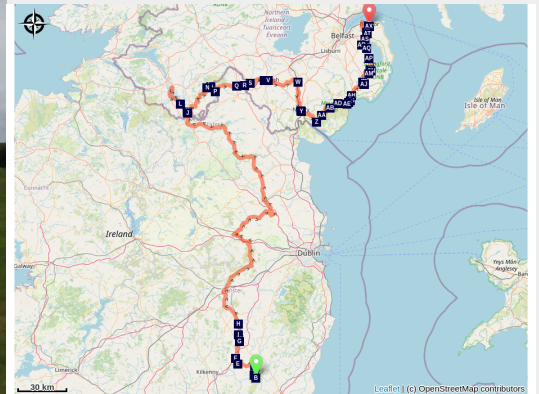


01. 590 Ireland

Ireland - Carlow



(Amis saint Colomban)



This 640km-long route of initiation begins in the south of Ireland, in the region where Columban was born. It ends in the north of the island, where he spent some twenty years at Bangor Abbey.

The itinerary 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 European continent, of which he was one of the founding fathers according to Robert Schuman.

This route is currently being finalised.

Useful information

Practice : Pedestrian

Length : 638.4 km

Trek ascent : 7291 m

Difficulty : Medium

Type : Multi-day trek

Trek

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

Arrival : Bangor (Northern Ireland)

Cities : 1. Carlow

2. Kilkenny

3. Laoighis

4. Kildare

5. Meath

6. Cavan

7. Fermanagh

8. Monaghan

9. Armagh

10. Banbridge

11. Newry and Mourne

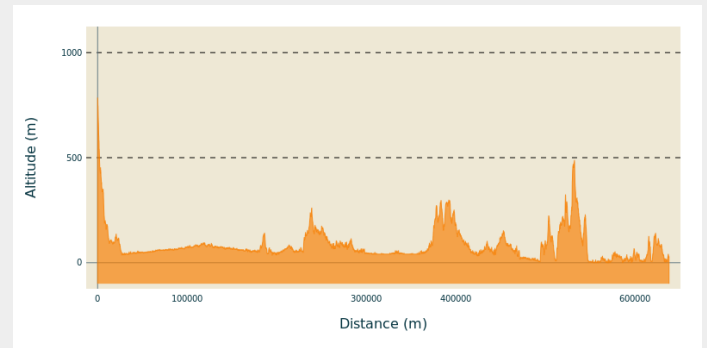
12. Louth

13. Down

14. Ards

15. North Down

Altimetric profile



Min elevation 0 m Max elevation 785 m

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

There are two possible starting points to reach Myshall via Mount Leinster, the presumed birthplace of Saint Columban:

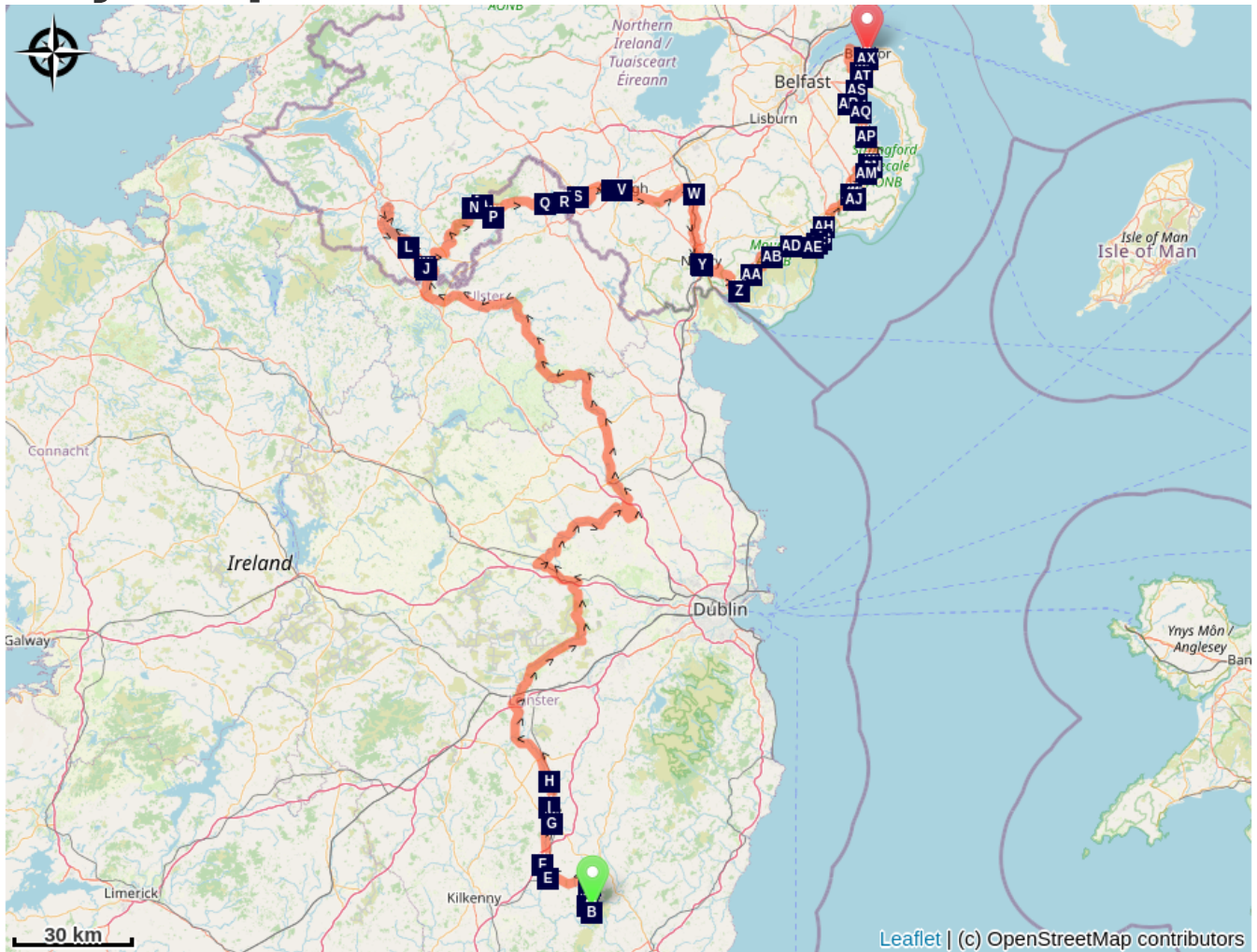
- from Saint Mullins after a two-day walk of 20km and a stopover in Borris,
- a one-day walk from Bunclody.

Stages :

- 1.** Start 1: St Mullins to Myshall via Mount Leinster
45.8 km / 1284 m D+ / 15 h
- 2.** Start 2: Bunclody to Myshall via Mount Leinster
28.0 km / 1109 m D+ / 9 h
- 3.** Myshall to Leighlinbridge
19.4 km / 155 m D+ / 6 h
- 4.** Leighlinbridge to Carlow
13.9 km / 83 m D+ / 4 h
- 5.** Carlow to Athy
19.6 km / 75 m D+ / 6 h
- 6.** Athy to Monasterevin
23.6 km / 91 m D+ / 8 h
- 7.** Monasterevin to Robertstown
24.3 km / 109 m D+ / 8 h
- 8.** Robertstown to Johnstown Bridge
17.6 km / 87 m D+ / 6 h
- 9.** Johnstown Bridge to Clonard
17.6 km / 78 m D+ / 6 h
- 10.** Clonard to Trim
24.3 km / 110 m D+ / 8 h
- 11.** Trim to Dalgan
23.4 km / 201 m D+ / 8 h
- 12.** Dalgan to Wilkinstown
17.7 km / 122 m D+ / 6 h
- 13.** Wilkinstown to Kingscourt
21.5 km / 196 m D+ / 7 h
- 14.** Kingscourt to Bailieborough
13.7 km / 276 m D+ / 4 h
- 15.** Bailieborough to Cootehill
22.3 km / 316 m D+ / 7 h
- 16.** Cootehill to Redhill
19.2 km / 300 m D+ / 6 h
- 17.** Redhill to Belturbet
11.8 km / 134 m D+ / 4 h
- 18.** Belturbet to Crom
63.4 km / 205 m D+ / 8 h
- 19.** Crom to Carnmore Viewpoint
23.1 km / 495 m D+ / 7 h
- 20.** Carnmore Viewpoint to Knocktallan
19.2 km / 356 m D+ / 4 h
- 21.** Knocktallan to Glaslough
19.6 km / 164 m D+ / 6 h
- 22.** Glaslough to Navan Fort
19.1 km / 236 m D+ / 5 h

- 23.** Navan Fort to Gosford Forest
17.3 km / 271 m D+ / 5 h
- 24.** Gosford Forest to Scarva
19.4 km / 219 m D+ / 6 h
- 25.** Scarva to Newry
19.6 km / 135 m D+ / 6 h
- 26.** Newry to Rostrevor
18.0 km / 412 m D+ / 6 h
- 27.** Rostrevor to Leitrim Lodge
10.2 km / 329 m D+ / 3 h
- 28.** Leitrim Lodge to Ott Track
11.8 km / 611 m D+ / 4 h
- 29.** Ott Track to Newcastle
16.6 km / 291 m D+ / 5 h
- 30.** Newcastle to Downpatrick
20.5 km / 163 m D+ / 7 h
- 31.** Downpatrick to Killyleagh
18.1 km / 224 m D+ / 5 h
- 32.** Killyleagh to Comber
22.8 km / 300 m D+ / 7 h
- 33.** Comber to Bangor
27.0 km / 503 m D+ / 8 h

On your path...



- | | |
|---------------------------------|--|
| Nine Stones (A) | Mount Leinster (B) |
| Trail of The Saints (C) | Church of Exaltation of Holy Cross (D) |
| Muine Bheag or Bagenalstown (E) | Black Castle (F) |
| Carlow Castel (G) | Levitstown (H) |
| Sleaty Church and Crosses (I) | Old castle of Crom (J) |
| Crom Castle (K) | River Erne (L) |
| Jenkin Lough (M) | Cushkeery Lough (N) |

All useful information

How to come ?

Access

Mount Leinster is only accessible by road.

Bangor is accessible by all means of transport, including by air from Belfast International Airport.

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.](#)



Mount Leinster (B)

Mount Leinster peaks at 847m. It straddles the boundary between Carlow County to the north and Wexford County to the south. Belonging to a remote mountain range, it offers a complete panorama of this southern part of Ireland. It is the presumed birthplace of Saint Columban.



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](#)



Church of Exaltation of Holy Cross (D)

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.](#)



Muine Bheag or Bagenalstown (E)

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 (F)

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 (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



Levitstown (H)

Bordered by an imposing old mill, this small canal makes the River Barrow navigable, with its removable bridges giving way to boats.

[Find out more here.](#)



Sleaty Church and Crosses (I)

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



Old castle of Crom (J)

The old Château de Crom was built in the early 17th century. The castle survived two Jacobite sieges in 1689, but accidentally burnt down in 1764. In the 19th century, additional walls and towers were added to the ruins of the old castle for a romantic effect. Today, the ruins are an isolated monument.

[Find out more here.](#)



Crom Castle (K)

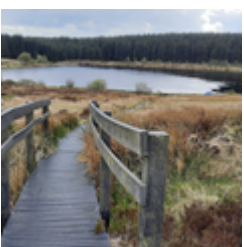
Set on the beautiful shores of tranquil Upper Lough Erne, amidst an archipelago of wooded islands and forests, Crom Castle is a romantic 19th century Victorian castle. It is situated in one of Northern Ireland's most important conservation areas, maintained by the National Trust, making it a wonderful place to discover and explore.

[Find out more here.](#)



River Erne (L)

This river flows northwards into the Atlantic to the west of Ireland. It crosses several lakes and isolates a number of islands, including Cleenish Island, where Saint Columban spent some time.



Jenkin Lough (M)

Lough in a forest setting.



Cushkeery Lough (N)

Lough in a forest setting.