

WALKING HOLIDAY IRELAND

FROM
€635
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE BARROW WAY

BARROW WAY
5 DAYS

Three walking days along the most beautiful section of the Barrow Way, from Carlow's heritage streets through Leighlinbridge and Borris to the ancient ecclesiastical site at St. Mullins. Flat, unhurried river walking — gentle on the legs, generous to the eye.

DURATION	WALKING DAYS	DISTANCE	GRADE
5 days	**3**	**50.8 km**	**Gentle**
4 nights B&B	13 to 20 km each	about 100 m of ascent	

★★★★★ **5.0 / 5 · 4 walker reviews**

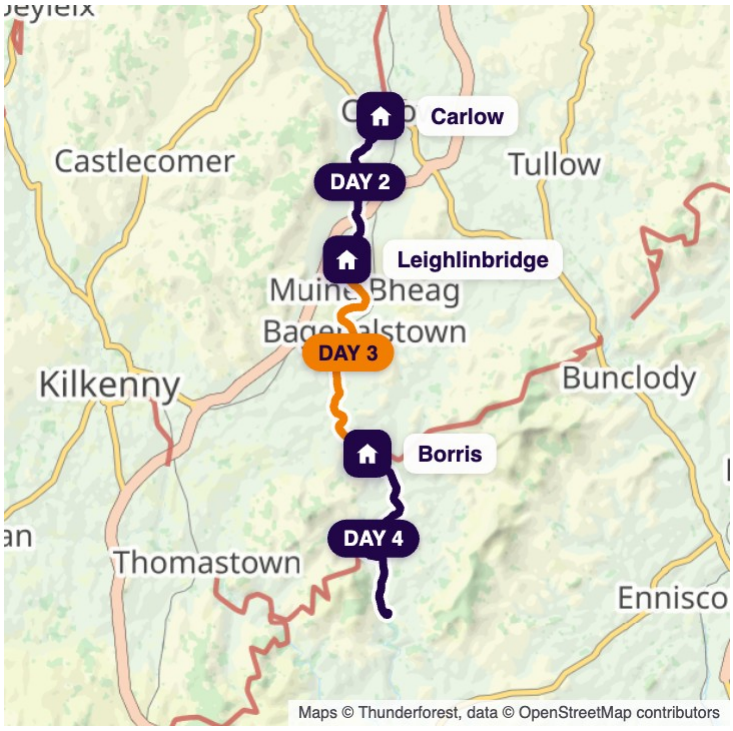
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-BW-5E

Your route at a glance

Three walking days along the most beautiful section of the Barrow Way, from Carlow's heritage streets through Leighlinbridge and Borris to the ancient ecclesiastical site at St. Mullins. Flat, unhurried river walking — gentle on the legs, generous to the eye.



Overnight · Days 2 and 4 · Day 3

DAY 1 — Arrival in Carlow
Make your way to Carlow town, where your Barrow Way holiday begins. Carlow is…

DAY 2 — Carlow to Leighlinbridge
13.2 km · 9 m ascent · Gentle

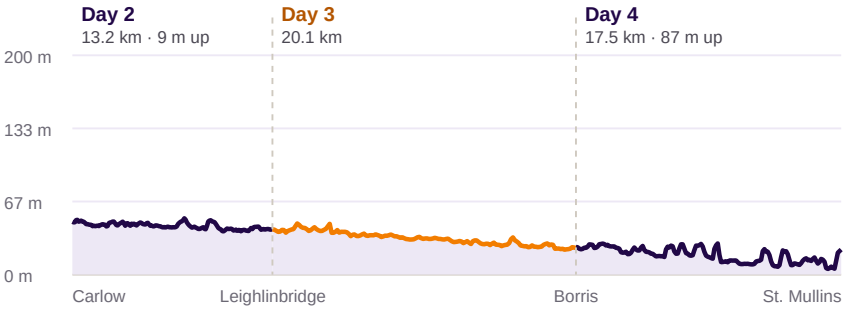
DAY 3 — Leighlinbridge to Borris
20.1 km · Moderate

DAY 4 — Borris to St. Mullins
17.5 km · 87 m ascent · Gentle

DAY 5 — Departure
A leisurely morning. A last full Irish breakfast. A last look at the river.

The whole walk in one line

50.8 km · 96 m of climbing over three days · from our GPS tracks



What's underfoot

Surface across the three walking days



Road and lane	6%
Footpath and trail	79%
Gravel and forest track	15%

The Sweet-Spot Length

Three walking days plus arrival and departure — long enough to feel properly immersed, short enough to fit a regular working calendar. You leave changed, not exhausted.

The Prettiest Section of the River

South of Carlow the Barrow is at its loveliest — narrowing wooded valleys, working locks at Clashganny and Ballytiglea, the sweeping bend at Goresbridge.

Three Real Irish Villages

Leighlinbridge, Borris and Graiguenamanagh — three places where the pub still has live music on a Saturday, the baker still uses a wood-fired oven, and you"re welcomed…

A Finish at St. Mullins

You end at one of Ireland"s oldest and most atmospheric ecclesiastical sites — 7th-century monastic ruins, a stump of round tower, and a graveyard that has been in…

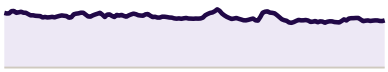
Day by day

Elevation, 0 to 200 m · Gentle · Moderate

1 **Arrival in Carlow.** Make your way to Carlow town, where your Barrow Way holiday begins. Carlow is a Norman heritage town with a great deal more to it than guidebooks let on. Settle in to your accommodation, get your gear ready, and spend the afternoon exploring.

Overnight Carlow

DAY 2



0 km 13.2 km

13.2 km · 9 m up · Gentle

Carlow to Leighlinbridge

Your first day on the trail, and a gentle one. Leave Carlow on the towpath and you are soon back in open country. The Barrow is broad and slow here, with herons in the shallows and the Blackstairs Mountains rising to the south. About 7 km in you reach Milford. Three elegant bridges cross the river beside the shell of an old mill. It is one of the prettiest spots on the whole route, and a perfect place for lunch. Tonight you stay in Leighlinbridge, one of the loveliest villages on the Barrow. The Valerian Bridge has carried traffic over the river since the 14th century. Beside it stand the ruins of the Black Castle. With…

Overnight Leighlinbridge

DAY 3



0 km 20.1 km

20.1 km · Moderate

Leighlinbridge to Borris

A longer day, but the towpath is flat and easy the whole way. Soon after leaving Leighlinbridge you pass through Bagenalstown, a quiet Georgian town on the river. It makes a good spot for a morning coffee. South of town the valley grows greener and closer. You pass the old stone bridge at Goresbridge, then Ballytiglea Bridge, where the towpath briefly joins the Leinster Way. Here you turn off the river for the final 2 km into Borris. Borris is a village to savour. It has a wide stone main street, the grand gates of Borris House and the Carlow hills rising behind. It is a fine evening to sit outside with a pint and feel the miles…

Overnight Borris

DAY 4



0 km 17.5 km

17.5 km · 87 m up · Gentle

Borris to St. Mullins

Your final walking day, and one of the loveliest of the route. South of Borris the valley narrows and the wooded hillsides close in around the river — this is the section many guests remember most clearly. You finish at St. Mullins, one of Ireland"s oldest and most atmospheric ecclesiastical settlements. Founded by St Moling in the 7th century, it sits where the Barrow meets the Duiske, surrounded by monastic ruins, a stump of round tower, and a graveyard that has been in continuous use for over 1,400 years. The peace here is real. You"ll feel it.

Overnight Graiguenamanagh / St. Mullins

5 **Departure.** A leisurely morning. A last full Irish breakfast. A last look at the river. Make your way onward — Dublin Airport is around 1 hour 45 minutes by road, and Kilkenny is just 40 minutes away if you fancy adding a night in one of Ireland"s prettiest medieval cities before heading home.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

13 to 20 km	96	3
a day	m of climbing in total	walking days

Anyone who wants a proper walking holiday but only has a working week to give it. Five days is realistic, achievable, and deeply rewarding. Three walking days at 13–20 km on flat ground gives you a genuine sense of accomplishment without the back-to-back fatigue of mountain weeks. First-time walking-holiday guests, returning walkers, and anyone with knees that don't love descents. The towpath is flat the whole way — no climbs, no scrambling, no sharp descents to hammer your joints.



INCLUDED

- ✓ **Accommodation.** 4 nights in en-suite B&B or guesthouse rooms
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Luggage Transfer.** Daily door-to-door transfer of your main bag
- ✓ **Navigation.** Personalised digital itinerary and route app for your smartphone that keeps you on the trail at…
- ✓ **Pre-Departure Pack.** Information pack 3 weeks before you travel
- ✓ **Support.** 24/7 emergency support line for the duration of your trip

NOT INCLUDED

- ✗ **Flights.** Travel to Ireland is not included
- ✗ **Insurance.** You will need travel and walking holiday insurance
- ✗ **Meals.** Lunches and dinners (we'll happily recommend pubs, restaurants and bakeries en route)
- ✗ **Packed Lunches.** Easily arranged with your B&B or picked up at village shops along the way

Want to walk further?

6 days to Graiguenamanagh / St. Mullins from €750 · 7 days to Graiguenamanagh / St. Mullins from €855 · 8 days to Graiguenamanagh / St. Mullins from €985

FROM

€635

per person sharing

Single room supplement applies. See the website for current rates.

How booking works

1. Tell us your dates and how many walkers. We check the B&Bs.
2. A 25% deposit holds your places; the balance is due before you travel.
3. Your travel pack arrives 14 days before departure.

Check dates and book

info@walkingholidayireland.com · +353 42 932 3396

Scan for live dates

Cliff & Louise · Family-run since 2012 · We walk our routes. We answer the phone.

★★★★★ 5.0 / 5 · 4 reviews