A Guide to Walking in
Northern Ireland
Northern Ireland

Unspoilt, untouched walking country
in one small package
on your doorstep

The North Coast & Glens of Antrim
The Mourne Mountains
The Sperrin Mountains
Fermanagh
Strangford

Dublin to the Mourne Mountains........90 mins by car
Cork to Belfast City Airport ..........1hr 10 mins with Aer Arann
Dublin to City of Derry Airport .........50 mins with Aer Arann
Galway to Cullagh Mountains ..........2hrs 50 mins by car
Dublin to Belfast ................................2 hrs 10 mins by train
The North Coast & Glens of Antrim

The North Coast and the Glens of Antrim are justifiably famous for the Giant’s Causeway, wonderful coastlines and a unique natural beauty. The area includes three designated areas of outstanding natural beauty, nine glens including Glenariff the ‘Queen of the Glens’, lush forest parks, secluded coastal tracks and numerous quaint fishing villages.

Exploring this world famous landscape on foot enables you to engage with a breath-taking coastline first hand. It also offers an escape from the crowds and the opportunity to lose yourself in the history and geology of an area which has inspired countless myths and legends. The walking is mostly on relatively flat coastal paths and trails. Routes are linear with good transport and accommodation options.

“The grandeur of the rugged north Antrim coast and the deep glens set against the pastoral farmland create other worlds away from busy life.”

Dawson Stelfox, first Irishman to summit Everest
Where to Walk
To enjoy Northern Ireland’s most celebrated stretch of coastline, the ‘North Coast Highlights’ itinerary is highly recommended.

‘North Coast Highlights’ – a 3 day itinerary walking the best routes along the north coast and one day on Rathlin Island, reached by ferry. A good base for the two days of coastal walking is Bushmills, with one night on Rathlin. Contact Rathlin Island Ferries on Tel: +44 (0)28 2076 9290.

Where to Stay
A selection of walker friendly accommodation ideal for the ‘North Coast Highlights’ is listed below. A full list of accommodation in the North Coast & Glens can be found at www.causewaycoastandglen.com and www.discovernorthernireland.com

<table>
<thead>
<tr>
<th>Name</th>
<th>Nearest Town or Village</th>
<th>Phone</th>
<th>Website</th>
<th>Accommodation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballylinny Cottages</td>
<td>Bushmills</td>
<td>+44 (0)28 2073 1683</td>
<td><a href="http://www.giantscauseway.co.uk">www.giantscauseway.co.uk</a></td>
<td>3 self-catering cottages 1km from Bushmills</td>
</tr>
<tr>
<td>The Bushmills Inn</td>
<td>Bushmills</td>
<td>+44 (0)28 2073 3000</td>
<td><a href="http://www.bushmillsinn.com">www.bushmillsinn.com</a></td>
<td>Luxury hotel in the village with a fine restaurant</td>
</tr>
<tr>
<td>Camside Guest House</td>
<td>Bushmills</td>
<td>+44 (0)28 2073 1337</td>
<td><a href="http://www.camsideguesthouse.co.uk">www.camsideguesthouse.co.uk</a></td>
<td>B&amp;B with 11 rooms 3km from Bushmills</td>
</tr>
<tr>
<td>Grant’s Causeway, Holiday Cottages</td>
<td>Giant’s Causeway</td>
<td>+44 (0)28 2073 1673</td>
<td><a href="http://www.giantscausewaycottages.com">www.giantscausewaycottages.com</a></td>
<td>8 self-catering cottages close to the Giant’s Causeway</td>
</tr>
<tr>
<td>Mill Rest Youth Hostel</td>
<td>Bushmills</td>
<td>+44 (0)28 2073 1222</td>
<td><a href="http://www.hirn.org.uk">www.hirn.org.uk</a></td>
<td>Top rated modern youth hostel. Ensue rooms for up to 22 people. Dorms available.</td>
</tr>
<tr>
<td>Rathlin Manor House</td>
<td>Rathlin Island</td>
<td>+44 (0)28 2076 3964</td>
<td><a href="http://www.rathlinmanorhouse.co.uk">www.rathlinmanorhouse.co.uk</a></td>
<td>Georgian house B&amp;B and restaurant run by National Trust. Sleeps 10.</td>
</tr>
<tr>
<td>The Smugglers Inn</td>
<td>Bushmills</td>
<td>+44 (0)28 2073 1577</td>
<td><a href="http://www.smugglersinn.co.uk">www.smugglersinn.co.uk</a></td>
<td>Guest house with 12 ensuite rooms &amp; restaurant. 2km from Bushmills</td>
</tr>
<tr>
<td>Soerneog View Hostel</td>
<td>Rathlin Island</td>
<td>+44 (0)28 2076 3954</td>
<td><a href="http://www.n-irelandholidays.co.uk/rathlin">www.n-irelandholidays.co.uk/rathlin</a></td>
<td>Only hostel in Rathlin. Caters for 6 people.</td>
</tr>
</tbody>
</table>

Where to Eat
There are a number of places to eat in the Bushmills area frequented by walkers, including: The Bushmills Inn has a fine dining restaurant renowned for its award winning food Tel +44 (0)28 2073 3000 The Smugglers Inn serves good bistro-style food Tel +44 (0)28 2073 1577 The Nook, near the Giant’s Causeway, is a pub with good food in an old school house Tel +44 (0)28 2073 2993 There are two restaurants in Portrush which are definitely worth a drive to as they have excellent reputations: Ramone Wine Bar Tel: +44 (0)28 7082 6969 and 55 Degrees North Tel: +44 (0)28 7082 2811

Other Walking Itineraries
Causeway Coast Way – a 2 day 52km waymarked linear route along the north coast from Portstewart to Ballycastle. The route passes through magnificent coastline scenery including wide bays, sandy beaches and dramatic cliffs.

Antrim Hills Way – a 2 day 43km waymarked linear route through the Antrim Hills starting in Glenarm and ending at Slemish mountain. The route explores a high coastal plateau and encompasses some of the most enjoyable upland walking in County Antrim.

For full details & maps on these and other itineraries, download the ‘North Coast & Glens: A Walker’s Guide’ on walkni.com

Short Breaks
A sample of short breaks is listed below. A full list of short breaks for walking in the North Coast & Glens of Antrim is available on walkni.com.

Walking Holiday on Causeway Coast
4 nights B&B & 3 days self-guided walking. Maps & luggage transfer included. From €299/£299pp. Minimum group of 2
Tel: +353 (0)6 671 2873
www.southwestwalksireland.com

Self-guided trip of Glens of Antrim and Moyle Way
3 nights B&B & self-guided walking. Pick ups & luggage transfer included. From €248/£219pp. Based on 2 sharing
Tel: +44 (0)18 3788 0075
www.letsgowalking.com

Walking Guides
Especially recommended if this is your first trip to the North Coast & Glens of Antrim, contact one of the walk guides specialising in this area.

Guide to Walking in the North Coast & Glens of Antrim
To help plan your trip, download the ‘North Coast & Glens of Antrim: A Walker’s Guide’ on walkni.com. This guide details itineraries, accommodation, maps and everything you need to know when planning your walking trip to the North Coast & Glens of Antrim.
The Mournes are the highest and most dramatic mountain range in Northern Ireland, its summits crowned by granite tors. The Mourne upland is dominated by a compact ring of 12 mountains, each rising above 600m, with the highest peak, Slieve Donard reaching 853m.

The mountains are criss-crossed by an unrivalled network of paths and tracks, providing enthusiastic walkers with incredible opportunities for exploration. Whilst many of the walks are mountain walks, there are also several hillwalking options through the heart of the mountains.

“The Mourne Mountains have a varied and complex character which means you can walk there for a lifetime and still discover new places yet compact enough to allow you to climb many mountains in a single day.”

Dawson Stelfox, first Irishman to summit Everest
Where to Walk

The options for walking in the Mourne Mountains are endless. Here are some suggested itineraries to get the best out of your trip to the Mournes:

‘Conquer the Peaks’ – a challenging 3 day itinerary climbing the 6 highest peaks in the Mournes including Slieve Donard, Northern Ireland’s highest peak at 853m. The other peaks to summit are Commedagh, Binnian, Beanagh, Meelbeg and Meelmore.

‘A Flavour of the Mournes’ – a 3 day itinerary suitable for walkers with good fitness levels. It takes you through the foothills of the high Mournes as well as onto some of the stunning lower peaks.

‘The Best of the Mournes’ – for those only in the Mournes for a short weekend, these 2 strenuous days are perfect to fit in the highlights and 3 of the 4 highest peaks. Peaks include Slieve Donard, Binnian and Beanagh.

For full details & maps on these and other itineraries, download the ‘Mourne Mountains: A Walker’s Guide’ on walkni.com.

Use the OSNI Mourne Activity Map 1:25 000. Available from www.osni.gov.uk/mapstore

Where to Stay

Self-catering cottages & hostels in the Mournes are often used by walkers & walking clubs. A full list of all accommodation in the Mournes can be found at www.discovernorthernireland.com

<table>
<thead>
<tr>
<th>Name</th>
<th>Nearest Town or Village</th>
<th>Phone</th>
<th>Website</th>
<th>Accommodation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cnocnavoela Centre</td>
<td>Attical</td>
<td>+44 (0)28 4176 5859</td>
<td><a href="http://www.mournehostel.com">www.mournehostel.com</a></td>
<td>Modern hostel for up to 31 people right on the edge of the Mournes, 6km from Kilkeel</td>
</tr>
<tr>
<td>Corntull Quay</td>
<td>Annalong</td>
<td>+44 (0)28 4377 0714</td>
<td><a href="http://www.corntullquay.com">www.corntullquay.com</a></td>
<td>4 self-catering cottages and large hostel in the coastal Annalong village</td>
</tr>
<tr>
<td>Lecale Cottages</td>
<td>Rostrevor</td>
<td>+44 (0)28 4173 8727</td>
<td><a href="http://www.rostrevorholidays.com">www.rostrevorholidays.com</a></td>
<td>10 self-catering cottages on peaceful farmland in the southern Mournes</td>
</tr>
<tr>
<td>Mourne Cottages</td>
<td>Maghera</td>
<td>+44 (0)28 4375 1251</td>
<td><a href="http://www.mournecottages.com">www.mournecottages.com</a></td>
<td>7 self-catering cottages in a rural location just north of the Mournes</td>
</tr>
<tr>
<td>Meelmore Lodge</td>
<td>Bryansford</td>
<td>+44 (0)28 4372 5949</td>
<td><a href="http://www.meelmorelodge.co.uk">www.meelmorelodge.co.uk</a></td>
<td>Hostel for up to 24 people, campsite and coffee shop on edge of the high Mournes</td>
</tr>
<tr>
<td>Millers Close Cottages</td>
<td>Bryansford</td>
<td>+44 (0)28 4372 4177</td>
<td><a href="http://www.millersclose.com">www.millersclose.com</a></td>
<td>4 self-catering cottages located close to the Trassey Track</td>
</tr>
<tr>
<td>Tory Bush Cottages</td>
<td>Bryansford</td>
<td>+44 (0)28 4372 4348</td>
<td><a href="http://www.torybush.com">www.torybush.com</a></td>
<td>9 self-catering cottages located on edge of the high Mournes</td>
</tr>
</tbody>
</table>

Where to Eat

Some places to eat frequented by walkers in the Mournes include:

Kilbroney Arms in Rostrevor serves good hearty food in a traditional pub. Tel: +44 (0)28 3831 4325

The Maghera Inn is a country pub & restaurant serving wholesome & tasty food in Maghera village. Tel +44 (0)28 4372 2236

Mourne Seafood Bar in Dundrum & Mourne Café in Newcastle serve fresh fish dishes at affordable prices in a cozy bistro atmosphere. Tel: +44 (0)28 4375 1377 / 4372 6401

Sea Salt is a unique deli and bistro in Newcastle using local produce. Tel: +44 (0)28 4372 5027

Short Breaks

A full list of short breaks for walking in the Mournes is available on walkni.com.

- **Sojourn in the Mournes**
  - 2 nights self-catering accommodation & 3 days guided walking. Includes packed lunches. From €220/E210pp. Based on 6 sharing
  - Tel: +44 (0)77 4028 5794

- **Short Break to discover the Mournes**
  - 2 nights in hostel with advice on walks. Packed lunches and 1 evening meal. From €68/E60pp. Minimum of 4 sharing
  - Tel: +44 (0)28 4176 5859

- **Walk through the land of Narnia**
  - 3 nights self-catering with advice on best routes. Guided walks also available. From €50/E46pp. Based on 6 sharing
  - Tel: +44 (0)28 4173 8727

Walking Guides

Especially recommended if this is your first trip to the Mournes, contact one of the guides specialising in the Mourne Mountains to guide you.

- Mountain Sojourns +44 (0)77 4028 5794 info@mountainsojourns.co.uk www.mountainsojourns.co.uk
- Mourne Spirit +44 (0)77 7184 7125 caroline@mournespirit.com www.mournespirit.com
- Outdoor Ireland North +44 (0)79 7340 8056 loretto@outdoorirelandnorth.co.uk www.outdoorirelandnorth.co.uk
- Walks in the Mournes +44 (0)28 4372 5143 domnall.mccomish@btinternet.com www.walksinthemournes.com

Tollymore Outdoor Centre

Tollymore Outdoor Centre is Northern Ireland's National Centre for mountainiing and walking based on the edge of the Mournes. It runs courses on hillwalking and mountaineering mainly in the Mournes and has accommodation for up to 40 people in twin ensuite rooms. Visit www.tollymore.com

Mourne International Walking Festival

This festival takes place during the last weekend in June every year and attracts a large number of Irish and international walkers. There are a range of both guided and self-guided walks including some strenuous mountain routes. The highlight of the social element is the Blister Ball on the Saturday evening. www.mournewalking.co.uk Tel: +44 (0)28 4175 2256

Guide to Walking in the Mourne Mountains

To help plan your trip, download the ‘Mourne Mountains: A Walker’s Guide’ on walkni.com. This detailed guide is packed full of ideas, itineraries and everything you need to know when planning your trip to the Mournes.
The Sperrin Mountains

The Sperrin Mountains, stretching along the border of counties Tyrone and Derry, can best be described as wild, untouched and beautiful. Walkers can expect undulating hills covered in heather, quiet valleys, boggy uplands and a land teeming with wildlife. There are 10 summits above 500m with the highest of the range, Sawel Mountain, peaking at 678m.

The variety of walking trails in the Sperrins Area of Outstanding Natural Beauty is one of Northern Ireland’s great secrets. With more landowner access agreements in place, the Sperrin Mountains are now becoming an attractive walking destination. Many of the upland areas including Sawel and Dart Mountains can be fully enjoyed in the annual hillwalking festival. When walking in The Sperrins use the OSNI Sperrins Activity Map 1:25 000. Available from www.osni.gov.uk/mapstore

Sperrins Hillwalking Festival

The Sperrins Hillwalking Festival takes place on the first weekend in August on an annual basis. This has become one of the top walking festivals in Northern Ireland and draws an Irish and International audience. Check out www.sperrinstourism.com for the event brochure. Highlights of the festival include:

- Guided walks for all fitness levels & 2 day overnight camping adventure option
- Programme of social events in the evening and a final day celebration event

A sample of short breaks is listed below. A full list of short breaks for walking in the Sperrins is available on walkni.com.

Short Breaks

- **An Clachan Cottages Walking Breaks**
  2 night self-catering, 1 evening meal & 1 guided walk. From €85/£75pp. Minimum group of 6
  www.an-creagan.com  Tel: +44 (0)28 8078 5706

- **Sperrin and North Coast Landscapes**
  2 nights B&B & 2 days guided walking. Archaeology, history & ecology focused. From €147/£130pp. Minimum group of 4
  About Ulster  Tel: +44 (0)79 6758 5706

- **Walk with Marty**
  2 nights Hotel, 1 evening meal & 2 days guided walking. From €136/£120pp. Groups of 6 to 12
  www.walkwithmarty.com  Tel: +44 (0)28 8075 8452

Where to stay

Accommodation frequented by walking clubs or small groups of walkers is listed below. A full list of all accommodation in the Sperrins can be found at www.sperrinstourism.com and www.discovernorthernireland.com.

<table>
<thead>
<tr>
<th>Name</th>
<th>Nearest Town or Village</th>
<th>Phone</th>
<th>Website</th>
<th>Accommodation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>An Clachan Cottages</td>
<td>Plumbridge</td>
<td>+44 (0)28 8164 7043</td>
<td><a href="http://www.an-creagan.com">www.an-creagan.com</a></td>
<td>4 cottages in Glenelly Valley, right in the heart of the Sperrins.</td>
</tr>
<tr>
<td>Gortin Activity Centre</td>
<td>Gortin</td>
<td>+44 (0)28 8164 8346</td>
<td><a href="http://www.gortin.net">www.gortin.net</a></td>
<td>4 self-catering cottages &amp; a hostel in Gortin village on the edge of the Sperrins.</td>
</tr>
<tr>
<td>Derrynoid Centre</td>
<td>Draperstown</td>
<td>+44 (0)28 7962 9100</td>
<td><a href="http://www.derrynoid.co.uk">www.derrynoid.co.uk</a></td>
<td>40 ensuite bedrooms on a BBQ basis near the market village of Draperstown.</td>
</tr>
<tr>
<td>Drumcovitt House</td>
<td>Feeny</td>
<td>+44 (0)28 7777 1224</td>
<td><a href="http://www.drumcovitt.com">www.drumcovitt.com</a></td>
<td>3 self-catering Cottages near Feeny. Caters up to 15 people.</td>
</tr>
<tr>
<td>Kilnsills Cottages</td>
<td>Moneymore &amp; Stewartstown</td>
<td>+44 (0)28 8673 7906</td>
<td><a href="http://www.kingsmillscottages.com">www.kingsmillscottages.com</a></td>
<td>3 self-catering cottages in Moneymore &amp; Stewartstown.</td>
</tr>
</tbody>
</table>

“`The Sperrin upland area is extensive, unspoiled and largely undiscovered, and I am confident you will enjoy a wonderful weekend of exercise, fresh air and companionship whatever the weather!”`

Alan Tees, President of Mountaineering Ireland, on the Sperrins Hillwalking Festival

Walking Guides

Especially recommended if this is your first trip to the Sperrin Mountains, contact one of the walk guides specialising in this area.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>About Ulster</td>
<td>+44 (0)79 2678 5706</td>
<td><a href="mailto:martin89@btinternet.com">martin89@btinternet.com</a></td>
<td></td>
</tr>
<tr>
<td>Walk With Marty</td>
<td>+44 (0)28 8075 8452</td>
<td><a href="mailto:walkwithmarty@googlemail.com">walkwithmarty@googlemail.com</a></td>
<td><a href="http://www.walkwithmarty.com">www.walkwithmarty.com</a></td>
</tr>
</tbody>
</table>
Whilst Fermanagh is renowned for its lakelands, the first destination for any keen walker should be Cuilcagh Mountain. At 665m, Cuilcagh is the highest summit in County Fermanagh and is home to one of the largest expanses of blanket bog in Northern Ireland. This area is part of the UNESCO endorsed Marble Arch Caves Global Geopark due to its geology and spectacular landscapes.

Cuilcagh Mountain – this 1 day walk takes in the summit of Cuilcagh and passes by the Marble Arch Caves and the National Trust’s impressive Florence Court House. For maps and more information on this route, see walkni.com. Use OSNI Sheet 26 1:50 000. Available from www.osni.gov.uk/mapstore

Where to Stay
Accommodation ideally situated for walking Cuilcagh Mountain is listed below. A full list of all accommodation in Fermanagh can be found at www.fermanaghlakelands.com and www.discovernorthernireland.com.

<table>
<thead>
<tr>
<th>Name</th>
<th>Nearest Town or Village</th>
<th>Phone</th>
<th>Website</th>
<th>Accommodation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customs House Inn</td>
<td>Belcoo</td>
<td>+44 (0)28 6638 6285</td>
<td><a href="http://www.customshouseinn.com">www.customshouseinn.com</a></td>
<td>Small hotel in Belcoo with 9 ensuite rooms</td>
</tr>
<tr>
<td>Bella Vista</td>
<td>Belcoo</td>
<td>+44 (0)28 6638 6669</td>
<td><a href="http://www.fermanaghlakelands.com">www.fermanaghlakelands.com</a></td>
<td>B&amp;B 3 mins walk from Belcoo</td>
</tr>
<tr>
<td>Woodford B&amp;B</td>
<td>Belcoo</td>
<td>+44 (0)28 6638 6676</td>
<td><a href="http://www.fermanaghlakelands.com">www.fermanaghlakelands.com</a></td>
<td>B&amp;B in rural location near Belcoo</td>
</tr>
<tr>
<td>Arch House</td>
<td>Florencecourt</td>
<td>+44 (0)28 6634 8452</td>
<td><a href="http://www.archhouse.com">www.archhouse.com</a></td>
<td>Walking friendly B&amp;B</td>
</tr>
</tbody>
</table>

Short Breaks & Walking Guides
Activity providers based in Fermanagh offering short walking breaks and guided walks:

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corralea Activity Centre</td>
<td>+44 (0)28 6638 6123</td>
<td><a href="mailto:info@activityireland.com">info@activityireland.com</a></td>
<td><a href="http://www.activityireland.com">www.activityireland.com</a></td>
</tr>
<tr>
<td>Share Holiday Village</td>
<td>+44 (0)28 6772 2122</td>
<td><a href="mailto:rory@sharevillage.org">rory@sharevillage.org</a></td>
<td><a href="http://www.sharevillage.org">www.sharevillage.org</a></td>
</tr>
</tbody>
</table>

Fermanagh

Tower houses, castles and ancient monuments are dotted throughout the Strangford landscape and a wealth of wildlife can be discovered along the contrasting shores of Strangford Lough and the Irish Sea. The Lough itself is Northern Ireland’s only Marine Nature Reserve.

Walkers will enjoy mostly flat coastal walking along this unique coastline and is a must for those with an interest in bird-life and seals.

Lecale Way – a 65km waymarked linear route on flat coastal paths, beaches and quiet country roads. It takes in Strangford Lough, the Irish Sea coastline and finishes in the seaside resort of Newcastle. A 2 day or 3 day itinerary is available with stays in Strangford village recommended. For maps and more information on the route, see walkni.com. Use OSNI sheets 21 & 29 1:50 000. Available from www.osni.gov.uk/mapstore

Where to Stay
Selected accommodation ideally situated for walking the Lecale Way is listed below. There are several self-catering options available in Strangford village also. A full list of all accommodation can be found at www.discovernorthernireland.com.

<table>
<thead>
<tr>
<th>Name</th>
<th>Nearest Town or Village</th>
<th>Phone</th>
<th>Website</th>
<th>Accommodation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strangford Cottage</td>
<td>Strangford</td>
<td>+44 (0)28 4488 1208</td>
<td><a href="http://www.strangfordcottage.co.uk">www.strangfordcottage.co.uk</a></td>
<td>Georgian B&amp;B in Strangford. 'One of the best 50 hideaways in Europe'. Sleeps 6.</td>
</tr>
<tr>
<td>The Cuan</td>
<td>Strangford</td>
<td>+44 (0)28 4488 1222</td>
<td><a href="http://www.thecuan.com">www.thecuan.com</a></td>
<td>Guesthouse in Strangford with pub &amp; restaurant. Sleeps up to 21</td>
</tr>
</tbody>
</table>
Some popular walking routes in Northern Ireland are not formally designated public rights of way. Access is on a de-facto basis and depends on the goodwill and tolerance of local landowners. Walkers are advised to respect that they may be walking on private land and are encouraged to make themselves aware of and adhere to the principles of 'Leave No Trace' [www.leavenotraceireland.org](http://www.leavenotraceireland.org).

For any questions on walking in Northern Ireland contact
Countryside Access and Activities Network
The Stableyard, Malone Road, Barnett's Demesne, Belfast BT9 5PB
Tel: +44 (0)28 9030 3930
Email: aideen@countrysiderecreation.com

This guide is available on request in braille, audio, large print, computer disk and PDF
© Countryside Access and Activities Network
Design by www.thinkstudio.co.uk