



## Make your day in the Mournes

Tailor-made to inspire, take our itineraries as a guide to making the most of your time in the region. Explore at your own pace, discover new sights and make your very own Mournes adventure.

### 5 Day Visit

Spas, Mountains, Gardens and Historic Towns

#### Day 1: Banbridge

Kick off your visit in the unmissable, bustling historic town of Banbridge. Stop in at the stunning F E McWilliam Gallery & Studio, celebrating the work of sculptor Frederick Edward McWilliam, who was born in Banbridge. The bespoke Gallery features a permanent display of McWilliam's work, temporary exhibitions, as well as a craft shop and café. After lunch, explore some of the region's most enigmatic archaeology and head out of town to the slopes of Slieve Croob to visit the Legananny Dolmen or Finnis Souterrain, another hidden gem, two miles from Legananny.

#### Day 2: Newry

The bijou city of Newry is a must see, and a highlight for visitors is the Museum in Bagenal's Castle, comprising an eclectic range of material reflecting the social,

political and cultural history of the region from prehistoric flints and medieval sculpture to 20th century ceramics and glassware. In the afternoon, explore this fascinating city in-depth on the Newry Heritage Trail or visit the impressive 19th century Cathedral of St Patrick and St Colman. There's also plenty in the way of shopping from the independent fashion and jewellery retailers on the city's Hill Street and Monaghan Street or big high street names in The Quays and Buttercrane Shopping Centres.

#### Day 3: Ring of Gullion

Spend the day in the breathtakingly beautiful Ring of Gullion, a unique geological landform, designated an Area of Outstanding Natural Beauty for its unique habitats and landscapes. Explore in whatever direction takes your fancy, or get hold of the Ring of Gullion Audio Tours, taking you on a journey through the region and its history, myths, and legends. From Newry, you can head west towards Camlough,

stop for breakfast, then south towards Camlough Lake, abundant with birdlife and rare aquatic wildlife. Continue south to tranquil Killeavy and on to Slieve Gullion Forest Adventure Park in the afternoon, where the more adventurous can hike the mountain trail to two megalithic cairns and the Cailleach Beara's lake. From the summit there are stunning views across the Ring of Gullion, Mourne and Cooley mountain ranges and Armagh Drumlins. After your adventure to the summit, stop off for a coffee break in the Slieve Gullion Courtyard.

#### Day 4: Coastal Journey - Warrenpoint, Cranfield, Kilkeel & Annalong

Follow winding roads with panoramic sea views through another Area of Outstanding Natural Beauty, and just outside Newry, check out Narrow Water Keep, dating from 1212, which guards the Water of Carlingford Lough and offers magnificent views. Stop off in the coastal town of Warrenpoint with its spectacular views of Carlingford Lough, then follow the

coast route east, on to the village of Rostrevor situated at the foot of Rostrevor Forest with its 250 year old oak trees and brand new world class Mountain Bike Trails. Visit Kilbroney Park, with its two-mile panoramic forest drive, stroll along the riverbanks of the famous Fairy Glen or, if you're feeling more energetic, climb to the Cloughmore Stone. Continue on to Cranfield with its pristine south-facing sandy beach and then to Kilkeel, to visit the Mourne Seafood Cookery School and Maritime Museum or treat yourself to some locally caught seafood for a bite of lunch, before continuing to the villages of Ballymartin and Annalong. Finish off by taking in some manmade marvels of engineering against some stunning natural mountain backdrops at the Silent Valley Reservoir or Spelga Dam.

#### Day 5: Newcastle

Newcastle is an activity seaside town with something for all ages. Appreciate the town's dramatic location where the Mountains of Mourne sweep down to the sea or

take the opportunity to spend the morning chilling out with a seaweed bath and spa treatment in Soak Seaweed Baths located along the sea front or have a pamper session in either the Slieve Donard Resort and Spa or the Burrendale Hotel Country Club and Spa. In the afternoon, visit Tollymore Forest, one of Northern Ireland's largest and most attractive forest parks, featuring walks along the Shimna River, rocky outcrops, grottos, stepping stones and historic stone bridges. Enjoy the wide variety of park and leisure facilities in the town, take a stroll along the town's award winning Promenade, eat in one of Newcastle's many stylish eateries or challenge yourself to a round of golf at Royal County Down.

## Make your day

You can also pick up or download our Cycle Route Map and explore the region on two wheels. [visitmournemountains.co.uk](http://visitmournemountains.co.uk)

### 3 Day Great Outdoors Parks, Gardens and Nature Reserve

#### Day 1: Ballymoyer

Visit picturesque Ballymoyer, outside the village of Whitecross. Ballymoyer House was constructed in 1778, and the demesne grounds are now managed by the National Trust.

Take a walk along the old coach path through the woodland glen, renowned for its fairy glen atmosphere, with deep, mossy, ferned banks clothed in blankets of primroses, celandines, bluebells, and foxgloves in spring and early summer.

#### Day 2: Rostrevor Forest & Cloughmore Stone

Visit Rostrevor, where at the striking Fairy Glen the Kilbroney River meanders through a tunnel of mature trees growing on banks festooned by wild flowers. Rostrevor Oakwoods National Nature Reserve features rare, semi-natural, mature sessile oakwoods that are at least 250 years old, extend to 17 acres and are well worth visiting, as is Cloughmore, known locally as "The Big Stone", a huge granite boulder found 1,000 feet above Rostrevor on the side of Slieve Martin. Local legend has it that the stone was

thrown from the Cooley Mountains, on the other side of Carlingford Lough, by the giant Fionn mac Cumhaill. Don't miss the brand new Mountain Bike Trails in Rostrevor's Kilbroney Park.

#### Day 3: Castlewellsan

Visit Castlewellsan Forest Park and follow the waymarked trails around the lake and forest plus a fascinating arboretum or saddle up to enjoy 25km of world class Mountain Bike trails through the forest. Castlewellsan Peace Maze, the world's largest permanent hedge maze representing the path to a peaceful future for Northern Ireland, is a must visit living puzzle. After lunch, head off to see the spectacular walled garden, arbour, lawns, viewing platforms, maze and peacocks at Seaford, which houses a Tropical Butterfly House, along with tearooms and a playground area.

### 2 Day Treat Shopping and Spa Tour

#### Day 1: Shopping

Spend the morning shopping, whether you take in the high end fashion at fantastic outlet prices at The Outlet in Banbridge, the huge

high street selection at The Quays or Buttercrane Centres in Newry, or Newry's Hill Street and Monaghan Street where you will find men's designer shops, ladies fashion boutiques, and independent retailers. Hill Street is also home to the Thursday and Saturday variety markets. Don't miss the bijou boutiques of Newcastle, or the gourmet farm shops dotted along the way. Then relax and unwind, submerged in a claw foot tub in a Seaweed Bath or having your cares washed away with a sparkling body scrub treatment at Soak Seaweed Baths on Newcastle's sea front.

#### Day 2: Spa

Enjoy a full day of pampering in the Slieve Donard Resort and Spa, with its infinity pool and rock sauna, or the Burrendale Hotel Country Club and Spa with its staggering list of relaxing and beautifying treatments. Other soothing options include some of the many wonderful day spas and the CC Spa at the Canal Court Hotel in Newry City or the exclusive spa resorts dotted around the scenic and tranquil Ring of Gullion, such as Slieve Gullion Springs, Enchanted Spa & Resort or You Nique.

### 3 Day Family Break Family Tour

#### Day 1: Newry area

If there's grey skies overhead, take the kids to one of the region's fantastic indoor play centres, suitable for children up to the age of 12, while mum and dad unwind with a coffee. Call into W5 Lite at The Outlet in Banbridge to enjoy byte-sized interactive science or make a splash at Newry, Kilkeel or Banbridge Swimming Pools, which have sauna and steam rooms for mum to relax in. If things are looking brighter, why not head out of town to Slieve Gullion Adventure Park for thrills for both tots and teens or get on your bike and enjoy a great afternoon of family cycling along Newry Canal Towpath.

#### Day 2: Castlewellsan, Murlough & Newcastle

From Newry, travel to Newcastle,

stopping off at either Castlewellsan Forest Park or making a detour to Murlough National Nature Reserve. Murlough is fantastic for walking and is a haven for ramblers, bird watchers and sandcastle builders. Newcastle is one of Northern Ireland's premier seaside resorts and caters for all the family. From Tollymore Forest Park in the great outdoors to games arcades and adventure indoor play facilities, kids are guaranteed to have a great time. During the summer, outdoor swimming is available in the Rock Pool or Tropicana and the family can play crazy golf in Island Park or paddle a swan in Castle Park.

#### Day 3: Silent Valley & Rostrevor

From Newcastle travel towards Annalong, turning off for Silent Valley Mountain Park, ringed by dramatic peaks, for a perfect stop off on your trip, featuring a number of walks, an interpretive centre, coffee shop and a nature trail. Then travel

to Cranfield beach, set in an idyllic location at the mouth of Carlingford Lough, with the majestic Mourne Mountains as a dramatic backdrop. This long south facing, sandy beach offers a children's play area and excellent facilities. Following on to Rostrevor, stop off at Kilbroney Park with its popular play area, tennis courts, open spaces, and woodland, for exercise, adventure and imagination.

## Make your day

For more great itineraries and information on days out in the Mourne region, visit us at [visitmournemountains.co.uk](http://visitmournemountains.co.uk)



For further information on general touring, accommodation, short breaks and activity breaks please contact one of the following Visitor Information Centres or visit our website.

#### Newry Visitor Information Centre

Bagenal's Castle  
Castle Street, Newry BT34 2BY  
T: 028 3031 3170  
[www.visitnewryandmourne.com](http://www.visitnewryandmourne.com)

#### Kilkeel Visitor Information Centre

Nautilus Centre  
Rooney Road, Kilkeel BT34 4AG  
T: 028 4176 2525  
[www.visitkilkeel.com](http://www.visitkilkeel.com)

Email [info@visitmournemountains.co.uk](mailto:info@visitmournemountains.co.uk)

#### Newcastle Visitor Information Centre

10-14 Central Promenade  
Newcastle BT33 0AA  
T: 028 4372 2222  
[www.downdc.gov.uk](http://www.downdc.gov.uk)

#### Banbridge Visitor Information Centre

The Old Town Hall  
1 Scarva Street, Banbridge BT32 3DA  
T: 028 4062 0232  
[www.banbridge.com](http://www.banbridge.com)

## Make your day

[visitmournemountains.co.uk](http://visitmournemountains.co.uk)



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Meadfield 9/100



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## VISITOR MAP



Carlingford Lough

Mourne Mountains

[visitmournemountains.co.uk](http://visitmournemountains.co.uk)

## Welcome to The Mournes

The stunning Mourne Mountains and Ring of Gullion region in the south east of Northern Ireland is a veritable open-air playground, providing coastal drives and hill walking to rock climbing, nature rambles, photography, canoeing and cycling to horse riding, bird watching, fishing and world class golf.

Whether you choose to experience it at a hi-octane pace, embark on a peaceful nature retreat, summit Slieve Donard - Northern Ireland's highest peak - or follow our tailor-made itineraries as a guide, the Mourne region offers a host of activities and attractions for families, couples, groups of friends and visitors of any age, who want to get away from it all, explore unspoilt landscapes and enjoy a real sense of well-being.

From the mountains to the coast, the reefs to the woodlands, the Mourne region is easily accessible and accommodates both a relaxed pace or a full-on adrenalin rush, combined with clean air and stunning scenery.

And, for those who prefer the amenities of the great indoors, a warm welcome awaits within the region's many fine pubs, restaurants, spa facilities, villages and hotels where you can watch the world go by at your leisure.

Shrouded in magic and majesty, the Mourne Mountains are without a doubt the most picturesque in Ireland. The Mournes and Slieve Croob and Ring of Gullion Areas of Outstanding Natural Beauty, filled with dizzying peaks, rolling valleys, tranquil forests and golden coastline, are ready and waiting to be discovered, enjoyed, experienced and never forgotten.







# Mourne Mountains

[visitmournemountains.co.uk](http://visitmournemountains.co.uk)

Incorporating



1



**Silent Valley**  
Silent Valley Mountain Park is located in the heart of the Mourne Mountains, ringed by dramatic peaks, with Slieve Binnian to the east, the cliffs of Slievenaglo to the west and to the north Doan and Ben Crom. A perfect stop off on your trip, featuring a number of walks, an interpretive centre, coffee shop and a nature trail.  
**084 5744 0088**  
[niwater.com/silent-valley](http://niwater.com/silent-valley)

2



**Slieve Gullion Forest Park**  
Slieve Gullion Forest Park covers an area of 2500 acres with spectacular views. The Adventure Park includes a toddlers' area, adventure play equipment for older kids and even a trim trail for adults. For walkers there are routes to the top of Slieve Gullion, or a leisurely walk around the walled garden.  
**028 3031 3170**  
[visitnewryandmoure.com](http://visitnewryandmoure.com)  
[ringofgullion.org](http://ringofgullion.org)

3



**Tollymore Forest Park**  
One of Northern Ireland's largest and most attractive forest parks, featuring walks along the Shimna River, rocky outcrops, grottos, stepping stones and historic stone bridges. Tollymore is also home to a slow-growing spruce, which originated nearby in about 1750 and is the oldest tree in any arboretum in Ireland.  
**028 4372 2428**  
[forestserviceni.gov.uk](http://forestserviceni.gov.uk)

4



**Kilbroney Park & Rostrevor Mountain Bike Trail**  
Just outside Rostrevor, Kilbroney Park has camping facilities, a children's playpark, restaurant and interesting walks with beautiful views of Carlingford Lough and the Cooley Mountains. Walk up to the ice age Cloughmore Stone. World class mountain biking trails in Rostrevor cover 27km, including two exhilarating downhill runs.  
**028 4173 8134**  
[visitnewryandmoure.com](http://visitnewryandmoure.com)  
[mountainbikeni.com](http://mountainbikeni.com)

5



**Legananny Dolmen & Finnis Souterrain**  
On the slopes of Slieve Croob is one of Ireland's most frequently photographed dolmens. Dating from the megalithic period, Legananny is likely the grave of a chieftain. Finnis Souterrain, locally known as 'Binder's Cove', is another hidden gem, 2 miles from Legananny. Dated around the 9th century AD, it was probably used as a hiding place or for storage.  
**028 9054 3037**  
[doeni.gov.uk/nia](http://doeni.gov.uk/nia)

6



**F E McWilliam Gallery & Studio**  
Opened in 2008, the gallery celebrates the work of Frederick Edward McWilliam, who was born in Banbridge. A friend of the sculptor Henry Moore, McWilliam made his name in London as one of the most important sculptors of his generation. The Gallery features a permanent display of McWilliam's work, temporary exhibitions, sculpture garden, craft shop and café.  
**028 4062 3322**  
[femcwilliam.com](http://femcwilliam.com)

7



**Annalong Cornmill & Harbour**  
The village of Annalong boasts a picturesque harbour and restored Cornmill with a working water wheel which can be seen in operation on a guided tour. Dating back to the early 1800s, as well as for fishing, Annalong harbour was used for many years for exporting the famous quarried Mourne granite.  
**028 4376 8736**  
[visitnewryandmoure.com](http://visitnewryandmoure.com)

8



**Murlough National Nature Reserve**  
Bordering one of Northern Ireland's most popular beaches, the fragile 6000-year-old sand dunes, Ireland's first Nature Reserve, are ideal for both walking and wildlife, and are a true haven for bird watchers. A network of paths and boardwalks enables you to discover this amazing nature reserve.  
**028 4375 1467**  
[nationaltrust.org.uk](http://nationaltrust.org.uk)

9



**Bagenal's Castle & Newry Heritage Trail**  
Built in the 16th century, the spectacular Bagenal's Castle, home to Newry & Mourne Museum, is Newry's oldest surviving building. The Newry Heritage Trail takes you through the many attractions of the city, beginning at Newry Visitor Information Centre and exploring the history and heritage of the ancient town.  
**028 3031 3170**  
[bagenalscastle.com](http://bagenalscastle.com)

10



**Castlewellan Forest Park & Mountain Bike Trail**  
Featuring a walled garden and the Peace Maze, Castlewellan Forest Park is located in a dramatic setting, and is home to one of the most notable tree and shrub collections in Europe. 25km of mountain bike trails cater to all ability levels and waymarked walks around the mile-long lake take visitors through a marvel of 18th-century landscaping.  
**028 4377 8664**  
[forestserviceni.gov.uk](http://forestserviceni.gov.uk)  
[mountainbikeni.com](http://mountainbikeni.com)

11



**Mourne Seafood Cookery School & Mourne Maritime Museum**  
Kilkeel is the 'Seafood Capital of the Mountains of Mourne', home to a state of the art cookery school located in the Nautilus Centre, with panoramic views of Kilkeel harbour. The Maritime Visitor Centre tells the story of the local fishing and maritime heritage, with touch screen technology.  
**028 4176 2525**  
[mourneseafoodcookeryschool.com](http://mourneseafoodcookeryschool.com)

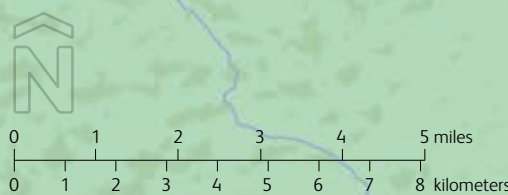
12



**Seaford Gardens and Seaford Butterfly House**  
Situated in the historic demesne of Seaford, which has been a family home for almost 400 years, Seaford Gardens and Tropical Butterfly House is home to hundreds of free flying tropical butterflies, as well as parrots, reptiles and insects. Visit the beautiful gardens, which include a maze and many rare trees and shrubs.  
**028 4481 1225**  
[seafordgardens.com](http://seafordgardens.com)

## Key

- Visitor Information Centre
- Visitor Information Point
- Viewpoint
- Marina/Berthing
- Fishing Harbour
- Caravan/Motorhome Park
- Camping
- Hiking Access
- Mountainbike Trail
- Horsesriding
- Adventure Park
- Golf Course
- Fishing
- Historic Building
- Ancient Monument
- Museums & Cultural Centres
- Picnic Area
- Car Parking
- Mourne Coastal Route
- St Patrick's Trail
- Patrick's Way - Pilgrim Walk
- The Mourne Way
- Newry Canal Way
- Ring of Gullion Way
- AONB - Area of Outstanding Natural Beauty



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