WALKING HOLIDAY IRELAND

FROM
€855
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE BARROW WAY

BARROW WAY
7 DAYS

Five walking days down the Barrow, from Monasterevin and the heritage town of Athy through Carlow, Leighlinbridge and Borris to the ancient monastic site at St. Mullins.

DURATION	WALKING DAYS	DISTANCE	GRADE
7 days	**5**	**92.7 km**	**Moderate**
6 nights B&B	13 to 23 km each	about 780 m of ascent	

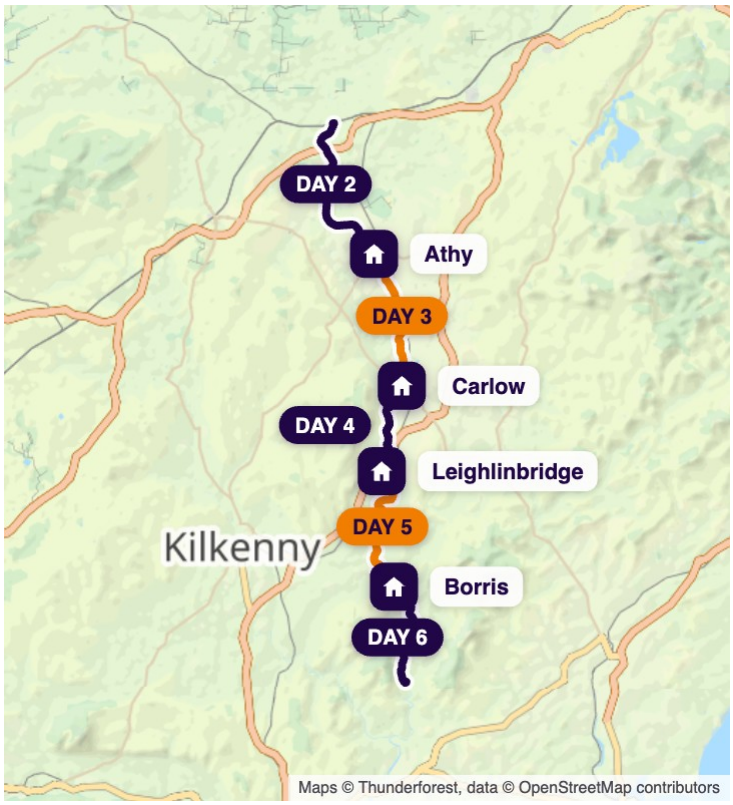
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-BW-7M

Your route at a glance

Five walking days down the Barrow, from Monasterevin and the heritage town of Athy through Carlow, Leighlinbridge 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.



Overnight · Days 2, 4 and 6 · Days 3 and 5

DAY 1 — Arrival in Kildare Town
Make your way to Kildare town, where…

DAY 2 — Monasterevin to Athy
22.5 km · Moderate

DAY 3 — Athy to Carlow
19.4 km · Gentle

DAY 4 — Carlow to Leighlinbridge
13.2 km · 9 m ascent · Gentle

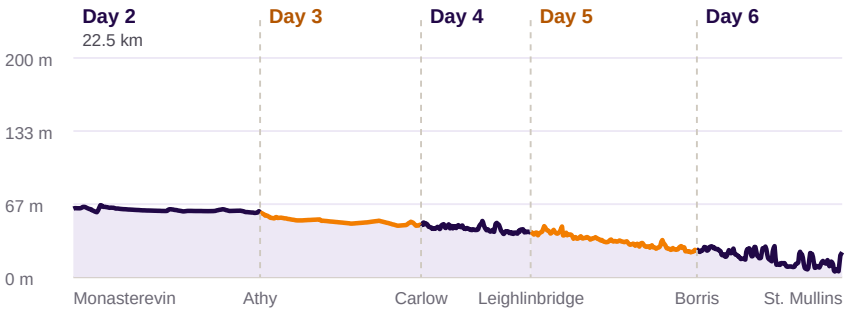
DAY 5 — Leighlinbridge to Borris
20.1 km · Moderate

DAY 6 — Borris to St. Mullins
17.5 km · 87 m ascent · Gentle

DAY 7 — Departure
A leisurely morning. A last full Irish…

The whole walk in one line

92.7 km · 778 m of climbing over five days · from our GPS tracks



What's underfoot

Surface across the five walking days



Road and lane	10%
Footpath and trail	60%
Gravel and forest track	30%

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…

A Heritage-Town Start in Kildare

Begin in Ireland"s ancient horse country — Kildare town, the Curragh, the Japanese…

Five Riverside Villages, Five Real Welcomes

Athy, Carlow, Leighlinbridge, Borris, Graiguenamanagh — five hand-picked overnights with…

Flat the Whole Way

Five walking days at 13–22.5 km on level towpath. The Barrow Way is one of Ireland"s most welcoming long-distance trails…

Day by day

Elevation, 0 to 200 m · Moderate · Gentle

1 **Arrival in 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…

Overnight Kildare Town

DAY 2

22.5 km · 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.

Overnight Athy

DAY 3



19.4 km · Gentle

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.

Overnight Carlow

DAY 4



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 5



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 6



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 that has been in continuous use for over 1,400 years. The peace here is real.

Overnight Graiguenamanagh / St. Mullins

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.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

13 to 23 km	778	5
a day	m of climbing in total	walking days

Walkers who want the full Barrow at a relaxed pace. Five walking days at 13–22.5 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.



INCLUDED

- ✓ **Accommodation.** 6 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
- ✓ **Day-2 Transfer.** Private transfer from Kildare town to the trailhead at Monasterevin
- ✓ **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?
8 days to Graiguenamanagh / St. Mullins from €985

FROM

€855

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

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