



carlow  
outdoors



## do it the barrow way: borris 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. Consider walking the Barrow Way, in the company of Ireland's second longest river, the beautiful Barrow and enjoy its wildlife, heritage and flora. There's 113km of it!! and lots of manageable stretches along the way. A walk along the Barrow Way offers a different experience for the visitor; it is remarkably picturesque, particularly from Borris southwards with surrounding hills and woodlands adding visual splendour to your journey. This stretch of the Barrow Way covers the route from **Borris to St. Mullins (16km)**.

**Join the towpath at Ballytiglea Bridge** outside the town of **Borris** off the R705. Continue on the towpath, with the wooded estate of Borris House on your left. At Bunahowen, the walker can see 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 is a popular beauty and picnic spot with wonderful walks through **Clashganny Forest**.

Approaching **Tinnahinch and Graigueamanagh** 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. This is a busy location and a very popular mooring place on the River Barrow. Take time to discover the town of **Graigueamanagh** which means the Village or 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.

As you leave the town you pass the heritage site of **Tinnahinch Castle**, a Butler stronghold built to defend the ford. The walk from here to **St. Mullins** is approximately 6km and 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 the walk. Relax in the **Mullicháin Café** on the quayside where an outside seat, a view of the River Barrow and some great food makes for a fitting and relaxing end to this wonderful walk. Open Tuesday to Sunday, except on Bank Holidays, closed on Tuesday instead. Energy levels may be low but if you leave the quayside and mill buildings behind, you soon reach the Norman Motte, a high, manmade hill fortification, well worth exploring. 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 which ranks in equal importance to Clonmacnoise and Glendalough.

On return to **Borris** plan a visit to **Borris House** in the centre of the town to discover the fascinating history of the McMorrough Kavanagh family, whose ancestry stretches back to the Royal families of ancient Ireland. Open most Wednesdays – Fridays, May – September and occasional weekends. Check [www.borris.house.com](http://www.borris.house.com) For more information visit [www.carlowtourism.com](http://www.carlowtourism.com)