



carlow
outdoors



do it the barrow way: carlow town & milford

Getting away from it all doesn't have to mean going far. There's nothing better than a walk in the country to clear out the cobwebs. This tour invites the visitor to discover a section of the Barrow Way, one of Ireland's most well-known long distance walking routes together with the county town of Carlow. In a stunning, unspoilt landscape visitors can enjoy excellent flat walking, with a plethora of plant and bird life. A bank side stroll brings a pleasure all of its own – the river's story unfolds quietly and musically, always leading you around the next bend and so it is with this stretch of walk from **Carlow Town to Milford (7km)**.

The Barrow Way follows the towpath, originally a path alongside the River Barrow where horses pulled barges and goods for transport in former times. The path offers much of architectural and historical interest to visitors – bridges, many arched, and pretty lock houses, some still in use. The fascinating story of **Carlow Castle**, dating to the 13th century merits further exploration while below the town, the ruins of **Clogrennane Castle and Clogrennane House**, seat of the Rochfort family can be seen on the right bank.

Milford is a most pleasant spot – it is hard to believe that this tranquil and picturesque place was once a thriving industrial hub. With an excellent power source in the River Barrow and access to the country's main cities through a network of inland waterways, this was one of Ireland's most significant industrial sites in former times and was Ireland's largest milling site in pre-Famine Ireland. The ruins of Milford Mill (1790 – 1965), established by the Alexander Family are nearby.

Hop aboard a traditional Irish open boat with Cliff Reid of Boat Trips.ie – take time to switch off and enjoy the natural habitat of the river on a relaxing one hour return trip to Carlow Town. Pre-book via boattrips.ie

There are lots of options to consider in **Carlow Town** including **Delta Sensory Gardens**, an oasis of peace and tranquility, with sixteen interconnecting gardens set on 2.5 acres. From the Waterfall Garden to the Rose Gardens and Willow Garden there's something to discover at every turn. Café Thyme attached to the gardens offers delicious lunches, tea/coffee and snacks while the garden centre stocks a range of shrubs, perennials and seasonal plants.

Visitors can also enjoy a **one hour self-guided walking tour of the town** featuring identifiable finger signposts and storytelling map boards, which bring its past history to life. Whilst exploring Carlow's winding streets and lanes be prepared for the unexpected, as the rich history of this busy market town offers something new at every turn. Maps of the heritage trail can be obtained from **Carlow Tourist Office** or from www.carlowtourism.com

Carlow Town offers a great range of accommodation, shopping and things to do, as well as wonderful restaurants, cafés and pubs which cater for all tastes. **For more information visit www.carlowtourism.com**