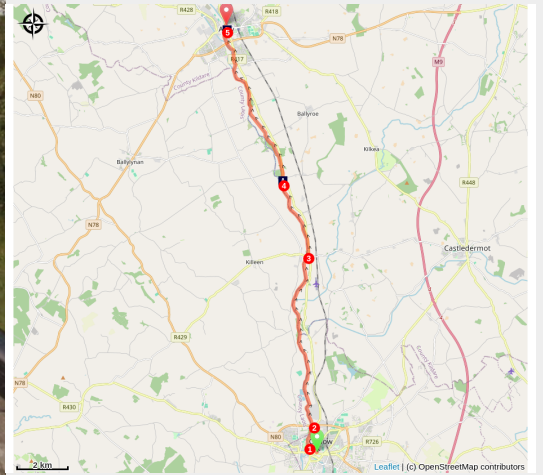


Carlow to Athy

Ireland



Barrow River



A pleasant stopover along the navigable River Barrow, sometimes lined with narrow canals with locks and a removable bridge to allow pleasure boats to pass.

Freshness provided by the river and the trees that line it.

Useful information

Practice : Pedestrian

Duration : 6 h

Length : 19.6 km

Trek ascent : 75 m

Difficulty : Easy

Type : Step

Trek

Departure : Saint Mary's Cathedral

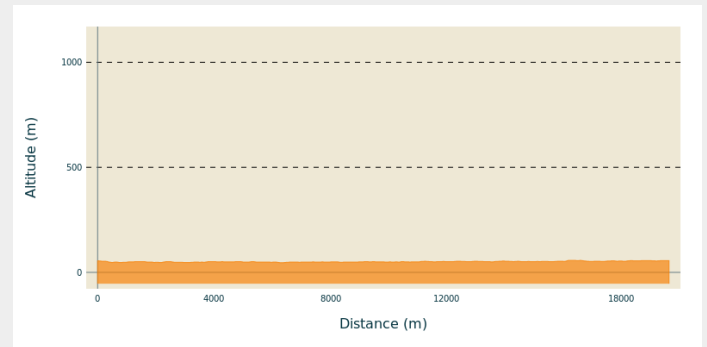
Arrival : Church of Saint Michael

Cities : 1. Carlow

2. Laoighis

3. Kildare

Altimetric profile

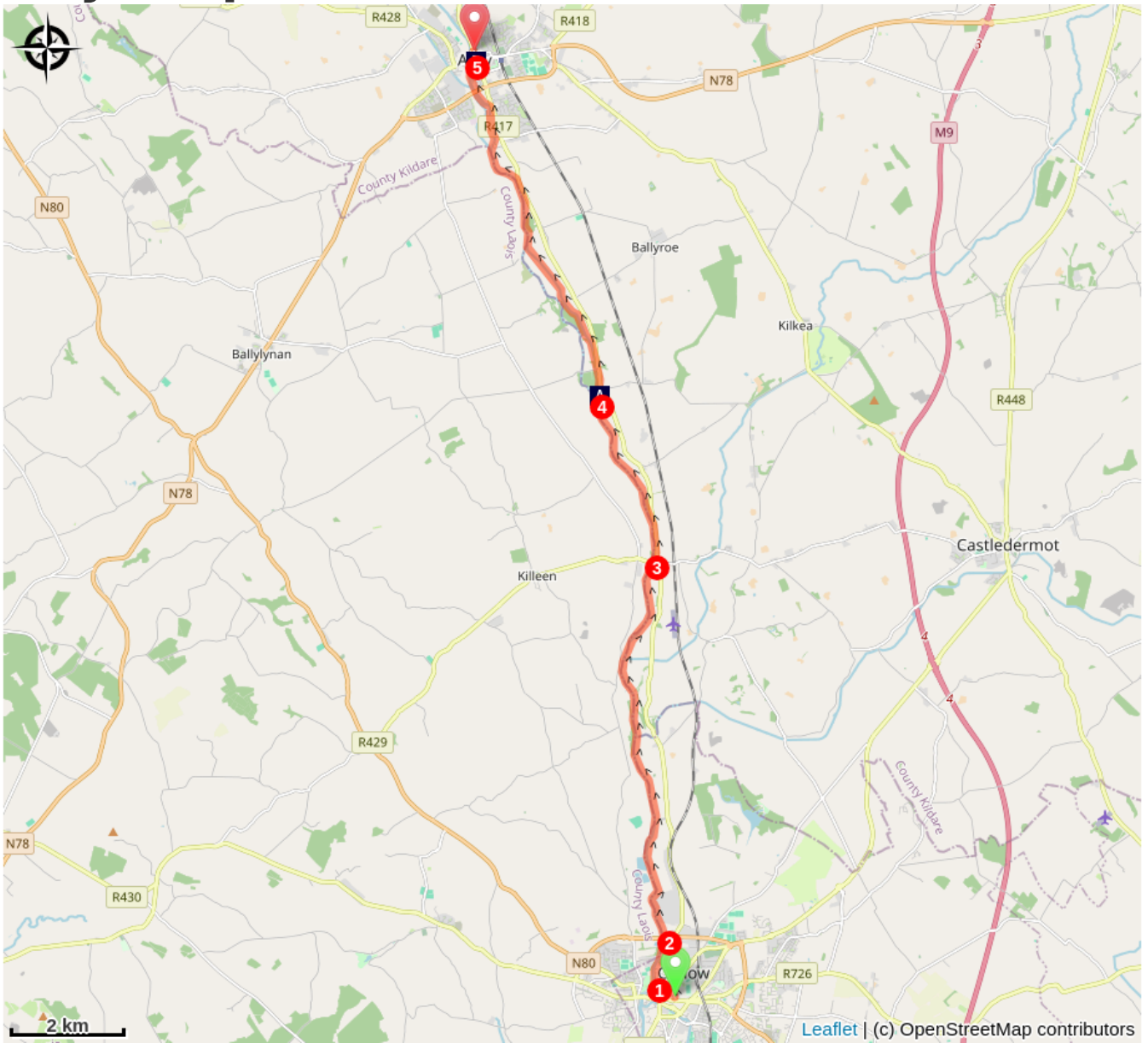


Min elevation 46 m Max elevation 57 m

From the cathedral, walk north up College Street to the River Barrow, turning left into the 1st street (Brown Street), right into the 1st street (Dublin Street) and left into the 1st alleyway (Cox's Lane):

1. Do not cross the footbridge and continue right along the pavement alongside the river. At the end of the pavement (barrier), continue along the riverside path.
2. On leaving the town, pass under a road bridge and continue along this side of the river, which at times splits into a navigable canal.
3. Pass under the arch of a stone road bridge and continue along the river to the next canal at the ruined Levitstown mill (lock).
4. Continue along the canal and river track until you reach a canal again before the stage town of Athy.
5. At the second road bridge, leave the riverside to reach the castle, turn right onto the road leading from the bridge (Leinster Street) and then left into the 1st street (Stanhope Street) to reach St Michael's Church.

On your path...



Levitstown (A)

White Castle (B)

All useful information

On your path...



Levitstown (A)

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.](#)



White Castle (B)

In the heart of Athy stands the imposing structure of Whites Castle. This 16th-century tower was built on the site of an earlier 15th-century castle. It symbolises Athy's rich history and heritage.

[Find out more here.](#)