



carlow  
outdoors



# canoeing in carlow

Canoe along the River Barrow from Clashganny to Graiguenamanagh

A journey along the gentle River Barrow takes the traveller to a tranquil bygone time. Fringed with reeds and river flowers, and harbouring a wealth of wildlife in her banks, the River Barrow is widely recognised as one of the finest and most beautiful river experiences throughout Europe. This half day tour combines the thrill of a canoeing river trip from **Clashganny**, just south of **Borris Town** over all the weirs and rapids to reach the abbey town of **Graiguenamanagh**.

A canoeing trip with any of the three companies highlighted below is a particularly fun and engaging activity and a fantastic way to experience the river. Professionally guided, all tours are suitable for groups of friends, families and work colleagues and allow you to really appreciate the wide open spaces and unspoilt waterway of the River Barrow, Ireland's second longest river system. Fantastic memories are guaranteed! Your trip starts in **Clashganny**, 5km south of **Borris** (GPS: 52.559831, -6.91537).

## Go-With-The-Flow River Adventures

t: 087-2529700

e: [info@gowiththeflow.ie](mailto:info@gowiththeflow.ie)

w: [www.gowiththeflow.ie](http://www.gowiththeflow.ie)

## Paddle Your Own Canoe

Milltown, Borris, Co. Carlow.

t: 087-4140461

e: [info@paddleyourowncanoe.ie](mailto:info@paddleyourowncanoe.ie)

w: [www.paddleyourowncanoe.ie](http://www.paddleyourowncanoe.ie)

## Pure Adventure

The Quay, Graiguenamanagh,

Co. Kilkenny. t: 087-2265550

e: [info@pureadventure.ie](mailto:info@pureadventure.ie)

w: [www.pureadventure.ie](http://www.pureadventure.ie)

**Afternoon options:** If you want to know more about the birds, flora, fungi, mammals and butterflies of the **Blackstairs Mountains** and the River Barrow then **Blackstairs Eco Trails** can lead you on a relaxing eco walk – low hills to no hills – and also provide eco trails, guided hikes, foraging workshops, wild herbal workshops and wild mushroom events.

**Blackstairs Eco Trails**, Killedmond, Borris, Co. Carlow. t: 059-9773184/087-2707189

e: [blackstairsecotrails@gmail.com](mailto:blackstairsecotrails@gmail.com) w: [www.blackstairsecotrails.ie](http://www.blackstairsecotrails.ie) for workshop details

Alternatively enjoy one of two walks in **Clashganny Forest**, an old wood that has had forestry cover present since the 1800s. The **Clashganny Lock Loop** is 3.5km long and takes approximately 1.5 hours to complete over flat terrain. The longer **Clashganny Forest Looped Walk** covers a distance of 6km and offers the walker magnificent views over the famed Clashganny viewing point.