

1-5

Carlingford Village to Omeath

8 km

The route begins in Carlingford, following the quiet Black Lane past views of St. John’s Castle before crossing a busy road – please take care when crossing.

After crossing the R173, you will take a right turn and travel down a quiet road to the Marina. From the Marina, the segregated route begins as you quickly enter open countryside with striking views of the Cooley Peninsula, the Mourne Mountains and Carlingford Lough. Greer’s Quay is a short pier built in the 19th century, it offers a scenic, if blustery stop to take photos of the Lough. The route briefly merges (approximately 400 meters) with the R173 after ‘McCann’s Bridge on the approach into Omeath, there is a footpath available. Omeath is a village overlooking the estuary, it has a rich cultural history and refreshment options.

5-7

Omeath to Victoria Lock

5 km

Shortly after leaving Omeath, the greenway surface changes to gravel as it follows the shoreline, offering views across to Warrenpoint Port and the 16th century Narrow Water Castle.

After approximately 2 kilometers, the route reaches the Narrow Water Bridge construction site, where a temporary access path is in place. The new suspension bridge will feature two 20 metre stone effect towers inspired by monastic round towers and is due for completion in late 2027. The trail then enters a former railway cutting before crossing into County Down, where users join a cantilevered boardwalk running for approximate 2 kilometers towards Victoria Lock.

7-8

Victoria Lock to Newry

7 km

Leaving Victoria Lock—where cyclists must briefly dismount—you continue along a narrow, scenic stretch between the Newry Ship Canal and the Newry River. This peaceful corridor is tree lined, with water visible on both sides.

As you progress towards Newry, the landscape gradually becomes more urban, with Páirc Esler stadium marking your approach to the city. The greenway ends at the Albert Basin, you may choose to cross William Street to continue into the city, though dedicated cycle lanes may be limited. Newry Train Station is located approximately 3.5 kilometers from the end of the greenway route.

From Newry, you can pick up the Portadown to Newry Canal Greenway. The formal access point for this route is located across the river (and canal) from Tesco at the northern side of the city (approximately 1.5 kilometres from the access point for the Carlingford Lough Greenway).

Map Legend

- P

Parking
- i

Information
- bicycle

Bike Hire
- B

Bike Parking
- forks

Restaurant
- toilet

Toilets
- wheelchair

Disabled Parking
- picnic

Picnic Area
- castle

Historic Site
- bus

Bus Stop
- ferry

Ferry Port
- cup

Refreshments
- fountain

Water Fountain
- house

Station House
- bed

Accommodation
- bridge

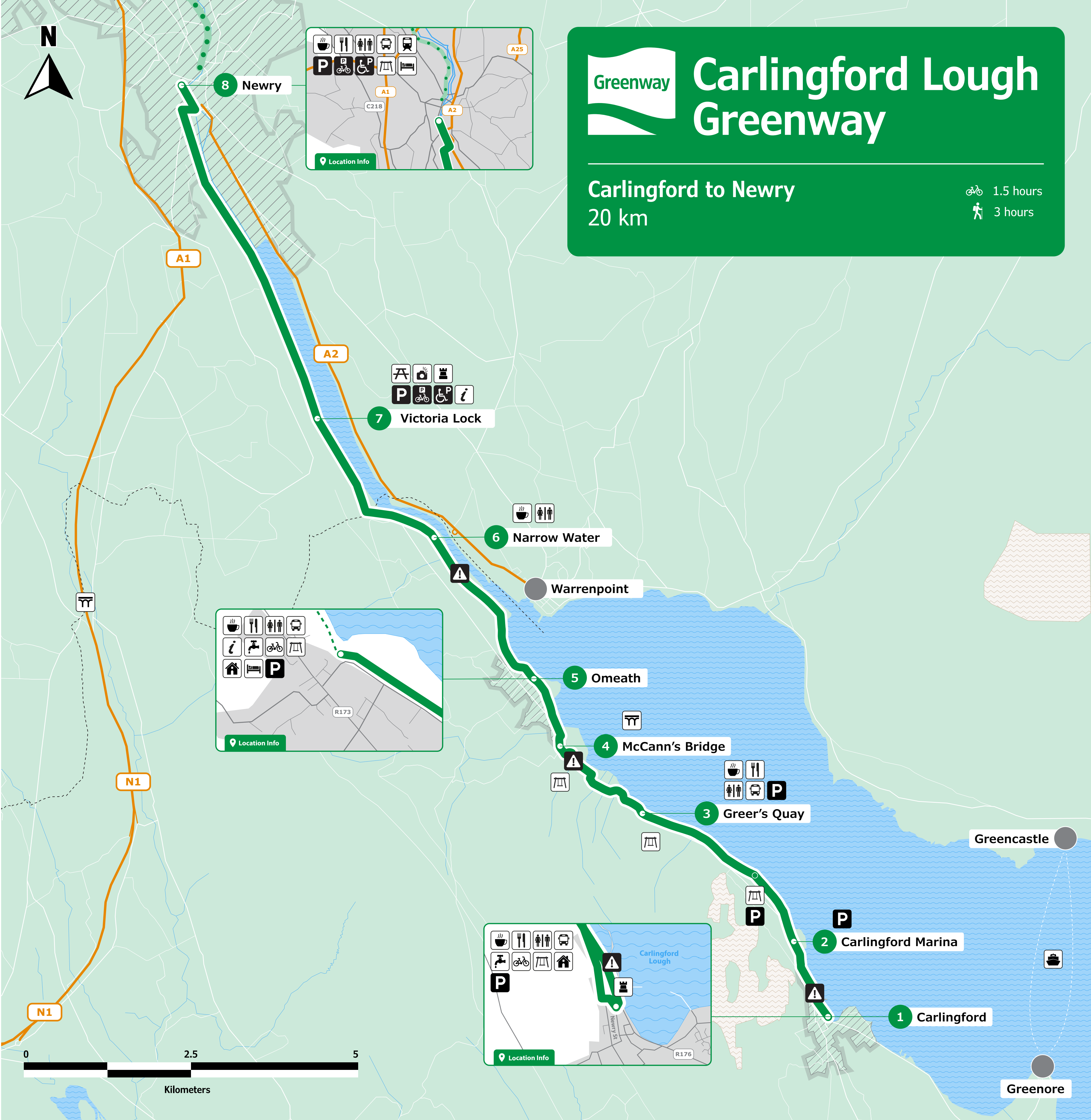
Bridge
- caution

Caution Needed
- camera

Viewing Point
- playground

Playground

Portadown Towpath



Carlingford Lough Greenway

Carlingford to Newry
20 km

bicycle 1.5 hours
walking 3 hours

