WALKING HOLIDAY IRELAND

FROM
€985
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE COOLEY & MOURNE MOUNTAINS

COOLEY & MOURNES
8 DAYS

An 8-day self-guided hiking tour through the Cooley Peninsula and Mourne Mountains — ancient trails, dramatic peaks, medieval Carlingford, and the best of Ireland's Ancient East with B&B accommodation and luggage transfers included.

DURATION	WALKING DAYS	DISTANCE	GRADE
8 days	**6**	**84.3 km**	**Challenging**
7 nights B&B	11 to 18 km each	about 3,300 m of ascent	

★★★★★ **5.0 / 5 · 11 walker reviews**

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-CM-8D

Your route at a glance

An 8-day self-guided hiking tour through the Cooley Peninsula and Mourne Mountains — ancient trails, dramatic peaks, medieval Carlingford, and the best of Ireland's Ancient East with B&B accommodation and luggage transfers included.



DAY 1 — **Arrival in Dundalk, County Louth**
Arrive in Dundalk, your base for the first night. This historic town is…

DAY 2 — **Ravensdale Forest to Lumpers Pub**
14.6 km · 499 m ascent · Moderate · back to Dundalk for the night

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

DAY 4 — **Free Day in Carlingford**
21.9 km · 1,032 m ascent · Challenging

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

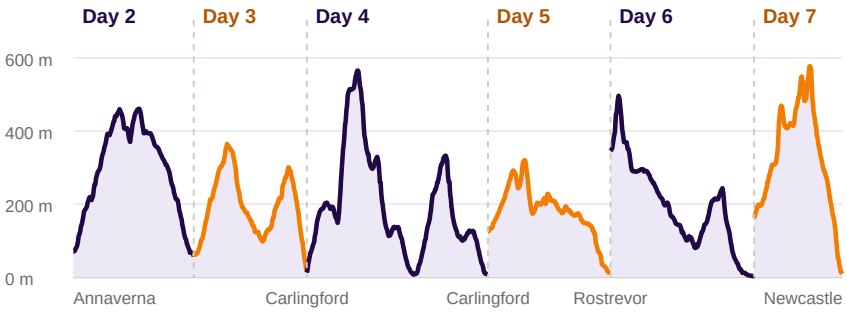
DAY 6 — **Mourne Way Part 2: Rostrevor to**
17.5 km · 342 m ascent · Moderate

DAY 7 — **Mourne Mountains: Hare's Gap &**
10.7 km · 571 m ascent · Gentle

DAY 8 — **Departure from Newcastle**
After a final Irish breakfast, it's time to say goodbye. Your travel pack has bus details…

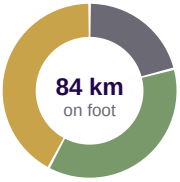
The whole walk in one line

84.3 km · 3,301 m of climbing over six days · from our GPS tracks



What's underfoot

Surface across the six walking days



Road and lane	21%
Footpath and trail	37%
Gravel and forest track	42%

Day by day

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

1 **Arrival in Dundalk, County Louth.** Arrive in Dundalk, your base for the first night. This historic town is perfectly positioned between Dublin (80 km south) and Belfast (100 km north), making it easy to reach by bus, train, or car. Settle into your B&B, explore the…

Overnight Dundalk

DAY 2



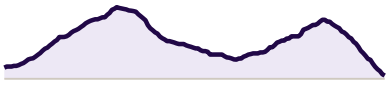
14.6 km · 499 m up · Moderate

Ravensdale Forest to Lumpers Pub

Your first walking day takes you through the beautiful Ravensdale Forest and up into the Cooley Mountains. The trail climbs steadily through mixed woodland before opening out onto heather moorland with sweeping views over Dundalk Bay and the Cooley Peninsula. The reward at the end? A well-earned pint at Lumpers Pub in Ballymakellett — a proper Irish welcome to the trail.

Overnight Dundalk · back to Dundalk for the night

DAY 3



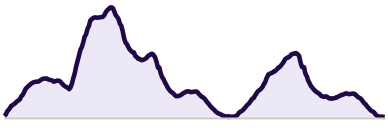
13.7 km · 519 m up · Moderate

Lumpers to Carlingford via the Cooley Ridge

This is the most demanding and most spectacular stage of the tour, following the Táin Way along the spine of the Cooley Peninsula. You'll cross Maeve's Gap between Slieve Foye and Barnavave, with views that stretch from the Irish Sea to the Mourne Mountains across Carlingford Lough. The descent into medieval Carlingford is unforgettable — the village appears below you like something from another century. Celebrate with fresh Carlingford oysters and a traditional music session.

Overnight Carlingford

DAY 4



21.9 km · 1,032 m up · Challenging

Free Day in Carlingford

A well-earned rest day in one of Ireland's most charming villages. Wander the medieval streets, visit King John's Castle, browse the craft shops, or sample more of those famous oysters. If your legs are willing, choose from several optional walks: the gentle Carlingford Lough Greenway (6.2 km along an old railway line), a loop up Barnavave for panoramic views, or the challenging summit of Slieve Foye itself.

Overnight Carlingford

DAY 5



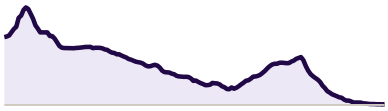
14.9 km · 338 m up · Gentle

Mourne Way Part 1

Today you cross the border into Northern Ireland and begin the Mourne Way. The trail leads you through Kilbroney Forest and into the foothills of the Mournes. The walking is gentler than yesterday — mixed woodland, riverside paths, and wonderful views over Carlingford Lough. Rostrevor is a pretty Victorian village nestled between the mountains and the lough, perfect for an evening stroll before dinner.

Overnight Rostrevor

DAY 6



17.5 km | 342 m up

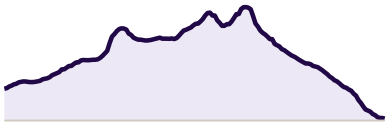
Moderate

Mourne Way Part 2: Rostrevor to Newcastle

A beautiful day following the Mourne Way through rolling countryside and ancient woodland. The highlight is Tollymore Forest Park — one of Northern Ireland's finest forests and a filming location for Game of Thrones. The trail winds through towering conifers, crosses elegant stone bridges, and follows the Shimna River before emerging in Newcastle, a seaside town sitting in the shadow of Slieve Donard, Northern Ireland's highest peak (853m).

Overnight Newcastle

DAY 7



10.7 km | 571 m up

Gentle

Mourne Mountains: Hare's Gap & the Brandy Pad to Newcastle

Your final walking day is a proper mountain day in the heart of the Mournes. From the Kilcoo side of the range you climb steadily to Hare's Gap, the famous notch where the Mourne Wall crosses the ridge, then follow the Brandy Pad, an old smugglers' track, along the flanks of the high peaks. The route tops out at 579 m before a long descent through Donard Forest into Newcastle. It is short but steep, with 571 m of climbing in 10.7 km, so allow a full day and check the forecast before you set off. Back in Newcastle the beach and a well-earned dinner are waiting, with Slieve Donard standing right above the town.

Overnight Newcastle

8 **Departure from Newcastle.** After a final Irish breakfast, it's time to say goodbye. Your travel pack has bus details for onward travel to Belfast (about 1.5 hours) or to Dublin and Dublin Airport. If you'd rather not take the bus, we can arrange a private transfer as an optional extra; just ask when you book.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

11 to 18 km	3,301	6
a day	m of climbing in total	walking days

This tour is ideal for experienced hillwalkers and adventurous hikers who enjoy moderate to challenging terrain with some longer days. You should be comfortable walking 15–20 km per day over hilly, sometimes rocky ground with notable ascent — particularly on the Cooley Peninsula day which involves 971 metres of climbing. It's perfect for walkers who love getting off the beaten track. Unlike Ireland's more famous trails, the Cooley and Mournes feel wonderfully uncrowded.



INCLUDED

- ✓ 7 nights B&B accommodation (en-suite rooms)
- ✓ Full Irish or continental breakfast every morning
- ✓ Luggage transfers between accommodations
- ✓ Personalised digital itinerary and route app for your smartphone that keeps you on the trail at all times
- ✓ 24/7 local emergency contact number
- ✓ Pre-departure information pack

NOT INCLUDED

- ✗ Flights to and from Ireland
- ✗ Travel and baggage insurance
- ✗ Lunches and evening meals
- ✗ Personal hiking gear and equipment

FROM

€985

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. ★★★★★ 5.0 / 5 · 11 reviews