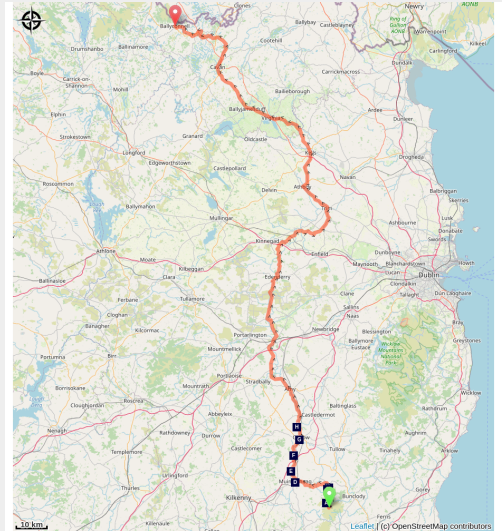


01. 590 Ireland (1/2)

Ireland - Carlow



(Amis saint Colomban)



Covering 560km, this introductory route across the island of Ireland is divided into 2 parts, which can be followed one after the other or indistinctly. Starting at Mount Leinster, the birthplace of Columban, the first part takes you to the north of the Republic of Ireland.

Colomban Way is the route followed by Saint Columban at the age of twenty, around 560, from his birthplace to the great abbey of Bangor, which he left around 590 at the age of 50 to evangelise the continent of Europe, of which he is one of the Founding Fathers according to Robert Schuman.

This path is being finalized.

Useful information

Practice : Pedestrian

Length : 261.8 km

Trek ascent : 2005 m

Difficulty : Medium

Type : Multi-day trek

Trek

Departure : Mount Leinster (County Carlow in the Republic of Ireland)

Arrival : Ballyconnell

Cities : 1. Carlow

2. Kilkenny

3. Laoighis

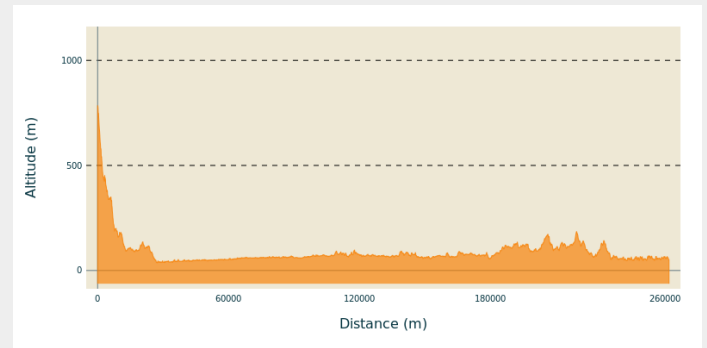
4. Kildare

5. Offaly

6. Meath

7. Cavan

Altimetric profile



Min elevation 37 m Max elevation 784 m

The Irish route has a different name depending on the language spoken: Colomnan Way in English or Turas Columbanus in Gaelic.

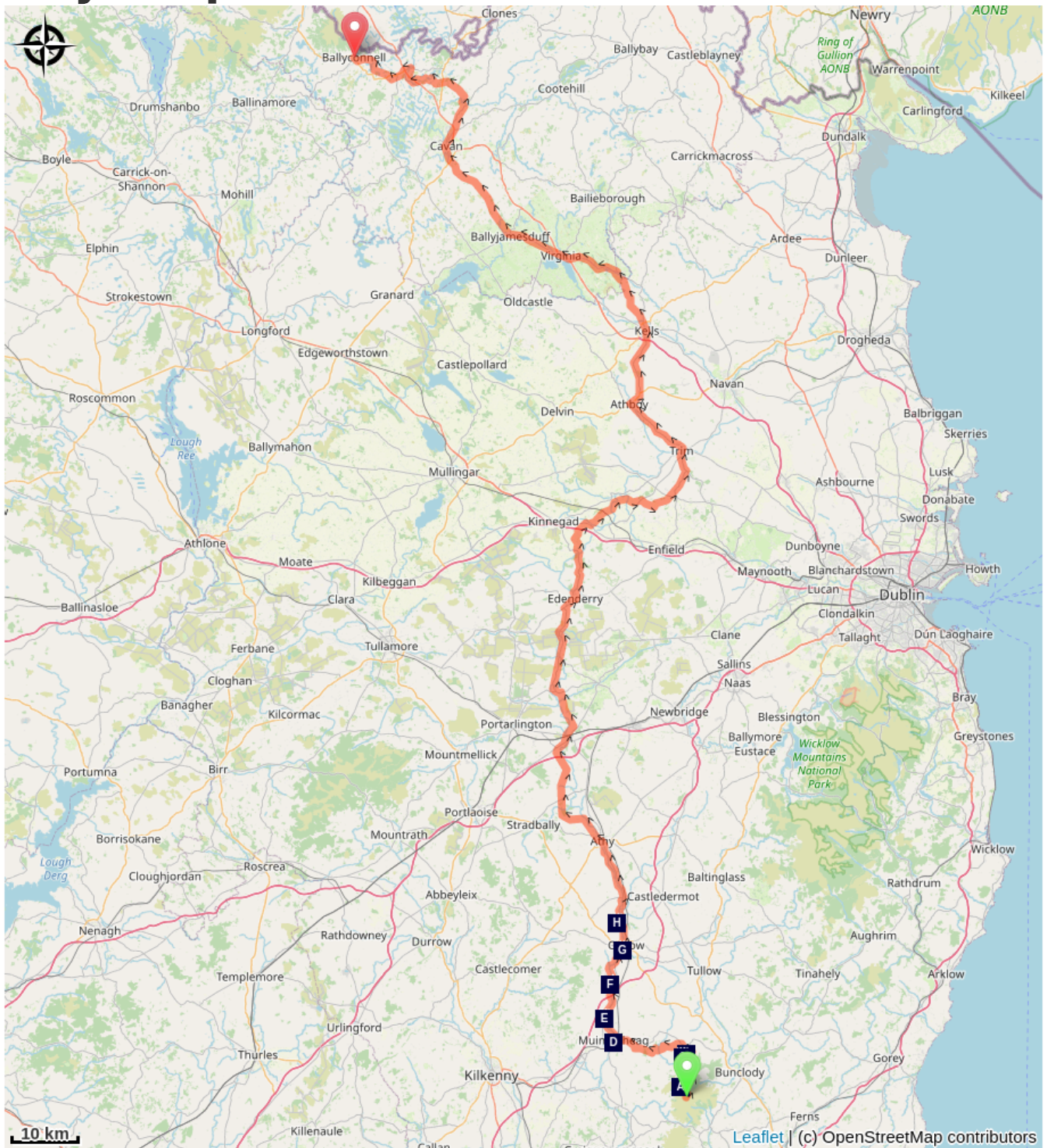
The route is currently being finalised with the counties and provinces concerned. It will comprise around twenty stages averaging 20 to 25km per day. The first two stages are given as examples:

1. Mount Leinster - Myshall
2. Myshall - Carlow

Stages :

1. Mount Leinster to Myshall
5.9 km / 83 m D+ / 3 h
2. Myshall to Carlow
31.7 km / 223 m D+ / 7 h

On your path...



 Nine Stones (A)

 Trail of The Saints (C)

 Black Castle (E)

 Carlow Castel (G)

 Church of Exaltation of Holy Cross (B)

 Muine Bheag or Bagenalstown (D)

 River Barrow (F)

 Sleaty Church and Crosses (H)

All useful information

How to come ?

Transports

The nearest railway stations to Mount Leinster are:

[Muine Bheag \(to the west\)](#)

[Enniscorthy \(East\)](#)

Bus lines allow to get as close as possible to :

[Carlow \(to the West\)](#)

[Bunclody \(East\)](#)

Access

Mount Leinster (796m) is only accessible by road.

Close to the border with Northern Ireland, Ballyconnell is a small village accessible only by road, car or bus.

Advised parking

Carpark

On your path...



Nine Stones (A)

The NE-SW alignment of these small stones does not seem to have any astronomical significance and may be quite modern. The origin of these stones is the subject of several hypotheses: they are the burial place of nine chiefs, or nine shepherds, or even nine rebels killed in 1798. Whatever the reason for their existence, these stones are worth a visit for the spectacular panorama of their location.

[Learn more about them.](#)



Church of Exaltation of Holy Cross (B)

The village's Catholic church was built in 1888. It houses a painting of Saint Columban who was born nearby. A recent statue of the saint was built next to the church to mark the attachment of the inhabitants to this great character.

[To find out more about it.](#)



Trail of The Saints (C)

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



Muine Bheag or Bagenalstown (D)

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 (E)

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 (F)

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



🏰 Carlow Castel (G)

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



🏰 Sleaty Church and Crosses (H)

Associated with St. Fiacc the church is medieval in date, although some of the larger stones used in its construction may come from the earlier foundation. Large boulders were common in early Christian construction. The original monastery was on the other side of the river but when 60 monks died at the site it was moved to its present location. Aodh lived here in the 7th century who was one of the first biographers of St. Patrick.

Attribution : david.ward-perkins
