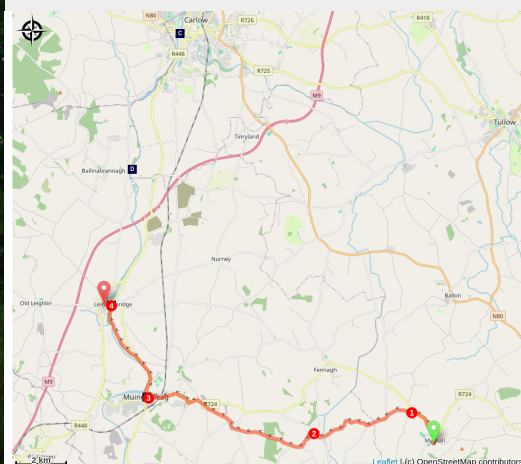


Myshall to Leighlinbridge

Ireland - Carlow



Barrow River (Amis St Colomban)



This stage on the plains gives you a chance to soak up Ireland's lush green landscapes, the narrow country roads and the friendly Irish atmosphere when you pass a car on these narrow roads.

The route moves away from the Leinster Mountains and gradually descends towards the River Barrow followed in a landscape of fields and pastures surrounded by hedgerows.

Useful information

Practice : Pedestrian

Duration : 6 h

Length : 19.4 km

Trek ascent : 155 m

Difficulty : Medium

Type : Step

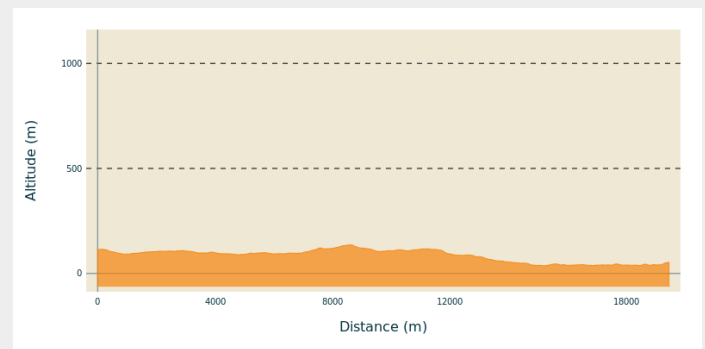
Trek

Departure : Church of Exaltation of the Holy Cross

Arrival : Saint Laserian's Church

Cities : 1. Carlow
2. Kilkenny

Altimetric profile

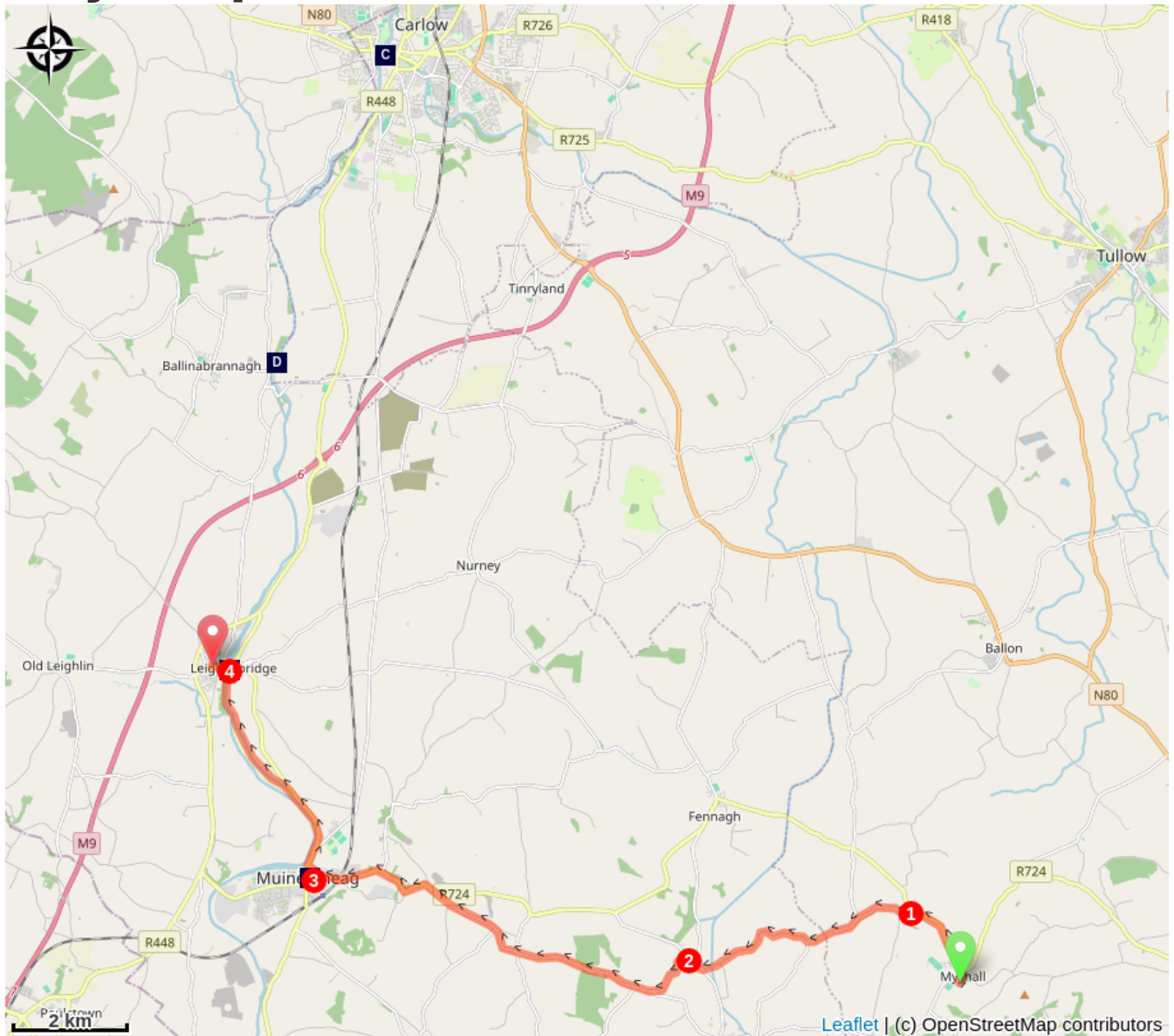




Min elevation 37 m Max elevation 136 m



From the church, head towards the centre of the village and take the road (R724) which then heads north-west:

1. Leave the main road after 2km and continue left on the west-bound road. At the Clonee crossroads, turn right, leaving the cycle track to Carlow on the left. At the Garryhill crossroads, continue straight ahead towards Bagenalstown.
2. At the next crossroads after 300m, turn left towards the south-west. Follow the road as it heads north for a short while before resuming its westerly course. At Ballymoon, it joins a larger road (R724) which leads to the village of Muine Bheag.
3. At Saint Andrew's Church, turn right and then, after 100m, left to join the River Barrow and the track on the right which leads upstream. This riverside path runs alongside the R705 road for a while and then diverges from the river at a swimming pool. Continue along the cycle path alongside the water.
4. In the village of Leighlinbridge, over the bridge, continue along the main road until you reach the church.

On your path...



 Muine Bheag or Bagenalstown (A)
 Carlow Castel (C)

 Black Castle (B)
 River Barrow (D)

All useful information

How to come ?

Transports

Carlow has good public rail links to other cities.

Bus Éireann and Rapid Express Coaches provide multiple services to Dublin and Waterford every day. Buses stop at several locations along the route.

[Find out more about them.](#)

On your path...



Muine Bheag or Bagenalstown (A)

The town of Carlow County, Muine Bheag or Bagenalstown has a population of 2,735. It is crossed by the River Barrow, which flows south.

[Read more about.](#)



Black Castle (B)

The first castle was built around 1181 by the Normans. Around 1540, a Carmelite convent was converted into a new fort by Edward Bellingham. The remains of the castle are now reduced and dilapidated. The remains of a 15m tower and parts of one side of a surrounding wall remain.

[Read more about.](#)



Carlow Castel (C)

The ruins of Carlow Castle stand on the east bank of the River Barrow. It is thought to have been built by William of Marshal, Earl of Pembroke and Lord of Leinster between 1207 and 1213. Originally the castle was a rectangular block, containing the main rooms of the castle protected by cylindrical towers at its corners. Only the towers have survived and part of a surrounding wall remains after an attempt by a local doctor to convert it into an asylum in 1814.

[For more information.](#)

Attribution : Amis St Colomban



River Barrow (D)

The River Barrow is a river that rises at Glenbarrow in the Slieve Bloom Mountains of County Laois and flows through a wide estuary into the Celtic Sea south-east of Waterford. It is channelled and bordered by a towpath which allows a pleasant ascent to Carlow.

[Find out more about it.](#)

Attribution : Amis St Colomban