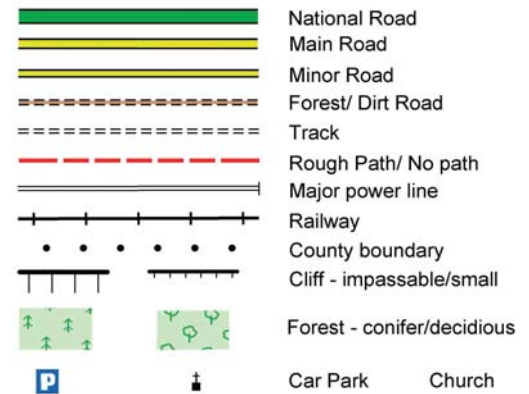
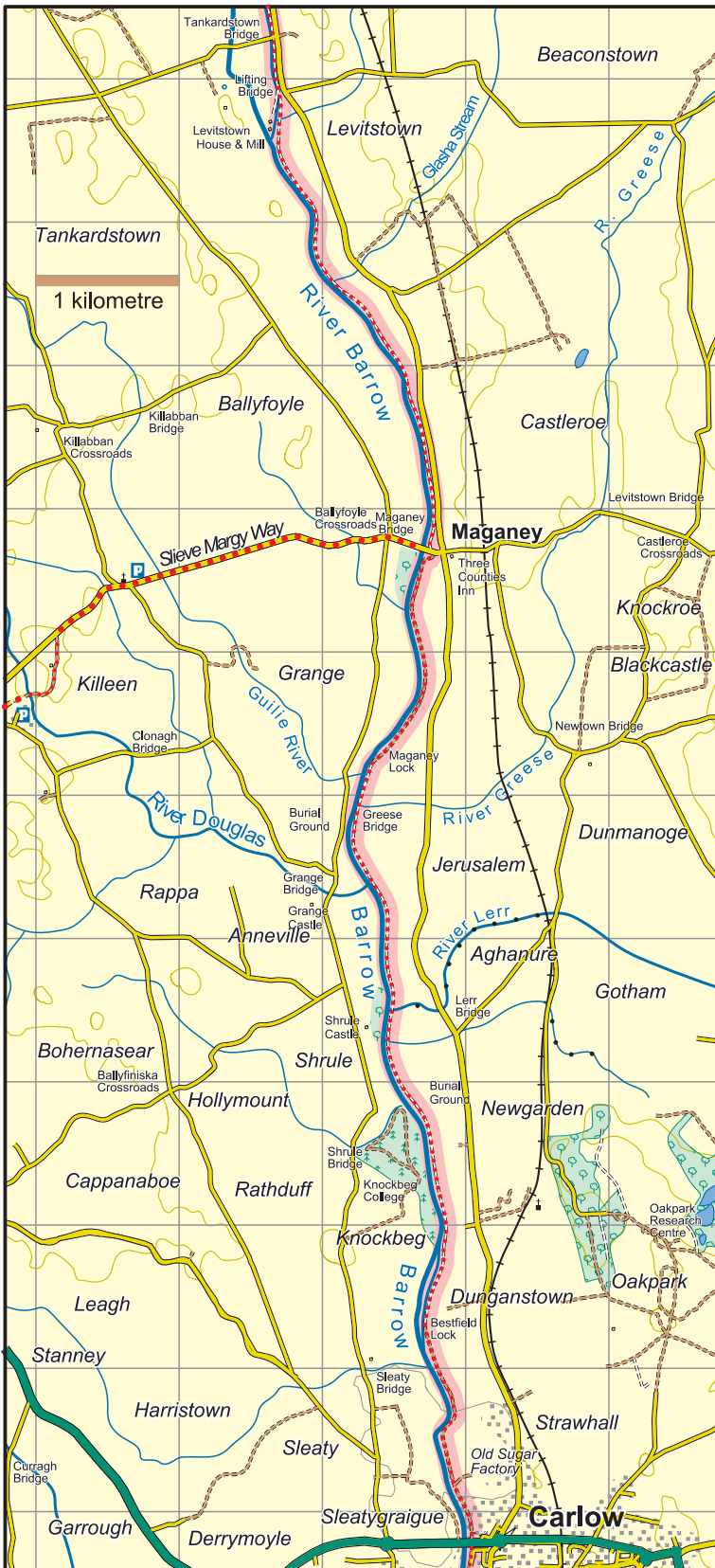


# Barrow Way : Map 7 Tankardstown Bridge to Carlow



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

