

Irish Rowing Adventures

2024 Sample Tour -- Date to be confirmed

The perfect holiday for paddlers exploring the real Ireland

Based in the heart of Ireland's Ancient East we can offer rowing club groups of 10, 15 or 20 people the chance to negotiate ancient navigations and scenic gems. At night stay in cosy rooms at our base right on the river bank in the medieval village of Graiguenamanagh, Co. Kilkenny. Relax and just arrive as all logistics will be sorted for you, all boats and top class equipment waiting for you, and a super warm Irish welcome from your hosts.

The Irish Rowing Adventure is an exciting rowing tour organised by Brian & Brigid Roberts at their historic and beautiful guesthouse in Graiguenamanagh. All river based activities are coordinated by Brian & Brigid and all the team at Irish Rowing Adventures. Accommodation and meals, as well as biking and onshore entertainment, are perfectly managed on your behalf by our team at iconic Waterside Guesthouse in Graiguenamanagh. Brian Roberts is proprietor of Waterside Guesthouse and is also founder of Graiguenamanagh Rowing Club, a vibrant and growing club established in 2001.



Negotiating a Barrow lock



Clashanny Lock



Cosy room at Waterside

Graiguenamanagh and this corner of Ireland has a wealth of good rowing, but is also steeped in ancient and modern Irish heritage. It would be a shame to miss out on this while you are here, and so we also include cycling, traditional Irish pub music nights and visits to the medieval city of Kilkenny. In Graiguenamanagh itself you will feel the heritage in every stone in every building from 800 year old Duiske Abbey to the still thriving ancient woollen Mills at Cushendale.

Further information available from

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Cycling the Barrow towpath



Waterside Guesthouse



Heading down the Barrow

Proposed Rowing Tour details

2024 ROWING TOUR BASED IN GRAIGUENAMANAGH, CO. KILKENNY

Rowing on the Rivers Barrow, river Suir and river Nore

Day 1 – Sunday

Afternoon -Arrive Graiguenamanagh

Check in at Waterside Guesthouse

Short walk on river bank to Silaire Wood and Graiguenamanagh Boathouse

Dinner at Waterside

Accommodation at Waterside

Day 2 – Monday

Breakfast at Waterside

Transport to Goresbridge County Kilkenny

Row from Goresbridge to Graiguenamanagh along the Barrow navigation. This includes the unique experience of passing through 6 lock gates on the Barrow navigation. We take a short break for a light lunch on the banks of the river. Finish at Graiguenamanagh.

Dinner at Waterside

Accommodation at Waterside

Day 3 – Tuesday

Breakfast at Waterside

Bus transport to Inistioge, Co. Kilkenny

Row on the river Nore from Inistioge downriver to meet the river Barrow and carry on to New Ross, County Wexford.

Transport back to Graiguenamanagh. When we arrive in Graiguenamanagh it may be a good time to do a walking tour of the village including the fabulous Cushendale woollen mills

Dinner at Waterside, accommodation at Waterside



Traditional Barrow Cots



Lock gates on the river Barrow



Rowing in Graiguenamanagh

Day 4 – Wednesday

Breakfast at Waterside

Transport to Kilkenny City

Walking tour of Kilkenny City

Lunch in Kilkenny City followed by free time for shopping/sightseeing in this medieval town.

Visit to Kilkenny Castle or one of Kilkennys numerous other heritage attractions.

Transport to Graiguenamanagh by minibus

Dinner at Waterside, Accommodation at Waterside

Day 5 –Thursday

Breakfast at Waterside

Transport to Carrick on Suir County Waterford

Row down river on the river Suir from Carrick-on-Suir to Pollrone, close to Waterford City

Transport back to Graiguenamanagh

Dinner at Waterside

Traditional music in the famous Graiguenamanagh pub Mick Doyles.

Accommodation at Waterside

Day 6 – Friday

Breakfast at Waterside

Row from Graiguenamanagh to St. Mullins along the river Barrow. The morning section sees us negotiating 4 more locks. We take a short break for lunch next to the river in St. Mullins.

After lunch we get back in the boats and row on from St. Mullins down river(now we are in tidal water) to arrive at New Ross Boat Club. Transport back to Graiguenamanagh by minibus.

Option to utilise our bike fleet to cycle the beautiful grassy Barrow river towpath.

Dinner at Waterside

Accommodation at Waterside

Day 7- Saturday

Breakfast at Waterside

Check out of Waterside and depart(end of tour)



Rainbow on the river Barrow



Early morning on the Barrow



Restaurant at Waterside

The cost of the above during 2024 would be a total of €1,395.00 per person.(Price to be confirmed December 2023)July and August supplement of €55.00 per person.

Payment of €1,395.00 per person to Waterside for 6 nights bed and breakfast and evening meal. Lunch day 2,3, 5 and 6. Transport by bus to and from all rowing locations. Traditional music night and also a bike outing along the river Barrow towpath. Guide for all elements of the tour and safety boat for all days rowing in tidal waters. Lock keepers for Goresbridge to Graiguenamanagh and Graiguenamanagh to St. Mullins. Includes use all equipment required including good quality touring quads, sculling blades and life jackets if required. Transport of boats and equipment by trailer each day.

Graiguenamanagh is a fantastic outdoor activity destination and alternative activities and heritage attractions are available in the area if weather conditions lead to any cancellation of rowing days. The distance travelled on the water each day can vary and can be affected by weather, tide times etc. We usually aim for about 25km a day, nothing too extreme, but in reality we custom build each tour to accommodate as much as possible the requirements of the visiting club. So let us know what suits you and we will do our best to provide.

If you would like to extend the holiday there are extra days of rowing and other activities available. Just pop us an email and we can give you a price for extra days of rowing or discuss some other activities that might interest your group.

Further information available from

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Check out Irish Rowing Adventures on Facebook and Instagram