

Kilkenny



RIVER ADVENTURE

Two Day Self-Guided Itinerary
Graiguenamanagh, Kilkenny

CONTENTS



OVERVIEW

This self-guided two day experience is built around the flow of the River Barrow.

The adventure-packed itinerary is based in Graiguenamanagh, a beautiful medieval town nestled in the valley beneath Brandon Hill with the river running through it.

There's a boat tour, canoeing, kayaking and exploring to keep you busy and great local food and hospitality to ensure you have a restorative break away. All activities are suitable for complete beginners and the experience can be as relaxing or active as you wish.





1

Paddle Your Own Canoe

Enjoy your first taste of the river life with a self guided canoe or kayak up river to Clashganny and back again. It's about 4km paddle altogether and is a leisurely journey so don't worry if you don't have any experience.

Spot the wildlife on the riverbanks – perhaps you'll see the kingfishers or herons as you paddle by. Look out for the ancient churches, castles, beautiful old estate houses and magnificent hand built weirs, there is so much to take in.





2

Pure Adventure

Explore Graiguenamanagh a different way by going stand-up paddleboarding along the river.

The still River Barrow is the ideal place to try your hand at this new and popular water activity. Learn all the skills required with your instructor from Pure Adventure before taking to the water and enjoying a calm paddle downriver. You'll leave feeling relaxed and wanting to take up paddleboarding as a hobby!





3

Time for a bite to eat

After your two hours on the river, return to a warm welcome in the beautiful [Waterside Guesthouse](#), a carefully converted 19th century granite corn store in the heart of Graiguenamanagh.

Situated on the banks of the river Barrow, you can watch the flow of the river but this time with a cup of tea or cold drink in hand.





4

Boat Tour of the River Barrow

Now is time to kick back and let someone else do the navigating while you experience a charming boat tour on the River Barrow with [Riverboat Adventures](#).

Discover the natural beauty and unique riverside landscape of Graiguenamanagh & the Barrow from a different angle than your earlier adventure. You will be immersed in the beauty and history of the river.

This is a fun activity suited to all age groups!





1

Spills & Thrills Adventure

Placed in the top 10% of worldwide attractions in the Tripadvisor Travellers Choice 2021 and 2022, this 3 hour canoe trail from [Go with the Flow](#) is fun for all the family.

Explore both the canal and natural river including the locks, weirs and rapids, this is the perfect combination of relaxing flat water and adrenaline filled white water. There are a few spills and thrills along the way but nothing scary or unmanageable for beginners.

With a choice of Canadian canoes, sit-on-top kayaks or river surfers, you'll get a safely demonstration from the experts before everyone sets off together. There will be experienced personnel on the water with you at all times. *Children must be 7+.*





2

Time for a stroll on dry land

Why not walk the Barrow River towpath to Clashganny, or downriver to St. Mullins.

Take a picnic and relax or return to the restaurant at Waterside Guesthouse for a well deserved feast. Discover some of Kilkenny's unspoilt beauty all around you.

Download the [Graigenamanagh Audio Guide](#) to help you to discover all the highlights of the town, the river walks, and an introduction to the many tales that are entwined in the historic town of Graigenamanagh.





3

Cushendale Woollen Mills

[Cushendale Woollen Mills](#) is one of only two remaining vertical woollen mills in Ireland today where all stages of the manufacturing process is still carried out under one roof; from collecting Irish fleece, to designing, then dyeing, carding, spinning, weaving, and finishing.

The first woollen mill was built on this historic site in 1204 by the monks of Duiske Abbey and today the Cushendale story is one which mirrors the history of Ireland over eight centuries. The mill is truly a national treasure and a walk across its wooden floors past the Victorian spinning mule is like journeying back in time.



PLACES TO STAY



Make the most out of your visit to Graiguenamanagh by staying for longer. There are unique accommodation options in the area where you can rest after a busy day of adventures

Brandon Hill Camping

Brandon Hill Camping is a camping park on the foot of Brandon Hill, a 10 minute walk from Graiguenamanagh. If you fancy waking up surrounded by the beautiful countryside, Brandon Hill offer space for camper vans, caravans, tents and of course glamping. Facilities and rates can be found on their website:

[Find out more](#)

The Waterside Guesthouse

The Waterside Guesthouse is a carefully converted 19th century granite corn store located right in the heart of Graiguenamanagh. Brian & Brigid Roberts have been welcoming guests for the past twenty years and are happy to stop and chat with visitors about life in this quintessential Irish town. All rooms overlook the river and are bursting with character. Rooms and rates can be found on their website:

[Find out more](#)

LOCAL TIPS



Immerse yourself in the local community while you visit Graiguenamanagh and enjoy the atmosphere and the social side of the river. These local tips are not to be missed..

Mick Doyle's Pub

A traditional Irish Pub, Grocery & Hardware, no visit to Graig would be complete without a visit to Mick Doyle's pub and a chat with the locals – you never know what you might learn there!

[Check it Out](#)

Peg Washington's Lane

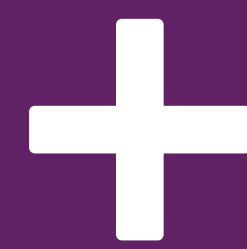
Located in the heart of Graiguenamanagh, it is said that it's the smallest lane in the world! In the early 1800s, Peg Washington feared that new buildings in the town would cut off her water supply; she asked for a gap 'Just the width of myself' between the buildings to allow her access to the Duisk River.

Download the Audio Guide

The Graiguenamanagh audio guide will help you to discover all the highlights of the town, the river walks, and an introduction to the many tales that are entwined in the historic town of Graiguenamanagh.

[Download here](#)

ADDED EXTRAS



Possible additions to enhance your experience, this will be paid for directly to the provider.

Graiguenamanagh Bike Hire

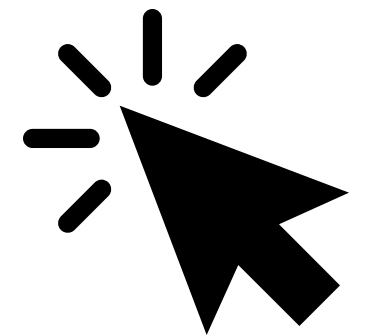


Cycling is a great way to explore the Barrow towpath and experience the river from another angle. You can hire bikes from Graiguenamanagh Bike Hire at The Waterside Guesthouse. They operate on a seasonal basis from March until the end of October.

Helmets, hi-viz vests, pumps, locks and accessories as required included in all bike hire prices.

[Find out more](#)

GET EXPLORING



There is a world of adventure and culture waiting for you in this riverside town.

Start planning your trip now!



LEARN MORE AT [VISITKILKENNY.IE](https://www.visitkilkenny.ie)