WALKING HOLIDAY IRELAND

FROM
€755
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE COOLEY & MOURNE MOUNTAINS

COOLEY PENINSULA
6 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
6 days	**4**	**50.2 km**	**Moderate**
5 nights B&B	9 to 15 km each	about 2,200 m of ascent	

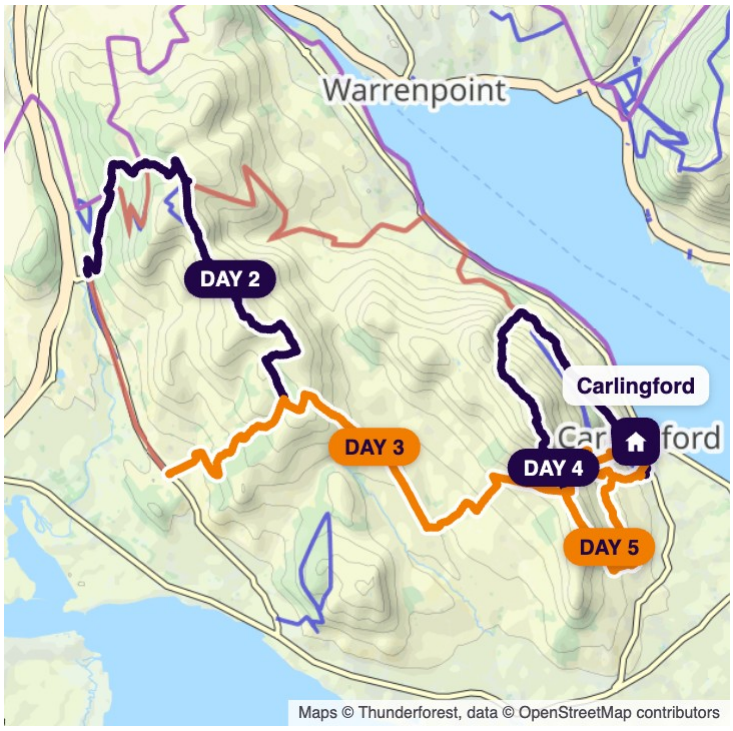
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SAE-CP-6M

Your route at a glance

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.



DAY 1 — Arrival in Dundalk
Arrive in Dundalk and settle into your first B&B. The town is your gateway to…

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

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

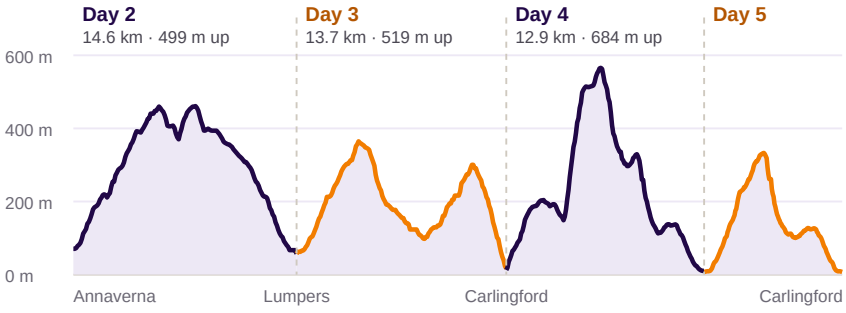
DAY 4 — Carlingford Looped Walk 1
12.9 km · 684 m ascent · Challenging

DAY 5 — Carlingford Looped Walk 2
9 km · 348 m ascent · Gentle

DAY 6 — Departure from Carlingford
A last breakfast in Carlingford before heading home. Your pre-departure pack…

The whole walk in one line

50.2 km · 2,209 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



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

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…

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…

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…

Day by day

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

1 **Arrival in 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…

Overnight Dundalk

DAY 2



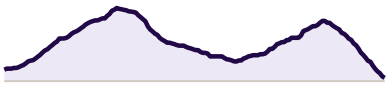
14.6 km · 499 m up · Moderate

Ravensdale Forest 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.

Overnight Dundalk · back to Dundalk for the night

DAY 3



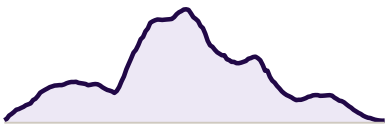
13.7 km · 519 m up · Moderate

Lumpers to Carlingford via the Táin Way

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 Mournes rising beyond. The descent into medieval Carlingford is unforgettable.

Overnight Carlingford

DAY 4



12.9 km · 684 m up · Challenging

Carlingford Looped Walk 1

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.

Overnight Carlingford

DAY 5



9 km · 348 m up · Gentle

Carlingford Looped Walk 2

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 Mournes across the water. A final afternoon in Carlingford before departure tomorrow.

Overnight Carlingford

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.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

9 to 15 km	2,209	4
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 5 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?
7 days to Newcastle from €865 · 8 days to Newcastle from €985

FROM

€755

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.