



Along the trail in Cooley and Mournes,

Cooley Peninsula Walking Holiday — 6 Days

More time in Ireland's most storied peninsula

DURATION

6 days

WALKING DAYS

4

TOTAL DISTANCE

50.2 km

GRADE

Easy

From

€725

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

A relaxed 6-day self-guided walking holiday on the Cooley Peninsula — two full hill days, two looped walks around Carlingford, and time to really settle into the mythology and medieval charm of one of Ireland's best-kept walking secrets. B&B accommodation and luggage transfers included.

Tour Highlights

● Two Days in the Cooley Mountains

Two proper hill stages — Ravensdale to Lumpers and the dramatic Táin Way ridgeline to Carlingford — giving you the full measure of the peninsula's mountain character before settling in by the lough.

● Carlingford Looped Walks

Two different looped routes from Carlingford explore the village's wider landscape: lough shore paths, forest trails, and ridge panoramas that change completely depending on direction and weather.

● Medieval Carlingford

Two nights in Carlingford means real time to explore — King John's Castle, the narrow medieval lanes, the waterfront, and some of the freshest oysters in Ireland.

● Walking the Táin Legend

These are the hills where Cúchulainn defended Ulster against the armies of Connacht. The Táin Way follows ancient droving paths through living mythology — the landscape itself tells the story.

Who Is It For?

This tour is ideal for walkers who enjoy a relaxed multi-day pace with time to explore rather than just transit. You should be comfortable walking 12–18 km per day over mixed terrain. The two Cooley hill stages involve significant ascent and some rocky ground — particularly the Ravensdale and Táin Way stages — but the Carlingford looped walks are gentler and entirely manageable. Perfect for first-time self-guided walkers, couples, and anyone who wants the complete Cooley experience without feeling rushed.



Day-by-Day Itinerary

DAY
1

Arrival in Dundalk

Overnight: Dundalk

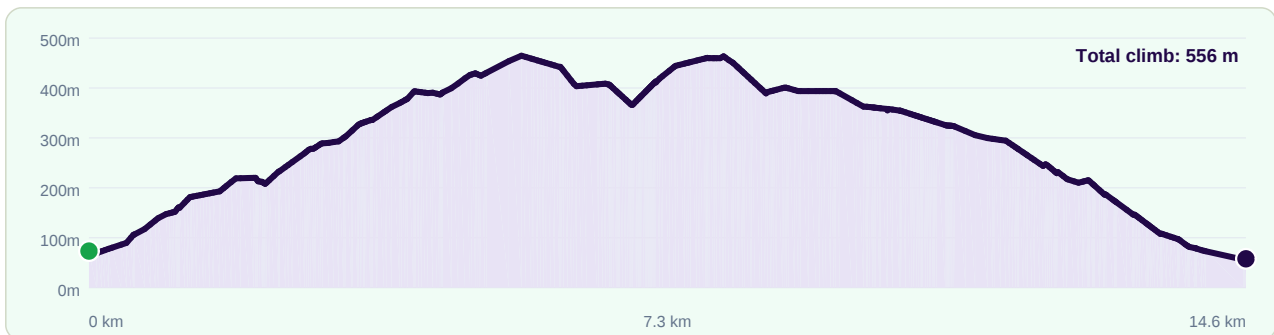
Arrive in Dundalk and settle into your first B&B. The town is your gateway to the Cooley Peninsula — connected to Dublin and Belfast by frequent rail and bus services. Take an evening stroll, find a good restaurant, and prepare for the mountains ahead.

DAY
2

Ravensdale Forest to Lumpers

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

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



Your first walking day takes you through Ravensdale Forest and up into the Cooley Mountains. The trail climbs through mixed woodland before opening onto wide heather moorland with views over Dundalk Bay. It's a day of building atmosphere — the forest gradually giving way to open ridge, and the first sense of the ancient landscape you're walking into. You return to Dundalk for a second night.

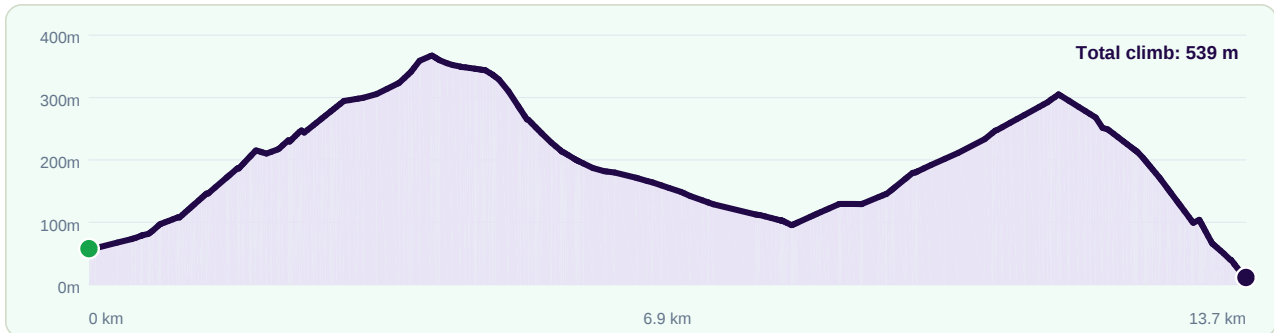
DAY

3

Lumpers to Carlingford via the Táin Way

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

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



The signature stage of the tour. From Lumpers you climb to the spine of the Cooley Peninsula and follow the Táin Way — the ancient route of the Cattle Raid of Cooley — along the high ridgeline. Crossing Maeve's Gap, the views open in every direction: the Irish Sea to the east, Carlingford Lough glittering below, and the Mourne's rising beyond. The descent into medieval Carlingford is unforgettable.

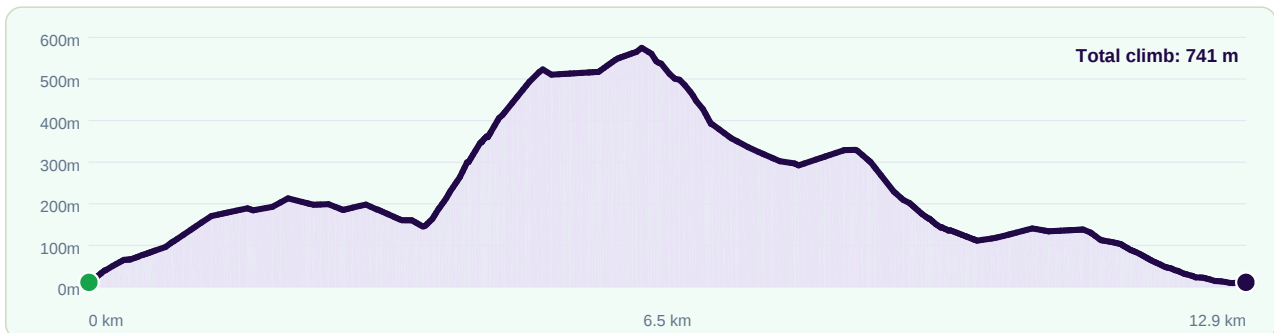
DAY

4

Carlingford Looped Walk 1

Walk: CM Slieve Foye Loop (12.9 km) · Overnight: Carlingford

ROUTE 12.9 km · 741 m ascent · Moderate · Carlingford to Carlingford



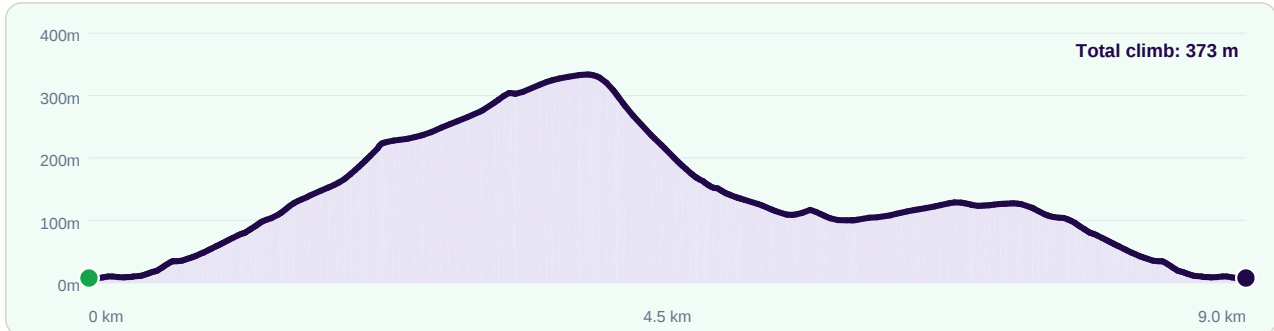
Your first full day based out of Carlingford. This looped walk explores the lough shore and the lower slopes of Slieve Foye — a completely different perspective on the peninsula from yesterday's high ridge. You'll pass through ancient woodland, along the water's edge, and into corners of Carlingford that most visitors never find. Evenings in Carlingford are for oysters and traditional music.

DAY
5

Carlingford Looped Walk 2

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

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

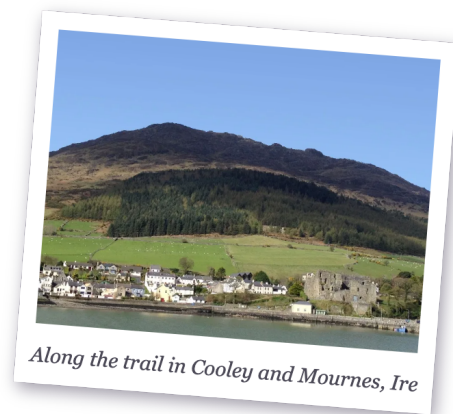


A second looped walk from Carlingford, this time climbing higher for the ridge views and forest trails above the village. The Cooley Peninsula looks entirely different from above — the full sweep of the lough, the patchwork of field and forest below, and the Mourne across the water. A final afternoon in Carlingford before departure tomorrow.

DAY
6

Departure from Carlingford

A last breakfast in Carlingford before heading home. Your pre-departure pack includes public transport options back to Dublin and Belfast. It's worth arriving early at the harbour for a final coffee by the lough before you go.



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)



Get in touch

Email: info@walkingholidayireland.com

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/cooley-peninsula-SAE-CP-6E

FROM

€725

per person

See website for current rates