

5.0/5 50 walker reviews



Cooley Peninsula Hiking Tour

Ireland's best-kept walking secret

DURATION

5 days

WALKING DAYS

3

TOTAL DISTANCE

37.3 km

GRADE

Easy

From

€645

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

A perfectly paced 5-day self-guided introduction to Ireland's Cooley Peninsula — mountain trekking, ancient Celtic mythology, and the charm of medieval Carlingford. B&B accommodation and luggage transfers included.

Tour Highlights

● Mountain Trekking with Panoramic Views

Climb to Black Mountain and Clairmont Cairn, drinking in vistas that span the Mourne Mountains and reach into three counties. On clear days, the view alone is worth the effort.

● Medieval Carlingford's Timeless Charm

Spend your free day wandering narrow streets lined with colourful townhouses, discovering Viking heritage and Norman architecture, and tasting local oysters fresh from the lough — a gastronomic and cultural gem.

● Walking the Táin Legend

Trek through the very heartland of ancient Irish mythology, where the hero Cúchulainn made his legendary stand. Your route follows ancient droving paths and moorland trails steeped in Celtic history.

● Coastal Moorland & Forest Trails

Experience the full textured variety of Cooley — from sheltered forest roads to windswept heather, with panoramic descents down to Carlingford Lough and views of the Mourne Mountains that shift and deepen with each step.

Who Is It For?

****The time-poor adventurer.**** You've only got five days, but you don't want a whistle-stop tour. You want to really inhabit a place, walk it, sleep there, wake up to its rhythm. The Cooley Peninsula is perfectly paced for that: two proper trekking days (12–16 km) with a built-in rest day in Carlingford so you can recover, explore, and fall in love with a medieval village without rushing.

****Hikers new to multi-day walking.**** If this is your first self-guided walking holiday, the Cooley Peninsula is forgiving without being soft. The daily distances are achievable, the terrain is varied rather than monotonous, and you have full support behind you — 24/7 emergency contact, luggage transfers, and detailed route notes.



Day-by-Day Itinerary

DAY
1

Arrival in Dundalk, County Louth

Overnight: Dundalk

You'll arrive in Dundalk, the gateway to the Cooley Peninsula, and settle into your first B&B. Dundalk is a working market town with handsome Georgian streets, a lively centre, plenty of good restaurants and pubs, and the County Museum if you'd like a feel for local history before you start walking.

We will provide you with information on how to get here using public transport in your pre-departure pack — Dundalk has frequent rail and bus links from both Dublin and Belfast — or talk to us about private transfer options from either airport.

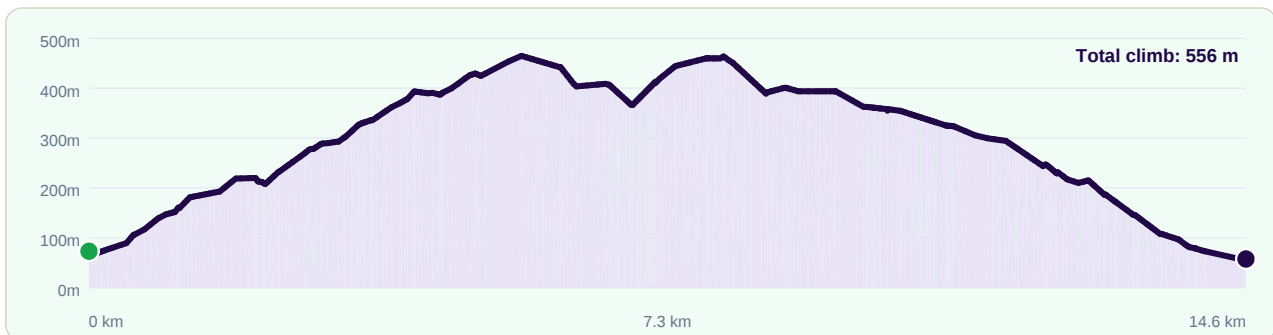
The evening is yours: explore the town centre, enjoy dinner, and rest before tomorrow's walking.

DAY
2

Ravensdale to Lumpers (Cooley)

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

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



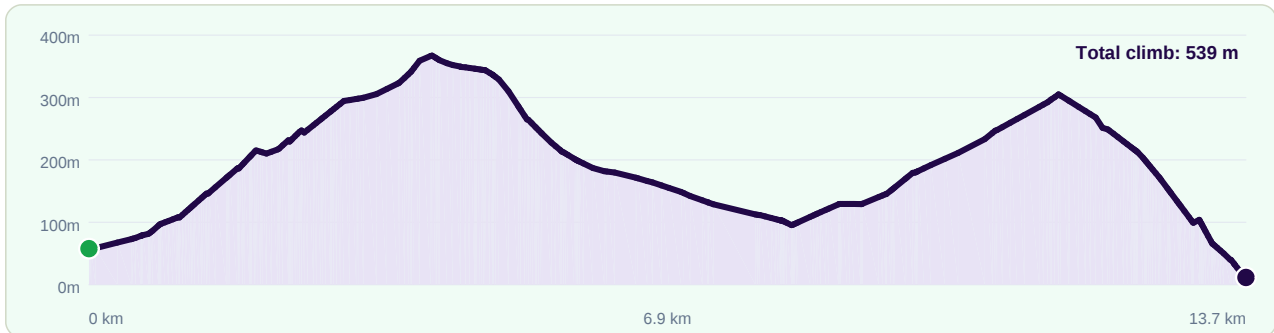
Your first proper day takes you from Ravensdale into the moody heart of Cooley. The terrain unfolds in stages: forest roads beneath ancient trees, then opening to wide heather moorland. The physical challenge builds steadily toward Black Mountain and Clairmont Cairn, where a steep final push rewards you with panoramic views of the Mourne Mountains and Carlingford Lough.

DAY
3

Lumpers to Carlingford

Walk: CM Lumpers to Carlingford (13.7 km) · Overnight: Carlingford

ROUTE 13.7 km · 539 m ascent · Easy · Lumpers to Carlingford



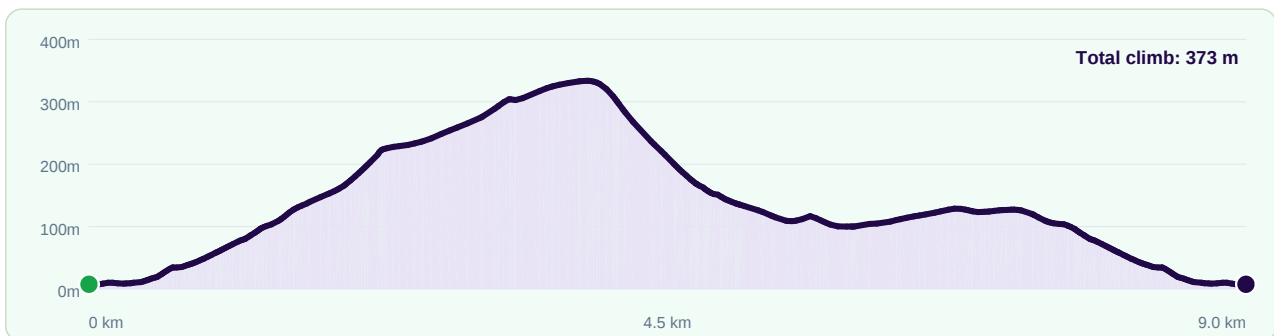
The longest day, but also the most rewarding. From Lumpers, you rise again through moorland and forest, crossing the spine of the peninsula on ancient droving roads. As you descend, Carlingford Lough opens before you. The final stretch brings you into the narrow, colour-washed streets of medieval Carlingford.

DAY
4

Free Day in Carlingford

Walk: CM Barnavave and abandoned village (9 km) · Overnight: Carlingford

ROUTE 9 km · 373 m ascent · Easy · Carlingford to Carlingford



This is your day to breathe, explore, and reconnect. Carlingford is a walker's reward: narrow medieval streets, a working fishing village atmosphere, the Carlingford Lough waterfront, and some of the finest oysters you'll ever taste. Optional walks abound—a gentle loop around the lough shore, or a short climb to the ruins of King John's Castle.

DAY

5

Departure from Carlingford

A morning to yourself before departing Carlingford. Grab a final breakfast, take one last walk through the village, buy oysters to take home, or simply sit by the lough and let the experience settle. Transport can be arranged back to Dublin or Belfast.



Along the trail — County Kerry, Ireland

What Our Walkers Say

Rated 5.0/5 by 50 walkers

A glorious part of the world for walking.

- Ross - 2026

What an incredible experience hiking the Cooley Peninsula! The trails were perfectly marked and the views of the Mourne Mountains were breathtaking. Our B&B hosts were incredibly welcoming and the full Irish breakfasts gave us plenty of energy for our daily hikes. The luggage transfer service worked flawlessly. We especially loved the tranquil paths along Carlingford Lough. Worth every penny!

- Sarah Mitchell - 2024

It was a superb walking holiday! The trails were challenging enough to be interesting but not overwhelming. Beautiful mix of countryside, mountains, and coastal views. The B&Bs were all excellent and the hosts very accommodating. Everything was perfectly arranged by Walking Holiday Ireland.

- Hendrik D. - 2024

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)



On the walking trails of Ireland

Get in touch

Email: info@walkingholidayireland.com

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/cooley-peninsula-SAE-CM-5M

FROM

€645

per person

See website for current rates