

Finn Lough



Know Before You Go Guide



Finn Lough is a luxury nature resort on the shores of Lower Lough Erne in Co Fermanagh. This guide will help you get ready for your stay.



To book your stay at Finn Lough you can either book online at <https://www.finnlough.com/>, email team@finnlough.com or call +44(0)2868380360.



There is free car parking at Finn Lough.



There is ramp access to our Main House Restaurant with wide, manual doors. There is also ramp access to our Shoreline Spa but there is steps into the water and hot tub. All other buildings have step access.



We do not have accessible accommodation, toilets, large print menus or hearing loops at Finn Lough.



Most paths are gravel throughout Finn Lough.



We welcome guide dogs at Finn Lough.



The Elements Trail Spa offers a quiet space to relax.



Sensory Tools in Nature



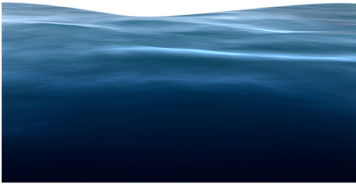
Finn Lough is surrounded by nature in a quiet countryside, with no traffic or light pollution. The perfect place to relax or explore.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



Listen to the lapping of the lough. This can help you relax.



Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Finn Lough has lots of space to explore your senses. You can look, listen, touch, move, and smell. Spending time in nature can help you feel good.



Eco Friendly



Finn Lough is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network.



Look out for the bug hotels, bird houses, and bat boxes around the property.



We like to encourage guests to connect with nature through low-impact activities such as walking, kayaking, wild swimming, yoga, and wellness experiences.



About Geoparks



Finn Lough is located in Cuilcagh Lakelands Geopark.



What is a Geopark? A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



Things To Do Nearby in Cuilcagh Lakelands Geopark



Castle Caldwell Forest – An ancient woodland forest with 3 scenic walking trails on the shores of Lower Lough Erne.



Castle Archdale Forest – A forest with 2 scenic walking trails on the shores of Lower Lough Erne and the remains of Castle Archdale.



Magho Cliffs – A hiking trail up to Lough Navar Forest, offering stunning views over Lower Lough Erne.

Photosymbols®

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to info@cuilcaghlakelands.org.