



Barrow Way Walking Holiday — 7 Days (Moderate)

Kildare to St. Mullins — five flat days down Ireland's most peaceful river valley

DURATION

7 days

WALKING DAYS

5

TOTAL DISTANCE

95.6 km

GRADE

Moderate

From

€855

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Five walking days down the Barrow, from Monasterevin and the heritage town of Athy through Carlow, Bagenalstown and Borris to the ancient monastic site at St. Mullins. Flat towpath walking, Georgian river towns, and woodland in equal measure — gentle on the legs, generous to the eye.

Tour Highlights

- **The Full Working Barrow**

Five walking days from where the Grand Canal meets the river at Monasterevin all the way to where the river meets the tide at St. Mullins. Every important section, every working lock, every river town.

- **A Heritage-Town Start in Kildare**

Begin in Ireland's ancient horse country — Kildare town, the Curragh, the Japanese Gardens, the Irish National Stud all within easy reach. A proper introduction to Ireland's Ancient East before the walking begins.

- **Five Riverside Villages, Five Real Welcomes**

Athy, Carlow, Bagenalstown, Borris, Graiguenamanagh — five hand-picked overnights with B&B owners who've been hosting our walkers for years. Warm rooms, full Irish breakfasts, and proper local advice.

- **Flat the Whole Way**

Five walking days at 16–22.5 km on level towpath. The Barrow Way is one of Ireland's most welcoming long-distance trails — no climbs, no descents, no excuses needed if you haven't walked seriously in years.

Who Is It For?

Walkers who want the full Barrow at a relaxed pace.

Five walking days at 16–22.5 km gives you the entire working river — Monasterevin to St. Mullins — without the additional Lowtown section of the 8-day. It's the most popular Barrow option for a reason: full experience, sensible length.

Couples or friends planning a proper week away.

Seven days lets you arrive without rushing, take an afternoon to explore Kildare town, walk five proper days, and have a leisurely departure morning at the end.

Day-by-Day Itinerary

DAY
1

Arrival in Kildare Town

Overnight: Kildare Town

Make your way to Kildare town, where your walking holiday begins. Kildare is a beautiful introduction to Ireland's Ancient East — home to the famous Curragh racecourse, the Japanese Gardens, and the Irish National Stud, all within easy reach.

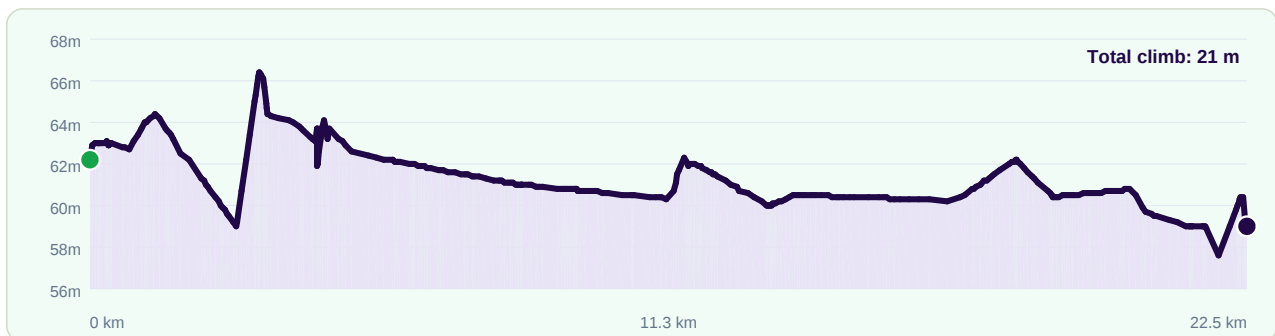
Settle in to your accommodation, get your gear ready, and enjoy a relaxed dinner. Tomorrow, the Barrow begins.

DAY
2

Monasterevin to Athy

Walk: BW 2 Monasterevin to Athy (22.5 km) · Overnight: Athy

ROUTE 22.5 km · 21 m ascent · Moderate · Monasterevin to Athy



After breakfast we transfer you the short distance to Monasterevin — where the Grand Canal meets the River Barrow — and you set off south along the towpath to the heritage town of Athy.

The walking is flat and rhythmic — you'll see the dramatic ruins of the Rock of Dunamase rising from the plains to your east, and on a clear day the Wicklow Mountains in the distance. The countryside here feels unspoilt and calm. You'll pass lifting bridges, old lock-keeper's cottages, and the occasional narrowboat moored for the season.

Athy itself is worth exploring — an Anglo-Norman town established in the 13th century to control the river crossing, with its castle, Dominican church and excellent heritage centre.

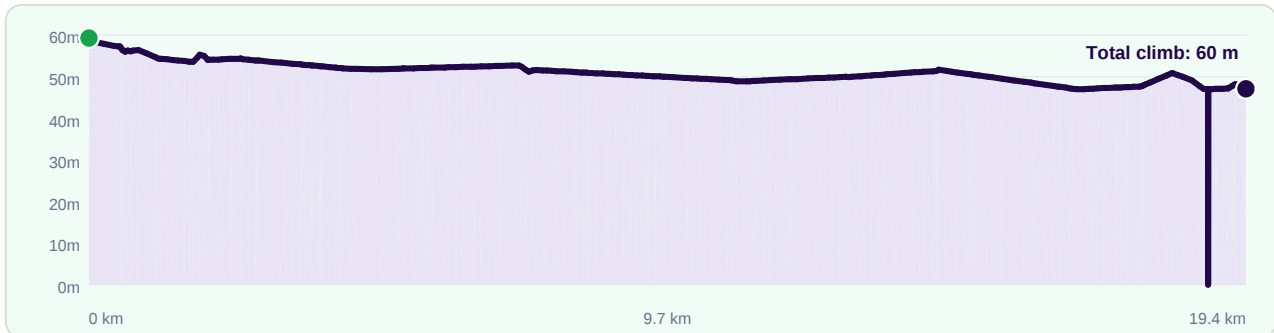
DAY

3

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



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.

You'll pass old mills and traditional lifting bridges along the way, 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 — well worth a visit, along with the cathedral, before dinner.

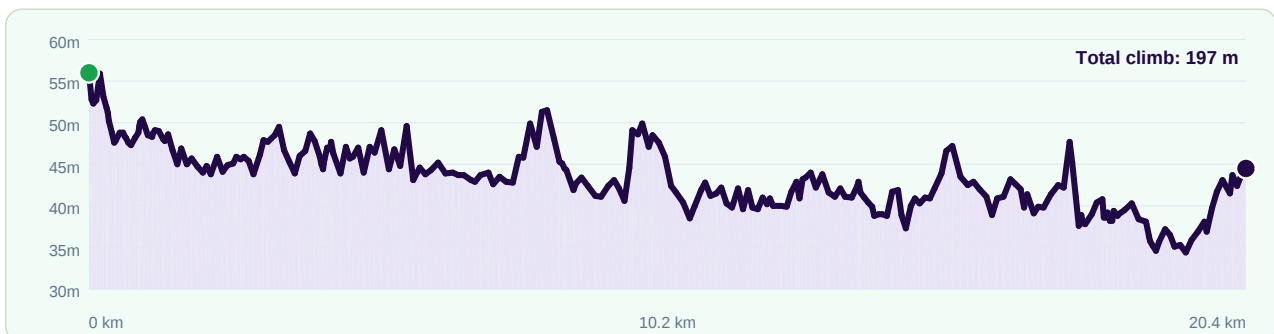
DAY

4

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 prettiest spots on the route, and a perfect place to stop for lunch.

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

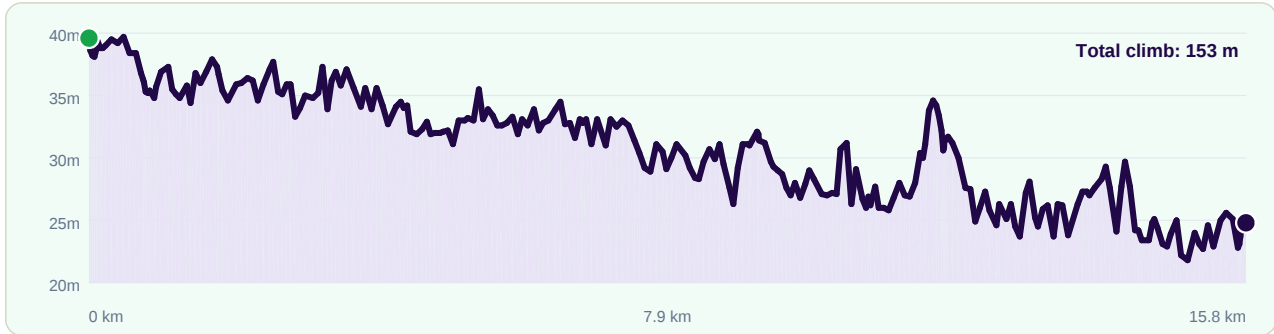
DAY

5

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

6

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 that has been 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

7

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

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/barrow-way-SAE-BW-7M

FROM

€855

per person

See website for current rates