



1-4 Leixlip to Enfield 28.5 km

Pick up the Greenway and follow the canal west through open countryside towards Kilcock and Enfield. Stop for a rest and some refreshments at Kilcock or Enfield before returning to Maynooth or continuing to Longwood or Mullingar.

Maynooth is a picturesque and bustling university town in north County Kildare, just 24km west of Central Dublin. Packed with great places to eat, shop and stay, Maynooth is the ideal location to begin your Royal Canal Greenway adventure. The town is also serviced by the Dublin to Sligo rail line which makes it a great starting point for those staying in Dublin looking to escape the city for an afternoon.

4-8 Enfield to Mullingar 40 km

From Enfield follow the Greenway west through open countryside towards Longwood (Ribbontail Paddlers clubhouse), Hill of Down and Killucan. This quiet section of Greenway is ideal for those looking to immerse themselves in nature.

In Mullingar at Newbrook and Ballinea, the Royal Canal Greenway seamlessly links with the Old Rail Trail, a 42km Greenway from Mullingar all the way to the River Shannon in Athlone. This Greenway traces the historic Midlands Great Western Railway track, past restored station houses, under pretty stone arched bridges and through areas of unique biodiversity and heritage.

8-15 Mullingar to Longford 42 km

From Mullingar Harbour cycle or walk along the Royal Canal Greenway towards Coolnahay Harbour and Ballynacarrigy. The ideal place to stop and enjoy a picnic, spend some time in Coolnahay exploring the quaint historic Lock-keepers cottage and watching boats pass through the lock.

One of the biggest towns along the Royal Canal Greenway, Longford is full of great accommodation options and places to eat and drink after a busy day walking or cycling along the Greenway. Located 122km from Dublin and 91km from Sligo, Longford lies on the Dublin to Sligo line of the Irish railway network so is easily accessed by train or by car.

Map Legend

Parking	Information	Bike Repair
Train Station	Cafe	Toilets
Bus Station	Picnic Area	Accommodation
Bus Stop	Refreshments	

Old Rail Trail, Grand Canal, Barrow and Dublin Port Greenways

Royal Canal Blueway

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