



Getting To The Upper Suck

Roads: The Upper Suck can be accessed by way of the M6 motorway from Dublin or Galway to Athlone and then taking the N61 to Roscommon.

Airports: The airports in closest proximity to the Upper Suck are Galway and Knock.

Ferry Ports: The Upper Suck can be easily accessed from Dublin and Dun Laoghaire from the South and Belfast and Larne from the North.

O/S Maps: Anglers will find the Ordnance Survey Discovery Series Maps No's 39 & 40 very beneficial when visiting the Upper Suck. These are available from most newsagents and bookstores.

Travel Times			
Airports		Ports	
Galway	1 hour	Belfast/ Larne	4 hours
Knock	1 ½ hours	Dublin/Dun Laoghaire	2 hours
Dublin	2 hours	Rosslare	3 ½ hours
Shannon	2 hours	Cork	3 ½ hours



Pike and Coarse fish regulations

Pike bye law no. 809 (2006) provides for the following conservation measures:

- a bag limit of 1 pike in any one day
- prohibits the killing of any pike greater than 50 cm in length
- Prohibits the possession by any person of more than 1 whole pike less than 50 cm or more than 0.75 kg of pike flesh, this provision does not apply to a person storing pike or pike parts subject to conditions
- Prohibits the possession by any person of more than 12 coarse fish for use as bait subject to conditions

CONSERVATION OF AND PROHIBITION ON SALE OF COARSE FISH BYE-LAW NO. 806, 2006

provides for the following conservation measures:

- A person shall not take and kill by any means more than 4 coarse fish on any one day.
- A person shall not take and kill by any means any coarse fish greater than 25 cm in length measured in a straight line from the tip of the snout to the fork of the tail.
- Any coarse fish taken inadvertently in contravention of this Bye-law must be handled carefully and returned without avoidable injury to the waters from which they have been taken
- It is prohibited for any person to sell or offer for sale any coarse fish caught by any means.
- It is prohibited to use or attempt to use live fish as bait in fishing in fresh water.
- It is prohibited to transfer for any purpose live roach (*Rutilus rutilus*) from any waters to any other waters.
- It is prohibited to fish for pike or coarse fish by any means whatsoever other than by rod and line.
- A person may not attempt to fish for pike or coarse fish in freshwater with more than two (2) rods at any one time.
- Bye-law No C.S. 303, 2009 prohibits fishing for eel, or possessing or selling eel caught in a Fishery District

(Further information on angling regulations can be found at www.fishinginireland.info/regulations)

Control of Invasive Species & Biosecurity

The integrity of our native aquatic biodiversity can be undermined by the spread of invasive (alien) species and diseases between catchments. Every effort should be made to conserve native habitats and to limit the effects from human activities. Some useful practices that could be adopted include:

- Ensure all fishing gear (hand-nets and clothing) is cleaned and/or disinfected, particularly if moving frequently between catchments.
- Power wash boats and vehicles and where possible leave boats out of water for a period of a few days, if moving between catchments.
- Empty all bilge water from boats and engines before leaving a site.
- Do not transfer water or fish between catchments (check bye-laws regarding transfer of live fish).
- If using bait source it from local angling shops.
- Do not transfer any water in trailers or containers between catchments.
- Do not release any aquatic plants or plant material from a remote source into a water course.
- Limit the use of keep nets and prevent injury to fish and aquatic animals.
- Keep an eye out for IFI disinfection stations.

(Further information on biosecurity can be found at <http://www.fisheriesireland.ie/Biosecurity/biosecurity-for-boaters-and-anglers.html>)

Please observe our Country Code

- Seek permission from private landowners before crossing private lands or property. Normal access is over footbridges and stiles or where public access is provided.
- Do not park cars in fields, except where permission is granted and it is safe to do so.
- Anglers and other visitors are requested not to discard litter and to treat the area with respect.

Errors and Inaccuracies

Whilst every effort has been made to ensure that the information contained in this brochure is accurate, no responsibility will be accepted by Inland Fisheries Ireland for any errors or inaccuracies contained herein.

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Lough O'Flynn & Upper Suck Valley Angling Guide



Lough O'Flynn

Lough O'Flynn is a three hundred acre limestone lake which is situated 2km's (1.5 miles) north of Ballinlough village in West Roscommon. The village of Ballinlough is located on the N60 Castlereas to Ballyhaunis Road. There is good access to the lake at two locations both on the south/east shore – both locations are close to the old railway station at Willsborough.

The first access point is at the IFI offices, signposted in Ballinlough village. Take the first left after the railway bridge where there is a small boat harbour and boats for hire. Continue past the IFI offices to another access point at "The Pumphouse".

Angling is permissible by fly fishing, dapping, spinning and trolling under oars. The lake is one of IFI's managed trout lakes and an Inland Fisheries Ireland angling permit is required. Lough O'Flynn is for the most part a 'Put and Take' Brown Trout fishery with a number of wild trout landed each season. On average the trout are 1.25 lbs but some trout of up to 3 lbs have been recorded.

The lake has prolific hatches of duckfly, chironomids and lake olives. The mayfly and spent gnat fishing is as good as anywhere in Ireland with good fly activity on the lake annually. There is an enormous fall of daddies in August and dapping the daddy or grasshopper, which can be collected in the rushes around the lake shore, is almost guaranteed to produce a few trout at Lough O'Flynn. With the exception of the shallow northern end, the lake is fishable all over.

The best flies include, the sooty olive, March brown, Connemara black, mayfly patterns including spent gnat imitations, murrrough, green peter and daddy.

The lake has a stock of pike and pike anglers are welcome to fish the lake through the year provided they adhere to the pike bye laws and undertake trolling baits under oars only.

Fishing Permits available online at www.fishingireland.info

Permit Agents:

Breege Comer, Main Street, Ballinlough.
Tel: 086 0851371

Robert Flynn, Main Street, Castlereas.
Tel: 094 9620028

Boat Hire:

Boats are available for hire on Lough O'Flynn from Inland Fisheries Ireland.
Contact Breege Comer, Main Street, Ballinlough
Tel: 086 0851371.

Private Boat Hire:

Pat O'Gara, Carrick, Ballinlough Tel: 094 9640111



Rules & Regulations

Open Season: March 1st to October 12th

Species: Brown Trout averaging 1.25 lbs

Size Limit: 10 inches

Daily Bag Limit: 3 Trout

Angling Methods: Fly fishing, dapping, spinning and trolling under oars

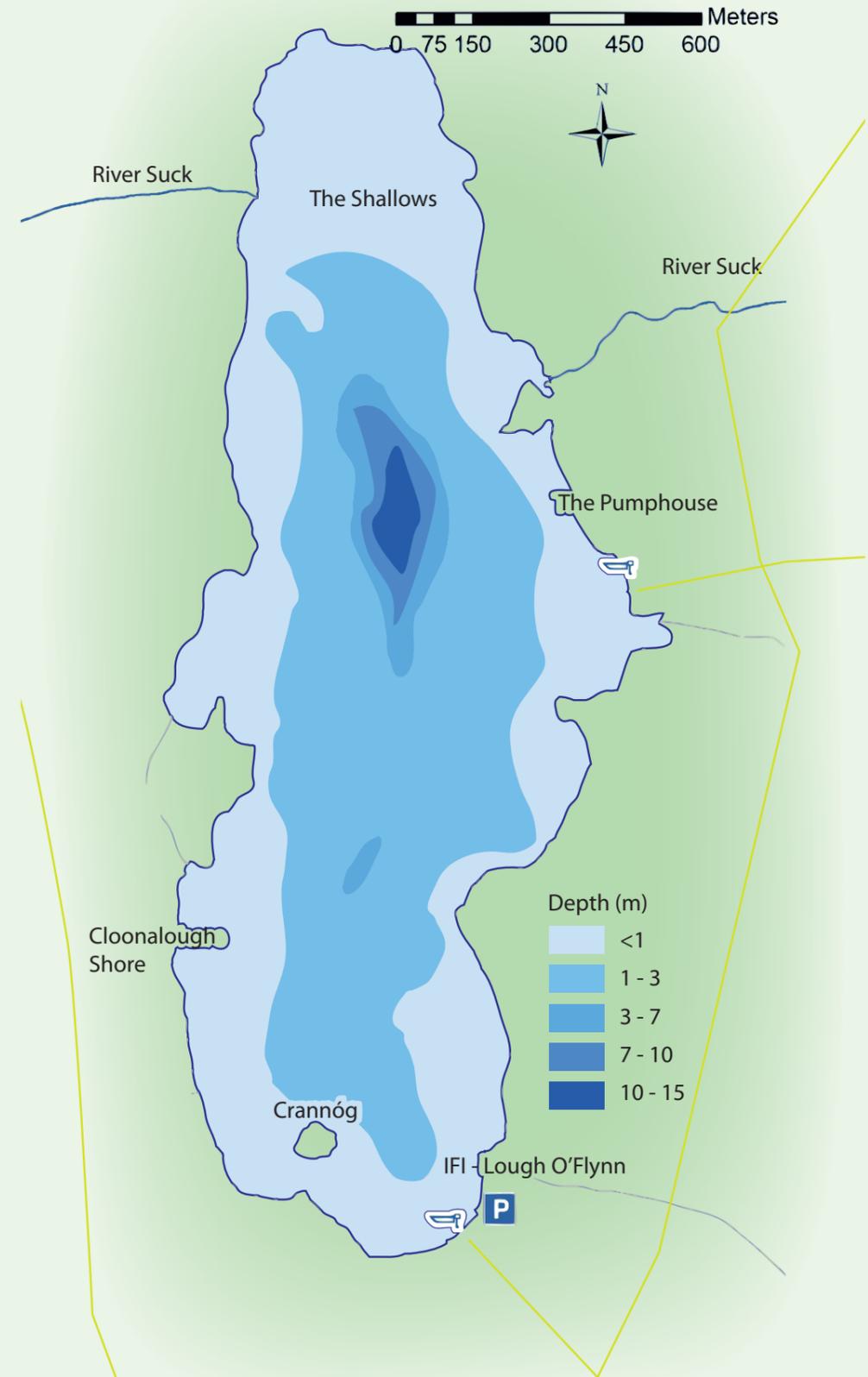
Pike Fishing: Permitted all year round subject to National Bye-Law Regulations (see overleaf).

Rates for 2012 are:	
Adult Annual	€40
Pensioner Annual	€20
Juvenile Annual	€15
Adult One Day	€12
Juvenile One Day	€2
Visitors 21 Day	€20

Anglers can only fish one rod per angler
Rods must not be left unattended.
All under sized fish must be returned to the water with as little injury as possible
The Management reserve the right to refuse and revoke a permit to anyone violating, these regulations or acting in a manner detrimental to the fishery, fishing or the surrounding countryside.
Anglers who are found to have acted in an 'unsporting manner' may have their permit revoked

Permission to Fish:

This fishery is part of Inland Fisheries Ireland's managed waters and anglers require a fishing permit to fish here. Lough O'Flynn and the River Suck Catchment System of lakes and rivers are covered by this fishing permit. You can purchase a fishing permit online using your credit card or laser card or at any local permit agents.



This map is not a navigation chart and should not be used as such.

Please use caution when boating on the lake.

Please show other anglers respect while fishing.

Always carry a mobile phone in case of emergency. If an emergency occurs, dial 112 or 999.

Make sure someone knows where you have gone and what time of your expected return.

Lifejackets are required to be worn by law.

