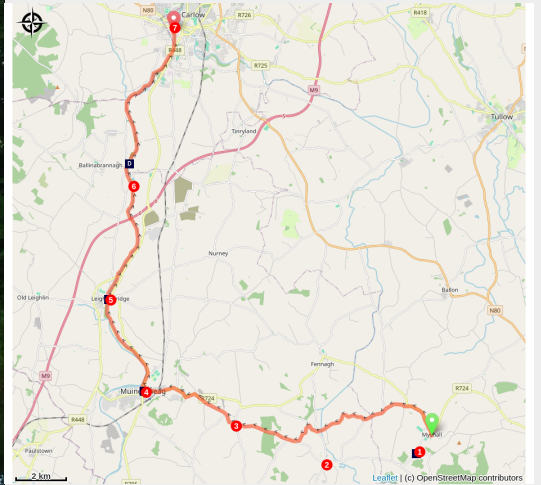


# Myshall to Carlow

Ireland - Carlow



Barrow River (Amis St Colomban)



*This stage, which is longer than the previous one, allows you to soak up the green landscapes of Ireland, the small country roads and the Irish friendliness when you come across a car on these narrow roads.*

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

## Useful information

Practice : Pedestrian

Duration : 7 h

Length : 31.7 km

Trek ascent : 223 m

Difficulty : Difficult

Type : Step

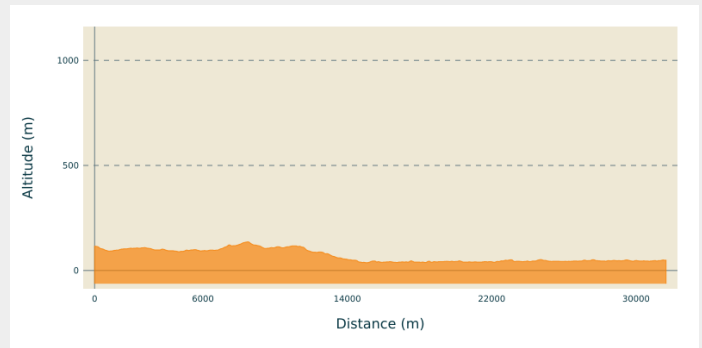
# Trek

**Departure** : Church of Exaltation of the Holy Cross, Myshall

**Arrival** : Cathedral of the Assumption of Blessed Virgin Mary, College St. Graigue, Carlow

**Cities** : 1. Carlow  
2. Kilkenny

## Altimetric profile

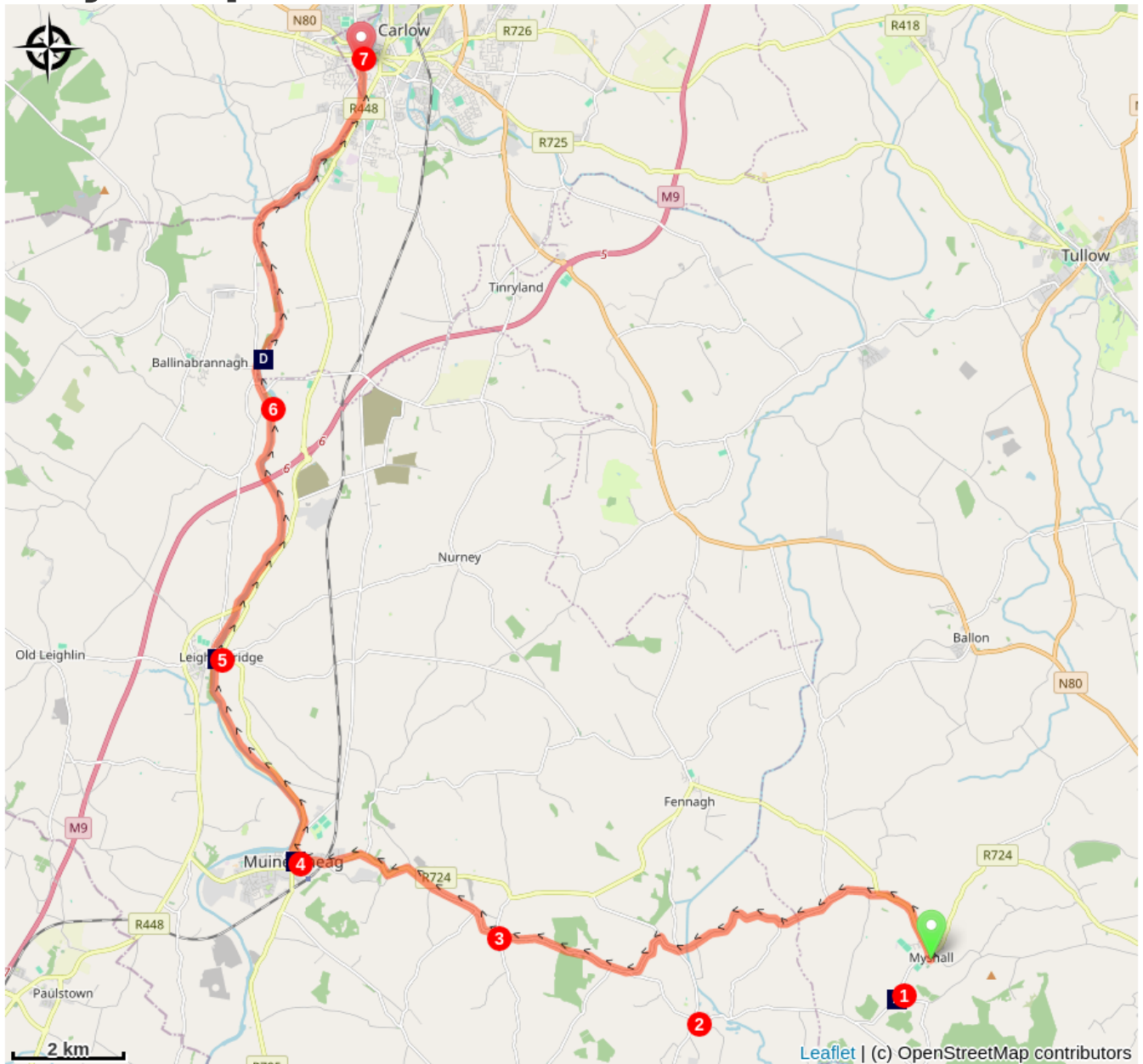



Min elevation 37 m Max elevation 136 m



From the church, take the road to the West and then the South-West until you reach the crossroads after a farm:

1. Continue straight on the road which then turns west. Drive past a fishing centre with three lakes (on the left) then a concrete element factory (on the right).
2. At the next crossroads, continue straight ahead towards the west. The road passes through the hamlet of Garryhill before returning to the countryside with a scattered settlement of houses to the right and left of the road. Pass through a small forest and continue in the same direction at a brown sign for Ballyloughan Caste.
3. At the next crossroads, continue along the road, which is heading north for a while before heading west again. At Ballymoon it leads to a larger road (R724) which leads to the village of Muine Bheag.
4. At St Andrew's church turn right and then 100m further on turn left to join the Barrow River and the track on the right up the river. This track on the riverbank runs along the R705 for a while and then diverges from the river at a swimming pool. Continue the bike path along the water.
5. At the village of Leighlinbridge, turn left over the bridge and then right to follow the other bank of the Barrow River. Still on this bank, the trail passes under the R448 road and later under the M9 highway.
6. The river is overtaken by a canal at a footbridge: continue along the canal before following the Barrow River again by a path to Carlow finally reached by a small street called Castelview.
7. At the end turn right on the bridge to go towards the cathedral whose spire is visible. Take the main street which leaves the castle on the right and continues to Kennedy Street. At the next bend, turn left onto Castle Street which is extended by Tullow Street and then left onto College Street before the Tourist Office to reach the Cathedral.

# On your path...



-  Trail of The Saints (A)
-  Black Castle (C)

-  Muine Bheag or Bagenalstown (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...

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## Trail of The Saints (A)

Myshall is one of the villages on Carlow's 'Trail of the Saints' and St. Finian, known as the 'Tutor of the Saints of Ireland' and founder of a most celebrated monastery at Clonard, Co. Meath, was born here c470 A.D. and in the village one can see the remains of a Romanesque church founded by him in the 6th century. A stained glass window in the Catholic Church of Exaltation of the Holy Cross commemorates him. This Catholic Church, built in the form of a cross dates back to 1776. A small amenity park in the village Tobar Bhríde contains a holy well dedicated to St. Brigid after whom the park is called and a 'pattern' was held annually here on the 14th day of September. Records of this Fair stretch back over 200 years. St. Columbanus, Ireland's first European saint is also linked with the area as are St. Fortcheirn of Kiloughternane who reputedly baptised St. Finian and St. Moling who was also a visitor to the district with Thomple Moling cemetery situated in the parish off the Garryhill/Borris Road. Some 2km from the village one will find another holy well at Cranavane, the waters of which are said to cure 'soreness of eyes, pains and debility of the limbs and all body ailments' In former times it was customary to dip coffins in the well before burial in nearby Barragh Graveyard 400m to the west of this site.

[To know more about it](#)

Attribution : david.ward-perkins

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## Muine Bheag or Bagenalstown (B)

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 (C)

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.](#)



## 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