

WALKING HOLIDAY IRELAND

FROM
€1,345
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE NATIONAL FAMINE WAY

NATIONAL FAMINE WAY
11 DAYS

Walk the full 169 km National Famine Way in eight days. Strokestown to Dublin along the Royal Canal, at a steady 15 to 27 km a day.

DURATION	WALKING DAYS	DISTANCE	GRADE
11 days	**9**	**168.1 km**	**Moderate**
10 nights B&B	14 to 27 km each	about 210 m of ascent	

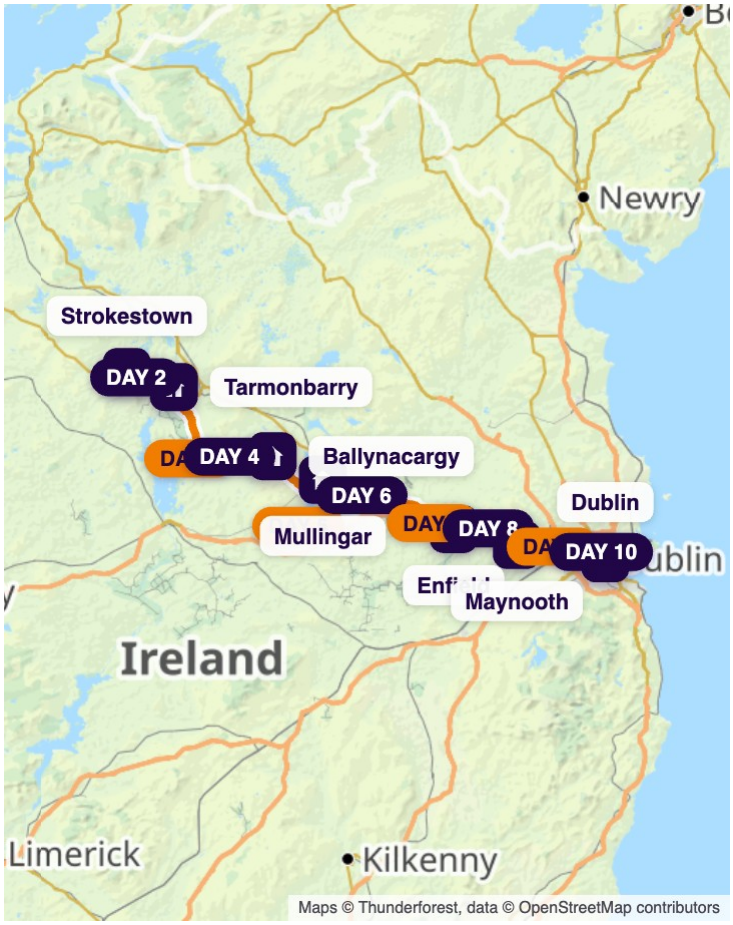
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-NF-11M

Your route at a glance

Walk the full 169 km National Famine Way in eight days. Strokestown to Dublin along the Royal Canal, at a steady 15 to 27 km a day.

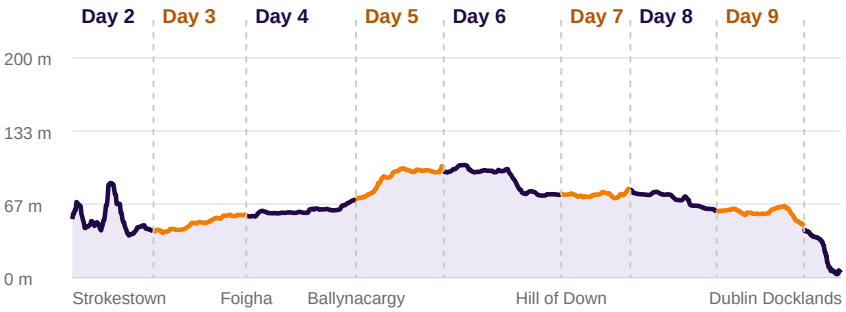


Overnight · Days 2, 4, 6, 8 and 10 · Days 3, 5, 7 and 9

DAY 1	**Arrive Strokestown, National**	Your holiday begins at Strokestown…
DAY 2	**Strokestown to Tarmonbarry**	17.7 km · 92 m ascent · Gentle
DAY 3	**Tarmonbarry to Ballymahon**	20.4 km · 16 m ascent · Moderate · back…
DAY 4	**Foigha Bridge to Ballynacargy**	24.2 km · 9 m ascent · Moderate
DAY 5	**Ballynacargy to Mullingar**	19.2 km · 31 m ascent · Gentle
DAY 6	**Mullingar to Hill of Down**	25.9 km · Moderate · back to Enfield for…
DAY 7	**Hill of Down to Enfield**	15.1 km · Gentle
DAY 8	**Enfield to Maynooth**	18.8 km · Gentle
DAY 9	**Maynooth to Ashtown**	19.3 km · Gentle · back to Dublin for…
DAY 10	**Ashtown to Dublin Docklands**	8.2 km · Gentle
DAY 11	**Departure from Dublin**	Breakfast and onward travel. If you…

The whole walk in one line

168.1 km · 209 m of climbing over nine days · from our GPS tracks



What's underfoot

Surface across the nine walking days



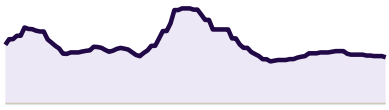
Road and lane	54%
Footpath and trail	16%
Gravel and forest track	30%

Day by day

Elevation, 0 to 200 m · Gentle · Moderate

1 **Arrive Strokestown, National Famine Museum.** Your holiday begins at Strokestown Park, where the National Famine Museum holds the estate archive that makes this trail possible, including the record of the 1,490 tenants cleared from the land in… **Overnight Strokestown**

DAY 2



17.7 km · 92 m up · Gentle

Strokestown to Tarmonbarry

18 km · about 5 hours · quiet country roads Quiet Roscommon roads carry you south-east out of Strokestown, following the road the 1,490 tenants walked in 1847, to Tarmonbarry on the Shannon. The first of the bronze children's shoes appears along the way; there are over thirty of them set into the route. Tarmonbarry sits at the bridge over the river, with Richmond Harbour and the western end of the Royal Canal just across the water at Clondra.

Overnight Tarmonbarry

DAY 3



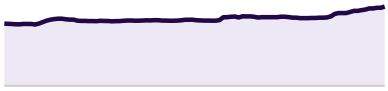
20.4 km · 16 m up · Moderate

Tarmonbarry to Ballymahon

20 km · about 6 hours · level canal towpath Cross the Shannon to Richmond Harbour at Clondra, where the Royal Canal begins, and from here the towpath runs level and waymarked for the rest of the week. A steady day through Keenagh, with a short detour to the Corlea Trackway, an Iron Age oak road laid across the bog in 148 BC and preserved under glass. The stage ends at Foigha Bridge; Ballymahon, your bed for the night, sits a little off the towpath, so we bring you into town and back to the bridge in the morning.

Overnight Ballymahon · back to Ballymahon for the night

DAY 4



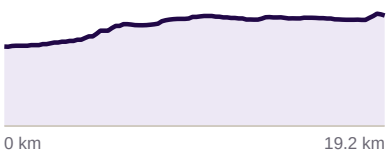
24.2 km · 9 m up · Moderate

Foigha Bridge to Ballynacargy

24 km · about 7 hours · level canal towpath The longest day of the week, flat the whole way. Back on the towpath at Foigha Bridge, the canal leads to Abbeyshrule, where it is at its prettiest and runs right past the village, a natural lunch stop. Over the Whitworth Aqueduct, where the canal crosses the River Inny, and across into Westmeath, finishing at Ballynacargy.

Overnight Ballynacargy

DAY 5



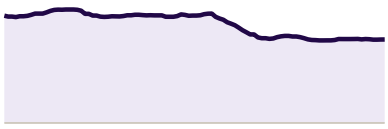
19.2 km · 31 m up · Gentle

Ballynacargy to Mullingar

19 km · about 5½ hours · level canal towpath Past Coolnahay Harbour, where the canal reaches its summit level and the flight of locks gives out, then an easy run down into Mullingar Harbour. Carry a packed lunch, services are thin between the two. Mullingar is the biggest town on the route and a good place to finish: the original workhouse and the famine graveyard can both be walked from the centre.

Overnight Mullingar

DAY 6



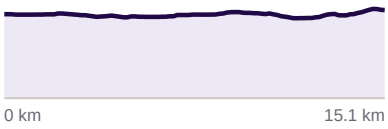
25.9 km · Moderate

Mullingar to Hill of Down

26 km · about 6 hours · level canal towpath East out of Mullingar through Riverstown and Thomastown Harbour to Hill of Down. There is no accommodation at Hill of Down itself, so we transfer you the short distance to your guesthouse at Enfield, you stay there two nights and walk back from where you stopped in the morning.

Overnight Enfield · back to Enfield for the night

DAY 7



15.1 km · Gentle

Hill of Down to Enfield

14 km · about 4 hours · level canal towpath The shortest walking day, and a welcome one after yesterday. A transfer back out to Hill of Down, then an easy stretch through Moyvalley, stop on the Ribbontail Bridge, it is the photograph everyone takes, and on to Enfield, where the Famine Pot stands as a reminder of what the soup kitchens meant.

Overnight Enfield

DAY 8



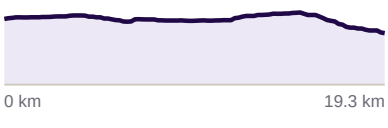
18.8 km · Gentle

Enfield to Maynooth

19 km · about 5 hours · level canal towpath Through Kilcock and into Kildare, with the canal widening and the towpath busier as you near Dublin. The day ends at Maynooth Harbour. Maynooth Castle and St Patrick's College are both a few minutes from the water and worth the hour.

Overnight Maynooth

DAY 9



19.3 km · Gentle

Maynooth to Ashtown

27 km · about 6½ hours · canal towpath into the city The longest day saved for last, and the one the whole trail has been pointing at. Through Leixlip, Clonsilla and Ashtown as the canal threads into Dublin, finishing at the Famine sculptures on Custom House Quay, the quayside where the 1,490 boarded for Liverpool. Your certificate of completion is waiting at the end.

Overnight Dublin · back to Dublin for the night

DAY **10**

Ashtown to Dublin Docklands

Overnight Dublin



8.2 km · **Gentle**

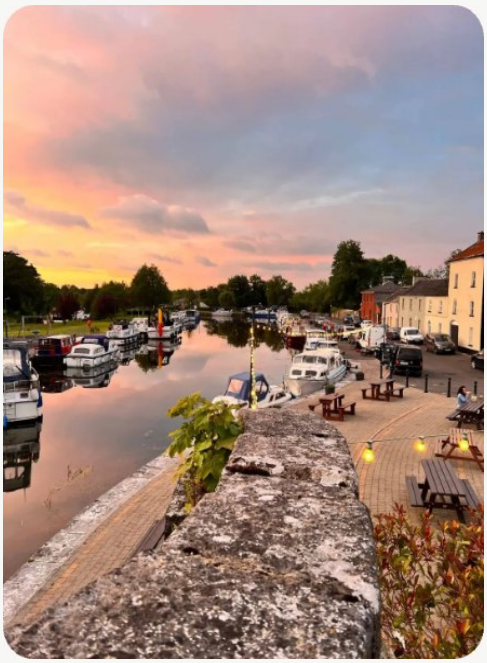
11 **Departure from Dublin.** Breakfast and onward travel. If you can spare the morning, the Jeanie Johnston famine ship is moored a few minutes from where you finished, and EPIC The Irish Emigration Museum is next door, both pick up the story exactly where the trail leaves off.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

14 to 27 km	209	9
a day	m of climbing in total	walking days

This suits regular walkers who want the whole trail without rushing it. If you walk most weekends and a 20 km day holds no fear, this is your tour. It is the best balance on offer. You get every kilometre of the Famine Way, and you still have evenings left in you. The flat ground means you can enjoy the history rather than watch your feet.



INCLUDED

- ✓ 9 nights accommodation in B&Bs, guesthouses and small hotels (en suite rooms)
- ✓ Full Irish or continental breakfast every morning
- ✓ Daily luggage transfer between accommodation
- ✓ Admission to the National Famine Museum at Strokestown Park, with the gardens and woodlands
- ✓ The official National Famine Way Passport Pack, your personalised ship ticket for one of the…
- ✓ Transfers between the trail and your accommodation where the trail has no beds of its own
- ✓ Personalised digital itinerary and route app for your smartphone that keeps you on the trail at all times
- ✓ 24 hours a day emergency contact and on trail support

NOT INCLUDED

- ✗ Flights to and from Ireland
- ✗ Travel and walking insurance, which is essential. We are happy to suggest providers
- ✗ Lunches and dinners
- ✗ Travel to Strokestown on day one, and home from Dublin on day ten
- ✗ Personal expenses

FROM

€1,345

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

info@walkingholidayireland.com · +353 42 932 3396

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