Walking Trails
Savour the simple serenity of Suir Blueway Tipperary on foot. Experience the sights and sounds of nature during the day with a guide, before some of Ireland’s most famous historic trails and heritage sites, or take on some of the self-guided trails of the East Munster Way. There are walks to suit everyone in the family.

The Main Guard
Built as a courthouse in 1675, this beautiful building (above) hosted King James II as he toured Ireland. A five-minute walk from the Suir at Suir Island, The Main Guard building was redeveloped in 1910 when windows 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.

Arms Ending Avenue
Canoeing courses and 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.

The Butler Trail
Discover the incredible 800-year history of one of Ireland’s most influential families. Learn about their political, military and social power and how they helped shape Irish history. Explore a house built for a queen and a romantic riverside castle. In this spot, the cannonball in the walls of Cahir Castle was probably aimed at St. Patrick, who is said to have baptised some locals in the natural spring water. Gortmore, Co Tipperary

The Buttevant Trail
A more testing hike. Starting at the Gashouse Bridge in Cahir, walk along the river until you find a pedestrian’s bridge over 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.

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
Once the stronghold of the Butler family, this imposing castle (below) dates back to the 13th Century. There’s an excellent audio-visual show that gives an insight into life for visitors to learn about the pivotal role Cahir Castle (below) played in important periods in Irish history.

Swiss Cottage
This wonderfully rustic 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.

The Butler Trail
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Spa Vale 
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 paddlers.

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Cycling
Cycling is the perfect way to explore the river trails, towns and villages along Suir Blueway Tipperary. Bring the family for a gentle Thom’s Bridge stroll, or the kids to pedal at one of the charming cafés, restaurants or pubs along the route.

Kilsheelan to Carrick-on-Suir 11.5km
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 with awesome views of Suir river otters and herons. Suir Blueway Tipperary is a riverbank ramble, explore the medieval market town of Kilsheelan and enjoy picnics on the banks of the Suir.

#VisitTipperary
For information on bike hire, visit www.tipperary.com

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 local pubs, restaurants, cafés and other great visitor experiences just waiting to be discovered in Ireland’s Ancient East.

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

For information on bike hire, visit www.tipperary.com

Accommodation
There is a range of great accommodation along Suir Blueway Tipperary to suit all budgets. Visit www.tipperary.com for information on hotels, guesthouses, B&Bs and self-catering accommodation.
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 mysteries 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.

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

For further information please contact: suirblueway@tipperarycoco.ie

LEAVE NO TRACE
Take only pictures, leave only rippled, leavesnotraceireland.org

Stop the spread of invasive species - Wash your boat before and after your paddle. Clean, Check, Dry. We welcome feedback about your Suir Blueway experience. Please contact us at suirblueway@tipperarycoco.ie

Planning:
- Plan your trip. Consult the trail website www.tipperary.com
- Obtain a map for the Suir Blueway and check logistics at the access and egress points.
- Ensure the trail is a suitable match for your group’s experience.
- Check the local weather forecast and water levels in advance of your trip. Do not paddle if conditions are not favourable.
- Equipment:
  - Always wear a buoyancy aid and helmet.
  - Carry a fully charged mobile phone in a waterproof case.
  - Bring suitable clothing and equipment including suitable clothing, extra food, warm drink, form of shelter, waterproof container for equipment and a spare paddle for longer 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 Suir Blueway Signage.
  - Ensure everyone in your group can swim, be ready and equipped to help one another.

WALKING ADVICE
This trail has shared use – use walking be aware of cyclists approaching. Park appropriately.

CYCLE SAFELY
Take care to cycle at a safe speed. 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

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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 for contact details.

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

Planning:
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