



★★★★★ 5.0 / 5 · 27 walker reviews

WALKING AREA GUIDE

THE COOLEY & MOURNE MOUNTAINS

Two granite mountain ranges separated by Carlingford Lough and connected by a ferry crossing — where the Cooley Mountains of County Louth meet the Mourne Mountains of County Down in a single, cross-border walking adventure.



TOURS

7

self-guided



DURATION

5 to 8

days



DISTANCE

32 to 84

km on foot



GRADE

● **Moderate**

9 to 18 km a day

FAMILY-RUN SINCE 2012

Cliff & Louise, Dundalk, Co. Louth
We walk our routes. We answer the phone.

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One trail, seven ways to walk it

The Cooley peaks are rounded and forested, shaped by glaciation. The Mournes are rockier and sharper, with granite summits that feel genuinely remote. Carlingford Lough lies between them, a sheltered sea inlet framed by mountains on both...



— Shortest tour — Longer tours 🏠 Overnight village - - - Other trails

HOW FAR EACH TOUR GOES

Walking km only · every tour adds an arrival and a departure day

TOUR	START · FINISH	GRADE	WALK DAYS	TOTAL	AVG PER DAY
5 days	Rocky River → Newcastle	Moderate	2	32.4 km	16.2 km
5 days	Annaverna → Carlingford	Moderate	3	37.3 km	12.4 km
6 days	Lumpers → Newcastle	Moderate	4	59 km	14.8 km
6 days	Rocky River → Newcastle	Moderate	2	32.4 km	16.2 km
6 days	Annaverna → Carlingford	Moderate	4	50.2 km	12.6 km
7 days	Annaverna → Newcastle	Moderate	5	73.6 km	14.7 km
8 days	Annaverna → Newcastle	Challenging	6	84.3 km	14.1 km

LANDMARKS ON THE WAY

- 88

Carlingford
A mediaeval Norman port town on the southern shore...
- 88

The Mourne Wall
A 35km drystone structure built between 1904 and...
- 88

Slieve Donard
t 852 metres, the highest peak in Northern Ireland and...
- 88

Rostrevor
A Victorian seaside village sheltered beneath the first...



The landscape

The Cooley peaks are rounded and forested, shaped by glaciation. The Mournes are rockier and sharper, with granite summits that feel genuinely remote. Carlingford Lough lies between them, a sheltered sea inlet framed by mountains on both shores.

...

History & culture

The Cooley and Mournes sit at the intersection of ancient mythology, mediaeval history, literary inspiration and cross-border identity. Few walking routes in Ireland carry this much layered meaning.

The Táin Bó Cúailnge, the great...

Food & drink

Carlingford oysters: Farmed in the lough since the 1970s, Carlingford oysters have a distinctive mineral sweetness from the mix of mountain freshwater and tidal salt — served at the annual Oyster Festival each August
Cooley Peninsula craft beer: Carlingford Brewing...

Is The Cooley & Mourne Mountains for you?



9 to 18

km a day

338 to 684

m climb a day

2 to 6

walking days

Who it suits

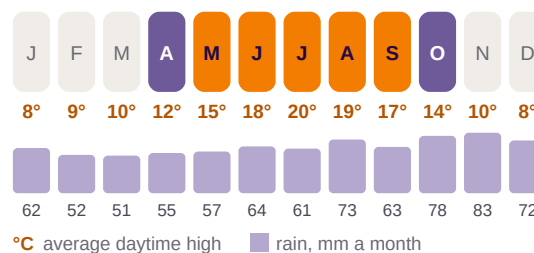
This tour suits walkers who have completed at least one long-distance trail and want a genuine mountain challenge. The cross-border element adds a layer that few Irish walking routes can match, moving from the mythology of the Cooley Peninsula through...

Terrain

The Cooley and Mournes tour ranges from rated as moderately to challenging. The two ranges demand different things from you.

The Cooley side is more forgiving, rolling hills with well-established paths and manageable ascents. A strong walker will...

When to go



- Best months.** May and June are our top picks. Long evenings, wildflowers on the Cooley foothills and manageable trail traffic make these months hard to beat.
- Season.** Tours start between 15 April and 15 October.
- Weather.** Mild all season, 12 to 20°C by day. Expect some rain on any trip and pack a good waterproof.

Met Éireann 1991–2020 averages, Dublin Airport, the nearest long-term station.

Seven walking holidays in The Cooley & Mourne Mountains

The further you go, the quieter the trail gets. Prices are per person sharing and include B&B, luggage transfers, route notes and our app.

5
DAYS

The Mournes from Rostrevor to Newcastle
Rocky River - Newcastle · 2 walking days · 32.4 km

FROM
€625
per person

5
DAYS

Ireland's best-kept walking secret
Annaverna - Carlingford · 3 walking days · 37.3 km

FROM
€645
per person

6
DAYS

The best of Cooley and the Mournes in six days
Lumpers - Newcastle · 4 walking days · 59 km

FROM
€785
per person

6
DAYS

The Mournes from Rostrevor to Newcastle with an Extra Day to Explore
Rocky River - Newcastle · 2 walking days · 32.4 km

FROM
€745
per person

6
DAYS

More time in Ireland's most storied peninsula
Annaverna - Carlingford · 4 walking days · 50.2 km

FROM
€755
per person

7
DAYS

The complete Cooley to Mournes experience
Annaverna - Newcastle · 5 walking days · 73.6 km

FROM
€865
per person

8
DAYS

Ancient myths, granite peaks and a border crossed on foot
Annaverna - Newcastle · 6 walking days · 84.3 km

LONGEST
FROM
€985
per person



★★★★★

WALKED IT

"It was a superb walking holiday! The trails were challenging enough to be interesting but not overwhelming. Beautiful mix of countryside, mountains, and

Hendrik D., Belgium · 2024

Every tour includes

- ✓ En-suite B&B rooms, chosen...
- ✓ Full Irish breakfast every morning
- ✓ Daily luggage transfer
- ✓ Route notes and our GPS app
- ✓ Pre-departure pack
- ✓ 24/7 emergency support

Not sure which?

Tell us your fitness and your dates. We have walked these trails and will say honestly which version fits.

+353 42 932 3396

● Overnight village ● Where the tour ends Single travellers welcome, a...

1

Choose your route

Pick a tour and your dates. We check availability.

2

We plan everything

B&Bs, transfers, route notes, app. A pack arrives before you travel.

3

You walk

At your own pace, with a daypack. We are a phone call away.

4

Bags waiting at your door

Your main bag moves while you walk and is there at the next B&B.

GETTING THERE & PRACTICAL

Dublin Airport (DUB) is the primary arrival point, with direct services from across Europe, North America and the Middle East, approximately 100km south of Dundalk

Belfast International Airport (BFS) and George Best Belfast City Airport (BHD) both serve the Mourne side, within 60km of Newcastle

Irish Rail operates services from Dublin to Dundalk and Drogheda on the southern section of the route

Translink NI Railways operates Belfast services connecting to Newcastle in approximately 45 minutes

Plan your full journey at Transport for...

WHERE YOU'LL STAY



We book quality guesthouses and B&Bs at each stop along the route.

Carlingford offers charming guesthouses and small hotels overlooking the lough, a fine base for your first night in one of Ireland's most intact mediaeval towns.

...

5.0/5



27 walker reviews of The Cooley & Mourne

"Fantastic walking holiday along the Cooley Peninsula. The combination of mountain and coastal views was spectacular. All the accommodations were top-notch, and the local people were incredibly friendly. The route

J. Henderson, United Kingdom · 2024

Ready to walk The Cooley & Mourne Mountains?

See live availability, full daily itineraries and current rates on our website, or ask us anything first. A deposit holds your dates; the balance is due before you travel.



Scan to see dates

Check dates and book

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Cliff & Louise, Dundalk, Co. Louth