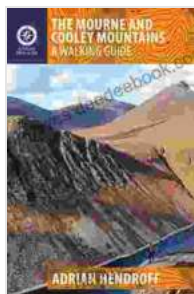


The Mourne and Cooley Mountains Walking Guide: Your Essential Companion for Exploring Two of Ireland's Most Scenic Mountain Ranges



The Mourne and Cooley Mountains: A Walking Guide

by Adrian Hendroff

★★★★☆ 4.6 out of 5

Language : English

Item Weight : 1.32 pounds

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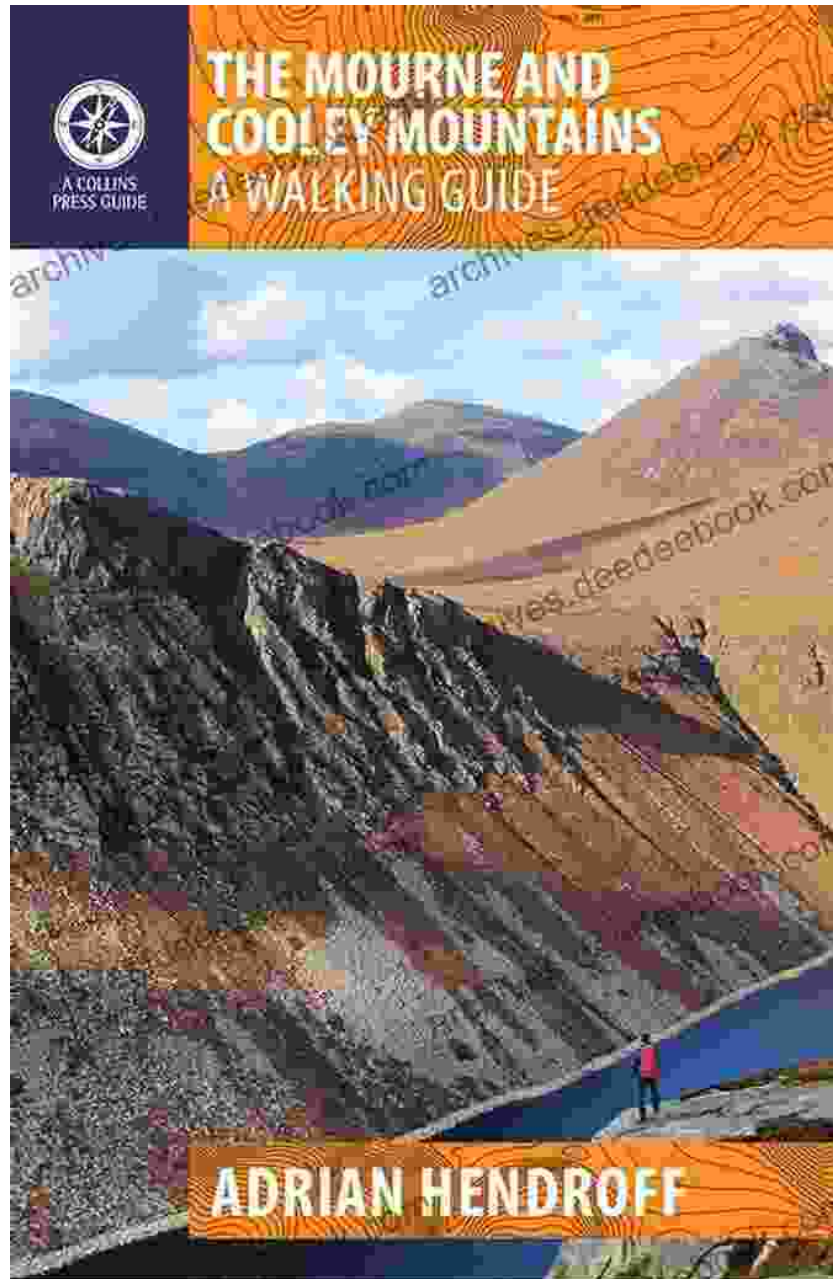
Screen Reader : Supported

Print length : 160 pages

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The Mourne and Cooley Mountains are two of Ireland's most popular mountain ranges, offering stunning scenery, challenging hikes, and a wealth of history and culture. This comprehensive walking guide provides everything you need to plan and enjoy your trek, including detailed route descriptions, maps, and photographs.

The Mourne Mountains

The Mourne Mountains are a range of granite mountains in County Down, Northern Ireland. They are the highest mountains in Northern Ireland, with the highest peak, Slieve Donard, rising to 850 meters (2,790 feet). The Mournes are known for their dramatic scenery, which includes jagged peaks, deep valleys, and sparkling lakes. The mountains are also home to a variety of wildlife, including red deer, mountain hares, and peregrine falcons.

Popular Hikes in the Mourne Mountains

- **Slieve Donard:** This is the highest peak in the Mourne Mountains, and the most popular hike. The trail is challenging, but the views from the summit are worth the effort.
- **The Mourne Wall:** This is a 35-kilometer (22-mile) long dry stone wall that runs along the crest of the Mourne Mountains. The wall was built in the 19th century to keep sheep from wandering off the mountains. It is a popular hiking trail, and offers stunning views of the surrounding countryside.
- **The Silent Valley Reservoir:** This is a large reservoir that is located in the heart of the Mourne Mountains. The reservoir is surrounded by beautiful scenery, and there are a number of hiking trails that lead to the reservoir.

The Cooley Mountains

The Cooley Mountains are a range of mountains in County Louth, Republic of Ireland. The mountains are not as high as the Mourne Mountains, but they offer equally stunning scenery. The Cooleys are known for their rolling hills, lush valleys, and ancient forests. The mountains are also home to a variety of wildlife, including red deer, fallow deer, and otters.

Popular Hikes in the Cooley Mountains

- **Carlingford Mountain:** This is the highest peak in the Cooley Mountains, rising to 589 meters (1,932 feet). The trail to the summit is challenging, but the views from the top are breathtaking.
- **The Cooley Peninsula Way:** This is a 40-kilometer (25-mile) long hiking trail that follows the coastline of the Cooley Peninsula. The trail offers stunning views of the Cooley Mountains, the Irish Sea, and the Mourne Mountains.
- **The Ravensdale Forest:** This is a large forest that is located in the Cooley Mountains. The forest is home to a variety of trees, including oak, beech, and pine. There are a number of hiking trails that lead through the forest, and there are also a number of picnic areas and camping sites.

Planning Your Trek

When planning your trek in the Mourne or Cooley Mountains, there are a few things you should keep in mind:

- **Choose the right trail.** There are a variety of trails to choose from in both the Mourne and Cooley Mountains. Some trails are more challenging than others, so be sure to choose a trail that is appropriate for your fitness level.
- **Check the weather forecast.** The weather in the Mourne and Cooley Mountains can change quickly, so be sure to check the forecast before you start your hike. Be prepared for rain, wind, and cold temperatures.
- **Bring the right gear.** Be sure to wear appropriate clothing and footwear for hiking. You should also bring plenty of water and snacks.

- **Tell someone your plans.** Before you start your hike, be sure to tell someone where you are going and when you expect to be back.

Stay Safe on Your Trek

The Mourne and Cooley Mountains are generally safe places to hike, but there are a few things you should keep in mind to stay safe:

- **Stay on the trails.** Hiking off-trail can be dangerous, as you could get lost or injured.
- **Be aware of the weather.** The weather in the Mourne and Cooley Mountains can change quickly, so be sure to be prepared for rain, wind, and cold temperatures.
- **Bring a map and compass.** If you are hiking off-trail, be sure to bring a map and compass so that you can find your way back.
- **Let someone know your plans.** Before you start your hike, be sure to tell someone where you are going and when you expect to be back.

Enjoy Your Trek!

The Mourne and Cooley Mountains are two of Ireland's most beautiful mountain ranges. With their stunning scenery, challenging hikes, and rich history and culture, these mountains offer something for everyone. So what are you waiting for? Start planning your trek today!



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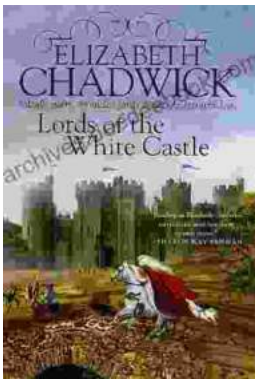
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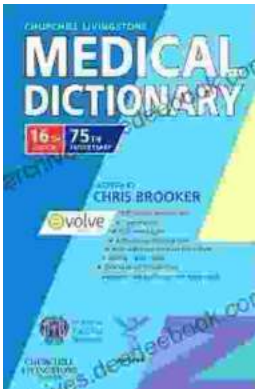
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