When taking part in canoeing consider the following safety advice:

1. The Lower Bann is zoned for recreational purposes.
2. Be aware of the limitations and needs of larger craft that are using the river, especially gateways.
3. The river is tidal at this point.
4. Gain direct pedestrian access to Mountsandel via the slipway and jetty with canoe step approx 1km downstream.
5. It is not recommended to canoe alone – three boats is the minimum recommended number.
6. To avoid the vertical weir at Carnroe enter the canal on the west side – this is the designated route.
7. The river is tidal at this point.
8. Wear adequate clothing, prolonged immersion in cold water can cause injury or hypothermia. Hypothermia can kill.
9. Consider enrolling in a recognised training course which equips you with the knowledge and skills to go ashore safely.
10. Carry a waterproof bag and compass.
11. Leave details of your journey with a responsible adult.
12. In the unlikely event of an emergency contact the following numbers:
   - Police - non-emergency: T: 0845 6008000
   - Police and Ambulance 999 (all phones) or 112 (all phones) and local 999
   - Emergency telephone numbers

* Note that mobile phone reception is unreliable in many areas.

Safety is an important aspect of canoeing, and it’s essential to follow these guidelines to ensure a safe and enjoyable experience. Always inform someone of your plans, wear appropriate clothing, and carry essential safety equipment. In case of an emergency, contact the police or emergency services immediately.
Access Point 14: Clonoe Park

Pre-glacial Clonoe was noted for a large 13th-century Dominican Monastic settlement, known as St Mary’s Abbey, located on the opposite bank near the Barn Bridge.

Nestled within - very large white swans with long $-shaped necks and orange bills with black at the base. Each year, it is so off-season to intentionally injure, take or kill a wild swan.

ESSENTIAL INFORMATION:
- Keep in navigation channel & stay clear of the bird hide.
- Avoid reed bed in breeding season (April to July incl.)
- No vehicular access past the public road – parking at car park before this is an important over-wintering and breeding bird.

The Barmouth can be extremely dangerous. Paddling to sea is not recommended for highly experienced canoeists.

ESSENTIAL INFORMATION:
- Much of the wider area is a Nature Reserve – respect the wildlife at all times.
- A powered watersport zone extends from here to the bridge spanning the river.

Situated beside the Coleraine Borough Council’s stunning

Earning a Welcome

for both canoeists and other water users.

For further details on the Lower Bann navigation please telephone Portneal Lodge: +44 (0) 28 9541 4444.

Official camping

Drumlough marina is situated on the eastern shore of the Lower Bann and is approximately 4km from Stranocum (4½ miles by car). Please call +44 (0) 28 2766 0227 for further information.

Site Parking Toilets Showers Water Facilities near by

Overnight camping

Overnight camping is permissed at Portna lodge is small fee charged. To camp at Portnahinch please telephone: Portnahinch Lodge +44 (0) (28) 2766 0227.

ESSENTIAL INFORMATION:
- Be aware that canoe traffic in the area sometimes exposing it to winds.
- A powered watersport zone extends from here to the south of Stranocum’s Marine. This part of the river is a Nature Reserve – impact the wildlife at all times.

ESSENTIAL INFORMATION:
- The Barmouth can be extremely dangerous. Paddling to sea is not recommended for highly experienced canoeists.

Access: Ballywoolen

Access Point 15: Coleraine Marina

Access: Ballywoolen

This is the last part on the Lower Bann Canoe Trail.

Future access/egress point

for details on the Lower Bann navigation or on Waterways Ireland visit our website at www.waterwaysireland.org

Waiting a Welcome