

4.4/5 · 20 walker reviews



# The 5-Day Causeway Coast Walking Tour

UNESCO World Heritage coastal trail from Ballycastle to Portstewart

DURATION

**5 days**

WALKING DAYS

**3**

TOTAL DISTANCE

**51.5 km**

GRADE

**Moderate**

From

**€595**

per person

Book or enquire at

[walkingholidayireland.com/walking-tours](https://walkingholidayireland.com/walking-tours)

[See website for current rates](#)

## About This Tour

Experience the iconic Causeway Coast in 5 days. Walk to the Giant's Causeway, cross Carrick-a-rede, and explore Ireland's most dramatic coastline. Perfect for a long weekend.

## Tour Highlights

### ● The Carrick-a-rede Rope Bridge — The Thrill

Cross the famous 80-foot rope bridge suspended above a gorge. It's genuinely exhilarating, genuinely ancient (fishermen built it centuries ago), and genuinely one of those experiences that makes you feel truly alive.

### ● The Giant's Causeway — The Wonder

Stand among 40,000 hexagonal basalt columns formed 60 million years ago. It's a UNESCO World Heritage Site, one of Ireland's most visited natural attractions, and genuinely extraordinary.

### ● White Park Bay — The Hidden Beauty

A crescent of white sand beach beneath towering cliffs. Few places feel more untouched or more peaceful. You'll walk through it, feel the sand between your boots, and understand why this coastline is so special.

### ● Dunluce Castle — The Dramatic End

Finish your journey passing the atmospheric ruins of Dunluce Castle, perched impossibly on a sea cliff. Walk past this 13th-century stronghold and you'll understand Ireland's turbulent history written into the landscape itself.

● ---

## Who Is It For?

Busy individuals with high aspirations. Whether you have a long weekend or a short week, this tour maximises your experience. Picture arriving Friday evening and departing Wednesday evening, all while enjoying a life-changing adventure. The Causeway Coast is both attainable and unforgettable in just five days.

Walkers looking to elevate their skills. You don't need to be an elite athlete, but you should be comfortable walking 14–18 km daily, navigating tidal areas, and adapting to varying terrains. If you seek a challenge beyond local day hikes while remaining accessible, this is the ideal choice.

Adventure seekers after iconic sights. The Causeway Coast is a must-see destination. This tour immerses you in the experience — no shortcuts, no compromises.

## Day-by-Day Itinerary

DAY  
1

### Arrival in Ballycastle

Overnight: Ballycastle

Arrive in the friendly coastal town of Ballycastle, your base for the next 4 nights. Settle in and take time to acclimatise. The town has excellent restaurants and a genuine community feel. An evening stroll to orient yourself is recommended.

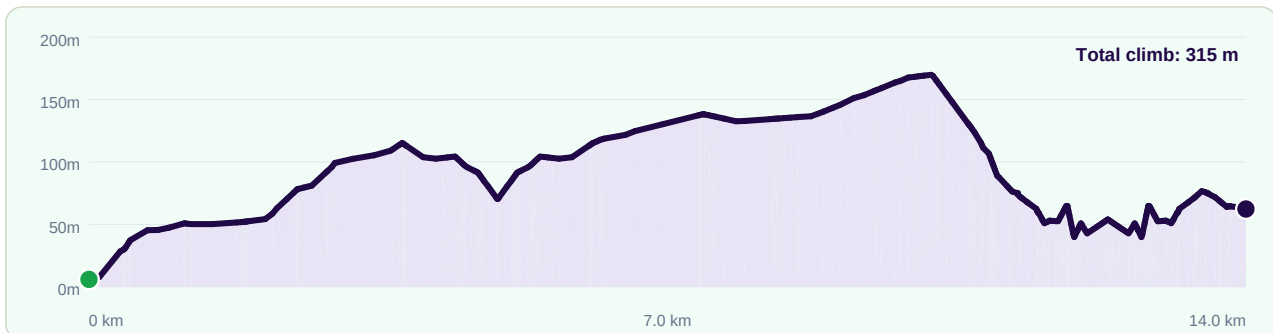
We will provide you with all the public transport option for your journey to Ballycastle from Dublin or Belfast, or book a private transfer with our taxi service.

DAY  
2

### Ballycastle to Ballintoy

Walk: Antrim Ballycastle to Ballintoy (14 km) · Overnight: Ballintoy

**ROUTE** 14 km · 315 m ascent · Easy · Ballycastle to Ballintoy



Your first day sets the tone. Walk out of Ballycastle across moorland and rising coastal paths. The views build throughout the day – each section is more dramatic than the last. Your destination is Ballintoy, a picturesque whitewashed village that appears almost painted onto the cliff face.

The day culminates at the legendary Carrick-a-rede Rope Bridge: 80 feet up, suspended above a gorge, with the Atlantic churning below. Cross at your pace, soak in the adrenaline rush, and understand why this bridge has captivated walkers for centuries. Historically, fishermen built it to access salmon-rich waters; now it's an icon.

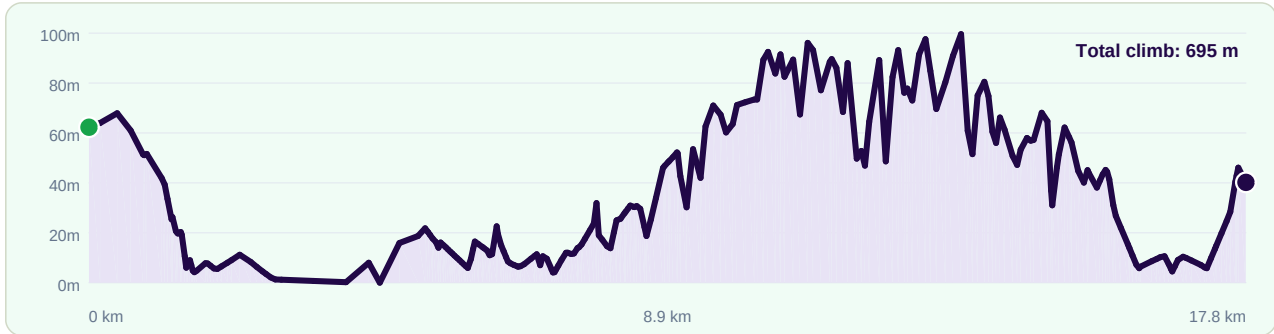
DAY

3

## Ballintoy to Bushmills

Walk: Antrim Ballintoy to Giant's Causeway (18 km) · Overnight: Bushmills

**ROUTE** 18 km · 751 m ascent · Moderate · Ballintoy to Giant's Causeway



This is the walk that earned its reputation as "the best coastal walk in Ireland". You'll leave Ballintoy and walk into legend. The landscape unfolds in stages: White Park Bay appears as a crescent of untouched white sand beneath towering cliffs.

Continue along dramatic cliff paths, passing Portbraddan (the smallest church in Ireland) and the moody, atmospheric ruins of Dunseverick Castle, perched on a sea stack. Tidal sections require timing, but they're part of the adventure — you walk where the landscape dictates, reading the coastline like a local.

Then you arrive at the Giant's Causeway: 40,000 perfectly hexagonal basalt columns, each one formed 60 million years ago during volcanic eruptions. UNESCO recognises it as a World Heritage Site; geologists marvel at it; tourists flock to it.

But when you walk among the columns themselves, detached from the crowds at the visitor center, something changes. You understand why this place matters. Finish in Bushmills, home to the world's oldest licensed whiskey distillery (tours optional if you're interested in learning how they make it).

DAY

4

## Portballintrae to Portstewart

Walk: Antrim Giant's Causeway to Portstewart (19.5 km) · Overnight: Portstewart

**ROUTE** 19.5 km · 246 m ascent · Moderate · Giant's Causeway to Portstewart



Your final day pulls together everything. Walk past Dunluce Castle — those impossible ruins clinging to a sea cliff — and continue via Ramore Head, with expansive views across to Portrush and beyond. Finish in Portstewart, a vibrant seaside town with excellent restaurants and a genuine seaside atmosphere.

This final walk is a celebration: you've tackled the Causeway Coast, you've earned this finish line, and the town welcomes you with the buzz of completing something genuinely meaningful.

DAY

5

## Departure from Portstewart

Head home transformed. Sore legs, incredible memories, and almost certainly already researching your next walking adventure.



## What Our Walkers Say

Rated 4.4/5 by 20 walkers

\*\*\*\*\*

*Hiking the Causeway Coast in August 2024 was an unforgettable experience! The breathtaking scenery, from dramatic cliffs to stunning beaches, made every step worthwhile. The route was well-organised, and the B&B hosts were incredibly welcoming and kind. Everything was perfectly arranged, making it a stress-free and enjoyable adventure. Highly recommend!*

- S. Ganahl - 2025

\*\*\*\*\*

*A great way to fully unwind. Beautiful nature, nice people. Everything perfectly arranged.*

- C. Roozen - 2021

\*\*\*\*\*

*Super nice - you come to places where less than 10 people walk by in a day, and the population is very friendly and helpful.*

- H. de Weerd - 2021



## Ready to Walk Ireland?

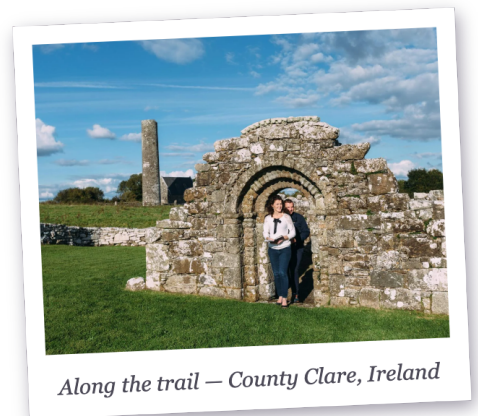
Every tour is self-guided with hand-picked accommodation, daily luggage transfer, detailed route notes and GPX files, plus our personal local support throughout your walk. Dates and group sizes are flexible — just ask.

### What's Included

- ✓ Accommodation: Welcoming en-suite B&B rooms
- ✓ Breakfast: Full Irish breakfast every morning
- ✓ Luggage Transfer: Daily transfer of your main bag between accommodations
- ✓ Personalised Itinerary and route app for your smart phone that keeps you on the trail at all times.
- ✓ Support: 24/7 emergency support throughout your holiday
- ✓ Pre-Departure Pack: Information pack sent before you travel, so you know exactly what to expect

### Not Included

- ✗ Flights: Travel to Ireland is not included
- ✗ Insurance: You'll need travel and walking holiday insurance
- ✗ Meals: Lunches and dinners are not included (though we'll recommend great local spots)



### Get in touch

Email: [info@walkingholidayireland.com](mailto:info@walkingholidayireland.com)

Web: [walkingholidayireland.com](http://walkingholidayireland.com)

This tour: [walkingholidayireland.com/walking-tours/causeway-coast-SNI-CG-5M](http://walkingholidayireland.com/walking-tours/causeway-coast-SNI-CG-5M)

FROM

**€595**

per person

See website for current rates