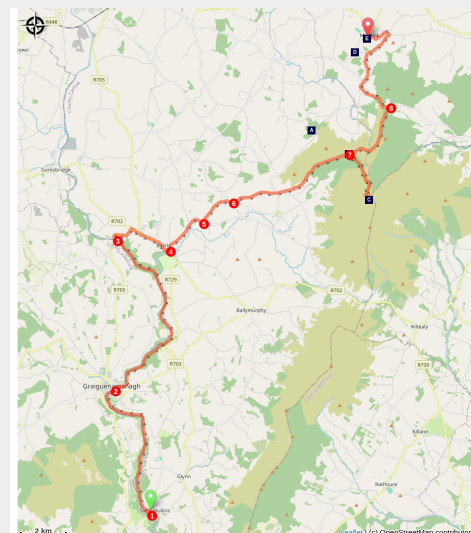


# Start 1: St Mullins to Myshall via Mount Leinster

Ireland - Kilkenny



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

- *Departure 1 from St Mullins, a two-day walk,*
- *Departure 2 from Bunclody, a one-day walk.*

## Useful information

Practice : Pedestrian

Duration : 15 h

Length : 45.8 km

Trek ascent : 1284 m

Difficulty : Medium

Type : Multi-day trek

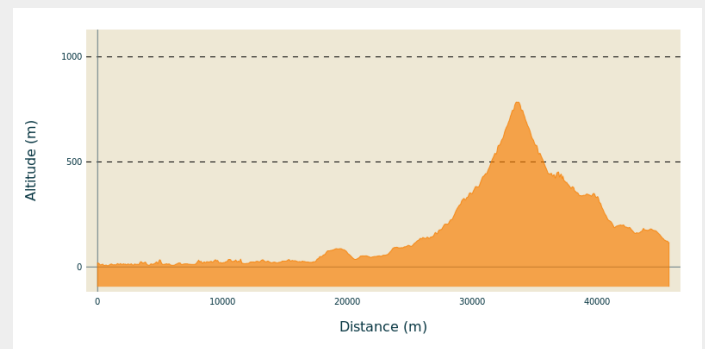
# Trek

**Departure** : Monastic site

**Arrival** : Church of the Exaltation of the Holy Cross

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

## Altimetric profile



Min elevation 6 m    Max elevation 785 m

The walk from St Mullins to Myshall can be completed in two days, covering 22km and stopping off at Borris.

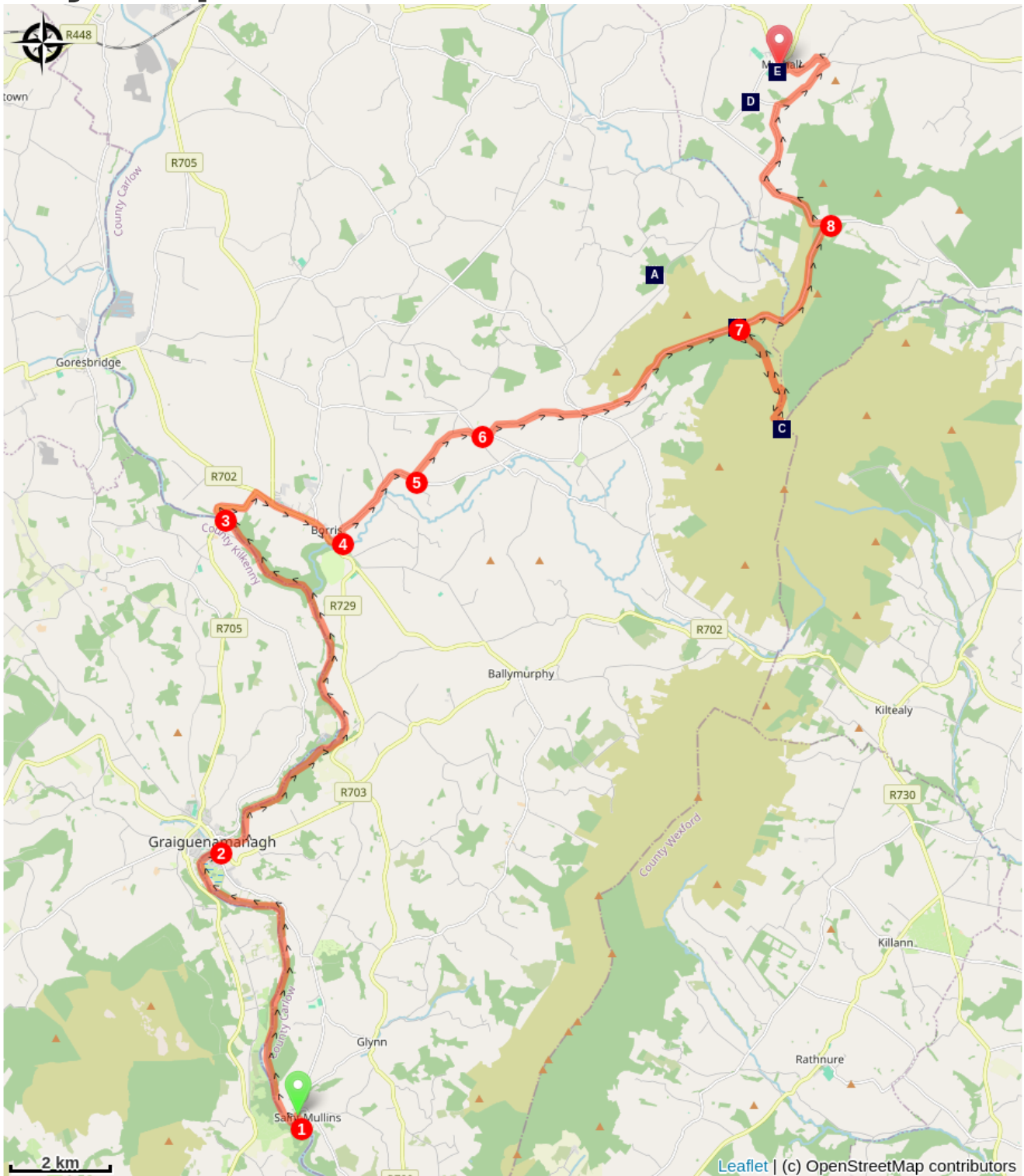
**Day 1:** From the monastic site, head south towards the River Barrow:




1. Head north up the left bank and follow the path to the first village, Graiguenamanagh, with its stone bridge.
2. Cross the road and continue along the same bank, which alternates between woodland and grassland, until you reach the next stone bridge.
3. Leave the riverside path by bending right to join the R705 road, which twists and turns. At the next crossroads, turn right to reach the village of Borris, the end of this day's stage.



**Day 2:** From the Sacré Coeur church, take the first road on the left (L3006):

1. Pass under an old railway viaduct and continue along the main road lined with hedges and a few houses until you come to a small stone bridge over a stream,
2. At the next crossroads, turn left onto the minor road signposted Mount Leinster L7041. Continue along this road, turning right at the first crossroads and then left at the next crossroads at a house behind hedges.
3. At the junction with a larger road 100m further on, turn right, then left a little further on to take a small road that climbs gently towards Mount Leinster, which is clearly visible. At the stop sign, continue straight ahead following the Mt Leinster signs to the Nine Stones car park.
4. Turn right to reach the summit of Mt Leinster through the gate, then return by the same route and head north down the road to the next junction.
5. Turn left towards Adelaide Church and follow the road and signs to Myshall.

# On your path...



-  Templemoling cemetery (A)
-  Mount Leinster (C)
-  Church of Exaltation of Holy Cross (E)

-  Nine Stones (B)
-  Trail of The Saints (D)

# All useful information

# On your path...

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## Templemoling cemetery (A)

The scant remains of a hermitage associated with St Moling is surrounded by a high hedgerow. A low rectangular shape of a church can be made out amongst the rubble. There is a modern altar with a cross made of quartz lying in front of it. Also present at the site is a large boulder said to show the footprint of St Finian.

[find out more](#)

Attribution : david.ward-perkins

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## Nine Stones (B)

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.](#)

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## Mount Leinster (C)

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 (D)

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 (E)

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.](#)