WALKING HOLIDAY IRELAND

FROM
€645
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE COOLEY & MOURNE MOUNTAINS

COOLEY PENINSULA
5 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
5 days	**3**	**37.3 km**	**Moderate**
4 nights B&B	9 to 15 km each	about 1,500 m of ascent	

★★★★★ **5.0 / 5 · 14 walker reviews**

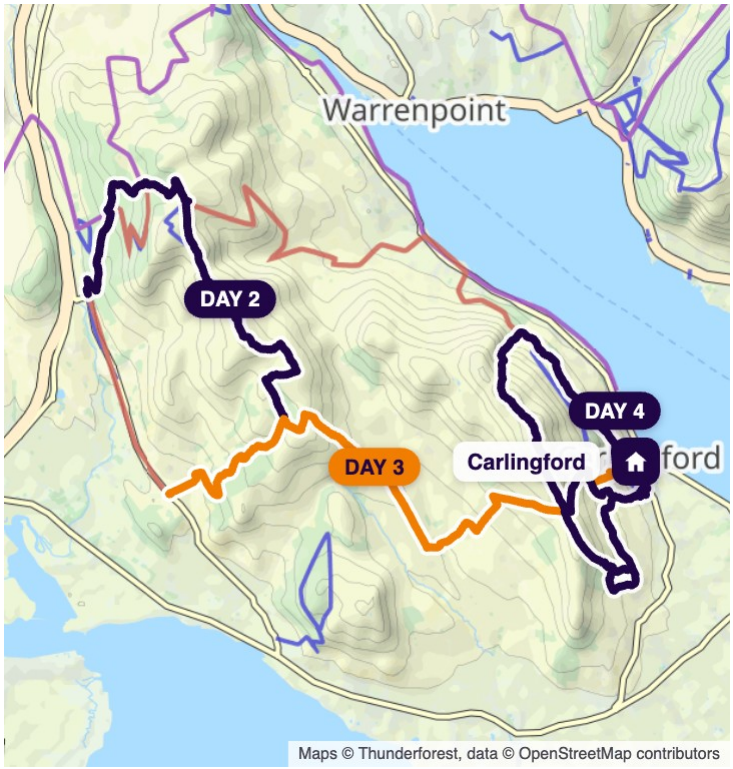
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-CP-5M

Your route at a glance

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.



Overnight · Days 2 and 4 · Day 3

DAY 1 — **Arrival in Dundalk, County Louth**
You'll arrive in Dundalk, the gateway to the Cooley Peninsula, and settle into your…

DAY 2 — **Ravensdale to Lumpers (Cooley)**
14.6 km · 499 m ascent · Moderate · back to Dundalk for the night

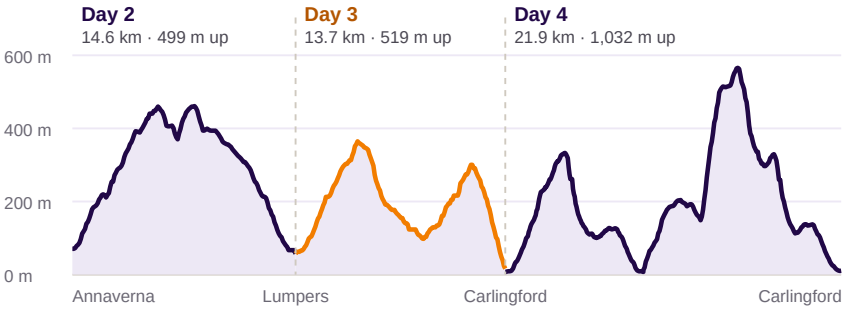
DAY 3 — **Lumpers to Carlingford**
13.7 km · 519 m ascent · Moderate

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

DAY 5 — **Departure from Carlingford**
A morning to yourself before departing Carlingford. Grab a final breakfast, take…

The whole walk in one line

37.3 km · 1,468 m of climbing over three days · from our GPS tracks



What's underfoot

Surface across the three walking days



Road and lane	31%
Footpath and trail	34%
Gravel and forest track	35%

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.

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…

Walking the Táin Legend

Trek through the very heartland of ancient Irish mythology, where the hero Cúchulainn made his legendary stand.

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…

Day by day

Elevation, 0 to 600 m · Moderate · Gentle

1 **Arrival in Dundalk, County Louth.** 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…

Overnight Dundalk

DAY 2



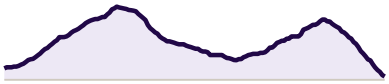
14.6 km · 499 m up · Moderate

Ravensdale to Lumpers (Cooley)

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.

Overnight Dundalk · back to Dundalk for the night

DAY 3



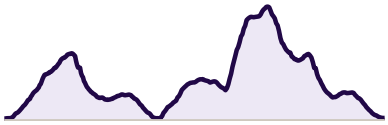
13.7 km · 519 m up · Moderate

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.

Overnight Carlingford

DAY 4



21.9 km · 1,032 m up · Gentle

Free Day in 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.

Overnight Carlingford

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.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

9 to 15 km	1,468	3
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 4 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
- ✓ **Support.** 24/7 emergency support line for the duration of your trip

NOT INCLUDED

- ✗ **Flights.** Travel to Ireland is not included
- ✗ **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?

6 days to Newcastle from €785 · 6 days to Newcastle from €745 · 6 days to Carlingford from €755 · 7 days to Newcastle from €865

FROM

€645

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

info@walkingholidayireland.com · +353 42 932 3396

Scan for live dates

Cliff & Louise · Family-run since 2012 · We walk our routes. We answer the phone.

★★★★★ 5.0 / 5 · 14 reviews