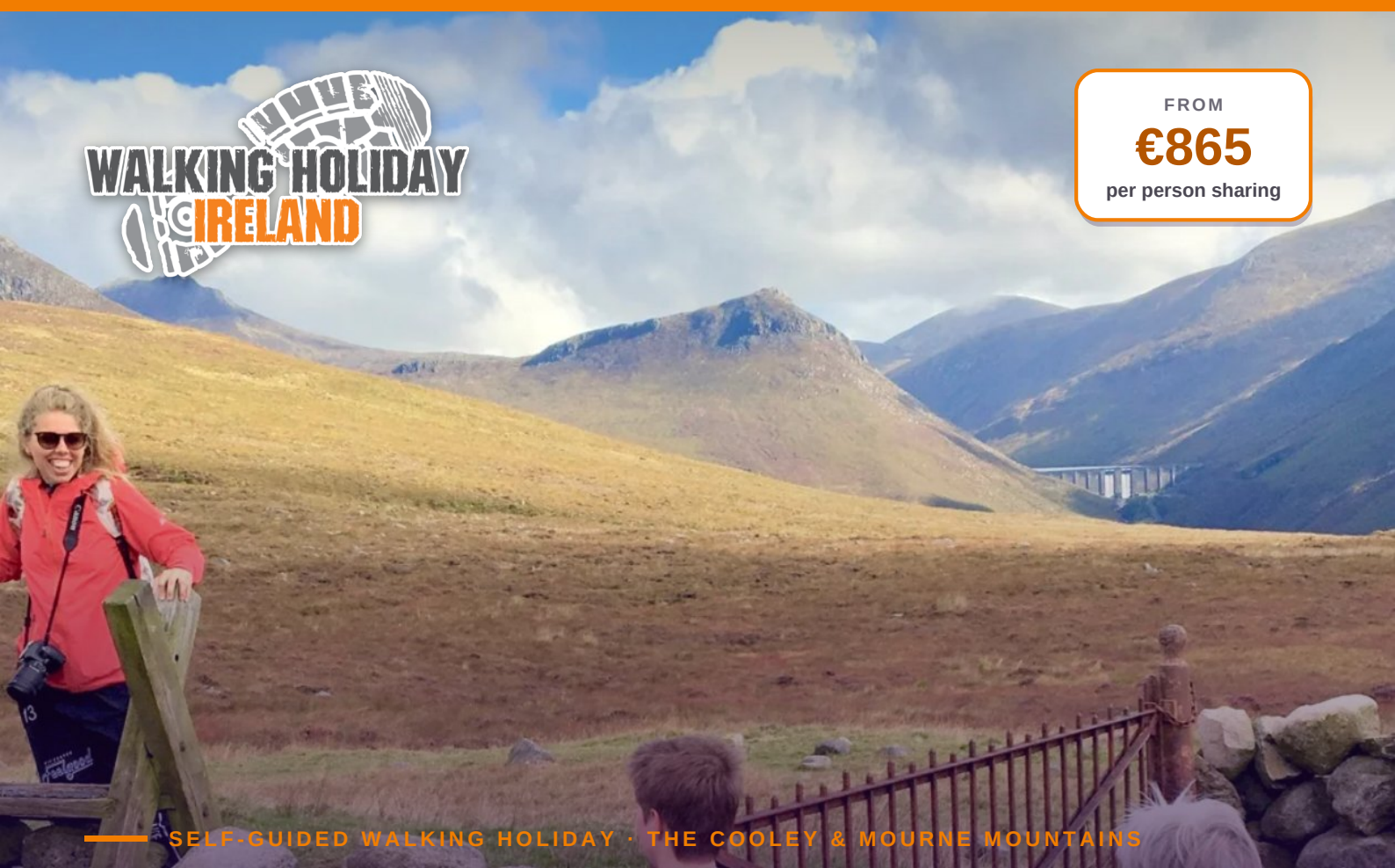
WALKING HOLIDAY IRELAND

FROM
€865
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE COOLEY & MOURNE MOUNTAINS

COOLEY & MOURNES
7 DAYS

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…

DURATION	WALKING DAYS	DISTANCE	GRADE
7 days	**5**	**73.6 km**	**Moderate**
6 nights B&B	13 to 18 km each	about 2,700 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-CM-7M

Your route at a glance

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.



DAY 1 — **Arrival in Dundalk**
Arrive in Dundalk, your first base. The…

DAY 2 — **Ravensdale Forest to Lumpers**
14.6 km · 499 m ascent · Moderate · back…

DAY 3 — **Lumpers to Carlingford via the Táin**
13.7 km · 519 m ascent · Moderate

DAY 4 — **Carlingford Looped Walk**
21.9 km · 1,032 m ascent · Challenging

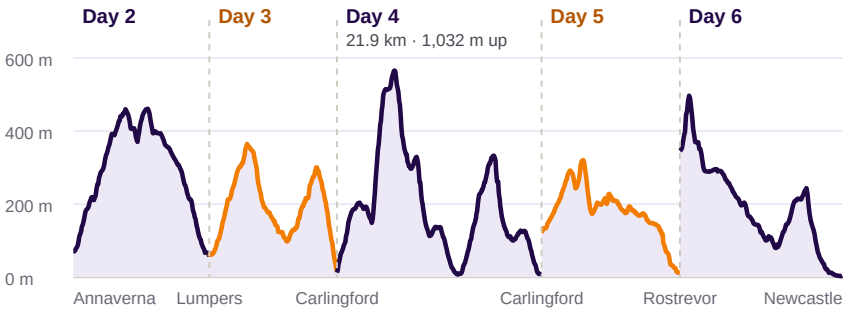
DAY 5 — **Mourne Way Part 1 — Carlingford**
14.9 km · 338 m ascent · Gentle

DAY 6 — **Mourne Way Part 2 — Rostrevor to**
17.5 km · 342 m ascent · Moderate

DAY 7 — **Departure from Newcastle**
A final breakfast with the Mournes as…

The whole walk in one line

73.6 km · 2,690 m of climbing over five days · from our GPS tracks



What's underfoot

Surface across the five walking days



Road and lane	23%
Footpath and trail	33%
Gravel and forest track	44%

Ravensdale Forest to the Cooley Ridge

Begin in the beautiful Ravensdale Forest, climbing through ancient woodland to the open…

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…

Medieval Carlingford & Free Day

A full day based in Carlingford — looped walks, oysters, King John's Castle, and the…

The Mourne Way to Newcastle

Two days following the Mourne Way through Kilbroney Forest and Tollymore — a Game…

Day by day

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

1 **Arrival in 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.

Overnight Dundalk

DAY 2



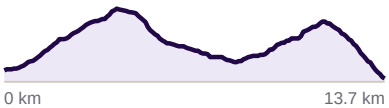
14.6 km · 499 m up · Moderate

Ravensdale Forest 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.

Overnight Dundalk · back to Dundalk for the night

DAY 3



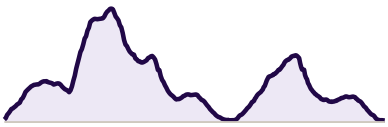
13.7 km · 519 m up · Moderate

Lumpers to Carlingford via the Táin Way

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.

Overnight Carlingford

DAY 4



21.9 km · 1,032 m up · Challenging

Carlingford Looped Walk

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.

Overnight Carlingford

DAY 5



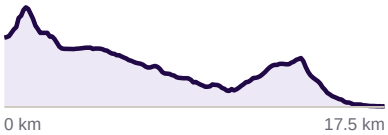
14.9 km · 338 m up · Gentle

Mourne Way Part 1 — Carlingford to Rostrevor

Today you cross the border into Northern Ireland and begin the Mourne Way. Through Kilbroney Forest, past the foothills of the Mournes, and into the Victorian village of Rostrevor on the southern shore of Carlingford Lough. The border is seamless underfoot — two countries, one trail.

Overnight Rostrevor

DAY **6**



17.5 km **342 m up**

Moderate

Mourne Way Part 2 — Rostrevor to Newcastle

The finest walking day in the Mournes. 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.

Overnight Newcastle

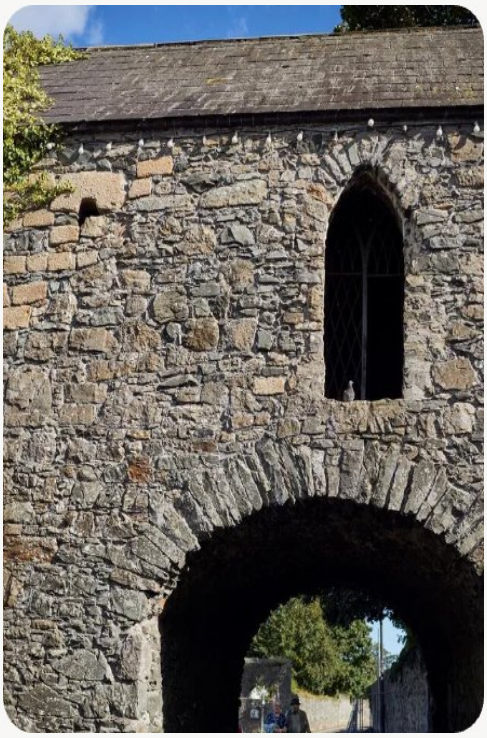
7 **Departure from Newcastle.** A final breakfast with the Mournes as your backdrop. Your pre-departure pack covers public transport options to Dublin (via Newry) and Belfast. We can arrange private transfers if preferred — just let us know.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

13 to 18 km	2,690	5
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 6 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
- ✓ **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?
8 days to Newcastle from €985

FROM

€865

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

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