

COLUMBAN WAY NEWCASTLE TO DUNDRUM

4.5 miles

This is an excellent day's walk with beach, views, dunes and tidal estuary rich in bird life and therefore should not be rushed!

Walk from Newcastle at least 2 hours after high tide. Also make sure you are walking on a falling tide.

A regular Translink bus service links Dundrum to Newcastle bus station, which is adjacent to the starting point (S). This is on the sea front at the car park adjacent to the Percy French Restaurant at the North end of Newcastle promenade.



On leaving Newcastle there is no coastal path (the hotel and golf course occupy all the seafront). Therefore the route here is confined to the foreshore between the high and low tide marks.

While walking on the sand at low or mid-tide is extremely pleasant, at high tide it will be difficult or impossible. Therefore the walker needs to factor high tide into their walking schedule.

Once past the golf course with its rock-armour walls, you come to Murlough Nature Reserve with miles of pristine dune lands and beach to enjoy.

Just past a lifeguard station you join a waymarked path inland which will take you through the dunes, along the estuary and eventually into Dundrum.

