WALKING HOLIDAY IRELAND

FROM
€785
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE COOLEY & MOURNE MOUNTAINS

COOLEY & MOURNES
6 DAYS

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…

DURATION	WALKING DAYS	DISTANCE	GRADE
6 days	**4**	**59 km**	**Moderate**
5 nights B&B	13 to 18 km each	about 2,100 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-CM-6M

Your route at a glance

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.



Overnight · Days 2 and 4 · Days 3 and 5

DAY 1 — Arrival in Dundalk
Arrive in Dundalk, your first night's base. This historic market town sits at the foot of…

DAY 2 — Transfer to Lumpers — then to
13.7 km · 519 m ascent · Moderate

DAY 3 — Carlingford Looped Walk
21.9 km · 1,032 m ascent · Challenging

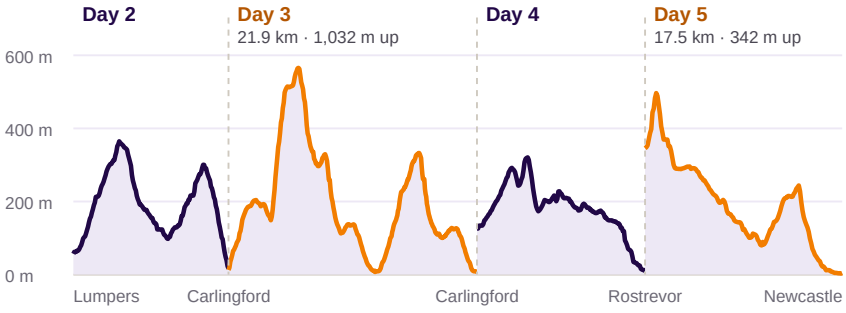
DAY 4 — Mourne Way Part 1 — into
14.9 km · 338 m ascent · Gentle

DAY 5 — Mourne Way Part 2 — Rostrevor to
17.5 km · 342 m ascent · Moderate

DAY 6 — Departure from Newcastle
A final Irish breakfast, then time to say goodbye to the Mournes. Your…

The whole walk in one line

59 km · 2,134 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



Road and lane	25%
Footpath and trail	35%
Gravel and forest track	40%

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…

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…

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

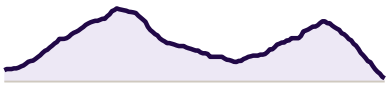
A genuinely rare experience: crossing from the Republic of Ireland into Northern Ireland on foot, two countries flowing seamlessly into each other underfoot.

Day by day

Elevation, 0 to 600 m · Moderate · Challenging · Gentle

1 **Arrival in 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… **Overnight Dundalk**

DAY 2



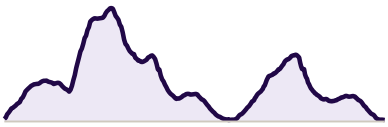
13.7 km · 519 m up · Moderate

Transfer to Lumpers — then to Carlingford via the Táin Way

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.

Overnight Carlingford

DAY 3



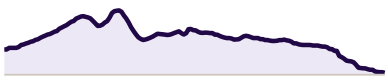
21.9 km · 1,032 m up · Challenging

Carlingford Looped Walk

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.

Overnight Carlingford

DAY 4



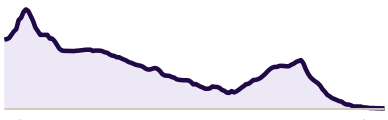
14.9 km · 338 m up · Gentle

Mourne Way Part 1 — into 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 Mournes, 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.

Overnight Rostrevor

DAY 5



17.5 km · 342 m up · Moderate

Mourne Way Part 2 — Rostrevor 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.

Overnight Newcastle

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.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

13 to 18 km	2,134	4
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 5 nights in en-suite B&B rooms
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Luggage Transfer.** Daily door-to-door transfer of your main bag
- ✓ **Transfer Day 2.** Transfer from Dundalk to Lumpers trailhead
- ✓ **Navigation.** Personalised digital itinerary and route app for your smartphone that keeps you on the trail at…
- ✓ **Pre-Departure Travel Pack.** Sent 3 weeks before you travel, including onward travel options from Newcastle
- ✓ **Support.** 24/7 emergency support line for the duration of your trip

NOT INCLUDED

- ✗ **Flights.** Travel to Ireland is not included
- ✗ **Airport Transfers.** Travel options from Newcastle are outlined in your pre-departure pack
- ✗ **Insurance.** You will need travel and walking holiday insurance
- ✗ **Meals.** Lunches and dinners (we'll happily recommend pubs and restaurants en route)
- ✗ **Personal Gear.** Hiking equipment and clothing

Want to walk further?
7 days to Newcastle from €865 · 8 days to Newcastle from €985

FROM

€785

per person sharing

Single room supplement applies. See the website for current rates.

How booking works

1. Tell us your dates and how many walkers. We check the B&Bs.
2. A 25% deposit holds your places; the balance is due before you travel.
3. Your travel pack arrives 14 days before departure.

Check dates and book

Scan for live dates

info@walkingholidayireland.com · +353 42 932 3396

Cliff & Louise · Family-run since 2012 · We walk our routes. We answer the phone.