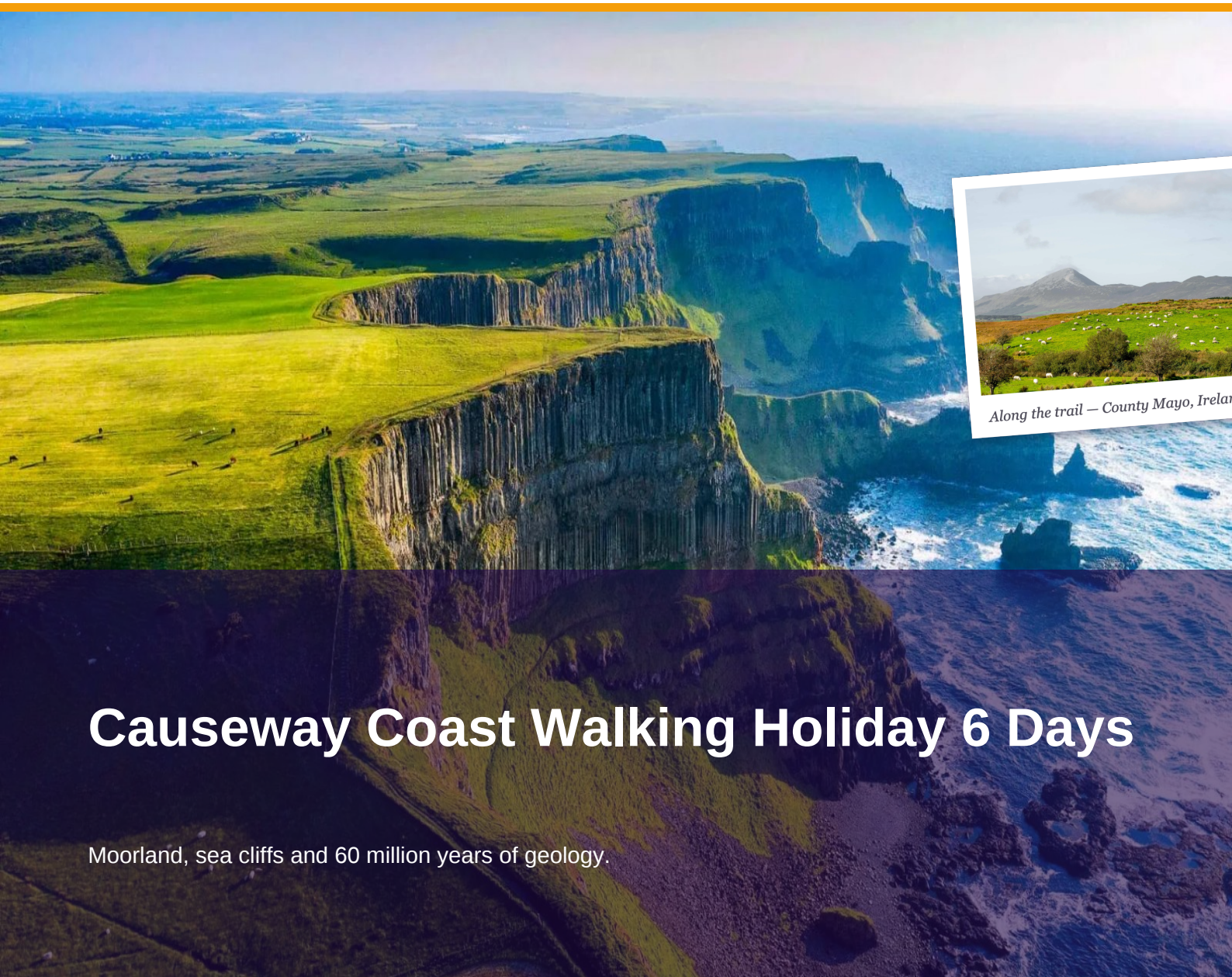




Along the trail — County Mayo, Ireland

Causeway Coast Walking Holiday 6 Days

Moorland, sea cliffs and 60 million years of geology.

DURATION

6 days

WALKING DAYS

4

TOTAL DISTANCE

71.4 km

GRADE

Moderate

From

€795

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

The North Antrim coast is one of the great walking destinations in Europe — and this six-day tour gives you two entirely different landscapes in a single journey. You begin inland, in the quiet village of Cushendall at the foot of the Glens of Antrim, before crossing open moorland and ridge-top paths on the Moyle Way. Then the coast takes over: cliff paths, white sand beaches, a rope bridge, 40,000 basalt columns, and a mediaeval castle on the edge of a sea cliff.

Tour Highlights

● The Moyle Way — Antrim's hidden mountain trail

While most visitors rush straight to the coast, you earn it first. The Moyle Way crosses the high moorland of North Antrim — open ridgelines, heather as far as you can see, and, on clear days, the coast of Scotland shimmering across the...

● Carrick-a-Rede Rope Bridge — the thrill

A rope bridge, 30 metres above the sea, connecting the cliff to a small island where salmon fishermen once worked. It sways. The waves crash below. The views along the coast in both directions stop you mid-step.

● White Park Bay — the hidden beach

Between Ballintoy and the Giant's Causeway, the coastline delivers a near-perfect crescent of white sand beneath towering limestone cliffs.

● The Giant's Causeway — 60 million years of geology

There is no preparing yourself for the moment you first step onto the Causeway. Forty thousand hexagonal basalt columns, each one interlocking perfectly with the next, stretching from the cliff face down into the sea.

Who Is It For?

Your fitness level

This tour suits walkers who are comfortable covering 14–18 km a day across varied terrain, including coastal cliff paths, open moorland, and some sections of quiet road. You should be happy walking for 4–6 hours at a steady pace. No technical mountaineering skills are needed, but good waterproof boots and a daypack are essential. The Moyle Way section involves genuine moorland navigation — your route notes and maps cover every step, but you should be comfortable following a trail.

The right kind of traveller

You want to experience the Causeway Coast the way it's meant to be experienced — on foot, at your own pace, with the full context of the landscape around you.

Day-by-Day Itinerary

DAY
1

Arrival in Cushendall

Settle in. The Glens welcome you quietly.

Your tour begins in Cushendall — the capital of the Glens, a compact village where four of the nine Glens of Antrim converge at the sea. Arrive in the afternoon, collect your route notes and maps from your B&B host, and take your time getting orientated.

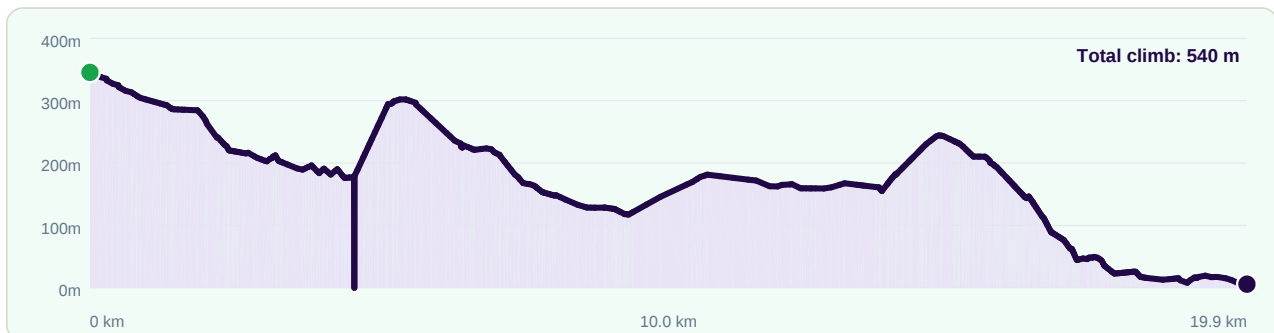
If you arrive early, a short loop walk along the coast or up into the surrounding hills gives you a first feel for the terrain ahead. The village has excellent restaurants and a handful of pubs where traditional music sessions appear without warning. This is Antrim before the tourist trail begins — genuine, unhurried, and exactly right.

DAY
2

Moyle Way: Altarichard Road to Ballycastle

Walk: Antrim Moyle Way to Ballycastle (19.9 km) · Overnight: Ballycastle

ROUTE 19.9 km · 540 m ascent · Moderate · Altarichard Rd to Ballycastle



We transfer you to the Altarichard Road start point, where the Moyle Way opens onto the high moorland of North Antrim. From the moment you leave the road, the landscape changes completely: heather and bog cotton underfoot, the plateau stretching in every direction, and a silence that feels earned.

The route climbs steadily through open moorland before reaching the ridgeline. On a clear day, the view east takes in the full sweep of the Antrim coast — Fair Head's dramatic basalt cliffs, Rathlin Island in the middle distance, and the coast of Scotland, closer than you'd expect, on the horizon. This is one of the finest panoramas in Ireland, and almost nobody knows it.

The descent into Ballycastle is gradual and satisfying — the town appearing below you as the moorland gives way to farmland and hedgerow. Ballycastle is a proper seaside town with good accommodation, excellent restaurants, and the best fish and chips in north Antrim. Your luggage is already waiting.

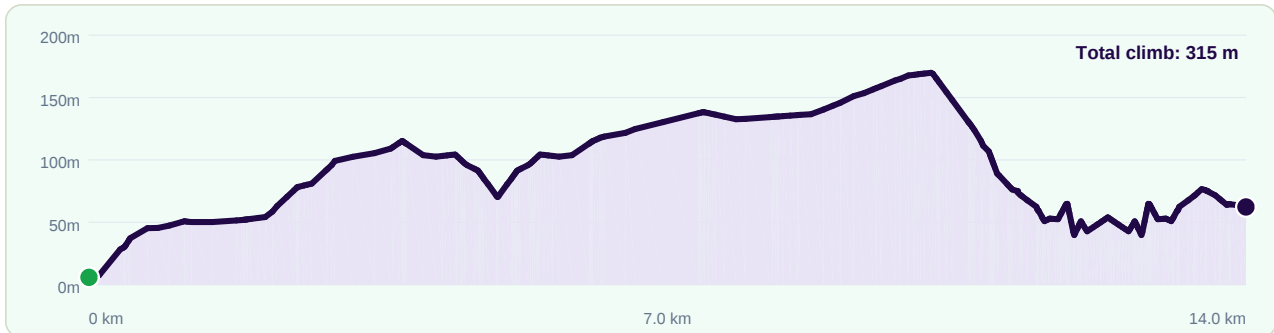
DAY

3

Ballycastle to Ballintoy via Carrick-a-Rede

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

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



The Causeway Coast path begins here, and it begins well. Leave Ballycastle along quiet lanes and field paths, the coastline appearing and disappearing to your right as the route winds westward. The approach to Carrick-a-Rede builds gradually — you see the island before you see the bridge, a low, dark mass detached from the cliff face by a narrow gorge. Then the bridge itself: a rope and plank crossing 30 metres above the sea, moving under your feet with the pleasant instability of something genuinely suspended in mid-air. Cross it. The view from Carrick Island, back along the Antrim coast, is one of the best on the entire route. Continue west along clifftop paths to Ballintoy—a whitewashed fishing village tucked into a narrow harbour that looks painted on the landscape. Game of Thrones fans will recognise the harbour; walkers will simply be glad to arrive here. Your B&B is within easy reach of the village's small pub. Note: Carrick-a-Rede Rope Bridge requires a separate ticket, that can be booked in advance at the National Trust website. Crossing is optional but...

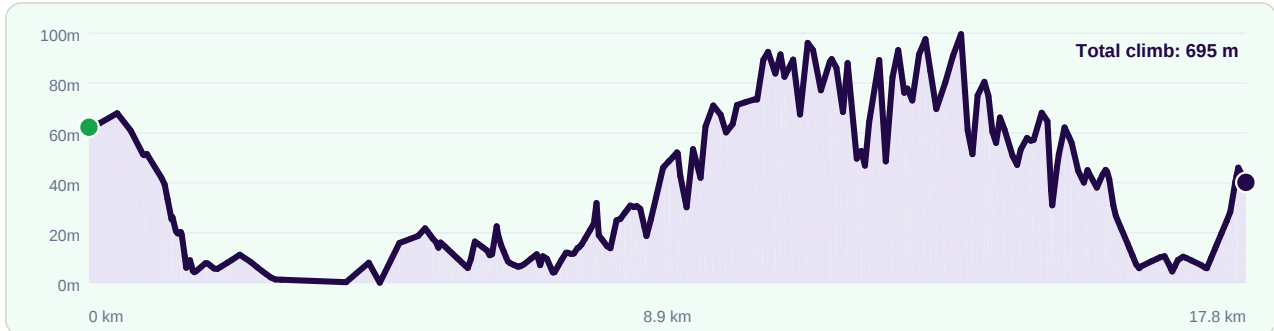
DAY

4

Ballintoy to the Giant's Causeway

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 the Causeway Coast its reputation. Consistently described as the finest coastal walk in Ireland, the section from Ballintoy to the Giant's Causeway delivers something remarkable at every turn. It begins with White Park Bay—a two-kilometer arc of white sand beneath towering limestone cliffs, reached by a steep path from the road. Walk the length of the beach, past the solitary cottage that has sat here for a hundred years, and climb back to the cliff path on the far side. Next comes Portbraddan, home to what may be Ireland's smallest church, and then the atmospheric ruins of Dunseverick Castle, perched on a promontory above the sea. The castle is 5th-century in origin — one of the oldest in Ireland — and the views from the headland are extraordinary. Then the cliff path rises and the Causeway headland comes into view. The descent to the columns themselves is gradual. When you step onto the Giant's Causeway — away from the visitor centre, on the lower platforms where the sea reaches the stone — the scale...

DAY
5

Giant's Causeway to Portstewart via Dunluce Castle

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 full day ties together everything the North Antrim coast does best: cliff paths, castle ruins, long sand beaches, and a finish line that feels genuinely earned. Leave Bushmills and return briefly to the coast before the path opens up onto Whiterocks Beach – a long sweep of pale sand backed by limestone cliffs carved by the sea into caves, arches and columns. Walk the beach at low tide or take the cliff path above; either way, the light here in the late afternoon is extraordinary. Dunluce Castle appears mid-route, sitting on its sea stack with the improbable composure of something that should have fallen into the ocean centuries ago. A 13th-century stronghold, home to the MacDonnell clan, and still standing – just. The walk past the castle is one of the great moments of the entire tour. Continue past Portrush – a lively seaside resort with a Victorian promenade and a view across to the Causeway headlands you walked yesterday – and on to Portstewart. The town sits on a headland above a long strand, and the walk...

DAY
6

Departure from Portstewart

Onwards — with legs that have earned their rest.

A leisurely final morning. Portstewart Strand — one of the finest beaches in Ireland — is a ten-minute walk from the town centre and a fine way to begin the last day.

Buses from Portstewart connect to Coleraine, where regular trains run to Belfast (one hour) and Dublin (two and a half hours via Belfast). Your pre-departure information pack includes full transport options from Portstewart onwards.

Most walkers leave planning their next one before they reach the station. The 8-day version of this tour adds Glenariff Forest Park's waterfall walks and a day on Rathlin Island — if you want the full picture, it's waiting for you.

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

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/causeway-coast-SNI-CG-6M

FROM

€795

per person

See website for current rates