WALKING HOLIDAY IRELAND

FROM
€1,095
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE NATIONAL FAMINE WAY

NATIONAL FAMINE WAY
9 DAYS

Walk the whole National Famine Way in six days. 169 km from Strokestown to Dublin, at about 28 km a day. This is the fast way to do the full trail.

DURATION	WALKING DAYS	DISTANCE	GRADE
9 days	**7**	**168.1 km**	**Moderate**
8 nights B&B	20 to 34 km each	about 210 m of ascent	

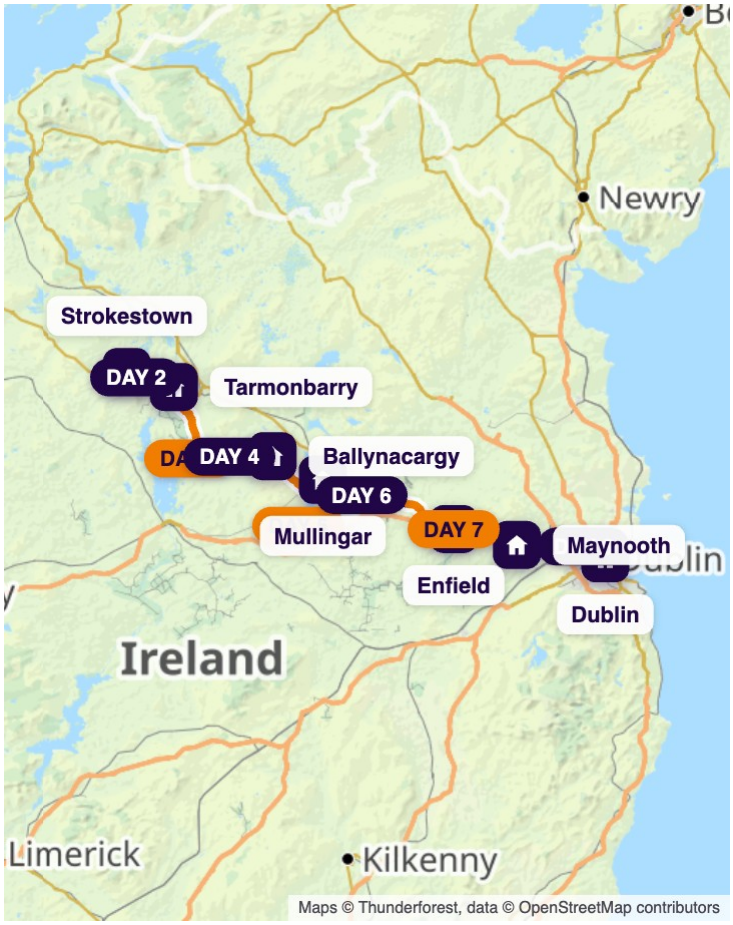
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-NF-9C

Your route at a glance

Walk the whole National Famine Way in six days. 169 km from Strokestown to Dublin, at about 28 km a day. This is the fast way to do the full trail.



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

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…

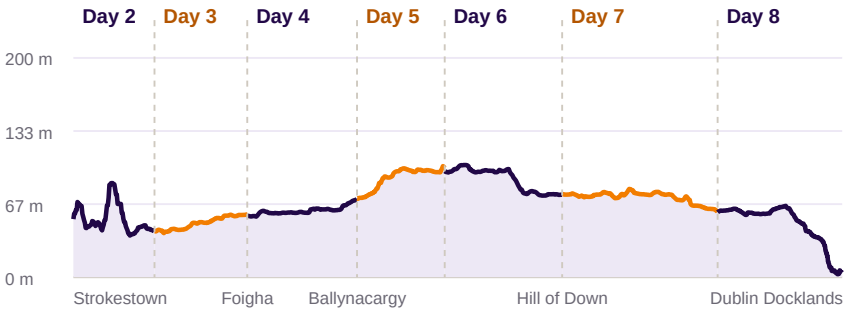
DAY 7 — **Hill of Down to Maynooth**
33.9 km · Gentle

DAY 8 — **Maynooth to Dublin Docklands**
27.4 km · Gentle

DAY 9 — **Departure from Dublin**
Breakfast and onward travel. If you…

The whole walk in one line

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



What's underfoot

Surface across the seven walking days



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

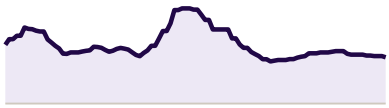
Day by day

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



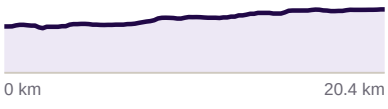
17.7 km · 92 m up · Gentle

Strokestown to Tarmonbarry

20 km · about 5 hours · country roads, then canal towpath Quiet Roscommon roads carry you out of Strokestown and down to the Shannon at Clondra, where Richmond Harbour marks the western end of the Royal Canal. From here the towpath runs unbroken to Dublin. The first of the bronze children's shoes appears along the way, there are over thirty of them set into the route.

Overnight Tarmonbarry

DAY 3



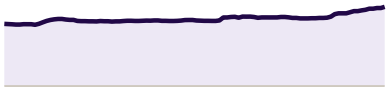
20.4 km · 16 m up · Moderate

Tarmonbarry to Ballymahon

34 km · about 8½ hours · level canal towpath The longest day of the week, and a committing one, flat the whole way, but 34 kilometres is 34 kilometres. You pass Keenagh and the turn for the Corlea Trackway, an Iron Age bog road from 148 BC, before the canal brings you into Abbeyshrule. Carry food and water; services on this stretch are thin.

Overnight Ballymahon · back to Ballymahon for the night

DAY 4



24.2 km · 9 m up · Moderate

Foigha Bridge to Ballynacargy

28 km · about 7 hours · level canal towpath Through Ballynacarrigy and on past Coolnahay Harbour, where the canal reaches its summit level. The walking is easy underfoot and the day ends at Mullingar Harbour, the largest town on the route and the halfway mark in spirit if not quite in distance.

Overnight Ballynacargy

DAY 5

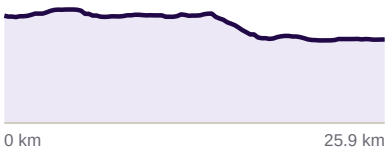


19.2 km · 31 m up · Gentle

Ballynacargy to Mullingar

Overnight Mullingar

DAY 6



25.9 km · Moderate

Mullingar to Hill of Down

26 km · about 6½ hours · level canal towpath The hardest day on the trail. 26 kilometres of towpath through Riverstown and Thomastown Harbour to the hamlet of Hill of Down. There is no accommodation at Hill of Down itself, so we transfer you the short distance to your guesthouse at Enfield and back out again in the morning, your bags go on ahead as usual.

Overnight Enfield · back to Enfield for the night

DAY 7



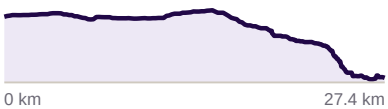
33.9 km · Gentle

Hill of Down to Maynooth

33 km · about 8½ hours · level canal towpath Back to the canal at Hill of Down for a long but straightforward day east through Moyvalley, Enfield and Kilcock. Look for the Famine Pot at Enfield, one of the cauldrons used to serve the soup that kept people alive. The day finishes at Maynooth Harbour, with Maynooth Castle and St Patrick's College a few minutes from the towpath.

Overnight Maynooth

DAY 8



27.4 km · Gentle

Maynooth to Dublin Docklands

27 km · about 6½ hours · canal towpath into the city The last day, 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

9 **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

20 to 34 km	209	7
a day	m of climbing in total	walking days

This is for strong, experienced walkers. You should be comfortable walking 28 km in a day and doing it again the next morning. Flat ground makes these distances achievable, but they are still long days. If 28 km sounds like a lot, take the ten day instead. You will see the same trail with far more time to enjoy it.



INCLUDED

- ✓ 7 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 eight
- ✗ Personal expenses

Want to walk further?
11 days to Dublin from €1,345

FROM

€1,095

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.