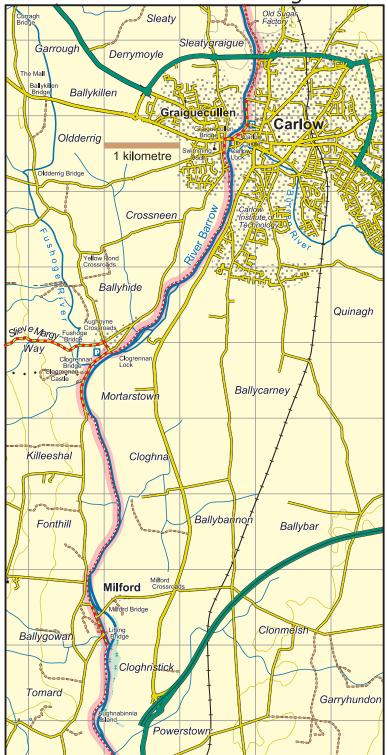
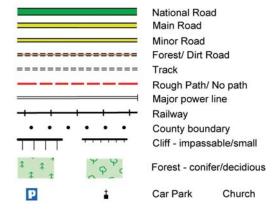
Barrow Way : Map 8 Carlow to Milford Bridge







The National Trails Office encourages trail users to apply the Leave No Trace principles:

- 1. Plan ahead and prepare
- 2. Be considerate of others
- 3. Respect farm animals and wildlife
- 4. Travel and camp on durable ground
- 5. Leave what you find
- 6. Dispose of waste properly
- 7. Minimise the affects of fire









