



Along the trail in Cooley and Mourne,

Mourne Mountains Walking Holiday — 5 Days

The Mourne from Rostrevor to Newcastle

DURATION

5 days

WALKING DAYS

3

TOTAL DISTANCE

32 km

GRADE

Moderate

From

€625

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

A focused 5-day self-guided walking holiday in the Mourne Mountains — arriving in the Victorian village of Rostrevor, exploring Kilbroney Forest on a looped walk, then following the Mourne Way through Tollymore to Newcastle under the shadow of Slieve Donard. B&B accommodation and luggage transfers included.

Tour Highlights

● Kilbroney Forest Looped Walk

A dedicated day exploring Kilbroney Forest above Rostrevor — ancient woodland, the Cloghmore Boulder with its panoramic views, and the quieter, wilder character of the southern Mournes.

● The Mourne Wall

One of Ireland's great engineering feats: a dry stone wall that runs for 35 km over 15 mountain summits, built between 1904 and 1922 to enclose the Silent Valley water catchment. Walking alongside it is an unforgettable experience.

● Tollymore Forest Park

One of Northern Ireland's most beautiful forests, with ancient woodland, elegant stone bridges over the Shimna River, and a now-famous role as a filming location for Game of Thrones.

● Newcastle & Slieve Donard

Finish in the seaside town of Newcastle, sitting in the shadow of Slieve Donard (853m) — Northern Ireland's highest peak. The walk in from Tollymore, with the mountain growing larger with every step, is a genuinely satisfying finish.

Who Is It For?

This tour suits walkers who want a focused mountain experience in the Mournes without the additional Cooley Peninsula stages. You should be comfortable walking 14–18 km per day over varied terrain — forest paths, open moorland, and some hilly ground on the Kilbroney and Mourne Wall stages. The walking is moderate throughout: the Mourne Way is well-marked and the gradients are gentler than the Cooley ridgeline. A good choice for walkers returning to multi-day hiking, those with a specific interest in the Mournes, or anyone who prefers to fly into Belfast rather than Dublin.

Day-by-Day Itinerary

DAY
1

Arrival in Rostrevor

Overnight: Rostrevor

Arrive in Rostrevor, a picture-postcard Victorian village nestled between the Mourne foothills and the southern shore of Carlingford Lough. Your pre-departure pack includes public transport options from Dublin and Belfast — the village is accessible from both cities via Newry. Settle into your B&B, take an evening stroll along the lough shore, and find a good spot for dinner before the walking begins.

DAY
2

Kilbroney Forest Looped Walk

Overnight: Rostrevor

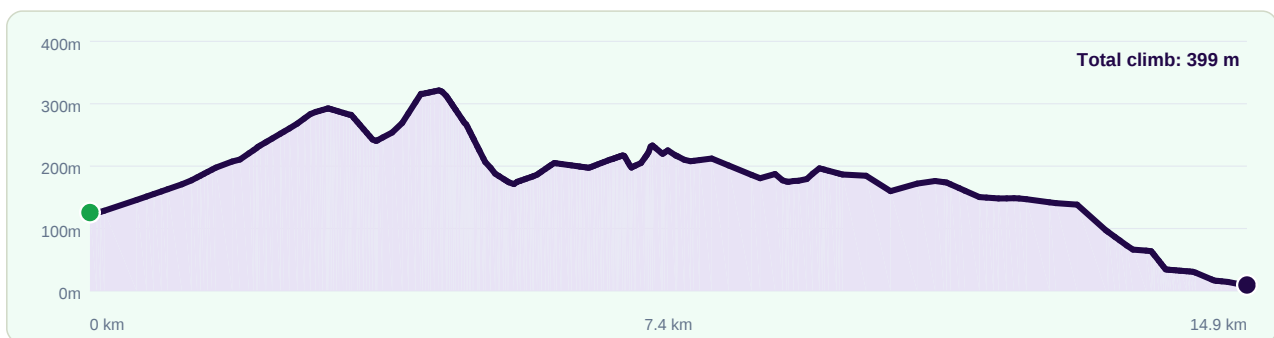
A full day exploring Kilbroney Forest above Rostrevor — one of the finest forest walks in Northern Ireland. The route climbs through ancient oak woodland to the Cloghmore Boulder, a massive glacial erratic perched on the hillside with sweeping views over Carlingford Lough and the Cooley Peninsula across the water. The descent back through the forest is gentler, passing through some of the most atmospheric woodland in the Mournes.

DAY
3

Mourne Way Part 1 — Rostrevor towards the Mountains

Walk: CM Mourne Way Part 1 (14.9 km) · Overnight: Rostrevor

ROUTE 14.9 km · 401 m ascent · Easy · Rocky River to Rostrevor



Your first day on the Mourne Way proper. The trail leads inland from Rostrevor and into the heart of the Mournes — open moorland, the first glimpses of the famous Mourne Wall, and the growing sense of a genuine mountain landscape. The day ends in or near the Mourne foothills with the best still to come.

DAY
4

Mourne Way Part 2 — through Tollymore to Newcastle

Walk: CM Mourne Way Part 2 (17.5 km) · Overnight: Newcastle

ROUTE 17.5 km · 453 m ascent · Moderate · Deerpark, Spelga Dam to Newcastle



The highlight of the tour. The Mourne Way passes through Tollymore Forest Park — ancient woodland, elegant stone bridges over the Shimna River, and the distinctive atmosphere of a landscape that has been used as a filming location for Game of Thrones. The trail emerges in Newcastle as Slieve Donard rises above the town, a fitting finale to four days in the Mournes.

DAY
5

Departure from Newcastle

A final Irish breakfast with the Mournes at your back. Your pre-departure pack includes public transport options to Dublin Airport (via Newry, approximately 2.5 hours) and Belfast Airport (approximately 1.5 hours). We can arrange private transfers if preferred.



Ready to Walk Ireland?

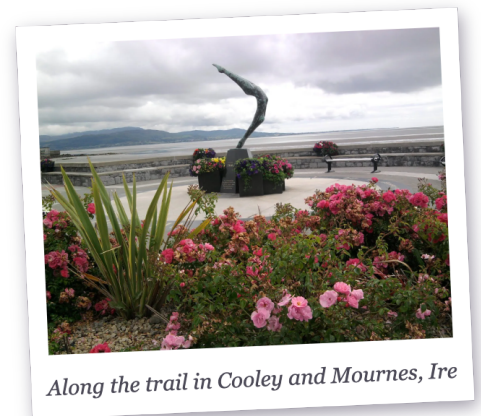
Every tour is self-guided with hand-picked accommodation, daily luggage transfer, detailed route notes and GPX files, plus our personal local support throughout your walk. Dates and group sizes are flexible — just ask.

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/mourne-mountains-SAE-MM-5M

See website for current rates

FROM

€625

per person