



International Appalachian Trail

ULSTER IRELAND





International Appalachian Trail

ULSTER IRELAND

The International Appalachian Trail (IAT) Ulster-Ireland is just one of a growing number of established IAT walking trails stretching across 3 continents which share a common geological heritage, the Appalachian – Caledonian Mountains.

The IAT Ulster-Ireland is 279 miles (449km) in distance and is the next step on the world's largest walking trail network. This coast to coast trail begins on the Atlantic Coast in South West Donegal at the spectacular Slieve League cliffs, journeys inland along the Blue Stack Way into county Tyrone. Here the route picks up the Ulster Way, explores the stunning Sperrin region, passes the Giant's Causeway and the North Antrim Coastline before traversing the Glens of Antrim and reaching its final destination at the port of Larne.



Trail Highlights

Lough Eske, Co. Donegal

The still tranquil waters of the spectacular Lough Eske in County Donegal are a must for walkers looking to explore and connect with nature. Located on the doorstep of the popular Lough Eske and Harvey's Point Hotel's, walkers can explore a variety of woodland and loughside nature trails. Points of interest include the Famine Pot and the castle ruins of the powerful Ó Domhnaill (O'Donnell) Family. Guided tours are also available daily.



The Ulster American Folk Park & Bessy Bell, Co. Tyrone

The IAT Ulster-Ireland provides countless opportunities to connect with Ireland's past and strong links to America. One of the best places to find out more is by visiting the Ulster American Folk Park near Omagh which offers an interactive experience bringing the past to life. Check out the IAT Ulster- Ireland Sculpture 'Murmuration' that has been installed at the entrance to the centre that represents the movement and migration of people from the island of Ireland to America. After enjoying a morning at the Folk Park we recommend taking a stroll up Bessy Bell for some rewarding views of the surrounding countryside.



Causeway Coastal Route, Co. Derry~Londonderry & Co. Antrim

Step above the tourist trail and experience one of Northern Ireland's most famous UNESCO World Heritage Sites the Giant's Causeway. Steeped in myth and legend of a Giant called Finn McCool follow in his giant footsteps, to the clifftop trail that gives a birdseye view of the stones. This is a relatively short walk from the Visitor Centre but can also be extended along the Causeway Coast Way for those looking to explore castle ruins and fossil filled beaches.





Waymarking and signage

Information panels and waymarkers have been installed along the trail. These will help guide and inform as you journey along the IAT Ulster-Ireland.



International Appalachian Trail ULSTER IRELAND

Ways to explore the trail



Thru Walk - Explore the entire 279-miles in one go over consecutive days. On average this should take around 9 days.



Multi Day Walk - A great way to explore a larger section of the IAT Ulster-Ireland without committing to walking the full 279-miles.



Short Walks - The ideal way to explore the trail if you already have a busy itinerary but are looking to explore a short section that will take between 1 and 2 hours to complete.



Accommodation & Walker services

Whether you are looking to soak in Irish culture over a pint of Guinness, looking for something warm to eat after a day of hiking or somewhere to rest your head for the night, there are plenty of walker services along the trail. Visit the IAT Ulster-Ireland website to learn more.



Transport

Public transport is limited along the route and should be pre planned in advance. A number of accommodation providers and walking guides provide transport services. Please check in advance.

Getting to Ireland

Ireland and Northern Ireland are both well serviced by various flight routes through the main airports: Dublin and Belfast International. Visitors can also travel over easily from mainland UK by ferry, landing at the ports of Dublin, Larne and Belfast. Regular public bus services will connect you to the trail from these locations.





International Appalachian Trail

ULSTER IRELAND

For more information visit:
<https://iatulsterireland.com>



Virtually explore the trail:

<https://iatulsterireland.com/video/>



279
Miles

6

Areas of Outstanding
Natural Beauty

1

UNESCO World
Heritage Site

4
Counties

449
Kilometres