WALKING HOLIDAY IRELAND

★★★★★ 5.0 / 5 · 7 walker reviews

WALKING AREA GUIDE

THE BARROW WAY

Ireland's easiest long-distance trail — 114km of riverside walking along towpaths and quiet roads from the Grand Canal to a 6th-century monastic site, through medieval abbeys, Georgian canal towns and the lush heartland of the…

TOURS	DURATION	DISTANCE	GRADE
4	5 to 8	51 to 114	Moderate
self-guided	days	km on foot	13 to 23 km a day

FAMILY-RUN SINCE 2012

Cliff & Louise, Dundalk, Co. Louth

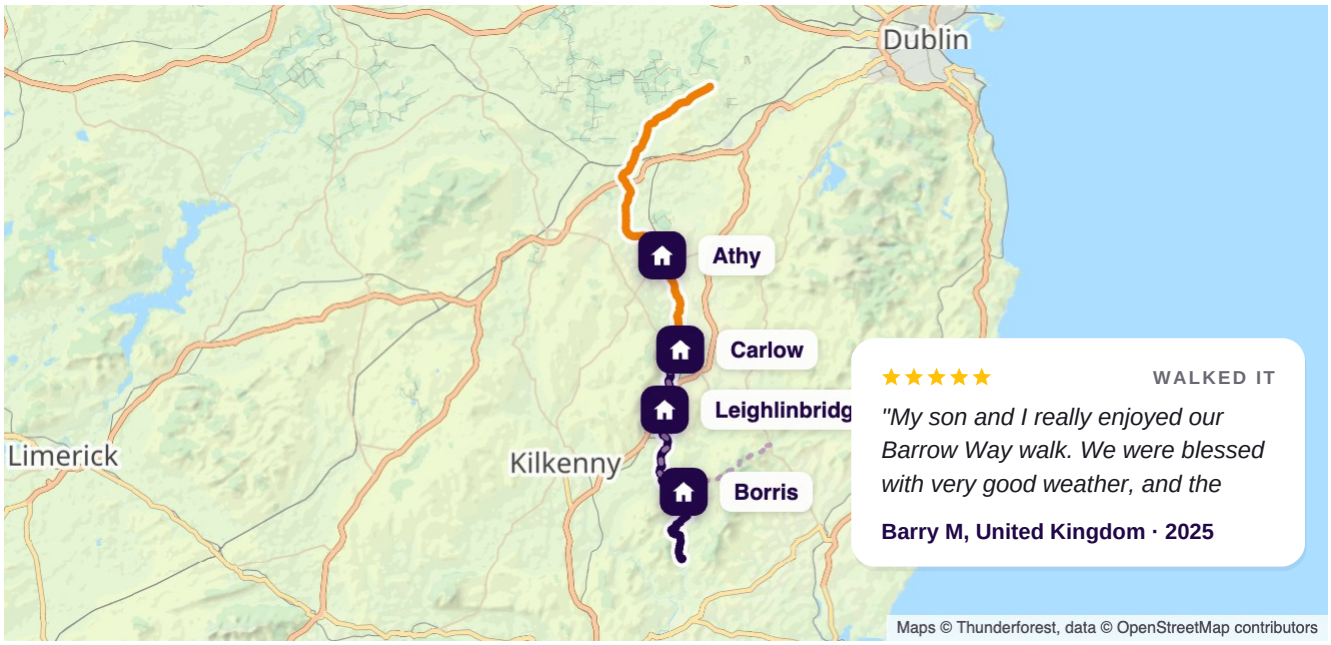
We walk our routes. We answer the phone.

walkingholidayireland.com

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One trail, four ways to walk it

The Barrow Valley is lined with ancient alder and willow woodland, creating a natural tunnel effect as you walk. Away from the riverbank, pastoral farmland opens with hedge-lined fields and small copses of oak and …



Shortest tour · Longer tours · Overnight village · Other trails

HOW FAR EACH TOUR GOES

Walking km only · every tour adds an arrival and a departure day

TOUR	START · FINISH	GRADE	WALK DAYS	TOTAL	AVG PER DAY
5 days	Carlow → Graiguenamanagh / St. Mulli…	Gentle	3	**50.8 km**	16.9 km
6 days	Athy → Graiguenamanagh / St. Mullins	Moderate	4	**70.2 km**	17.6 km
7 days	Monasterevin → Graiguenamanagh / S…	Moderate	5	**92.7 km**	18.5 km
8 days	Lowtown → Graiguenamanagh / St. M…	Moderate	6	**114.2 km**	19 km

LANDMARKS ON THE WAY

Graiguenamanagh and Duiske Abbey
A medieval Cistercian abbey founded in 1204, one of…

St Mullins
A small village at the southern end of the navigation, with…

Athy
A handsome riverside town in County Kildare with…

Carlow Town
A market town with a well-preserved castle dating from…



WHY WALK HERE

The Barrow Valley sits at the heart of Ireland's Ancient East, shaped by 1,500 years of settlement

The landscape

The Barrow Valley is lined with ancient alder and willow woodland, creating a natural tunnel effect as you walk. Away from the riverbank, pastoral farmland opens with hedge-lined fields and small copses of oak and ash.

The Slieve Bloom Mountains frame…

History & culture

Duiske Abbey is the cultural anchor. Founded in 1207 by William Marshal, it became one of Ireland's largest mediaeval religious communities. The 13th-century architecture represents European ecclesiastical sophistication.

Food & drink

Fresh river trout: The Barrow is renowned for wild brown trout. Riverside restaurants prepare it simply — grilled or pan-fried on the day it is caught — letting the clean flavour speak for itself. Carlow farmhouse cheeses: Artisan cheesemakers in County Carlow produce distinctive…

Is The Barrow Way for you?

GENTLE · MODERATE · CHALLENGING

Graded **Moderate**

13 to 23	9 to 87	3 to 6
km a day	m climb a day	walking days

Who it suits

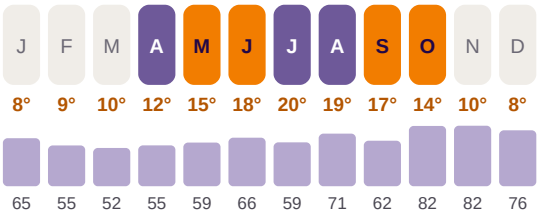
The Barrow Way suits walkers making their first attempt at a multi-day trail. Flat terrain, reliable waymarking and manageable daily distances eliminate barriers that make long-distance walking seem intimidating.

Experienced walkers…

Terrain

The Barrow Way is considered the easiest long-distance walking route in Ireland, suitable for walkers of any age and experience level. We typically cover 16–24 km per day with almost no ascent, as the entire route follows the river valley.

When to go



- **Best months.** May, June and September are ideal.

  May offers long bright evenings, fresh
- **Season.** Tours start between 15 April and 15 October.
- **Weather.** Mild all season, 12 to 20°C by day. Expect some rain on any trip and pack a good waterproof.

Met Éireann 1991–2020 averages, Casement Aerodrome, the nearest long-term station.

Four walking holidays in The Barrow Way

The further you go, the quieter the trail gets. Prices are per person sharing and include B&B, luggage transfers, route notes and our app.

5 DAYS

A short Barrow Way break — Carlow to St. Mullins along Ireland's loveliest river

Carlow - Graiguenamanagh / St. Mullins · 3 walking d…

FROM **€635** per person

6 DAYS

Athy to St. Mullins — four flat, unhurried days following the Barrow downstream

Athy - Graiguenamanagh / St. Mullins · 4 walking day…

FROM **€750** per person

7 DAYS

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

Monasterevin - Graiguenamanagh / St. Mullins · 5 wa…

FROM **€855** per person

8 DAYS

The full Barrow Way — Lowtown to St. Mullins, six days down Ireland's…

LONGEST

Lowtown - Graiguenamanagh / St. Mullins · 6 walking…

FROM **€985** per person

● Overnight village ● Where the tour ends Single travellers welcome, a…



★★★★★ WALKED IT

"Thanks for everything for our trip last year on the Barrow Way. We had an amazing time. We loved all the places you selected for us. Even all the taxi drivers were

Kevin Zuech, United States · 2025

Every tour includes

- ✓ En-suite B&B rooms, chosen…
- ✓ Full Irish breakfast every morning
- ✓ Daily luggage transfer
- ✓ Route notes and our GPS app
- ✓ Pre-departure pack
- ✓ 24/7 emergency support

Not sure which?

Tell us your fitness and your dates. We have walked these trails and will say honestly which version fits.

+353 42 932 3396

1
Choose your route
Pick a tour and your dates. We check availability.

2
We plan everything
B&Bs, transfers, route notes, app. A pack arrives before you travel.

3
You walk
At your own pace, with a daypack. We are a phone call away.

4
Bags waiting at your door
Your main bag moves while you walk and is there at the next B&B.

GETTING THERE & PRACTICAL

Dublin Airport (DUB) is the primary arrival point, with direct services from North America, the Middle East, and across Europe

Irish Rail serves Dublin, Carlow and Athy, with connections to the southern end of the trail

Plan your full journey at Transport for Ireland

Useful Links

Discover Ireland, Duiske Abbey for heritage site information on the abbey at Graiguenamanagh

Visit Kildare, Athy for local attractions including…

WHERE YOU'LL STAY



Family-run B&Bs, small guesthouses, and country hotels provide excellent service along the Barrow Way corridor. Athy, Carlow and Graiguenamanagh offer the widest range.

We only book quality accommodation with breakfast included at every stop, selecting properties that understand walker needs. Proprietors are genuinely welcoming; many…

5.0/5

★★★★★

7 walker reviews of The Barrow Way

"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

Heike Schulz, Germany · 2024

Ready to walk The Barrow Way?

See live availability, full daily itineraries and current rates on our website, or ask us anything first. A deposit holds your dates; the balance is due before you travel.

Scan to see dates

Check dates and book

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