



Along the trail in Cooley and Mourne,

Cooley & Mourne Walking Tour — 6 Days

The best of Cooley and the Mourne in six days

DURATION

6 days

WALKING DAYS

4

TOTAL DISTANCE

59 km

GRADE

Moderate

From

€725

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

A 6-day self-guided walking holiday combining the highlights of the Cooley Peninsula and the Mourne Mountains — the spectacular Táin Way descent into medieval Carlingford, then across the Irish border for the Mourne Way to Newcastle. B&B accommodation and luggage transfers included.

Tour Highlights

● Táin Way Ridgeline

Follow the ancient Táin Way along the spine of the Cooley Peninsula from Lumpers, crossing Maeve's Gap with views stretching from the Irish Sea to the Mourne Mountains before descending into Carlingford.

● Medieval Carlingford

Spend a full day in one of Ireland's finest medieval villages — cobbled streets, King John's Castle, fresh Carlingford oysters straight from the lough, and traditional pubs.

● Mourne Way & Tollymore Forest

Walk through Tollymore Forest Park — a Game of Thrones filming location — following the Shimna River and crossing elegant stone bridges on the way to Newcastle.

● Cross-Border Walking

A genuinely rare experience: crossing from the Republic of Ireland into Northern Ireland on foot, two countries flowing seamlessly into each other underfoot.

Who Is It For?

This tour suits confident walkers who want the full Cooley-to-Mournes experience without the extended Ravensdale opening stage. You should be comfortable walking 14–20 km per day over hilly terrain. The Lumpers-to-Carlingford stage crosses the high ridgeline of the peninsula — a serious hill day with significant ascent. The Mourne Way stages are more moderate: mixed forest, river paths, and open countryside with manageable gradients. A good choice if you have done multi-day walking before and want a compact but complete Irish mountain experience.



Day-by-Day Itinerary

DAY
1

Arrival in Dundalk

Overnight: Dundalk

Arrive in Dundalk, your first night's base. This historic market town sits at the foot of the Cooley Mountains and is well connected to Dublin (80 km south) and Belfast (100 km north) by rail and bus. Settle in, explore the town centre, and enjoy dinner before tomorrow's adventure begins.

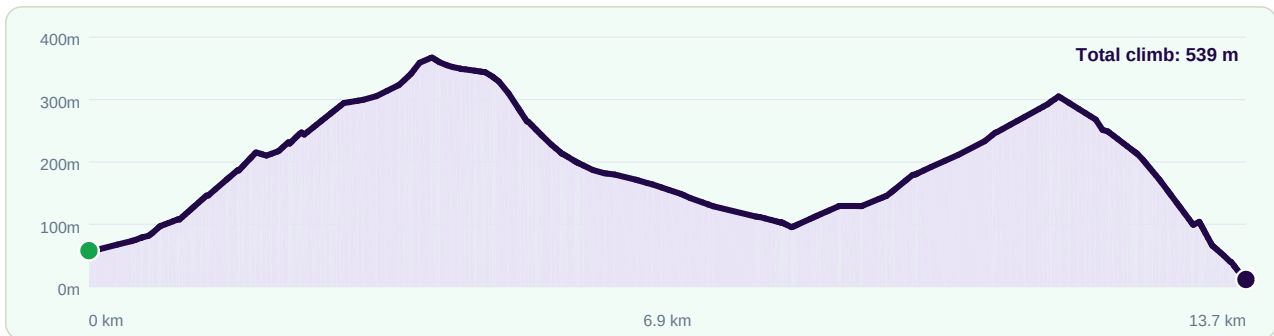
We provide detailed public transport information in your pre-departure pack.

DAY
2

Transfer to Lumpers — then to Carlingford via the Táin Way

Walk: CM Lumpers to Carlingford (13.7 km) · Overnight: Carlingford

ROUTE 13.7 km · 539 m ascent · Easy · Lumpers to Carlingford



After breakfast, a short transfer takes you up to Lumpers — the mid-point of the Cooley Peninsula. From here you follow the Táin Way along the spine of the mountains, crossing Maeve's Gap between Slieve Foye and Barnavave. The views on a clear day stretch from Dundalk Bay to the Mourne Mountains across Carlingford Lough. The descent into medieval Carlingford is one of Ireland's great walking finishes.

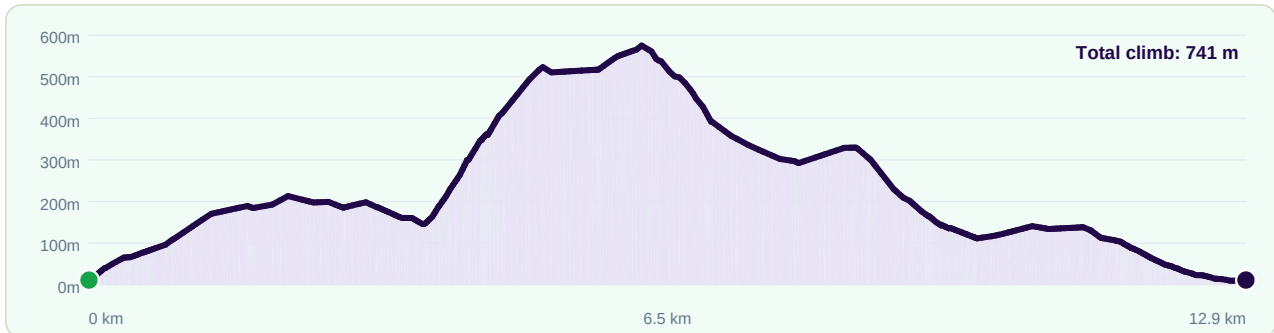
DAY

3

Carlingford Looped Walk

Walk: CM Slieve Foye Loop (12.9 km) · Overnight: Carlingford

ROUTE 12.9 km · 741 m ascent · Moderate · Carlingford to Carlingford



A morning at your own pace before a looped walk exploring the broader Carlingford area — the lough shore, ancient lanes, and the ruins of King John's Castle. The afternoon is free to explore the village: oysters at a waterfront restaurant, a browse through the craft shops, or a gentle wander through the medieval streets.

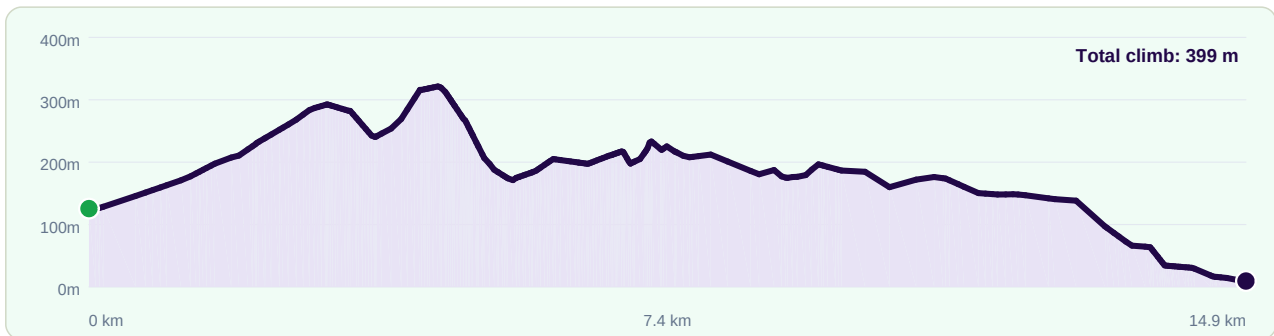
DAY

4

Mourne Way Part 1 — into Rostrevor

Walk: CM Mourne Way Part 1 (14.9 km) · Overnight: Rostrevor

ROUTE 14.9 km · 401 m ascent · Easy · Rocky River to Rostrevor



Today you cross the border into Northern Ireland and begin the Mourne Way. The trail passes through Kilbroney Forest and into the foothills of the Mourne, with wonderful views back across Carlingford Lough. Rostrevor is a pretty Victorian village nestled between the mountains and the lough — a lovely spot for an evening stroll and dinner.

DAY
5

Mourne Way Part 2 — Rostrevor to Newcastle

Walk: CM Mourne Way Part 2 (17.5 km) · Overnight: Newcastle

ROUTE 17.5 km · 453 m ascent · Moderate · Deerpark, Spelga Dam to Newcastle

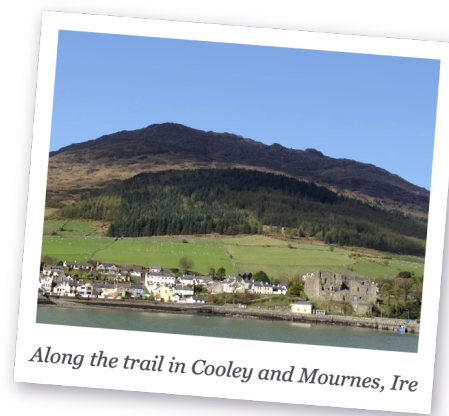


The finest day on the Mourne Way. You pass through Tollymore Forest Park — ancient woodland, stone bridges over the Shimna River, and the unmistakable atmosphere of a place that has appeared in Game of Thrones. The trail emerges in Newcastle, a seaside town that sits in the shadow of Slieve Donard, Northern Ireland's highest peak.

DAY
6

Departure from Newcastle

A final Irish breakfast, then time to say goodbye to the Mournes. Your pre-departure pack includes public transport options from Newcastle to Dublin Airport (via Newry) and Belfast Airport. Talk to us if you'd like to arrange a private transfer.



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/cooley-mourne-SAE-CM-6M

FROM

€725

per person

See website for current rates