



# Barrow Way Walking Holiday — 6 Days (Moderate)

Athy to St. Mullins — four flat, unhurried days following the Barrow downstream

DURATION

**6 days**

WALKING DAYS

**4**

TOTAL DISTANCE

**73.1 km**

GRADE

**Moderate**

From

**€750**

per person

Book or enquire at

[walkingholidayireland.com/walking-tours](http://walkingholidayireland.com/walking-tours)

[See website for current rates](#)

## About This Tour

Four walking days along the gentlest, prettiest stretch of the Barrow Way, starting in heritage Athy and finishing at the ancient monastic site of St. Mullins. Flat towpath walking, Georgian river towns, woodland and meadow — a soft introduction to long-distance walking in Ireland.

## Tour Highlights

- **The Whole Lower Barrow**

Athy in the morning, St. Mullins on the fourth walking day. Four full days of riverside walking through every town that matters on the lower river — no rushing, no skipping the best parts.

- **Heritage Town Starts and Finishes**

Begin in 13th-century Athy with its Norman castle and Dominican church. End in 7th-century St. Mullins with its monastic ruins and round tower stump. A thousand years of Irish history under your feet.

- **Four Genuine Country Villages**

Athy, Carlow, Bagenalstown, Borris — each with its own pub, bakery, character. We've picked the B&Bs personally and dinner is always within five minutes' walk.

- **Flat, Forgiving Walking**

Four days at 16–20 km on a level towpath. No climbs, no scrambling, no descent damage. The route is welcoming to anyone with reasonable fitness, regardless of age.

## Who Is It For?

Walkers who want a full long-distance trail experience without the longer commitment.

Six days, four walking days, the whole lower Barrow from Athy to St. Mullins. It's long enough to feel properly immersed in the river — you'll know the names of the bridges by the third day — but short enough to leave the rest of your week intact.

Couples and friends looking for a gentle, sociable walk.

The pace is forgiving and the towns along the way have good pubs, good food, and pleasantly walkable centres for the evenings. Many guests come as twos or fours; the towpath is wide enough to walk side-by-side and chat the whole way.

People who don't love climbs.

If your knees object to descents, or you're just past your hill-walking years, this is the route.

## Day-by-Day Itinerary

DAY  
1

### Arrival in Athy

Overnight: Athy

Make your way to Athy, where your Barrow Way holiday begins. Athy is a fine Anglo-Norman heritage town established in the 13th century to control the river crossing — its castle, Dominican church and excellent heritage centre tell that story well.

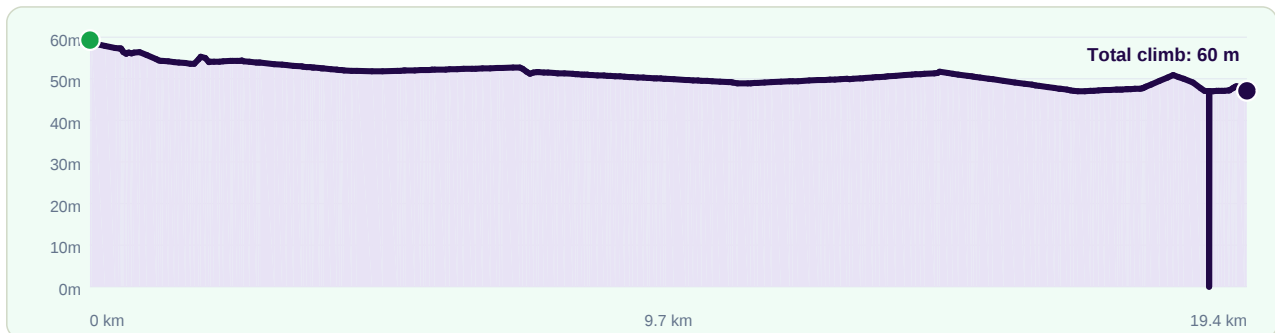
Settle in to your accommodation, take a stroll down to the riverside, and enjoy a relaxed dinner. Tomorrow you start walking.

DAY  
2

### Athy to Carlow

Walk: BW 3 Athy to Carlow (19.4 km) · Overnight: Carlow

**ROUTE** 19.4 km · 60 m ascent · Moderate · Athy to Carlow



Your first full day on the trail. Leaving Athy you join the river properly — the canal towpath gives way to the riverbank, and the character of the walk shifts. The Barrow widens and slows here, flanked by reeds and willows, the occasional fisherman's tent on the far bank.

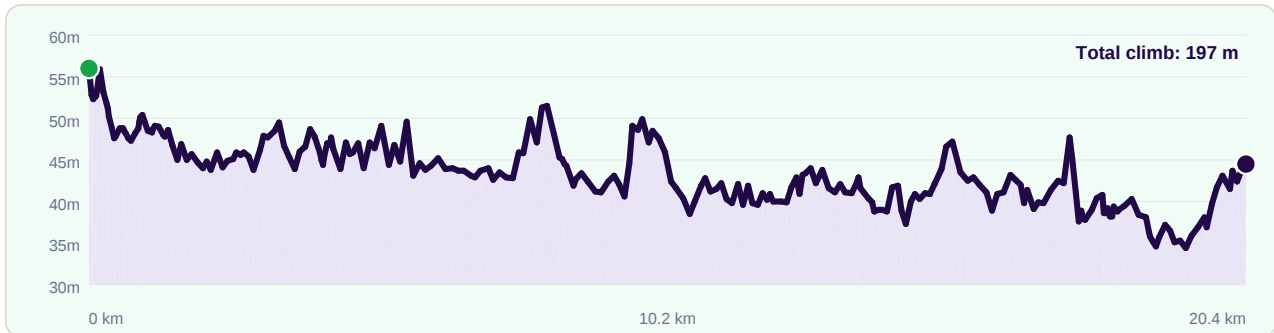
You'll pass old mills and traditional lifting bridges, each a small piece of industrial history. Carlow is the largest town on the Barrow, and arriving on foot along the riverside feels like the right way to come in. Carlow Castle is remarkably intact considering its age, and the cathedral is well worth a visit before dinner.

DAY

3

## Carlow to Bagenalstown

Walk: BW Carlow to Bagenalstown (20.4 km) · Overnight: Bagenalstown

**ROUTE** 20.4 km · 223 m ascent · Moderate · Carlow to Bagenalstown


Out of Carlow on the towpath and back into the rhythm of the river. About 7 km south of town you reach Milford — three elegant bridges over the Barrow beside the shell of an old mill, surrounded by woodland. One of the most photographed spots on the whole route, and a perfect place to stop for lunch.

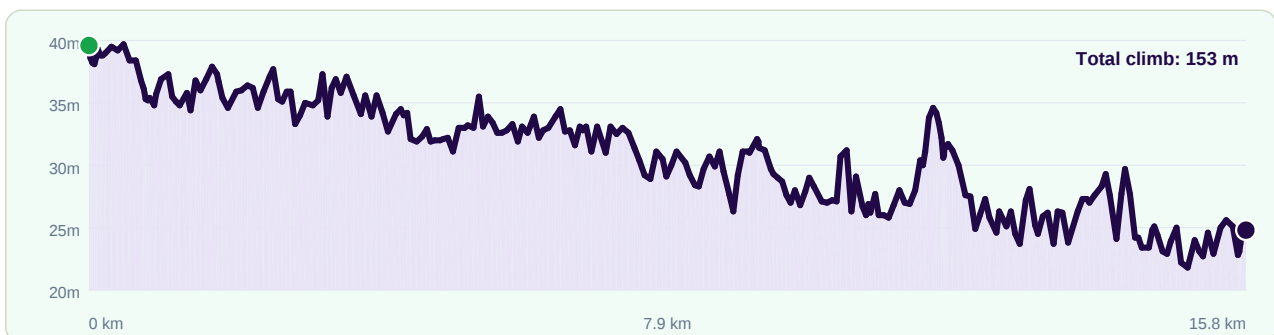
The walking continues south through pastoral country to Bagenalstown — locally Muinebheag — a quiet Georgian village with good food and a warm welcome.

DAY

4

## Bagenalstown to Borris

Walk: BW Bagenalstown to Borris (15.8 km) · Overnight: Borris

**ROUTE** 15.8 km · 156 m ascent · Easy · Bagenalstown to Borris


A slightly shorter day, which means time to linger. The towpath here briefly joins the Leinster Way, Ireland's second-longest waymarked trail. Near Ballytiglea Bridge you turn off the river for the final 2 km into Borris.

Borris is a village to savour — a wide stone-built main street, the grand gates of Borris House at the far end, rolling Carlow hills rising behind. It has a quietness that feels deliberate rather than sleepy.

DAY

5

## Borris to St. Mullins

Walk: BW Borris to St Mullins (17.5 km) · Overnight: Graiguenamanagh / St. Mullins

**ROUTE** 17.5 km · 318 m ascent · Moderate · Borris to St. Mullins



Your final walking day, and one of the loveliest. South of Borris the valley narrows and the wooded hillsides close in on both sides of the river — this is the section 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 round tower stump and a graveyard in continuous use for over 1,400 years. The peace here is real.

Tonight you stay just upstream in Graiguenamanagh — a handsome stone-built town where Duiske Abbey still stands complete on the main street, one of the finest Cistercian abbey churches in Ireland. A good final evening: river, abbey, a proper meal, and the satisfaction of the miles behind you.

DAY

6

## 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.

## Ready to Walk Ireland?

Every tour is self-guided with hand-picked accommodation, daily luggage transfer, detailed route notes and GPX files, plus our personal local support throughout your walk. Dates and group sizes are flexible — just ask.

### What's Included

- ✓ Accommodation: Welcoming en-suite B&B rooms
- ✓ Breakfast: Full Irish breakfast every morning
- ✓ Luggage Transfer: Daily transfer of your main bag between accommodations
- ✓ Personalised Itinerary and route app for your smart phone that keeps you on the trail at all times.
- ✓ Support: 24/7 emergency support throughout your holiday
- ✓ Pre-Departure Pack: Information pack sent before you travel, so you know exactly what to expect

### Not Included

- ✗ Flights: Travel to Ireland is not included
- ✗ Insurance: You'll need travel and walking holiday insurance
- ✗ Meals: Lunches and dinners are not included (though we'll recommend great local spots)



### Get in touch

Email: [info@walkingholidayireland.com](mailto:info@walkingholidayireland.com)

Web: [walkingholidayireland.com](http://walkingholidayireland.com)

This tour: [walkingholidayireland.com/walking-tours/barrow-way-SAE-BW-6M](http://walkingholidayireland.com/walking-tours/barrow-way-SAE-BW-6M)

FROM

**€750**

per person

See website for current rates