



carlow
outdoors



carlow outdoors – hike and bike

Walk the Barrow Way from Borris to Graiguenamanagh and then bike from Graiguenamanagh to St. Mullins

County Carlow really is a haven for those who enjoy the great outdoors with stunning, unspoilt landscapes, fresh air, stimulation and wide open spaces! This stretch of the Barrow Way covers the route from **Borris** to **St. Mullins** (16km).

Join the towpath at **Ballytiglea Bridge** outside the village of Borris off the R705. Continue on the towpath, with the wooded estate of **Borris House** on your left – a visit there on your return to Borris is a must. At **Bunahowen**, the walker can see a small harbour where Arthur McMorrough Kavanagh of Borris House set sail in his small boat to take up his position as an MP for Carlow and Wexford in Westminster. A remarkable nineteenth century member of the family he was born with only rudimentary limbs, but yet learned to ride and shoot and was a world traveller.

Clashganny Lock and Weir is reached some 6km from Borris and provides a beautiful vista of the river and surrounding woodland. It is a popular beauty and picnic spot with anglers and canoeists adding to the attractiveness of this area.

Approaching **Tinnahinch** and **Graiguenamanagh** the river begins to cut its way between the hills with attractive tree-lined slopes. Both towns are connected by a beautiful bridge, constructed in 1767 when the canal system was being built. It was once the hub of the barge transport business and many families plied that trade. Take time to discover the town of Graiguenamanagh which means the Village of Valley of the Monks. One of Ireland's largest Cistercian monasteries, Duiske Abbey was founded in 1204 by Norman monks from Stanley Abbey in Wiltshire.

For a different experience of the River Barrow and an activity that the whole family will enjoy, hire a bike at **Graiguenamanagh Bike Hire at the Waterside Guesthouse** and enjoy the river from a different perspective. As you leave the town you pass the heritage site of **Tinnahinch Castle**, a Butler stronghold built to defend the ford. The cycle from here to **St. Mullins** is approximately 6km but is full of beauty and drama with frequent weirs and the lofty Brandon Hill rising up to your right.

St. Mullins marks the finishing point of this stretch of your cycle. Relax in the **Mullicháin Café** where an outside seat with views of the River Barrow coupled with some great food makes for a fitting and comfortable end to this wonderful cycle. There are a range of light snacks or more substantial options to choose from including home made soups, tasty salads or panini/ciabatta wraps. Open Tuesday to Sunday, except on Bank Holidays, closed on Tuesday instead.

Don't leave the village without discovering its unique heritage – discover the Norman Motte, a high, man-made hill fortification. Opposite this are the ruins of the ancient Tigh Moling, an early Christian missionary in Ireland who founded a monastery here in the 7th century. St. Mullins is a very place, well worth discovering. **For further information visit www.carlowtourism.com**