



FROM
€795
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE NATIONAL FAMINE WAY

NATIONAL FAMINE WAY PART A 6 DAYS

Walk the western half of the National Famine Way. Four days on foot, 81 km, Strokestown to Mullingar. The towpath is flat, and the finish is on the Dublin train line.

DURATION

6 days

5 nights B&B

WALKING DAYS

4

19 to 24 km each

DISTANCE

81.3 km

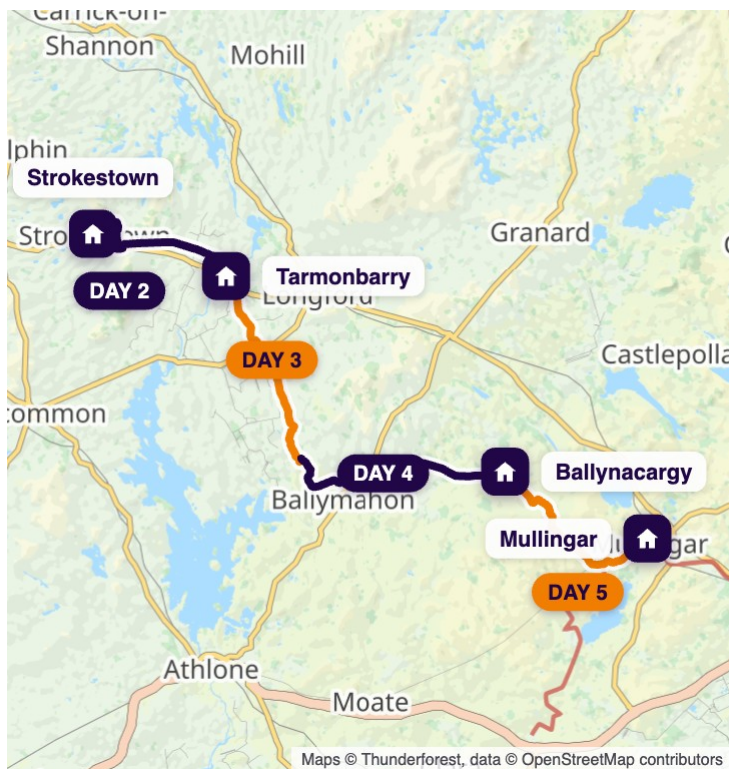
about 160 m of ascent

GRADE

● **Moderate**

Your route at a glance

Walk the western half of the National Famine Way. Four days on foot, 81 km, Strokestown to Mullingar. The towpath is flat, and the finish is on the Dublin train line.



 Overnight  Days 2 and 4  Days 3 and 5

DAY 1 **Arrive Strokestown, National**
Your holiday begins at Strokestown Park, where the National Famine Museum...

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 to Ballymahon for the night

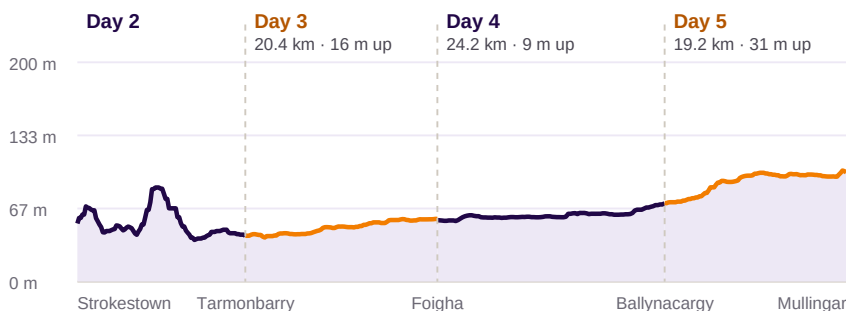
DAY 4 **Foigha Bridge to Ballynacargy**
24.2 km · 9 m ascent · Moderate

DAY 5 **Ballynacargy to Mullingar**
19.2 km · 31 m ascent · Gentle

DAY 6 **Departure from Mullingar**
Breakfast and onward travel. Mullingar station is a few minutes from the canal...

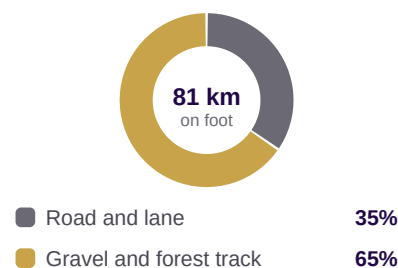
The whole walk in one line

81.3 km · 162 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



The National Famine Museum at Strokestown

Your holiday opens at Strokestown Park, where the estate archive that created this trail is kept. Entry is included, and so is the official Passport Pack.

Richmond Harbour, where the canal begins

At Clondra the country roads end and the Royal Canal starts. This is where the towpath takes over, and it carries you the rest of the way to Dublin.

Four flat days, 18 to 24 km

No climbing, no rough ground, no navigation worries. The towpath is level and waymarked the whole way, so you can look at the canal instead of your feet.

A finish on the Dublin train line

Mullingar Harbour is the midpoint of the trail and the biggest town on it. Trains run straight into Dublin Connolly, so getting home is simple.

Day by day

— Elevation, 0 to 200 m ● Gentle ● Moderate

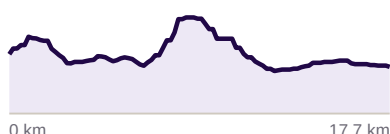
1

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



0 km 17.7 km

17.7 km

92 m up

● Gentle

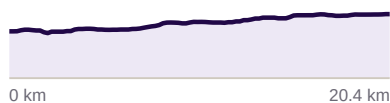
Strokestown to Tarmonbarry

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



0 km 20.4 km

20.4 km

16 m up

● Moderate

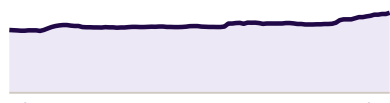
Tarmonbarry to Ballymahon

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



0 km 24.2 km

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



0 km 19.2 km

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

6

Departure from Mullingar. Breakfast and onward travel. Mullingar station is a few minutes from the canal, with direct trains to Dublin Connolly, straightforward whether you are heading home or on elsewhere. If the trail has got under your skin, Part B picks up exactly where you stopped and finishes at the Famine...

Is this walk for you?

GENTLE MODERATE CHALLENGING



19 to 24 km

a day

162

m of climbing in total

4

walking days

This suits walkers who want a short break with real substance. The ground is flat, so you do not need to be especially fit. You do need to be happy walking about 20 km in a day, four days running. It is a good first taste of the trail. It is also the right choice if you would rather do the Famine Way in two trips than one long one.



INCLUDED

- ✓ 5 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 Mullingar on day six
- ✗ Personal expenses

Want to walk further?

7 days to Dublin from €855 · 9 days to Dublin from €1,095 · 11 days to Dublin from €1,345

FROM

€795

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



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