

Location Map for Walks



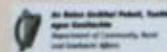
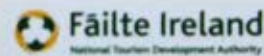
Carlingford & The Cooley Peninsula
Ireland's European Destination of Excellence



Featured Walks

1. King John's Castle Walk
2. Slieve Foye National Loop Walk
3. Barnavave National Loop Walk
4. Commons National Loop Walk
5. Grange Loop Walk
6. Whitestown Coastal Loop Walk
7. Omeath Loop Walk
8. Annaloughan National Loop Walk
9. Táin Way : Ballymakellett to Carlingford
10. Carlingford Slí na Slainte

Credits



Cooley Walks

1. King John's Castle Walk

Length: 4.5 kilometres

Time: 1+ hour



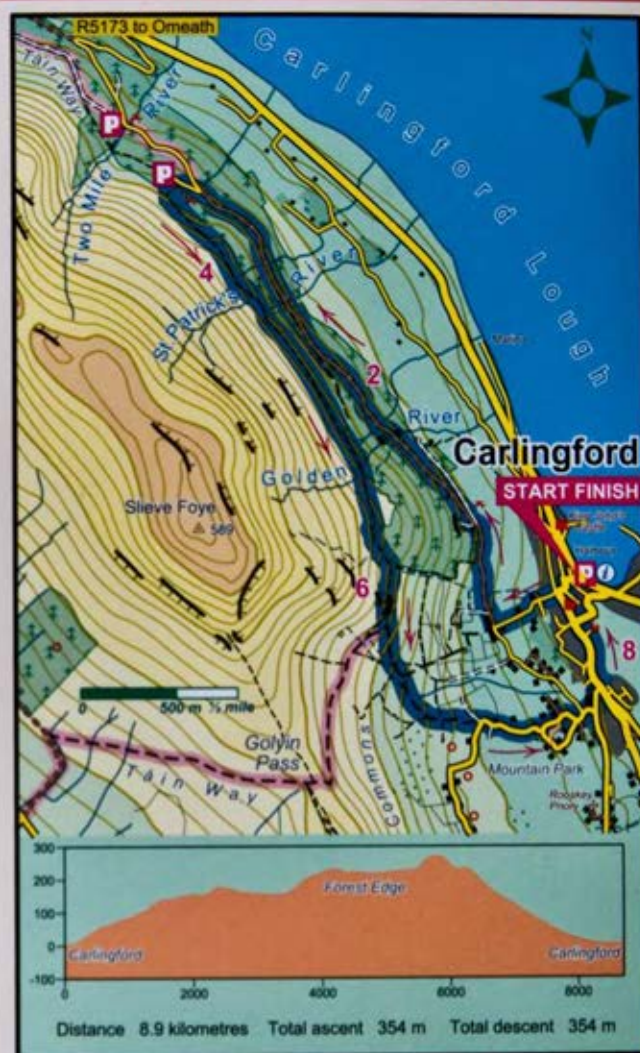
General Description: This is a short walk around the village of Carlingford and environs. It is suitable for families with younger children although if you pushing a buggy, keep to the tarmac road and avoid the grassy paths at the end.

Cooley Walks

2. Slieve Foye National Loop Walk

Length: 9 kilometres

Time: 2-3 hours



General Description: This national loop walk brings you up onto the mountain slopes above Carlingford. The walk is mostly on good paths marked with blue arrows.

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3. Barnavave Loop

Length: 13+ kilometres

Time: 4 hours



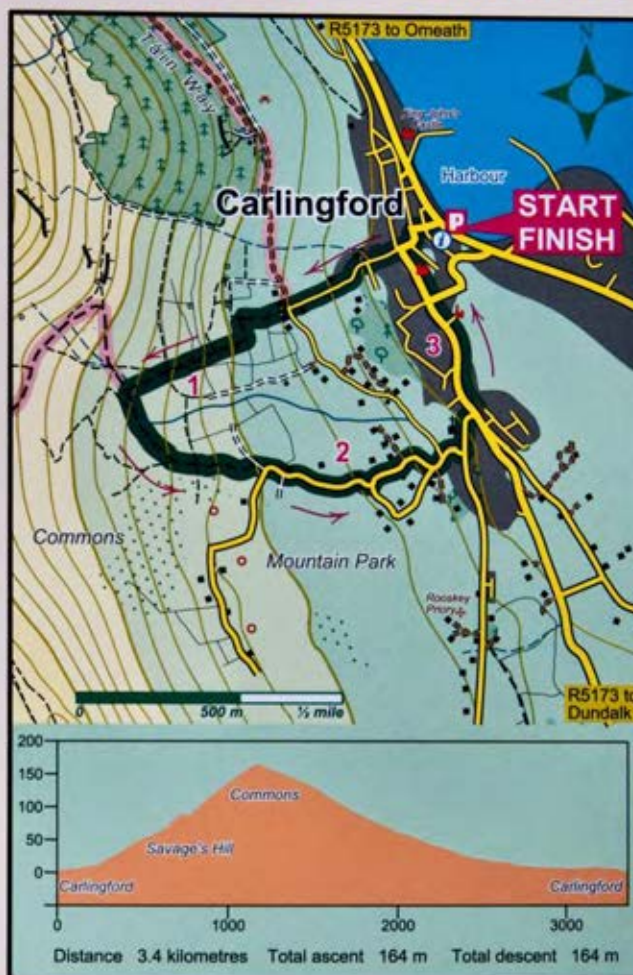
General Description: Barnavave is an outstanding view-point with an abandoned 'village' on the descent.

Cooley Walks

4. Commons National Loop Walk

Length: 3.4 kilometres

Time: 1+ hours



General Description: This short National Loop Walk will take you up away from the town and give you a flavour of the open mountain sides. Suitable for families and children on foot but take care on the narrow roads as you leave and return to the town..

Cooley Walks

5. Grange Loop

Length: 6+ kilometres

Time: 2 hours



General Description: This rural loop walk gives a quiet flavour of some aspects of the heritage of the Cooley peninsula. It is mostly dry underfoot so a good pair of shoes will suffice. The lane through the fields though is uneven in places with tree roots, so buggies are not very practical.

Cooley Walks

6. Whitestown Coastal Loop

Length: 5+ kilometres

Time: 1+ hour



General Description: this is a nice level coastal walk on quiet tarmac roads, suitable for buggies. Very popular with local strollers out for daily exercise. Ideal for those with children who like to explore and pick up 'wee treasures' on the rocky foreshore. You'll be able to enjoy a quiet pint after your walk and if you hit the right evening, enjoy listening to a few tunes!

Cooley Walks

7. Omeath Loop

Length: 5 kilometres

Time: 2 hours



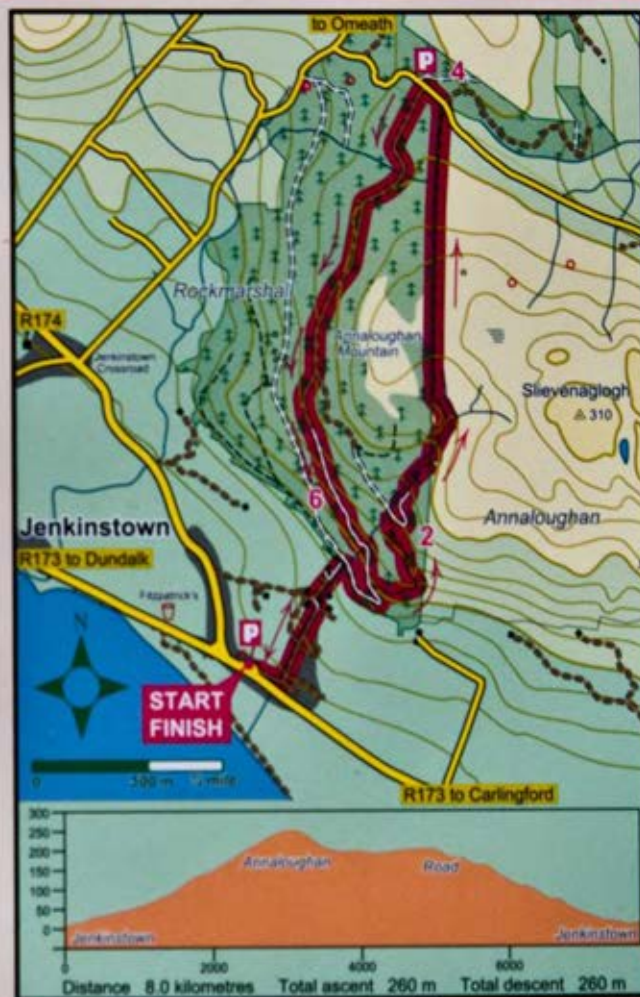
General Description: This is a loop walk on minor tarmac roads that makes a circuit from the seaside village of Omeath. There are excellent views over Carlingford Lough and you will have the opportunity to purchase fresh sea food for your supper on the final descent!

Cooley Walks

8. Annaloughan National Loop Walk

Length: 8 kilometres

Time: 3 hours



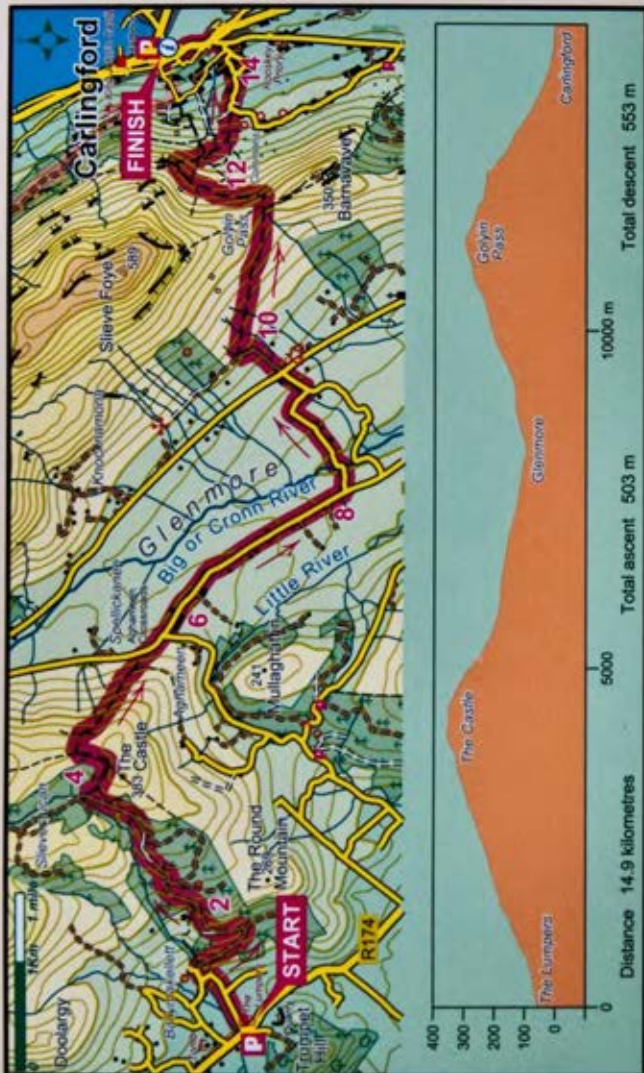
General Description: This national loop walk overlooks Dundalk Bay. It is mostly on track but the mountain section can be wet & rough underfoot, so wear good boots. Heathy mountain slopes with a return through the pines and spruces of Rockmarsh forest.

Cooley Walks

9. Táin Way : Ballymakellett to Carlingford

Length: 15 kilometres

Time: 4+ hours



Cooley Walks

10. Carlingford Slí na Slainte

Length: 7 kilometres

Time: 1½ hours



General Description:

This Slí na Slainte walk is part of the Irish Heart Foundation scheme of walks to promote general fitness and heart health in the local community. It is a level walk along the coastline, south eastwards from Carlingford towards Greenore.

Return along the same route back to Carlingford.

