

SELF-GUIDED WALKING HOLIDAY · THE BARROW WAY

BARROW WAY

8 DAYS

Walk the full length of the Barrow Way over six unhurried walking days, from Lowtown on the Grand Canal all the way south to the ancient monastic site at St. Mullins.

DURATION

8 days

7 nights B&B

WALKING DAYS

6

13 to 23 km each

DISTANCE

114.2 km

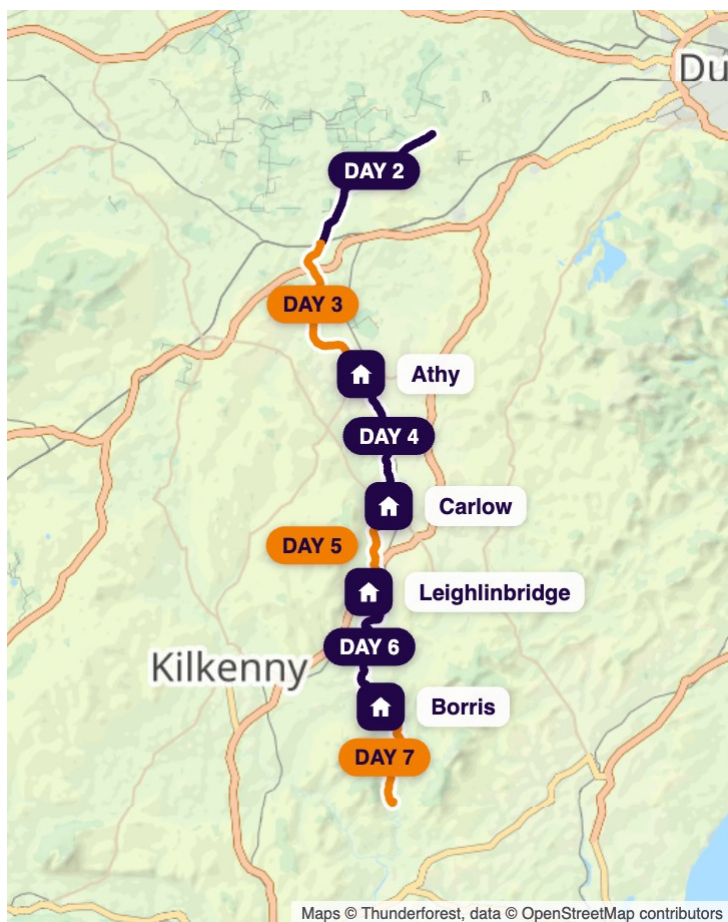
about 840 m of ascent

GRADE

● **Moderate**

Your route at a glance

Walk the full length of the Barrow Way over six unhurried walking days, from Lowtown on the Grand Canal all the way south to the ancient monastic site at St. Mullins. Flat towpath walking, Georgian river towns, woodland and meadow throughout — the most peaceful long-distance walk in Ireland.



 Overnight  Days 2, 4 and 6  Days 3, 5 and 7

DAY 1 **Arrival in Kildare Town**
Make your way to Kildare town, where your walking holiday begins. Kildare is a...

DAY 2 **Lowtown to Monasterevin**
21.5 km · Moderate · back to Kildare Town for the night

DAY 3 **Monasterevin to Athy**
22.5 km · Moderate

DAY 4 **Athy to Carlow**
19.4 km · Gentle

DAY 5 **Carlow to Leighlinbridge**
13.2 km · 9 m ascent · Gentle

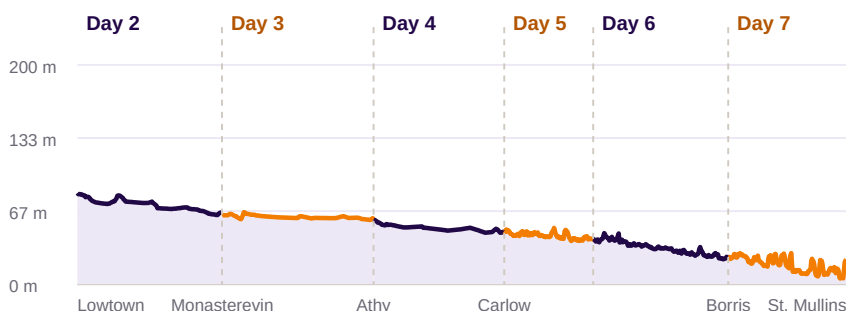
DAY 6 **Leighlinbridge to Borris**
20.1 km · Moderate

DAY 7 **Borris to St. Mullins**
17.5 km · 87 m ascent · Gentle

DAY 8 **Departure**
A leisurely morning. A last full Irish breakfast. A last look at the river.

The whole walk in one line

114.2 km · 844 m of climbing over six days · from our GPS tracks



What's underfoot

Surface across the six walking days



 Road and lane 14%
 Footpath and trail 49%
 Gravel and forest track 37%

Day by day

— Elevation, 0 to 200 m ● Moderate ● Gentle

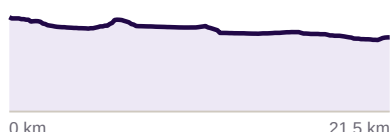
1

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



21.5 km

● Moderate

Lowtown to Monasterevin

An easy first walking day. After breakfast we transfer you the short distance to Lowtown — where the Grand Canal branches south for the Barrow Line — and you set off through quiet canal country to Monasterevin. This is a flat, contemplative day along the towpath: lifting bridges, lock-keeper's cottages, swans on the still water. Monasterevin itself is sometimes called "the Venice of Ireland" for the way the canal, the Barrow and the railway weave through it on aqueducts and bridges. From Monasterevin we collect you and bring you back to Kildare for a second night.

Overnight Kildare Town · back to Kildare Town for the night

DAY

3



22.5 km

● Moderate

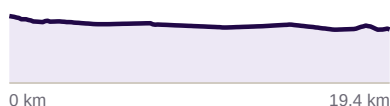
Monasterevin to Athy

Back to Monasterevin after breakfast — where the Grand Canal meets the River Barrow — and on along the towpath south to the heritage town of Athy. The walking is flat and rhythmic. Early on, 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.

Overnight Athy

DAY

4



19.4 km

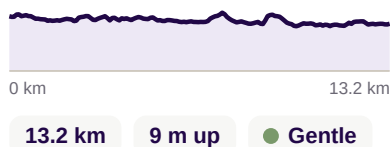
● Gentle

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. 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 5

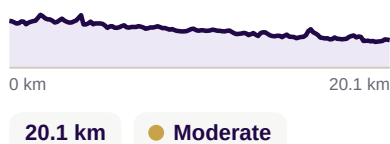


Carlow to Leighlinbridge

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 6

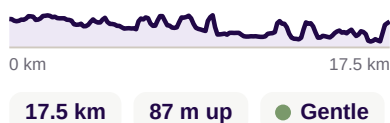


Leighlinbridge to Borris

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 7



Borris to St. Mullins

Your final walking day, and one of the loveliest of the whole route. 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. You'll feel it.

Overnight Graiguenamanagh / St. Mullins

8

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

a day

844

m of climbing in total

6

walking days

Walkers who want a real long-distance trail experience without mountain punishment. Six walking days at 13–22.5 km on flat ground gives you a genuine long-distance achievement — over 117 km from canal to tidal river — without the joint damage of mountain weeks. The Barrow rewards persistence rather than fitness extremes. Older walkers, returning walkers, anyone with knees that don't love climbs. This is the trip you can do at 70 and still feel proud at the end.



INCLUDED

- ✓ **Accommodation.** 7 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
- ✓ **Trail Transfers.** Day 2 — transfer to Lowtown trailhead, walk to Monasterevin, return to Kildare; Day 3...
- ✓ **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

FROM

€985

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 · 3 reviews