



WALKING AREA GUIDE

THE NATIONAL FAMINE WAY

Walk the 165 km heritage trail from Strokestown to Dublin. You follow the Royal Canal, and the steps of 1,490 famine emigrants who walked it in 1847.



TOURS

4

self-guided



DURATION

6 to 11

days



DISTANCE

81 to 168

km on foot



GRADE

● **Moderate**

8 to 26 km a day

FAMILY-RUN SINCE 2012

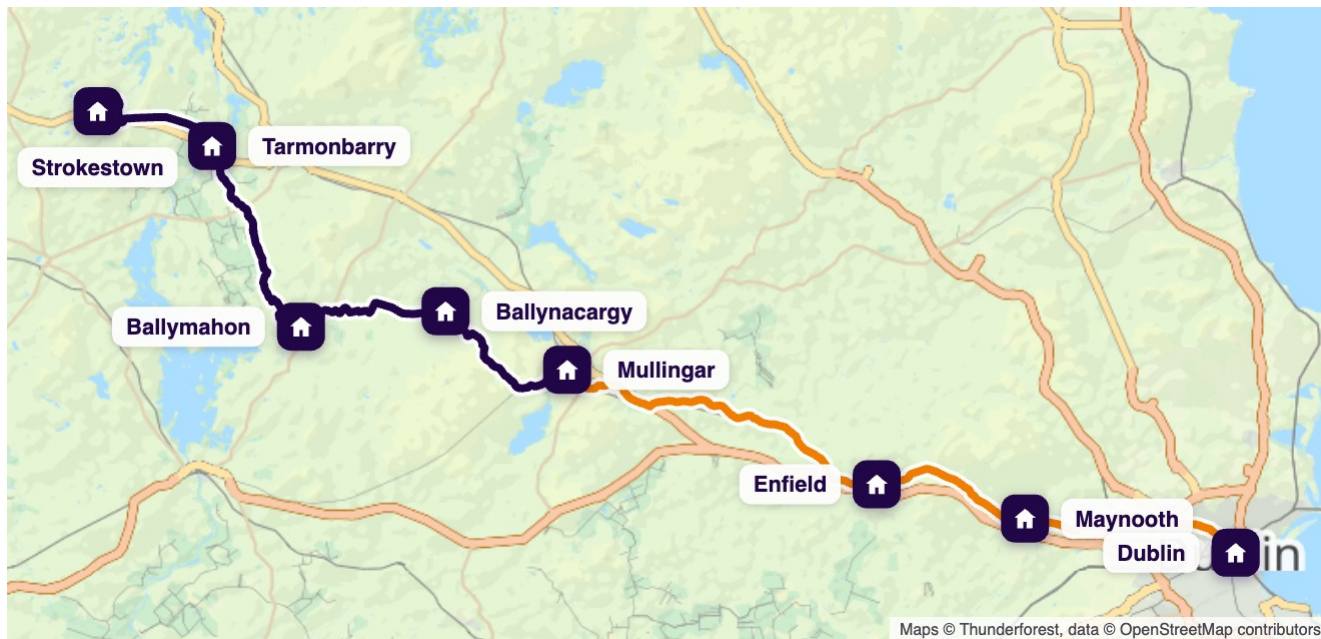
Cliff & Louise, Dundalk, Co. Louth
We walk our routes. We answer the phone.

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One trail, four ways to walk it

This trail looks like no other in Ireland. There are no cliffs, and no mountain passes. The beauty here is quiet. The Royal Canal runs in a straight line through the Midlands. It passes water meadows, stone bridges, and old lock keeper's cottages.



— Shortest tour — Longer tours 🏠 Overnight village

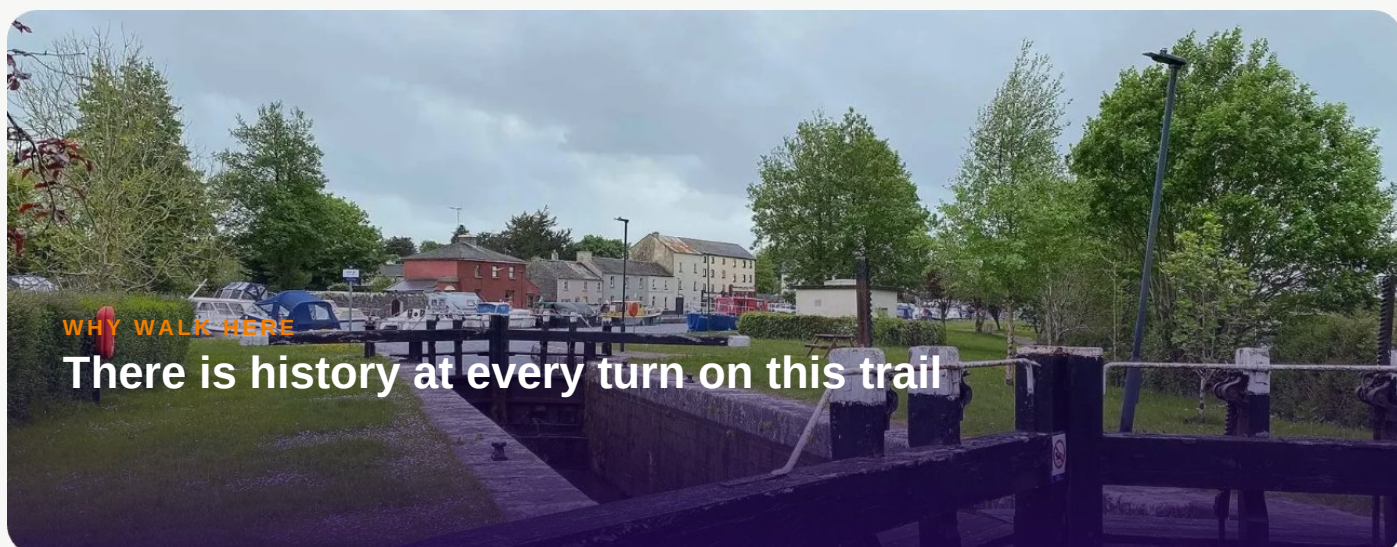
HOW FAR EACH TOUR GOES

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

TOUR	START · FINISH	GRADE	WALK DAYS	TOTAL	AVG PER DAY
6 days	Strokestown → Mullingar	Moderate	4	81.3 km	20.3 km
7 days	Mullingar → Dublin	Moderate	5	86.8 km	17.4 km
9 days	Strokestown → Dublin	Moderate	7	168.1 km	24 km
11 days	Strokestown → Dublin	Moderate	9	168.1 km	18.7 km

LANDMARKS ON THE WAY

- Strokestown Park House and the National Famine Museum**
A Palladian Georgian mansion in County...
- The Royal Canal**
A 145 km waterway built between 1790 and 1817...
- Mullingar**
The principal midland town on the Royal Canal and...
- Famine Memorial, Dublin Custom House Quays**
Rowan Gillespie's bronze sculptures of emaciated...



WHY WALK HERE

There is history at every turn on this trail

The landscape

This trail looks like no other in Ireland. There are no cliffs, and no mountain passes. The beauty here is quiet. The Royal Canal runs in a straight line through the Midlands. It passes water meadows, stone bridges, and old lock keeper's cottages.

History & culture

You begin at the National Famine Museum in Strokestown Park House. The museum tells the story through the real papers of the Mahon family, who owned the estate. A local man, Jim Callery, bought the house in 1979. He found 55,000 words of estate papers inside. That find created the museum.

Who it suits

This trail suits walkers who want more than a view. You will like it if history moves you, and if you walk in order to think. The beauty here is the quiet kind. Still water, old stone bridges, and birdsong over the canal.

The ground is flat, so almost...

Is The National Famine Way for you?



8 to 26

km a day

9 to 92

m climb a day

4 to 9

walking days

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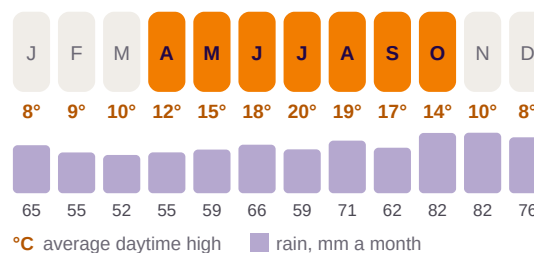
The ground is flat...

Terrain

This is one of the easiest long walks in Ireland. The Royal Canal towpath is flat the whole way. Total climb over the full 165 km is only about 650 metres. The surface is firm gravel and grass, and the route is well marked.

The challenge here...

When to go



Best months. You can walk the National Famine Way from April to October. May, June and September are the best months.

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 National Famine 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.

6

DAYS

The western half of the trail, four walking days from the Famine Museum...

Strokestown - Mullingar · 4 walking days · 81.3 km



FROM

€795

per person


7

DAYS

The eastern half of the trail, four walking days from Mullingar to the...

Mullingar - Dublin · 5 walking days · 86.8 km



FROM

€855

per person

9

DAYS

The full 169 km from Strokestown to Dublin in six long days

Strokestown - Dublin · 7 walking days · 168.1 km



FROM

€1,095

per person

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

11

DAYS

The complete trail at a steady pace, eight walking days, Strokestown to Dublin

Strokestown - Dublin · 9 walking days · 168.1 km


LONGEST

FROM

€1,345

per person

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

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

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

Getting there: Strokestown is about 2.5 hours from Dublin by car. Bus Éireann serves the town. Trains run to Longford and Roscommon, and a short taxi ride brings you in from either.

Getting home: The trail ends at EPIC The Irish Emigration Museum on Custom House Quay, in the middle of Dublin. The Luas, the DART and city buses all stop close by.

Terrain: Flat canal towpath the whole way. You need good walking shoes and a rain jacket. Nothing more.

Food and water: Most villages have a shop or a pub. A few stretches have nothing at all for 20 km. We tell you which days those are, so you can carry a packed lunch.

...

WHERE YOU'LL STAY



You stay in family run B&Bs, guesthouses and small hotels in the canal towns. Strokestown has rooms close to the museum. Clondra, Ballymahon and Abbeyshrule have small B&Bs beside the water. Mullingar is the biggest town on the route, and it has the widest choice. Maynooth and Enfield cover the last few nights.

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Ready to walk The National Famine 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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