



The Canal Network in County Kildare

Still canal waters form liquid roads across one hundred and twenty kilometres of Co. Kildare. Rich in reminders of when the canals were a transport artery and a corridor of social contact, the canal network is now one of the county's most valuable assets, appreciated for its contribution both to the natural environment and to the built heritage of the county. Although artificial in construction the canals complemented rather than dominated nature and their waters and banks sustain plant life, fish, birds and mammals in a habitat of attractive diversity.

The following routes cover the entire Grand Canal and Royal Canal networks throughout the county:

The Royal Canal

Leixlip/Maynooth/Kilcock
(13.5 km / 8.5 miles)

The Grand Canal

Hazelhatch/Sallins (13 km / 8 miles)
Sallins/Robertstown (11.5 km / 7 miles)
Robertstown/Edenderry (21 km / 13 miles)
Sallins//Naas (5.5 km / 3.5 miles)
Naas/Corbally (7.25 km / 4.5 miles)
Milltown Feeder (8 km / 5 miles)

The Barrow Line

Lowtown/ Rathangan (12.5 km / 7.75 miles)
Rathangan/ Monasterevin
(10.6km / 6.5 miles)
Monasterevin/ Vicarstown/Athy
(22.5 km / 14 miles)

- Tow Path Trail
- Canal
- Railway
- Lock No.



The simple and natural act of walking has now established itself as the most popular sport in Ireland, with as many as 30% of the Irish adult population now taking a purposeful walk on a fairly regular basis. While most people still prefer to take a short stroll, more adventurous brands of walking such as body walking, hill walking, way marked walking and race walking are becoming increasingly popular. In addition, there has been a tremendous growth in the number of walking festivals. This is not surprising as the bulk of recent research suggests that the physical, mental, and social health benefits which are associated with other forms of aerobic exercise can also be derived from regular, brisk walking.

The most popular sports will always be those that can provide the participant with opportunities for fun and friendship, and for recreation and relaxation. It's little wonder that walking is often referred to as the ideal sport.

Try it-it will grow on you!



Follow the Country Code

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Leave all gates as you found them
- Keep your pets under close control and clean up after dogs fouling
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Put something back - support the rural economy by using local shops, pubs and restaurants

COUNTY KILDARE'S

TOW PATH TRAILS

A walker's illustrated guide to the Grand and Royal Canal Greenways and Blueways in the County

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This booklet gives practical directions on how to make the most of County Kildare's canal side walking routes. As well as guidance on the best paths to follow the text points to the engineering and architectural heritage of the waterways - the legacies of the canal builders of a bygone era. The canal towpaths are safe and accessible for people of all ages and levels of fitness.

Family groups looking for ideas for short strolls on Sunday afternoons or experienced long distance walkers keen to cover many miles on flat terrain will find the following paragraphs full of ideas on how to enjoy these waterside walks. Here the fresh air is free and the landscape ever changing. So lace up your walking boots, pack your sandwiches, take this guide into your hand and set off on The Towpath Trails.

Design: www.sinnott-design.com



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