

WALKING HOLIDAY IRELAND

FROM
€750
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE BARROW WAY

BARROW WAY
6 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
6 days	**4**	**70.2 km**	**Moderate**
5 nights B&B	13 to 20 km each	about 760 m of ascent	

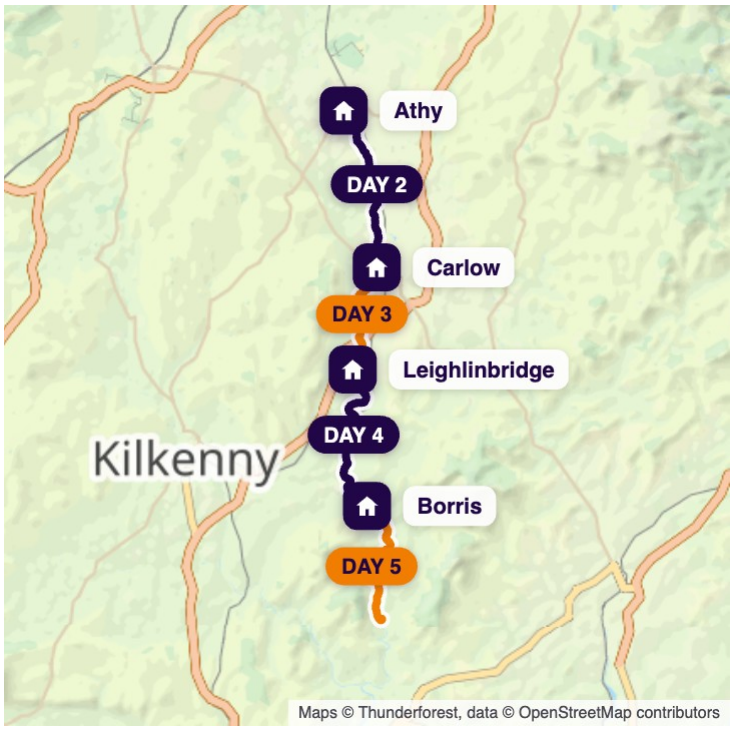
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-BW-6M

Your route at a glance

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.



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

DAY 2 — Athy to Carlow
19.4 km · Gentle

DAY 3 — Carlow to Leighlinbridge
13.2 km · 9 m ascent · Gentle

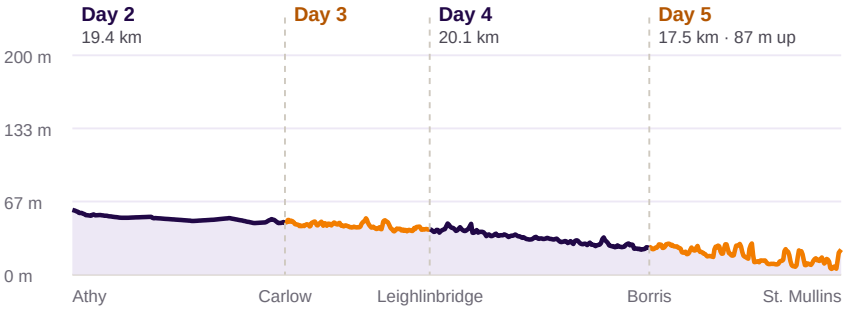
DAY 4 — Leighlinbridge to Borris
20.1 km · Moderate

DAY 5 — Borris to St. Mullins
17.5 km · 87 m ascent · Gentle

DAY 6 — Departure
A leisurely morning. A last full Irish breakfast. A last look at the river.

The whole walk in one line

70.2 km · 757 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



Road and lane	10%
Footpath and trail	79%
Gravel and forest track	11%

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…

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.

Four Genuine Country Villages

Athy, Carlow, Leighlinbridge, 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 13–20 km on a level towpath. No climbs, no scrambling, no descent damage. The route is welcoming to anyone with reasonable fitness, regardless of age.

Day by day

Elevation, 0 to 200 m · Gentle · Moderate

1 **Arrival in 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. **Overnight Athy**

DAY 2



19.4 km · Gentle

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.

Overnight Carlow

DAY 3



13.2 km · 9 m up · Gentle

Carlow to Leighlinbridge

A short, gentle day on the river. 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 a short day behind you, there is time to sit by the water and enjoy it.

Overnight Leighlinbridge

DAY 4



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 in your legs.

Overnight Borris

DAY 5



17.5 km | 87 m up | Gentle

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.

Overnight Graiguenamanagh / St. Mullins

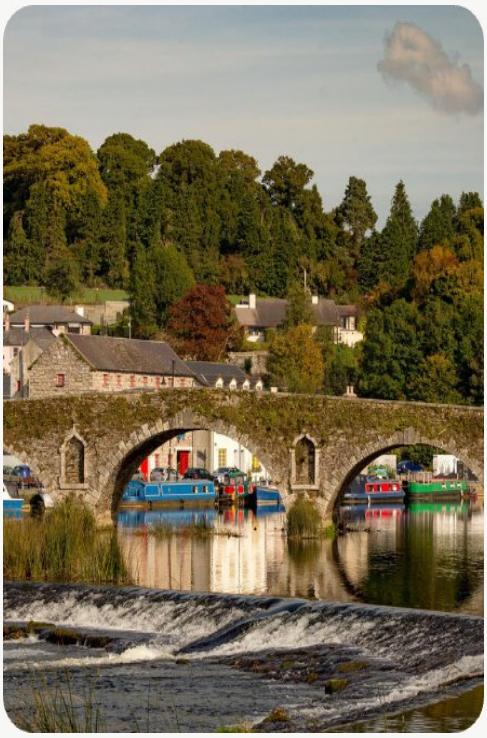
6 **Departure.** A leisurely morning. A last full Irish breakfast. A last look at the river. Make your way onward — Dublin Airport is around 1 hour 45 minutes by road, and Kilkenny is just 40 minutes away if you fancy adding a night in one of Ireland''s prettiest medieval cities before heading home.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

13 to 20 km	757	4
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 5 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?
7 days to Graiguenamanagh / St. Mullins from €855 · 8 days to Graiguenamanagh / St. Mullins from €985

FROM

€750

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

Scan for live dates

info@walkingholidayireland.com · +353 42 932 3396

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