

★★★★★ 4.7 / 5 · 14 walker reviews

WALKING HOLIDAY IRELAND

WALKING AREA GUIDE

THE GLENS OF ANTRIM AND CAUSEWAY COAST

The complete Northern Ireland, Glens of Antrim and Causeway Coast experience; 100km of basalt cliffs and UNESCO World Heritage coastline in the west, nine glacial glens and river valleys in the east, all in one multi-day walking…

TOURS	DURATION	DISTANCE	GRADE
3	5 to 8	52 to 101	Moderate
self-guided	days	km on foot	14 to 20 km a day

FAMILY-RUN SINCE 2012

Cliff & Louise, Dundalk, Co. Louth

We walk our routes. We answer the phone.

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One trail, three ways to walk it

The Causeway Coast is built from basalt lava that flowed 60 million years ago, fracturing into characteristic hexagonal columns. The cliffs are dark and sheer, rising 80 metres, shaped by Atlantic storms and constant wave…



Shortest tour · Longer tours · Overnight village · Other trails

HOW FAR EACH TOUR GOES

Walking km only · every tour adds an arrival and a departure day

TOUR	START · FINISH	GRADE	WALK DAYS	TOTAL	AVG PER DAY
5 days	Ballycastle → Portstewart	Moderate	3	**51.5 km**	17.2 km
6 days	Altarichard Rd → Portstewart	Moderate	4	**71.4 km**	17.9 km
8 days	Glenariff Forest… → Portstewart	Moderate	6	**100.6 km**	16.8 km

LANDMARKS ON THE WAY

Giant's Causeway
40,000 hexagonal basalt columns formed 60 million years…

Glenariff Forest Park
The 'Queen of the Glens' — a dramatic wooded gorge…

Dunluce Castle
13th-century medieval fortress perched on a dramatic…

Carrick-a-Rede Rope Bridge
A narrow suspension bridge spanning a sea chasm…



WHY WALK HERE

The region has been continuously inhabited from early Irish settlers to Scottish Gaels

The landscape

The Causeway Coast is built from basalt lava that flowed 60 million years ago, fracturing into characteristic hexagonal columns. The cliffs are dark and sheer, rising 80 metres, shaped by Atlantic storms and constant wave action.

…

History & culture

The MacDonnells made Dunluce Castle their power base in the mediaeval period. Built in the 13th century, portions fell into the sea in 1639, leaving dramatic ruins. Bushmills Distillery is Ireland's oldest licensed distillery, operating since 1608. Tours walk through water sources for…

Food & drink

Bushmills single malt whiskey: The definitive Causeway Coast drink — distilled at the world's oldest licensed distillery since 1608. Distillery tours are available daily and finish with a proper tasting session. Fresh Antrim coast seafood: Chowder, crab, smoked salmon and langoustines feature…

Is The Glens of Antrim And Causeway Coast for you?

GENTLE · MODERATE · CHALLENGING

Graded **Moderate**

14 to 20	98 to 494	3 to 6
km a day	m climb a day	walking days

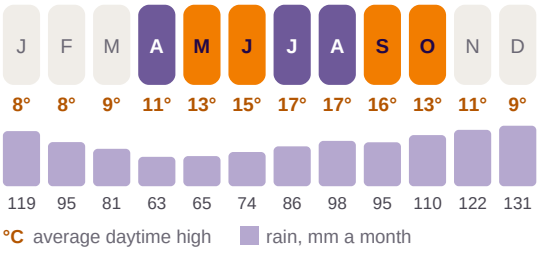
Who it suits

The tour suits walkers with 7–10 days wanting the full breadth of Northern Ireland's coastal landscape; the raw drama of the west and quiet beauty of the east in one trip. It works for couples, friend groups and solo walkers. It appeals to those interested…

Terrain

The tour is moderate for walkers with reasonable fitness. Our 7–9 day itinerary covers 14–22km per day with daily ascents typically 200–400 metres. The route is well-marked and easier to navigate than more remote trails. The western Causeway Coast…

When to go



- **Best months.** May, June and September are ideal.

  April and early May offer fewer visitors, and May
- **Season.** Tours start between 15 April and 15 October.
- **Weather.** Mild all season, 11 to 17°C by day. Expect some rain on any trip and pack a good waterproof.

Met Éireann 1991–2020 averages, Malin Head, the nearest long-term station.

Three walking holidays in The Glens of Antrim And Causeway Coast

The further you go, the quieter the trail gets. Prices are per person sharing and include B&B, luggage transfers, route notes and our app.

5 DAYS

UNESCO World Heritage coastal trail from Ballycastle to Portstewart

Ballycastle - Portstewart · 3 walking days · 51.5 km

FROM **€695** per person

6 DAYS

Moorland, sea cliffs and 60 million years of geology.

Altarichard Rd - Portstewart · 4 walking days · 71.4 km

FROM **€835** per person

8 DAYS

Walk from Cushendall to Portstewart on this 8-day self-guided hiking tour

LONGEST

Glenariff Forest Park - Portstewart · 6 walking days…

FROM **€1,195** per person

● Overnight village ● Where the tour ends Single travellers welcome, a…



★★★★★ WALKED IT

"Fortunately, we didn't need your help number during our walking adventure in Northern Ireland last week, but it felt safe to have your number at hand. We had a

Joke vd W., Netherlands · 2023

Every tour includes

- ✓ En-suite B&B rooms, chosen…
- ✓ Full Irish breakfast every morning
- ✓ Daily luggage transfer
- ✓ Route notes and our GPS app
- ✓ Pre-departure pack
- ✓ 24/7 emergency support

Not sure which?

Tell us your fitness and your dates. We have walked these trails and will say honestly which version fits.

+353 42 932 3396

1
Choose your route
Pick a tour and your dates. We check availability.

2
We plan everything
B&Bs, transfers, route notes, app. A pack arrives before you travel.

3
You walk
At your own pace, with a daypack. We are a phone call away.

4
Bags waiting at your door
Your main bag moves while you walk and is there at the next B&B.

GETTING THERE & PRACTICAL

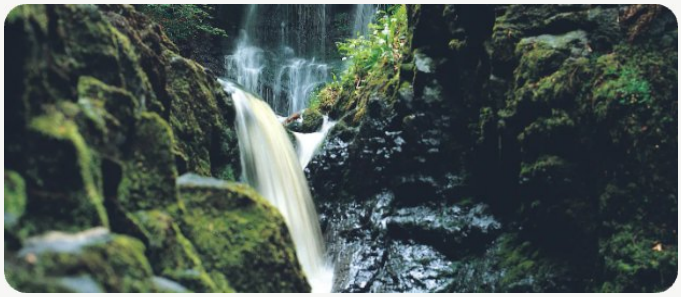
Belfast International Airport (BFS) and Belfast City Airport (BHD) are approximately 90 minutes from the start.

Translink NI buses operate express services from Belfast city centre to Portrush and Ballycastle in 90–120 minutes. We provide full transfer logistics with every booking. We coordinate all return transfers.

Translink NI operates train services from Belfast Central Station to Carrickfergus and Larne, useful for accessing the southern end.

Northern Ireland uses British Sterling (GBP); ATMs are available in major towns.

WHERE YOU'LL STAY



Small hotels, guesthouses, and family-run B&Bs provide excellent service along the Causeway and Glens corridor. Portrush and Bushmills in the west offer good facilities and a lively atmosphere. Ballycastle in the center is an excellent midpoint, with a genuine village identity and excellent dining.

The eastern section passes through smaller…

4.7 /5

★★★★★

14 walker reviews of The Glens of Antrim And

"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, Netherlands · 2021

Ready to walk The Glens of Antrim And Causeway Coast?

See live availability, full daily itineraries and current rates on our website, or ask us anything first. A deposit holds your dates; the balance is due before you travel.

Scan to see dates

Check dates and book

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