



## On The Water

Paddle sports bring Suir Blueway Tipperary to life. From casual kayaking or stand-up paddle boarding on a meandering river, to an exhilarating ride down rapids, there are options to suit all levels along 53km of paddling experiences and trails. See the map overleaf for details.

**Proficient paddlers:** If you are experienced and used to independent travel on the water, Suir Blueway Tipperary provides a range of trails from Cahir to Carrick-on-Suir. Start at beautiful Cahir Castle, paddle past the romantic Swiss Cottage and on to Ardfinnan and Newcastle. Further downstream, more accomplished paddlers can take on the challenge of the 300-metre whitewater Canoe Slalom Course in Clonmel, a training base for the Irish team. Paddle on towards Kilsheelan, enjoying mostly flat waters and terrific scenery all the way to Carrick-on-Suir.



**Novices:** Canoeing skills programmes are organised regularly by Tipperary Sports Partnership, and inexperienced canoeists and kayakers are advised to use a local qualified guide to arrange an unforgettable day that is both thrilling and safe.

**Be aware:** There are many places to launch canoes, kayaks and paddle boards along Suir Blueway Tipperary, however, the river can be fast-flowing and paddlers should be conscious of the conditions when launching. Inexperienced paddlers should only take to the water under the supervision of qualified guides.

**More information**  
[www.tipperarysports.ie](http://www.tipperarysports.ie)  
[www.tipperary.com](http://www.tipperary.com)



## Walking Trails

Savour the simple serenity of Suir Blueway Tipperary on foot. Experience the sights and sounds of nature during a riverbank ramble, explore some of Ireland's most fascinating medieval castles and heritage sites, or take on some of the waymarked trails of the East Munster Way. There are walks to suit everyone in the family.



## The Butler Trail

Discover the incredible 800-year history of one of Ireland's most influential families. Learn about their rise to power and how they help shape Irish history. Explore a house built for a queen at Ormond Castle, the romantic riverside Swiss Cottage, spot the cannonball in the walls of Cahir Castle, or simply delight in the restored former courthouse at the Main Guard. The Butler Trail runs the length of Suir Blueway Tipperary – from Cahir to Clonmel and Carrick-on-Suir – and includes heritage trails in each town.

### Stop 1: Cahir 1 2

Start at imposing Cahir Castle and explore Inch field before joining the tree lined Coronation Walk for two kilometres alongside the gently flowing river to romantic Swiss Cottage. Return to Cahir and enjoy exploring the pleasant sights and streetscapes of this picturesque town.



### Stop 2: Clonmel 6

The bustling town of Clonmel offers visitors an opportunity to step back from the banks of the river and explore centuries of Tipperary history. The Butler Trail takes in historical buildings including the Main Guard, the West Gate in the town walls, and the Franciscan Friary. Allow 1-2 hours.

### Stop 3: Carrick-on-Suir 11

The medieval market town where the Butler Family grew to power in the 13th century. Visit exquisite Ormond Castle, the Tudor manor house Thomas 'Black Tom' Butler built for the anticipated visit of his cousin Elizabeth I of England. It is one of 10 Butler Trail stops in the town which also includes the beautiful stained glass and Kilkenny marble columns of St Nicholas's Church.



## Clonmel to Kilsheelan

17.7km 7 8 9

A more testing hike. Starting at the Gashouse Bridge in Clonmel, walk along the river until you reach Sir Thomas's Bridge, cross the bridge and leave the Blueway to follow the waymarked route of the East Munster Way into the foothills of the Comeragh Mountains until it rejoins the Blueway at Kilsheelan Bridge.



## Kilsheelan to Carrick-on-Suir

11.5km 9 10 11

Follow in the footsteps of merchants and tradesmen who made their living along this 17th-Century towpath. Take in beautiful bridges, castles and churches set in picturesque countryside – but keep your eyes peeled for wildlife such as otters and herons.

**More information**  
[www.tipperary.com](http://www.tipperary.com)



## Cycling

Cycling is the perfect way to explore the river trails, towns and spectacular countryside along Suir Blueway Tipperary. Bring the family for a gentle pedal by the river, stop to refuel at one of the charming cafés, restaurants or picnic areas.

There is a 21km marked cycle route along the river towpath from Clonmel to Carrick-on-Suir which is ideal for leisure cyclists of all abilities. The route is divided into four stages so you can decide on the distance yourself. Pick your route on the map overleaf.

For information on bike hire, visit [www.tipperary.com](http://www.tipperary.com)



## Castles and Conquests

Immerse yourself in stories from before you can remember – of people, places and experiences through time which shaped a landscape that served as the main gateway to the centre of Ireland through the ages.

### Cahir Castle 1

Once the stronghold of the Butler family, this imposing castle (below) dates from the 12th Century. There's an excellent audio-visual show and guided tours for visitors to learn about the pivotal role Cahir Castle (below) played in important periods in Irish history. *Castle St, Cahir, Co Tipperary*



### Swiss Cottage 2

This wonderfully romantic 200-year-old gentry's folly was where lords and ladies spent long summer days at leisure. Discover more from your guide about the various architectural and design curiosities of the cottage including specially-made furnishings, hand-painted murals and what was once some of the most expensive wallpaper in the world. *Castle Park, Carrick-on-Suir, Co Tipperary*

### St Patrick's Well 5

This beautiful natural well is a great location to relax and enjoy a picnic. The waters from the well flow into a big shallow pond, with an ancient stone cross on a little island in the middle. The site also has a stone statue of St. Patrick, who is said to have baptised some locals in the natural spring water. *Gortmore, Co Tipperary*



### The Main Guard 6

Built as a courthouse in 1675, this beautiful building (above) hosted King James II as he toured Ireland. A five-minute walk from the Blueway at Suir Island, The Main Guard building was redeveloped in 1810 when shops were incorporated into the ground floor before it was expertly restored at the turn of the last century and won a Heritage Award for Best Practice in Conservation. *Sarsfield Street, Clonmel, Co Tipperary*

### Ormond Castle 11

When the 3rd Earl of Ormond, 'Black Tom' Butler, spent time at the court of his cousin Queen Elizabeth I in the 16th Century, he was so inspired by the architecture he encountered that he decided to add a Tudor manor house to the original Ormond Castle. It remains the finest example of an Elizabethan manor house in Ireland, with features that include some of the most marvellously decorative plasterwork in the country. A 10-minute walk from the end of the Blueway. *Castle Park, Carrick-on-Suir, Co Tipperary*

**More information**  
[www.tipperary.com](http://www.tipperary.com)

## Culture & Crafts

### Craft Granary 1

The Craft Granary is a beautifully restored 19th-century grain store in Cahir which acts as a showcase for quality handcrafted items from the South East of Ireland. *Church Street, Cahir, Co Tipperary*

### Tipperary County Museum 6

Discover the fascinating story of the people and places of Tipperary through the ages. There's a rare copy of Oliver Cromwell's death mask alongside hundreds of other religious, social history, political, archaeological, sports and industrial artefacts. A 10-minute walk from the Blueway at Suir Island. Admission is free. Closed for refurbishment until late summer 2019, please check [www.tipperary.com](http://www.tipperary.com) for updates. *Mick Delahunty Square, Clonmel, Co Tipperary*



### South Tipperary Arts Centre 6

Immerse yourself in a mixture of visual arts, performing arts, music and literature all housed in a beautiful, light-filled modernist building near the River Suir. This centre of excellence for the arts also houses exhibitions & screenings and a variety of classes and workshops. *Nelson St, Clonmel, Co Tipperary*

### Carrick-on-Suir Heritage Centre 11

Housed in a former church, the heritage centre contains numerous local artefacts and photographs from a town that is central to the story of one of Ireland's most powerful families, the Butlers. Closed for refurbishment until late 2019, please check [www.tipperary.com](http://www.tipperary.com) for updates. *Main Street, Carrick-On-Suir, Co Tipperary*

### Tudor Artisan Hub 11

An Aladdin's Cave of creative treasures packed with unique 'one-off' products hand-crafted by an eclectic collective of more than 50 local artists and other creative people. *42 Main St, Carrick-On-Suir, Co Tipperary*

### Festivals & Events

The towns and villages along Suir Blueway Tipperary are awash with many cultural experiences. Art exhibitions, contemporary and traditional music, dancing, theatre productions, festivals and much more are staged throughout the year. Find out what's on during your visit at [www.tipperary.com](http://www.tipperary.com)

### Annual festivals

Clancy Brothers Festival in Carrick-on-Suir (June)  
 Clonmel Junction Arts Festival (July)  
 Clonmel Busking Festival (August)  
 Cahir Trad Fest (September)  
 Clonmel Applefest (September)



## Eating

Suir Blueway Tipperary is at the heart of the most fertile agricultural region in Ireland, and you'll be spoilt for choice by the cafes, restaurants, pubs, and farmers markets offering quality local produce. The Tipperary Food Experiences initiative allows you to visit the homes and farms of our hard-working Tipperary Food Producers and discover what makes them so special. You might even get a chance to taste a few samples!



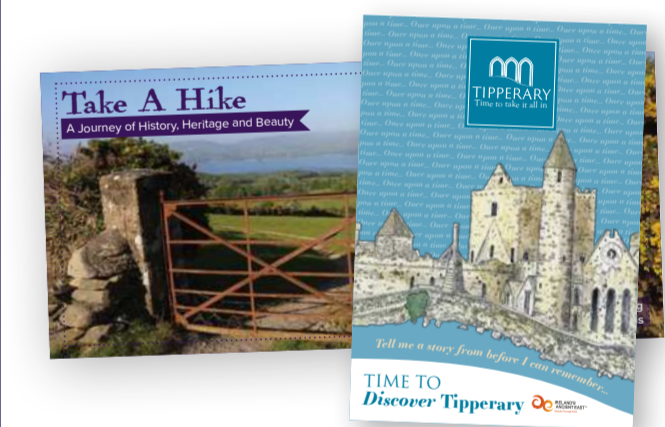
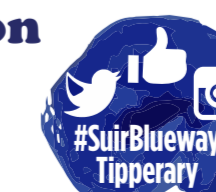
### Farmers markets

**Carrick On Suir:** Friday 10am-2pm @ Carrick-on-Suir Heritage Centre Grounds. 11  
**Clonmel:** Saturday 10am-2pm @ St Peter & Paul's Primary School, Kickham Street. 6  
**Cahir:** Saturday 9am-1pm @ Castle Car Park, Castle Street. 1

**More information**  
[www.tipperary.com](http://www.tipperary.com)  
[www.tipperaryfoodproducers.ie](http://www.tipperaryfoodproducers.ie)

## Accommodation

There is a range of great accommodation along Suir Blueway Tipperary to suit all budgets. Visit [www.tipperary.com](http://www.tipperary.com) for information on hotels, guesthouses, B&Bs and self-catering accommodation.



## Discover More Great Experiences in Tipperary

Just beyond Suir Blueway Tipperary lie many other great visitor experiences just waiting to be discovered in Ireland's Ancient East.

The Rock of Cashel and the Fethard Horse Country Experience are within easy reach, as are many other attractions with fascinating stories to tell and exciting outdoor activities on land and water.

Tipperary is also part of Munster Vales, an exceptional 1,100km stretch of driving routes, time-worn walking trails, heritage sites, attractions and beautiful landscapes across five mountain ranges.

**More information**  
[www.tipperary.com](http://www.tipperary.com)  
[www.irelandsancienteast.com](http://www.irelandsancienteast.com)  
[www.munstervales.com](http://www.munstervales.com)



Find out what's on! #SuirBluewayTipperary #VisitTipperary

### 1 Cahir to Swiss Cottage

**Starting point is in Inch Field in Cahir.**



**Distance** 2km

**Duration** 38 minutes

**Grade** Grade 1

**Terrain** Tar & Chip

**Distance** 4km (8km return)

### 2 Swiss Cottage to Ardfinnan



**Starting point is near Swiss Cottage.**


**Grade** Grade 1 to Ardfinnan. In Ardfinnan **Grade 2+** until after the bridge. Two weirs in Ardfinnan.

**Distance** 7km

**Duration** 2 hours



### 3 Ardfinnan to Newcastle



**Paddle starts at the green in Ardfinnan. Novices follow signs for portage.**

**Duration** 2 hours

**Grade** Grade 1 to Newcastle, Newcastle is Grade 2

**Distance** 7km

### 4 Newcastle to Sandybanks

**River Access located 125m upstream of Newcastle Bridge.**

**Grade** Grade 1

**Duration** 4 hours 10 mins

**Distance** 13km



### 5 Sandybanks to Suir Island



**Start at Sandybanks slip or steps at Suir Island weir and white water slalom course (Grade 2/3), novices follow signs, use portage available.**

**Distance** 3km

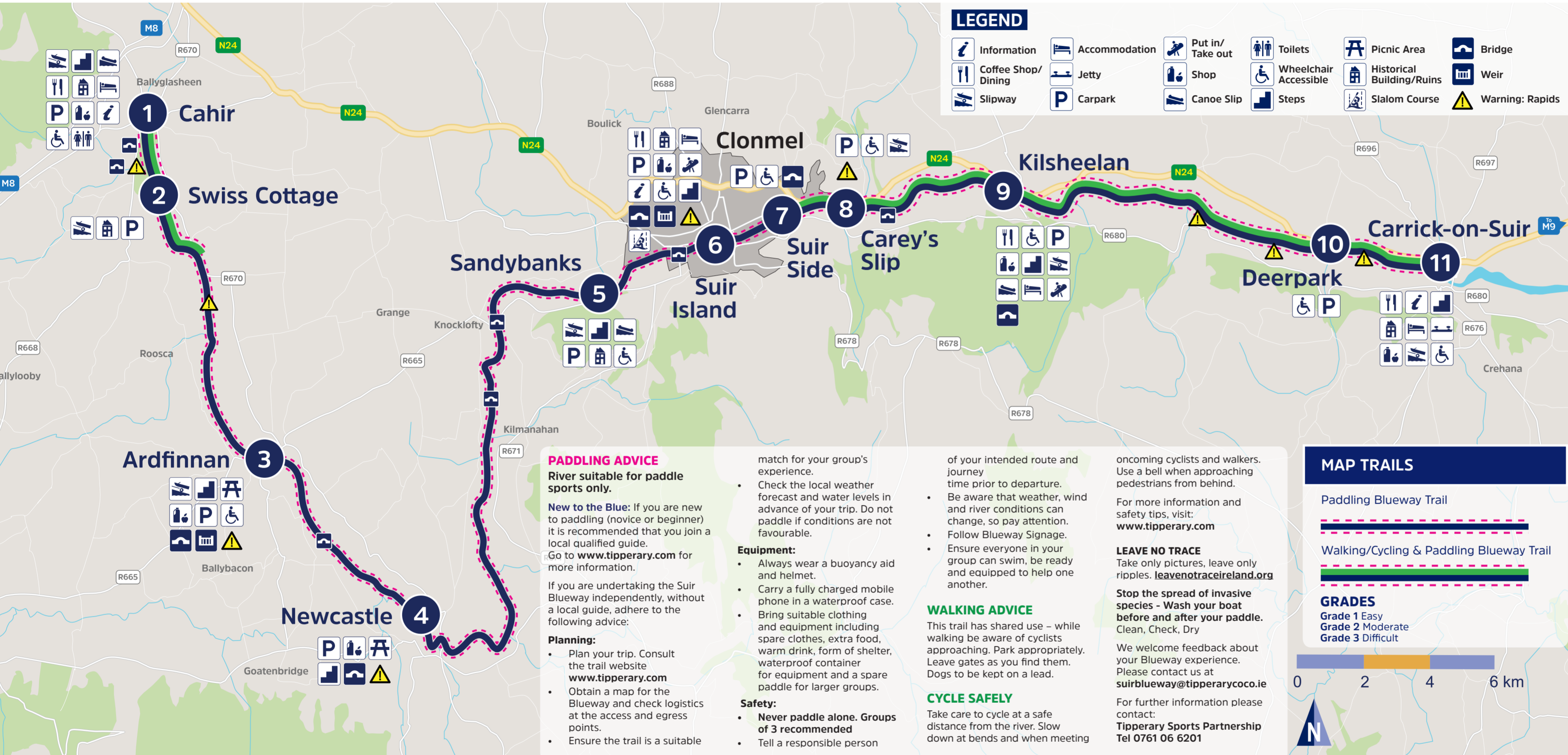
**Duration** 1 hour

**Grade** Grade 1

# Suir Blueway Tipperary




[www.tipperary.com](http://www.tipperary.com)



#### LEGEND


#### PADDLING ADVICE

**River suitable for paddle sports only.**

**New to the Blue:** If you are new to paddling (novice or beginner) it is recommended that you join a local qualified guide. Go to [www.tipperary.com](http://www.tipperary.com) for more information.

If you are undertaking the Suir Blueway independently, without a local guide, adhere to the following advice:

**Planning:**

- Plan your trip. Consult the trail website [www.tipperary.com](http://www.tipperary.com)
- Obtain a map for the Blueway and check logistics at the access and egress points.
- Ensure the trail is a suitable match for your group's experience.

**Equipment:**

- Always wear a buoyancy aid and helmet.
- Carry a fully charged mobile phone in a waterproof case.
- Bring suitable clothing and equipment including spare clothes, extra food, warm drink, form of shelter, waterproof container for equipment and a spare paddle for larger groups.

**Safety:**

- Never paddle alone. Groups of 3 recommended**
- Tell a responsible person

of your intended route and journey time prior to departure.

- Be aware that weather, wind and river conditions can change, so pay attention.
- Follow Blueway Signage.
- Ensure everyone in your group can swim, be ready and equipped to help one another.

**WALKING ADVICE**

This trail has shared use – while walking be aware of cyclists approaching. Park appropriately. Leave gates as you find them. Dogs to be kept on a lead.

**CYCLE SAFELY**

Take care to cycle at a safe distance from the river. Slow down at bends and when meeting oncoming cyclists and walkers. Use a bell when approaching pedestrians from behind.

For more information and safety tips, visit: [www.tipperary.com](http://www.tipperary.com)

**LEAVE NO TRACE**

Take only pictures, leave only ripples. [leavenotraceireland.org](http://leavenotraceireland.org)

**Stop the spread of invasive species - Wash your boat before and after your paddle.** Clean, Check, Dry

We welcome feedback about your Blueway experience. Please contact us at [suirblueway@tipperarycoco.ie](mailto:suirblueway@tipperarycoco.ie)

For further information please contact: **Tipperary Sports Partnership** Tel 0761 06 6201



#### MAP TRAILS

Paddling Blueway Trail

Walking/Cycling & Paddling Blueway Trail

**GRADES**

Grade 1 Easy  
Grade 2 Moderate  
Grade 3 Difficult

## Slí Ghorm na Siúire Tiobraid Árann Suir Blueway Tipperary

### Experience Suir Blueway Tipperary

Suir Blueway Tipperary is the perfect escape for all the family to savour some of Ireland's most beautiful countryside and fascinating history.

Enjoy a paddle on flowing waters, go for a cycle along river banks, take a hike up nearby mountains, or a more sedate stroll in the bustling medieval towns and villages from Cahir to Clonmel and on to Carrick-on-Suir.

Marvel at centuries-old castles, tower houses and churches and discover their history of drama, romance, intrigue and deadly rivalries all set against a world of natural wonders in Ireland's Ancient East.

Stay a while and sample the sensational local food produce, arts and crafts – it's matched only by the local hospitality.

Just two hours from Dublin, and one hour from Cork, Suir Blueway Tipperary has something for all ages and interests.



### 6 Suir Island to Carey's Slip



**Access 200m from Suir Island car park. Novices/beginners enter after Slalom Course.**

**Distance** 2km

**Duration** 38 minutes

**Grade** Grade 2/3 White water slalom course 300m



### 7 Suir Side to Carey's Slip



**Linear walk (medium) Starting from Suir Side Car Park, Clonmel.**

**Terrain** Macadam

**Distance** 2.5km (5km return)



### 8 Carey's Slip to Kilsheelan

**Access at Carey's Slip, Moangarriff off the N24.**

**Distance** 7km


**Duration** 2 hours

**Grade** Grade 1/2

**Walk or cycle from Carey's Slip car park, Clonmel to Kilsheelan.**

**Terrain** Macadam & Concrete

**Distance** 7km (14km return)



### 9 Kilsheelan to Carrick-on-Suir

**Access steps and slip at Kilsheelan Bridge.**

**Distance** 11.5km


**Duration** 3 hours 30 mins

**Grade** Grade 1

**Access from car park in Kilsheelan village.**

**Terrain** Macadam & Concrete

**Distance** 11.5km (23km return)



### 10 Deerpark to Carrick-on-Suir



**Starting point is at the Deerpark car park. Finish at Sean Healy Park, a short walk from Ormond Castle.**

**Terrain** Macadam & Concrete

**Distance** 1km

