



Along the trail in Cooley and Mourne,

Cooley & Mourne Walking Tour — 7 Days

The complete Cooley to Mourne experience

DURATION

7 days

WALKING DAYS

5

TOTAL DISTANCE

73.6 km

GRADE

Moderate

From

€799

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Seven days walking from Ravensdale Forest to Newcastle — the full cross-border journey through the Cooley Peninsula and the Mourne Mountains. Every stage, every highlight, without the pressure of rushing. B&B accommodation and luggage transfers included.

Tour Highlights

- **Ravensdale Forest to the Cooley Ridge**

Begin in the beautiful Ravensdale Forest, climbing through ancient woodland to the open heather moorland of the Cooley Mountains — the first chapter of one of Ireland's great walking journeys.

- **The Táin Way Ridgeline**

Follow the ancient droving road of the Táin Way along the spine of the peninsula, crossing Maeve's Gap with sweeping views over the Irish Sea, Carlingford Lough, and the Mournes before descending to Carlingford.

- **Medieval Carlingford & Free Day**

A full day based in Carlingford — looped walks, oysters, King John's Castle, and the medieval streets of one of Ireland's finest villages.

- **The Mourne Way to Newcastle**

Two days following the Mourne Way through Kilbroney Forest and Tollymore — a Game of Thrones filming location — to Newcastle in the shadow of Slieve Donard, Northern Ireland's highest peak.

Who Is It For?

This tour suits experienced walkers who enjoy moderate to challenging terrain over multiple days. You should be comfortable walking 15–20 km per day with significant ascent on the Cooley stages — particularly the Lumpers-to-Carlingford ridgeline stage with over 600 metres of climbing. The Mourne Way stages are more moderate: mixed forest paths, river trails, and open countryside. Seven days gives a genuine cross-border mountain experience without the physical demands of the 8-day extension. Ideal for walkers who have done multi-day routes before and want a complete, unhurried Irish adventure.



Day-by-Day Itinerary

DAY
1

Arrival in Dundalk

Overnight: Dundalk

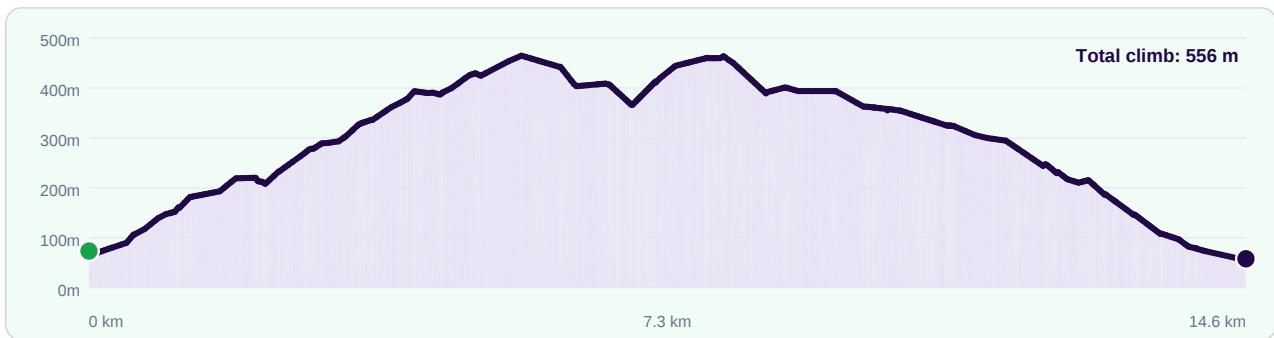
Arrive in Dundalk, your first base. The town is well connected to Dublin and Belfast by rail and bus — full details in your pre-departure pack. Settle in, explore, and rest before seven days of walking begins tomorrow.

DAY
2

Ravensdale Forest to Lumpers

Walk: CM Annaverna to Lumpers (14.6 km) · Overnight: Dundalk

ROUTE 14.6 km · 556 m ascent · Moderate · Annaverna to Lumpers



Your opening day takes you through Ravensdale Forest and into the Cooley Mountains. The trail climbs from sheltered woodland to open moorland, with views growing wider with every step. You return to Dundalk for a second night after a rewarding day on the hill.

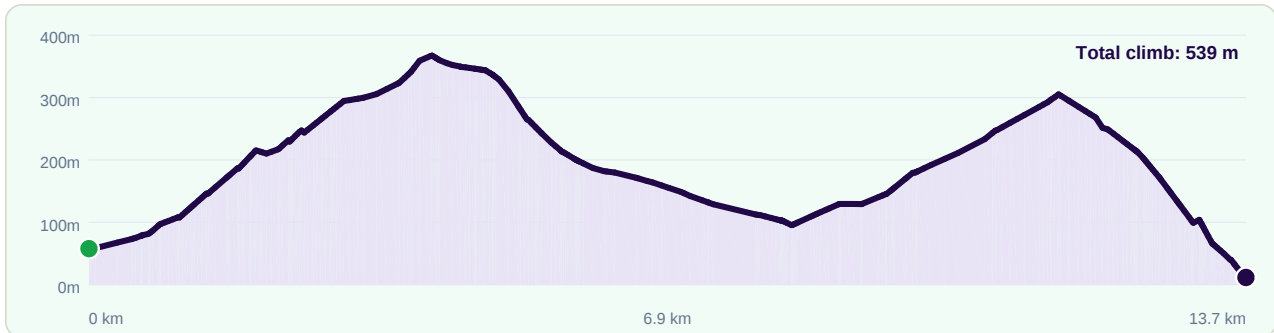
DAY

3

Lumpers 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



The most spectacular stage — along the spine of the Cooley Peninsula on the ancient Táin Way. Crossing Maeve's Gap, the views open over Carlingford Lough and the Mourne Mountains. The descent into Carlingford is one of the great arrivals in Irish walking: the medieval village appearing below, the lough glittering beyond.

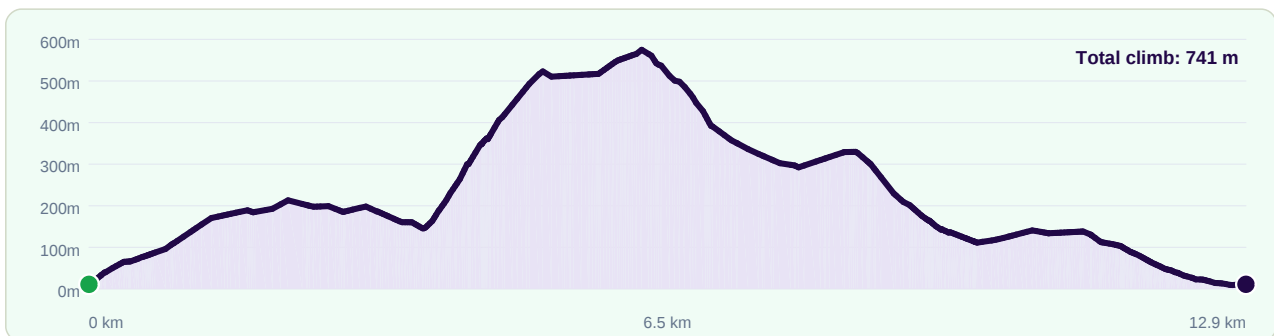
DAY

4

Carlingford Looped Walk

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

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



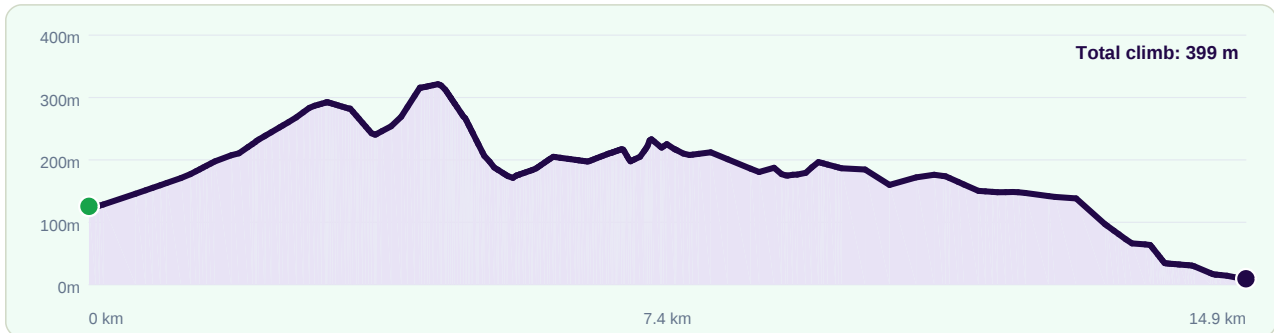
A day based in Carlingford — choose from the looped walks exploring the lough shore and lower slopes, or simply spend the day in the village: King John's Castle, the medieval lanes, the waterfront, and Carlingford's famous oysters. This is your recovery day before the Mournes.

DAY
5

Mourne Way Part 1 — Carlingford to 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. Through Kilbroney Forest, past the foothills of the Mourne, and into the Victorian village of Rostrevor on the southern shore of Carlingford Lough. The border is seamless underfoot — two countries, one trail.

DAY
6

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 walking day in the Mourne. Through Tollymore Forest Park — ancient woodland, stone bridges, the Shimna River, and the eerie beauty of a Game of Thrones filming location — before emerging in Newcastle under the watchful shadow of Slieve Donard.

DAY

7

Departure from Newcastle

A final breakfast with the Mourne as your backdrop. Your pre-departure pack covers public transport options to Dublin (via Newry) and Belfast. We can arrange private transfers if preferred — just let us know.



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-7M

FROM

€799

per person

See website for current rates