

Walks From St. Mullins

Relax and enter a world that hangs
in the mists of time



The Múllcháin Café

(Home Cooking & Great Value)

Café Opening Hours

11am to 6pm Tuesday to Sunday
Closed Mondays except Bank Holidays
Then closed Tuesdays

The Old Grain Store

Self catering Cottages

Martin & Emer O'Brien

The Quay St. Mullins Co. Carlow



Three tastefully restored cottages that surround the old stable yard that once housed the great Irish draught horses that hauled the river barges.

The Coach House Sleeps 5

The Stables Sleeps 4

The Forge Sleeps 2

The cottages are available all year round, rented on a weekly basis from June to September.

And for shorter breaks from October to June.

A great place for a holiday on the banks of the river. Sit back, relax, walk the river or lounge about with a coffee at THE MULLICHÁIN CAFÉ. Within easy reach of Carlow, Kilkenny, Waterford, Wexford and Carrick on Suir.



www.oldgrainstorecottages.ie

info@oldgrainstorecottages.ie

051 424440

087 2584663

The Mullicháin Café

Try Emer's Homemade Soups & Cakes



This four story building was once the store house for all goods coming and going on the river, everything from cart wheels to timber, oats, cloth, nails, sherry from Spain, barrels of stout and the odd bottle of whiskey.

Martin and Emer O' Brien set about restoring the building in 2008 and opened The Mullicháin Café in March 2009. Many of the original features have been retained including the Canadian pitch pine beams an the lime plaster walls.

The building was last re-roofed by PJ Hayes on May 27th 1847.

The first floor has a selection of books on history, myth and mythology and some comfortable couches on which to sit back and have a leisurely read.

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CLOSED

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Monday

on bank holidays

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Tuesday

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Slí Na Sláinte (way of the healthy)

1hour - 6.5km



1. Starting at the Mullicháin Café, head upriver, with the river on your left, along the towpath towards the first lock at St. Mullins. The Barrow is tidal to the first lock and can flood for about an hour at the Spring Tide. Draught horses pulled barges on this line from 1760 until 1922 when the Bolinder diesel was introduced. (10mins)

2. The lock system allows the barges to bypass the shallow areas of the river on a short canal and rejoin the river above the weir. The barges can only travel upriver from the sea on the high tide as the river is too shallow when passing the quay. Walk on past the lock and the metal lifting bridge, the path becomes a grassy walkway, Listen out for the sound of the weir on your left as you come to the end of the canal section and the island to re-join the river. On your right hand side you will see an old lime kiln, facing the kiln are two paths, one left and one right. Take the path to the left of the kiln and the next right up through the woods. (10 mins)

3. At the T-Junction take a left and follow this lane up hill all the way to the top where you will come to another T-Junction and take a right here. On this climb you can look back to Brandon Hill on your right. And that's where you're going on your next big climb! (15 mins)

4. Now you are heading downhill back to St. Mullins, with the stunning Blackstairs Mountains on your left. As you drop down a steep hill you will pass Templenaboe on your left. Carry on down between the Motte and the Graveyard on the old mill road and you're back just in time for a cup of tea at THE MULLICHÁIN CAFÉ!

Ballyknock to Drummin

1 hour 20mins - 7.5 km



1. From the Mullichain Cafe, walk downriver, with the river on your right, past the old Odium's Mills. A white horse is believed to have caused terrible damage to the mill ever since it was built because the mill was built with stones stolen from the graveyard. Carry on over the stone bridge on the Aughavaud river and turn left by the millworkers cottages and up to the top of the hill. Watch out for the white horse! (5 mins)

2. At the top of the hill turn right, then immediately left. This is a tough climb so take it easy and don't be afraid to lean over a farm gate and admire the view. This is supposed to be fun! Continue up this lane to a V in the road and carry on to your right with White Mountain and the Blackstairs on your left until you come to a T-Junction. (40mins)

3. At the T-junction, turn right and this will bring you into Drummin keeping to the right Turn right directly after the National school and the church and follow this road all the way to the village pump in St. Mullins. Ahh! This brings back memories of my school days when I was but a boy, dreaming of freedom and faraway places, before I got a whack on the head and a jolt back to reality. (35mins)

4. At the village pump turn left and follow the old mill road down the side of the Abbey and the graveyard. Yes you are home to the MULLICHÁIN CAFÉ for a grand cup of coffee.

Ballyknock to Glynn Circuit

1 hour -6.5km



1. From the Mullicháin Café walk downriver with the river on your right. over the stone bridge on the Aughavaud River. Turn left by the mill workers cottages and on up to the top of the hill. (5 mins)

2. At the top of the hill turn right and directly left following this country lane up a steep hill - it's a bit of a climb! At the top take the first left. (10 mins)

3. Continue along this lane until you come to a T-junction. (10 mins)

4. Turn left for Glynn village, with it's two pubs and a shop. John A's pub is on the left and Sean Byrne's pub is on the right. (5 mins)

5. Take the first left, with the church on your right. Now you're on the way back through the Glebe to St. Mullins. (15 mins)

6. Turn left at the next junction following the road to the village pump. Blanche's Pub is on your right. Go straight ahead and keep the graveyard on the left, down the hill, and you're HOME! (10 mins)



St. Mullins to Graiguenamanagh & Back

1 hour and 40mins each way



1. With the Mullicháin Café at your back, set off upriver towards Graiguenamanagh. This section to the first lock is on a flat hard surface. During the summer the banks of the river are lined with a pink flower called Indian Balsam, an invasive species believed to have arrived from Canada with the Canadian grain. The river is tidal to the first lock and at Spring tide around the full moon the path can flood for about an hour at the top of the tide. The old lock house has been beautifully restored by Michael & Margaret Higgins. Michael's mother was the last lock keeper. There are a wide variety of pleasure boats moored on the canal. (10 mins)

2. Carry on along the path or "The Line" as it is known locally and past the lifting bridge. The lifting bridge is used by the farmer to put his horses onto the island. This short stretch of canal will bring you to the weir. From here to Graiguenamanagh the walking surface is grass. The roar of the weir marks the end of the canal. (10 mins)

3. The next section brings you past an old lime kiln that dates from around 1760. Limestone was burnt to be used as fertilizer and in lime mortar for building. In the distance on the left is Brandon Hill. And on to Carriglead lock keepers cottage, restored by Larry Butler. (35 mins)

4. Our next landmark is the Lower Tinnahinch lock. Freny the Robber was well known in these parts and folklore has it that after robbing the gentry, he would bury the treasure and come back later to collect it. But on a couple of occasions he forgot the exact location and would sit by the Barrow looking across at Brandon going over and over where he might have left his stash. (25 mins)

5. You are now on the home run to upper Tinnahinch and the village of Graiguenamanagh. (The Rock of the Monks) Call into John Walsh's shop on this side of the bridge for the best 99 ever!. You can get lunch at Boats Bistro, or across the river at the Waterside, Duiske Bar or Café on High opposite Duiske Abbey. (25 mins)

B. The question now is do you want to walk back or call a taxi? Find out about taxis in John Walsh's shop or wherever you're having lunch.

St. Mullins to White Mountain

4 hours - 16km



1. With the Mullicháin Café at your back, go left downriver towards the cottages and over the small stone bridge on the Aughavaud river, then up by the mill worker's cottages to the top of the hill and turn right towards Drummin. (5min)

2. You now have a good climb up Bauck Hill and a smashing walk to the crossroads at Drummin. White mountain and The Blackstairs are on your left. (35mins)

3. At the cross in Drummin go straight across heading for Ballinalour and Ballywilliam. Take the second turn on the left towards the piano gallery and Ballinalour. You can take a detour up to the next turn left and have a look at the double lime kiln hidden in the trees at the corner. If you walk up the sides of the kiln you will see the chambers where the lime stones and timber were loaded and burned to produce slaked lime for use in farming and building.

4. From the second turn, walk on past the piano gallery for about half an hour and you come to a turn on the right at a bungalow, this is the entrance to the forest. (30mins)

5. From the entrance to the cross on White Mountain is on forest road which is generally in good condition. When you reach the T junction at the top turn left and then left again up a steep hill to the cross WOW! What a view back over the Barrow Valley! You are now at the beginning of the Blackstairs Mountains. If you were to turn right you could walk along the ridge to Mount Leinster. But maybe that's for another day! (60mins)



Graigenamagh to Brandon Hill & Back

4 hours - 12km



This is a walk for a fine day. Bring your walking boots, water and a snack.

Graiguenamanagh is a smashing little town which is well worth exploring Duiske Abbey, Cushendale Woollen Mills, Duiske Glass, and plenty of great pubs. Take a stroll along the quays and see the great variety of barges and cruisers. A good spot to chill!

1. Park your car on the Quay in

Graiguenamanagh and walk up through the town, past Duiske Abbey to the roundabout at the top of the town. (10 mins)

2. At the roundabout take a left towards New Ross and then the next right turn for the village of Inistioge. Take the next left up a small country lane which will lead you up to the forest road. (10 mins)

3. You will pass through farm land as you start to climb, with Brandon Hill straight ahead, until you pass through the barrier at the forest entrance. (20 mins)

4. The next stage winds up through the forest and has some fantastic views back over the countryside. Follow the markers and they will bring you to a gate at the end of a lane. (60mins)

5. Now through the gate is a hill path to the top of Brandon Hill. It is a bit rough and a slow climb, but well worth it for the stunning views over Carlow and Kilkenny. and of course in the distance, St. Mullins-The Jewel of The Barrow. (20 mins)

WHAT'S IN ST. MULLINS? MAGIC! ON THE QUAY BY THE RIVER

Mullicháin Café

(Home Cooking, Great Value)

Boat Slip

Picnic Tables

Self Catering Cottages

Odlums Mill

Fishing Stands

Swimming

Cycling

Walks

Car Parks

Boating

Village Green

Heritage Centre

Historic Graveyard

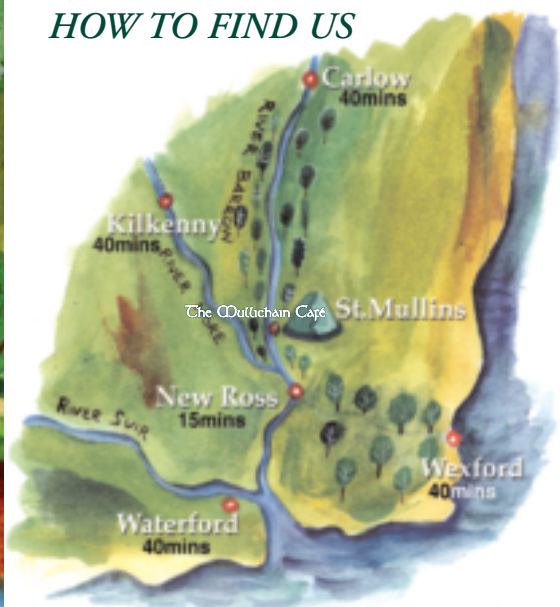
Motte & Bailey

Holy Well

Blanchfield's pub

Public toilets

HOW TO FIND US



Illustrations by: www.cathydineen.com