.com

Further Information

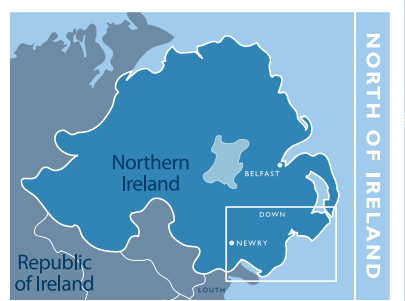
Tourist Information Centres:
 Downpatrick +44(0)28 4461 2233 www.downdc.gov.uk
 Newcastle +44(0)28 4372 2222 www.downdc.gov.uk
 Kilkeel +44(0)28 4176 2525 www.newryandmourne.gov.uk
 Newry +44(0)28 3031 3172 www.newryandmourne.gov.uk
 Carlingford +353 (0) 4293 73033 www.carlingford.ie

Trail updates: Any changes to the canoe trail that may occur will be updated on www.canoeni.com. Please email any feedback to info@canoeni.com

Other Resources
 Canoe Trails www.canoeni.com
 Canoe Association of Northern Ireland www.cani.org.uk
 Loughs Agency www.loughs-agency.org
 Louth County Council www.louthcoco.ie



Photo courtesy of National Trust



Narrow Water Castle

Wildlife Sightings

Canoeists are encouraged to report sightings of cetaceans (whales, porpoises and dolphins) and basking sharks at www.iwdg.ie

Provision for people with disabilities

All sites with slips cater for disability access with varying degrees depending on the water level. It is recommended to check before starting a journey

Disclaimer

Every effort has been taken to ensure accuracy in the compilation of this publication. CAAN and its partner organisations cannot, however, accept responsibility for errors or omissions but, where such are brought to our attention, future publications will be amended accordingly. Canoeing may by its nature be hazardous and involve risk; training is essential for safe participation. It is recommended to take out personal accident insurance. Users must undertake and act on their own risk assessments prior to use of any access site or waterway and review and update during use. The guide must be used in conjunction with an Ordnance Survey 1:50,000 map and an accurate navigation chart. Neither the publishers, funders, contributors, landowners, site managers, riparian owners nor agents of the aforementioned can be held responsible for any loss, injury or inconvenience sustained by any person or persons as a result of information, guidance or advice given in or omitted from this guide.

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