

The Tain Way

Section 1 Grade: Easy

Trail Overview

The Tain Way is a 40km, circular walking trail. It is divided here into 4 sections each representing a half days walking. The trail both starts and ends in Carlingford.

To view the complete trail click on the map on the right hand side.

Walking Route Terrain

About 6.5 km road, 3.5 km forest track/path. Steep climb out of Carlingford; section on R173 a busy road so care required; remainder of road quiet but some very narrow with no space for walkers on verges

Standard of Marking

Good

Maps and Guidebooks

OSI Discovery Series Sheet 36.

The Tain Way Map Guide EastWest Mapping

Surrounding Landscape

The landscape along this section includes Slieve Foye forest and forest tracks. It also offers views across the Lough to Rostrevor.

Heritage

Carlingford developed as a trading-cum-fishing port dating back to c.12th century. The Dominican Friary dates back to 1305. King John's Castle was commissioned by Hugh de Lacy in 1190. St Judes Shrine was developed from a site in Lille, France in 1903. The famous Cluain Carpet is located after approximately 9km along the route.

Parking

At Start: On street in Carlingford or in car park on main road

At End: Limited space for cars at Bridge

Section 2 Grade: Easy

Walking Route Terrain

About 5 km road, 5 km forest track. Long steep climb after leaving Bridge; all road on ascent and mainly forest track on descent

Standard of Marking

Good

Maps and Guidebooks

OSI Discovery Series Sheet 36.

The Tain Way Map Guide EastWest Mapping

Surrounding Landscape

Landscape features include the River Colptha and flora and fauna such as bracken and cross leaved heather.

Heritage

Clermont Carn is a neolithic burial cairn. Ravensdale forest once belonged to the Earl of Clermont whose house was burned down during the emergence of the Irish Free State in the early 1920's.

Parking

At Start: Limited space for cars at Bridge. At End: Limited space for cars at forest entrance

Section 3 Grade: Easy

Walking Route Terrain

About 4.5 km road, about 3.5 km forest road, about 2 km path/grass/open field/grassy track. Most of road through Ravensdale has footpath, road up from pub very quiet; grass can be slippery descending when wet on steady descent

Standard of Marking

Good

Maps and Guidebooks

OSI Discovery Series Sheet 36.

The Táin Way Map Guide EastWest Mapping

Surrounding Landscape

Features include Ravensdale forest, the Flurry River, views over Dundalk bay along a forest path.

Heritage

Ravensdale is a small village attached to the Ravensdale Estate. Trumpet Hill was the site from which Cuchalainn harassed Queen Maeve's army.. Off the route Carnawaddy is the site of a neolithic burial tomb.

Parking

At Start: Limited space for cars at forest entrance. At End: Very limited space for cars, please do not block gates

Section 4 Grade: Easy

Walking Route Terrain

About 5.5 km road, 3.5 km grassy path. Roads are minor however traffic can travel fast; steady climb up to The Golyin Pass and winding descent finishing on road in Carlingford

Standard of Marking

Good

Maps and Guidebooks

OSI Discovery Series Sheet 36.

The Táin Way Map Guide EastWest Mapping

Surrounding Landscape

Surrounding landscape features include Rockmarshall forest, the River Cronn, and the Golyin Pass which is a wide grassy track on the southern side of Slieve Foye offering sepectacular views down to Carlingford and across the lough to the Mourne mountains.

Heritage

In the Tain, the river Cronn rose up against the armies of Connacht hindering their progress. Golyin pass served as a trader's route in the past.

Parking

At Start: Very limited space for cars, please do not block gates. At End: On street in Carlingford or in car park on main road

