



Free Regional Map

Clare & Limerick



Loop Head Lighthouse, Co. Clare
© Clare County Council



Discovering Clare & Limerick



Lough Gur, Co. Limerick
© Ballyhoura Estate

Embrace the very best Irish landscapes and traditions in the fun-filled counties of Clare and Limerick, either side of the majestic River Shannon. Discover the dramatic coastline and musical traditions of County Clare and the rich farmland and ancient landscapes of County Limerick. Explore the 207km Shannon Estuary Way to experience unspoiled riverside and hear unforgettable tales from the locals. Wherever you go in Clare and Limerick, wonderful adventures await.

With pretty villages, cliff walks, legendary surfing, mystical caves and more than a fair share of world class attractions, County Clare makes for a fun-filled visit. Discover the wonders of the sea with a visit to any of Clare's Blue Flag beaches for a refreshing dip in the waters or a relaxed stroll down the beach.

Clare's best-known natural attraction is the Cliffs of Moher, a must-see series of dark limestone heads that plunge into the churning Atlantic below. South of the cliffs, beyond the surfing hotspots of Miltown Malbay and Lahinch, journey to the 'end of the world' along the slender finger of Loop Head and marvel at the iconic lighthouse perched on the sheer cliffs with cinematic views.

Discover the geological wonder of the Burren, its lunar-like landscape of grey limestone, unique plant life and megalithic tombs which are older than Egypt's pyramids. Explore the pretty villages and buzzing towns of Clare and listen for the sounds of traditional Irish music seeping from the lively pubs and music venues. Ennis, Ennistimon, Kiltenera, Miltown Malbay and Doolin are all renowned for their music and craic. Trek the 180km East Clare Way through colourful towns, forests, bog roads, fields and mountains for stunning views of the majestic Lough Derg.

Step back in time with a visit to the iconic Bunratty Castle and Folk Park. Take a tour of the stunning fortress or tuck into a unique dining experience at the Castle's famous medieval banquets.

Neighbouring County Limerick is closely tied to its namesake city, a thriving centre with a rich cultural heritage. Wander down medieval streets and discover its brooding Norman fortress, King John's Castle and collection of museums and stunning art galleries.

The surrounding countryside is a patchwork of low-lying farmland and lush greenery that gently rises into the uplands and mountains, framing the entire county. From the Slieve Felins and Galtees in the east and the Ballyhoura and Mullaghareirk mountains in the south and west, discover a wonderland of hiking trails and stunning views.

A short distance south of Limerick City, visit beautiful Adare village, with picturesque thatched cottages and ancient ruins. Journey a little further to explore Lough Gur, a picturesque horseshoe lake surrounded by ancient sites, from the Neolithic era to the Middle Ages.

Activities & Adventure Clare

Boat Trips

Cliffs of Moher Cruises

www.cliffsofmohercruises.ie
Aran Islands ferry and Cliffs of Moher cruise.
Doolin, County Clare.

Dolphin Discovery

www.discoverdolphins.ie
Dolphin watching boat tour.
Kilrush, County Clare.

Dolphinwatch

www.dolphinwatch.ie
Dolphin & nature boat trip.
Carrigaholt, County Clare.

Doolin Ferry Company

www.doolinferry.com
Aran Islands ferry and Cliffs of Moher cruise.
Doolin, County Clare.

Killaloe River Cruises

www.killaloerivercruises.com
Cruises on River Shannon & Lough Derg.
Killaloe, County Clare.

Scatterly Island Tours

www.scatterlyislandtours.com
Ferry service & guided walking tours of Scatterly Island.
Kilrush, County Clare.

West Coast Rib Adventures

www.westcoastribadventures.com
RIB boat rides on the Shannon Estuary.
Kilrush, County Clare.

Land & Water Based Activities

Aloha Surf School

www.surfschool.ie
Surf school.
Fanore, County Clare.

Atlantic Air Adventures

www.atlantaairadventures.com
Flight simulator.
Shannon, County Clare.

Bay SUP

www.baysup.ie
SUP school, lessons and tours.
Ballyvaughan, County Clare.

Ben's Surf Clinic

www.bensurfsurfclinic.com
Surf school.
Lahinch, County Clare.

Burren Farm Experience

www.burrenbearfarm.ie
Guided Irish farm safari tour.
Burren National Park, Tubber, County Clare.

Burren Outdoor Education & Training Centre

www.burrenoec.com
Snorkelling, kayaking, rock climbing, hill walking.
Bell Harbour, County Clare.

Celtic Surf School

www.celticsurfschool.ie
Surf school.
Spanish Point, County Clare.

Clare Water Sports

www.clarewatersports.com
Kayak, SUP, tours.
Ballyalla & Ennistimon, County Clare.

Clare Paintball

www.clarepaintball.ie
Paintball, sptball, archery, airsoft.
Clun, County Clare.

Climb It

www.climbit.ie
Rock climbing, mountaineering, hill walking.
The Burren, County Clare.

Derg Isle Adventure Centre

www.dergisle.com
Water sports, land-based activities, survival training.
Lahinch, County Clare.

Flaggy Shore Oysters

www.flaggyshoreoysters.ie
Oyster experience.
New Quay, County Clare.

Kilkee Waterworld

www.kilkeewaterworld.ie
Indoor pool complex with slide, bubble pool, lazy river.
Kilkee, County Clare.

Lahinch Surf Experience

www.lahinchsurfexperience.com
Surf school.
Lahinch, County Clare.

Lahinch Surf School

www.lahinchsurfschool.com
Surf school.
Lahinch, County Clare.

My Next Adventure

www.mynextadventure.ie
Guided kayaking tours.
Killaloe, County Clare.

Moher Hill Open Farm

www.moherfarm.com
Open farm, play areas, go-karts, mini golf & more.
Liscannor, County Clare.

Nevsail Watersports & Adventures

www.nevsailwatersports.ie
Kayak, surf, SUP & more.
Kilkee, County Clare.

North Clare Sea Kayaking

www.northclareseakayaking.com
Guided sea kayaking tours.
Doolin, County Clare.

Oceanlife Kilkee

www.oceanlife.ie
Scuba diving.
Kilkee, County Clare.

Ollie's Lahinch Surf Centre

www.ollieslahinchsurfcentre.ie
Surf school.
Lahinch, County Clare.

Secret Ireland Escapes

www.secretirelandescapes.com
Bespoke day tour experiences.
Killaloe, County Clare.

Suas Climbing Centre

www.suasclimbing.ie
Indoor rock-climbing centre.
Clonlara, County Clare.

The Flying Alpaca

www.flyingalpaca.com
Alpaca experiences.
Kilkee, County Clare.

The Green Room Surf School

www.thegreenroom.ie
Surf school.
Lahinch, County Clare.

The Planet Ennis

www.planetennis.ie
Bowling, laser tag, astro turf football, snooker, kids soft play.
Ennis, County Clare.

UL Sport Adventure Centre

www.ulsport.ie
Adventure activities.
Killaloe, County Clare.

West Lake Aqua Park

www.westcoastaquapark.ie
Indisable water park.
Kilkee, County Clare.

Whitewater Surf Company

www.whitewatersurf.com
Surf school.
Spanish Point, County Clare.

Tours

Burren Experience Guided Walks

www.mullaghmore-burren.com
Guided walks.
Corofin, County Clare.

Burren Hill Walks

www.burrenhillwalks.ie
Guided walks.
Ballyvaughan, County Clare.

Burren Mountain Tours

www.burrenmountaintours.com
Mini bus and hill walking tours.
Fanore, County Clare.

Cliffs of Moher Walking Tours

www.cliffsofmoherwalkingtours.ie
Guided walking tours.
Liscannor, County Clare.

Cormac's Coast

www.cormacscoast.com
Bespoke walking tours.
Liscannor, County Clare.

Doolin Cliff Walks

www.doolincliffwalk.com
Guided cliff walk.
Doolin, County Clare.

Ennis Walking Tours

www.enniswalkingtours.com
Guided walking tours.
Ennis, County Clare.

Ennis Whiskey Experience

www.enniswhiskeyexperience.ie
Guided walking tours.
Ennis, County Clare.

E-Whizz

www.e-whizz.com
Electric bike tours.
Kilfenora, County Clare.

Heart of Burren Walks

www.heartofburrenwalks.com
Guided walks.
Carraun, County Clare.

Heartlands Ecotours

www.heartlandsecotours.ie
Walking & nature tours.
Tulla, County Clare.

Irish Seed Savers

www.irishseedsavers.ie
Heritage seed gardens & orchards.
Scariff, County Clare.

Loop Head eBikes

www.loopheadebikes.ie
Electric bike tours.
Carrigaholt, County Clare.

Lough Derg eBike Tours

www.loughdergebiketours.ie
Electric bike tours.
Killaloe, Co. Clare.

Ollie's Tours

www.olliestours.com
Guided tours.
Ennis, County Clare.

Postcard-Perfect Photowalks

www.lovefromireland.ie
Photography walking tour.
Ballyvaughan, County Clare.

Spanish Point Cycling Tours

www.spanishpointcyclingtours.com
Guided mountain bike, electric bike tours.
Spanish Point, County Clare.

St Tola Goat Farm

www.st-tola.ie
Goat farm tours, cheese making demonstration.
Ennistimon, County Clare.

Ted Tours

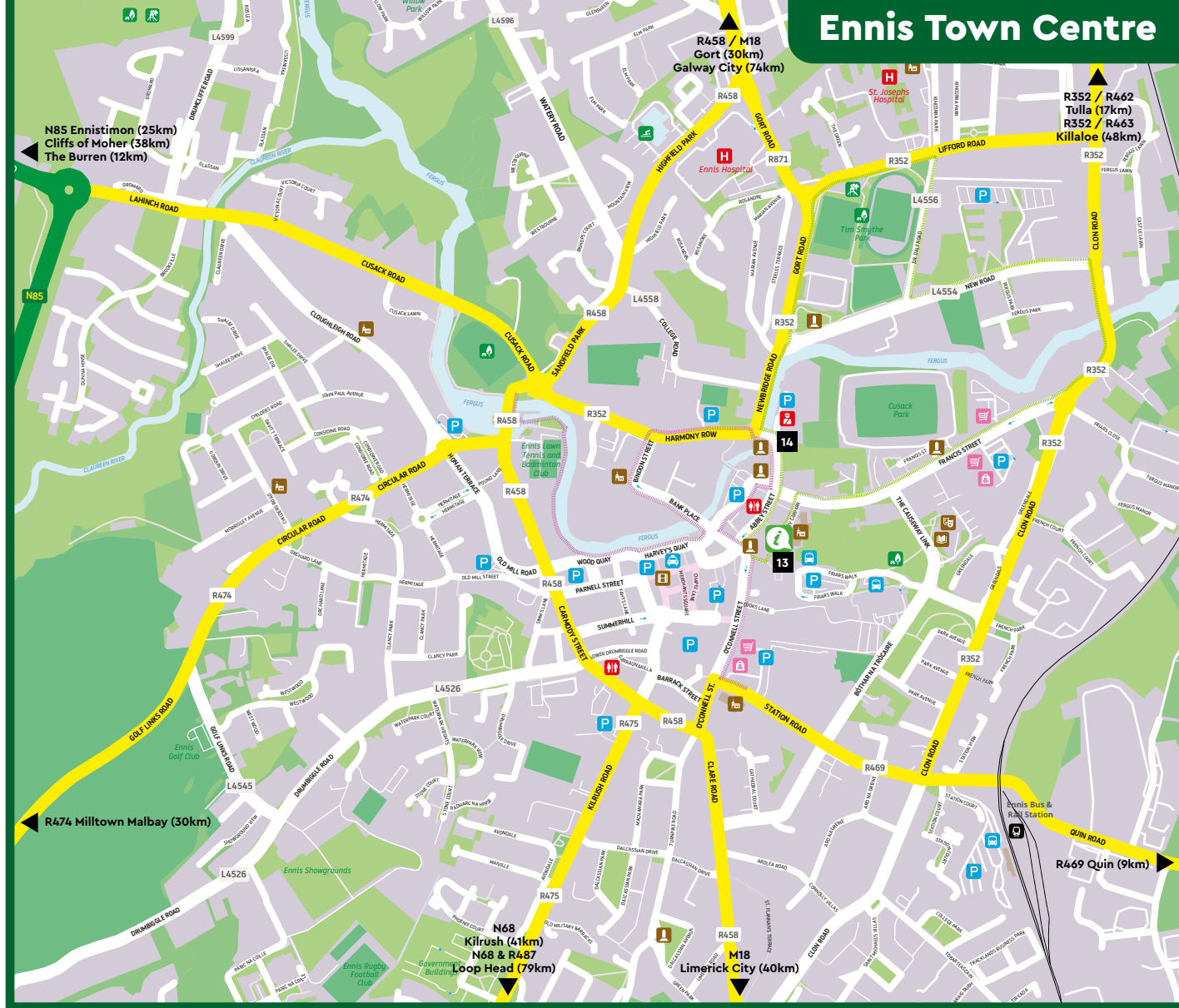
www.tedtours.com
Fr. Ted (TV series) location tours.
Kilfenora, County Clare.

Walk with Pius

www.walkwithpius.com
Guided walks.
Corofin, County Clare.

Wild Kitchen

www.wildkitchen.ie
Wild food walks.
Lahinch, County Clare.



Ennis Town Centre



Limerick City Centre



Cliffs of Moher, Co. Clare
© Chaozheng Zhang



Discover the Wild Atlantic Way route where 2,500km of spectacular coastline awaits! Clare's section of this world-renowned route has two Signature Discovery Points, while Limerick has been designated a 'Gateway' city to this iconic drive along Ireland's west coast.

Cliffs of Moher
The iconic Cliffs of Moher are one of Ireland's most visited natural attractions. Stretching for 14km along the Atlantic coast of Clare, the cliffs reach 214 metres at their highest point at Knockardakin. Midway along the cliffs you'll find the environmentally friendly visitor centre set into the hillside. Here, you can also discover O'Brien's Tower (a 19th century viewing tower), and access 800 metres of protected cliff-side pathways with viewing areas.

Loop Head
Loop Head is a slim finger of a peninsula pointing out to sea from the most westerly corner of County Clare, set between the Atlantic Ocean and Shannon Estuary.

Visit Loop Head Lighthouse, perched 90 metres above the Atlantic Ocean, with amazing views up and down the coast.



For personalised advice and information, talk to us or visit us online!



Tourist Information Centres:
Ennis, Arthur's Row, V95 RX78.*
Limerick City, King John's Castle, V94 FX25.*

**(operates seasonally)*



+353 1 2655 634 / 1800 230 330



DiscoverIreland.ie



village and rural setting. Close by, discover **Cratloe Forest** set in 700 hectares of extensive woodlands that overlooks the **Shannon Estuary**.

West Clare & Loop Head

Spanish Point, White Strand Doonbeg and Kilkee are just some of the many magnificent beaches along this Wild Atlantic Way coastline. Relax and enjoy the sea views or take a dip in the crystal waters of the Atlantic Ocean. The slender **Loop Head** peninsula extends out to sea from the southwest corner of the county. The **Bridges of Ross** are located on the north side of the peninsula with one of the natural sea arches still remaining and is a birdwatchers' paradise. Marvel in the panoramic cliff views from the **Loop Head Lighthouse** perched right on the end of the peninsula. Take a short boat trip from **Kilrush Pier** on the Shannon Estuary to **Scattery Island**, home to a 6th century monastic settlement founded by St. Senan. Spot the dolphins with boat tours available from **Kilrush** and **Carrigaholt**.

East Clare & Lough Derg

Lough Derg is set in the peaceful surroundings of **Ireland's Hidden Heartlands** and is sometimes known as Ireland's Pleasure Lake, with 179km of indented shoreline running through its rolling countryside. At the southern tip of the lake is **Killaloe**, a charming heritage town



Killaloe, Co. Clare
© Dolores Loop Berg

where Brian Boru was born, lived and reigned. There are several more villages dotted near the lake's shoreline, with the **Lough Derg Blueway** offering numerous activities and trails on both land and water to provide adventure enthusiasts with plenty to enjoy.

crossing the estuary, looking out for the bottle-nosed dolphins who live in its clean waters.

Limerick Greenway

Carving a 40km path through the local countryside, the **Limerick Greenway** offers an authentic experience of rural Ireland to cyclists, runners and walkers of all ages and abilities. Following the old Limerick to Kerry railway line, the Greenway links West Limerick's towns of **Rathkeale, Newcastle West** and **Abbeyfeale** with some fantastic heritage sites in between. The route connects with the Kingdom of Kerry Greenways at Abbeyfeale, extending the journey to the historic market town of Listowel.

Ballyhoura Mountain Bike Trails

Ballyhoura Trail Centre has the largest mountain bike trail network of its kind in Ireland and provides many options for off-road cycling. Forest road climbs lead you into tight twisty singlettracks with loads of ups and downs, tight turns and technical rocky bits. The trails range from the moderate 6km **Greenwood Loop** to the demanding **Castlepool Loop**, over 50km in length! The trail system, designed by Dafydd Davis, one of the world leaders in the sport, is an exciting network constructed to give a challenging and rewarding ride. One of the loops here presents riders with a combination of narrow singlettrack and boardwalk sections and has sections of forest road climbs over short and long distances.



Ballyhoura Mountains, Co. Limerick
© Ballyhoura Estate



Ireland's Hidden
HEARTLANDS

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