

5 day Barrow Way tour

Gentle 5 day Barrow Way Tour along Ireland's tranquil Barrow towpath

DURATION

5 days

WALKING DAYS

3

TOTAL DISTANCE

53.7 km

GRADE

Moderate

From

€639

per person

Book or enquire at

walkingholidayireland.com/tours/barrow-way-sae-b...

[See website for current rates](#)

About This Tour

Experience the scenic highlights of the Barrow Way in just five days. This short-break walking holiday captures the most spectacular section — from heritage-rich Carlow through pastoral river country to the magical ancient settlement at St. Mullins.

Tour Highlights

- **The Perfect Length**
Five days is the sweet spot. Long enough to feel genuinely immersed in the walk, short enough to fit into any schedule. You'll leave feeling transformed, not depleted.
- **Walk Through Layers of History**
Start in Carlow with its Norman castle and soaring cathedral, then gradually move backward in time toward St. Mullins — an ancient ecclesiastical settlement that feels almost...
- **Completely Flat, Beginner-Friendly Walking**
Every single day follows the river at a gentle pace. No steep climbs, no scrambling. Whether you're new to walking or returning after years away, this route welcomes you.
- **St. Mullins, A Magical Finale**
The walk culminates at one of Ireland's most sacred ancient sites. Monastic ruins, peaceful riverside setting, sense of deep history. It's the perfect ending to your journey.

Who Is It For?

Anyone who wants a proper walking holiday but doesn't have weeks to spare.

Five days is realistic, achievable, and deeply rewarding. You'll walk 15–22 kilometres per day on flat terrain—enough to feel a genuine sense of accomplishment without the exhaustion of back-to-back mountain days.

Beginners, older walkers, and anyone recovering from injury or illness.

This is genuinely the simplest option. We've designed it specifically so that walkers of any fitness level can succeed. The towpath is predictable, the hills are non-existent, and your legs will thank you every night.

People who are looking for authentic Ireland.

This trip isn't a tour-bus route. You won't queue at overcrowded attractions. Instead, you'll find village shops where the owner remembers your name, pubs where...

Day-by-Day Itinerary

DAY

1

Arrival in Carlow Town

Overnight: Carlow

Carlow is your starting point — a heritage market town that's far more intriguing than guidebooks suggest. Your accommodation is arranged, and you'll have the afternoon and evening to explore.

Visit Carlow Castle, a Norman stronghold that commands the town skyline. Walk across to the cathedral – its soaring interior is surprisingly moving. In the evening, perhaps explore the town's quiet streets, pop into a local pub, and meet your fellow walkers.

Browneshill Dolmen, Europe's largest portal tomb at 5,000 years old, is just outside town if you fancy an extra walk.

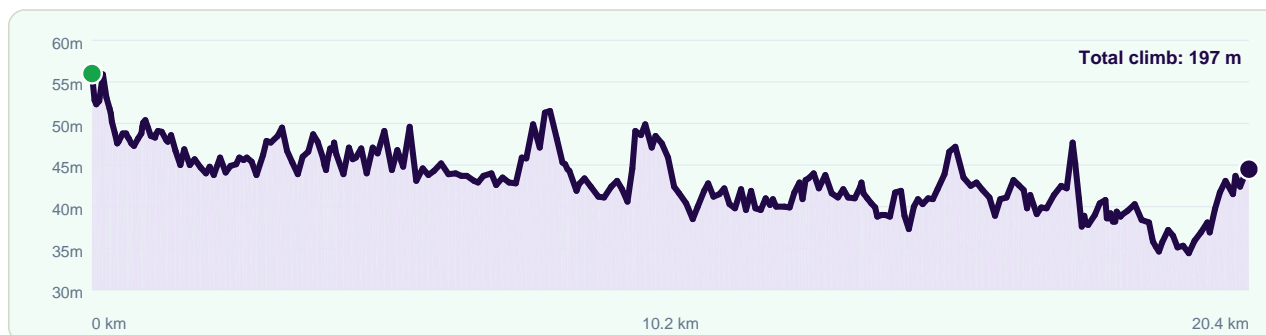
DAY

2

From Carlow to Bagenalstown

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

ROUTE 20.4 km • 223 m ascent • Moderate • Carlow to Bagenalstown



Your first full walking day. Leave the town behind and settle into the rhythm of the river. The route is entirely flat, following the towpath through pastoral countryside. You'll pass through the Milford area, where three elegant bridges span the Barrow – each with its own story.

The landscape gradually reveals itself: green fields, tree-lined banks, the occasional mill house. Bagenalstown appears like a small, elegant Georgian secret. Its stone cottages and quiet streets are perfect for an evening stroll and dinner.

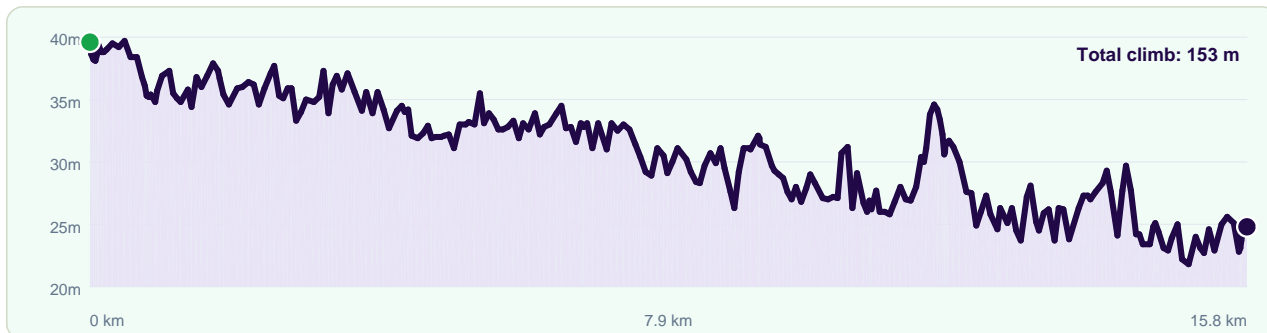
DAY

3

From Bagenalstown to Borris

Walk: BW Bagenalstown to Borris (15.8 km)

ROUTE 15.8 km • 156 m ascent • Easy • Bagenalstown to Borris



A slightly shorter day — which means you can take your time, pause for photographs, and really absorb the scenery. The route continues south, moving deeper into the valley's quieter reaches. You'll pass historic sites (the route connects with the Leinster Way), cross more bridges, and gradually feel the modern world dropping away.

Borris is a gem — a village that hasn't changed much in a century. Stone walls, rolling hills beyond, and genuine Irish hospitality. Spend your evening exploring its quiet streets.

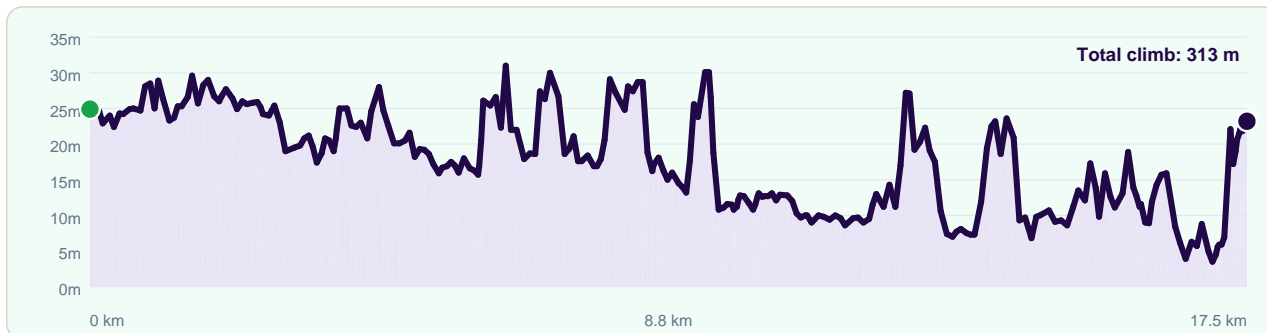
DAY

4

Borris to St. Mullins

Walk: BW Borris to St Mullins (17.5 km) • Overnight: Graiguenamanagh

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



Your final walking day takes you to one of Ireland's most magical sites. St. Mullins is an ancient ecclesiastical settlement clinging to the riverbank where the Barrow meets the Duiske River. Monastic ruins scatter across the landscape.

The atmosphere is quietly spiritual — not in a religious sense necessarily, but in the way that old, sacred places carry an inexplicable weight of history. You'll understand why people have gathered here for 1,500 years. The walk itself follows the river closely, and the anticipation builds as you approach.

DAY

5

Departure from Graiguenamanagh

A gentle farewell. Have breakfast, take a final walk along the river if you wish, and reflect on your four days. The van will collect you for transfer, giving you time to say goodbye to this beautiful corner of Ireland.

What Our Walkers Say

The walk on the Barrow River Way was one of the best hikes I've ever done. It was exactly what I was looking for. At times I thought I was walking through a fairytale landscape. Thanks to Walking Holiday Ireland for the perfect organisation. My special thanks go to B&B Orchard Grove, Bagenalstown, Carlow. I had such a lovely stay there that it was really hard to say goodbye.

- Heike Schulz - 2024

Dear Cliff, we returned yesterday from our lovely walking holiday in Ireland. We enjoyed the country and the people again during the walking days.

- Family Barkhof and Nieuwenhuis - 2023

The Barrow Way was an absolute gem! I had such a fantastic time on my self-guided walking tour from Carlow to St Mullins. The scenery was breathtaking and it was so wonderful to explore such a picturesque area of Ireland. Many thanks for this wonderful experience - I will be recommending Walking Holiday Ireland to all my friends!

- Tim Dalton - 2023

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/tours/barrow-way-sae-bw-5e

FROM

€639

per person

See website for current rates