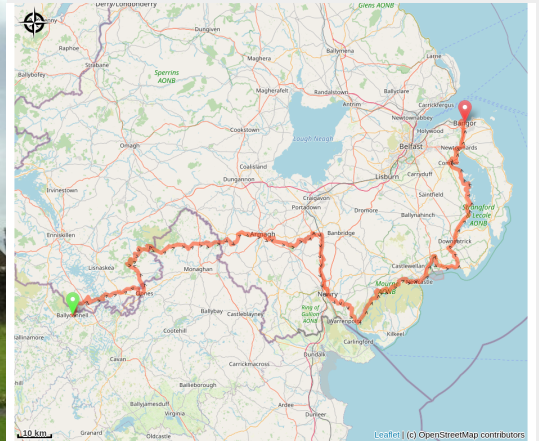


02. 590 Ireland (2/2)

Ireland - Cavan



Bangor (Amis saint Colomban)



Covering 560km, this initiatory route across the Irish island is divided into 2 parts, which can be followed successively or indistinctly. Starting in Ballyconnell, near the border between the two Irish entities, this second part leads to Bangor Abbey.

Colomban Way is the route followed by Saint Columban at the age of twenty, around 560, from his birthplace to the great abbey of Bangor, which he left around 590 at the age of 50 to evangelise the European continent, of which he was one of the Founding Fathers according to Robert Schuman.

This route is currently being finalised.

Useful information

Practice : Pedestrian

Length : 303.9 km

Trek ascent : 4619 m

Difficulty : Medium

Type : Multi-day trek

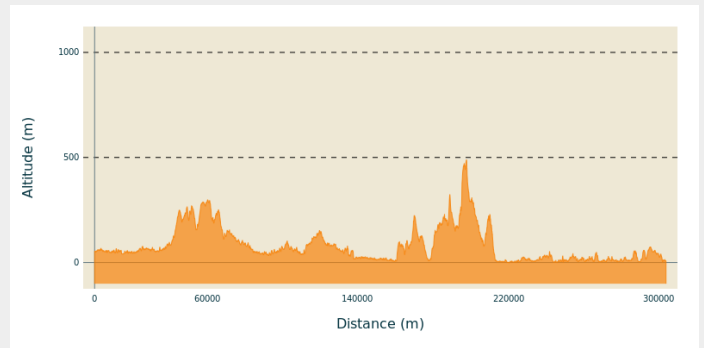
Trek

Departure : Ballyconnell

Arrival : Bangor (Ulster in Northern Ireland)

- Cities** :
1. Cavan
 2. Fermanagh
 3. Monaghan
 4. Armagh
 5. Banbridge
 6. Newry and Mourne
 7. Louth
 8. Down
 9. Ards
 10. North Down

Altimetric profile

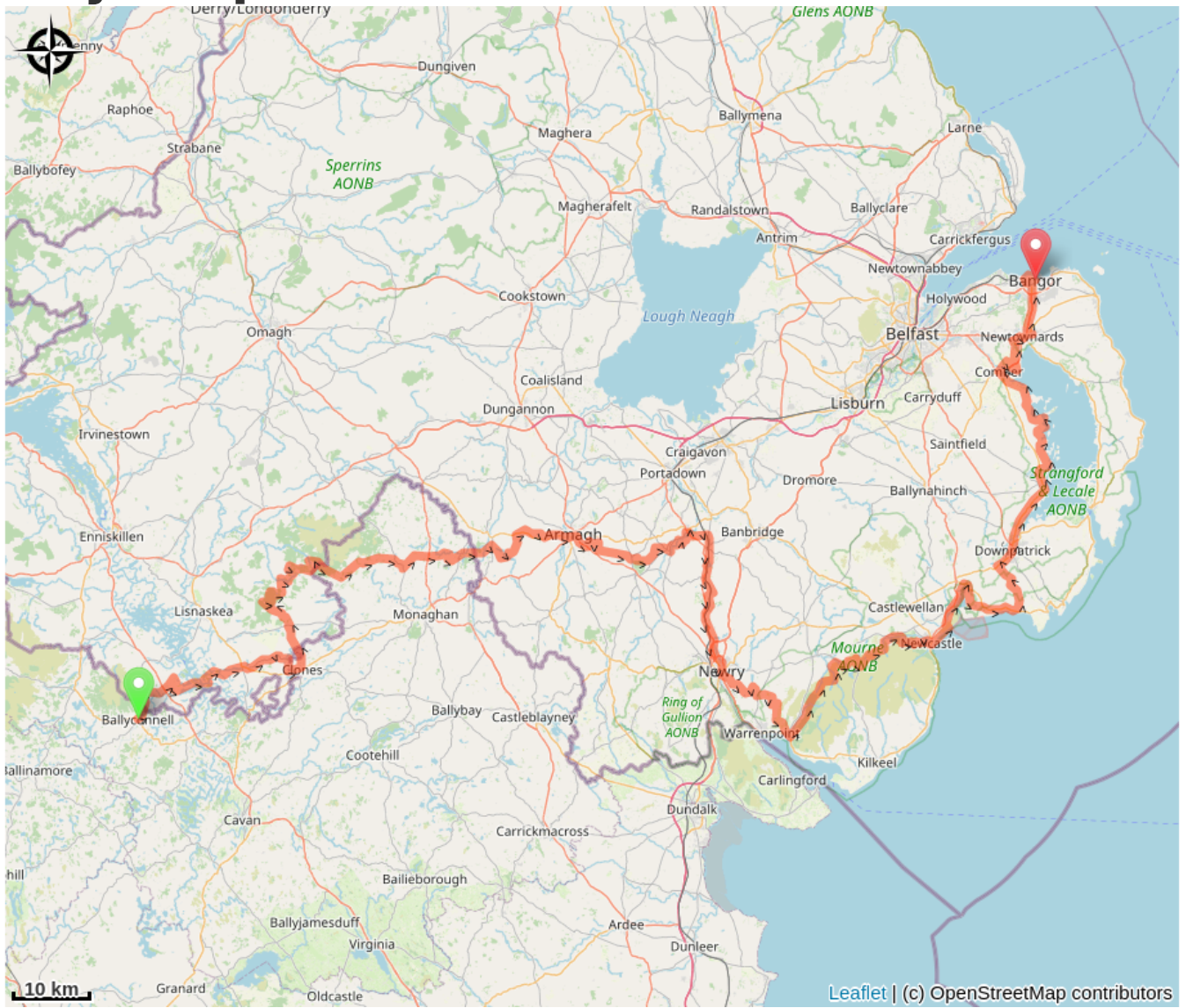


Min elevation -1 m Max elevation 488 m

The Irish route has a different name depending on the language spoken: Colomnan Way in English or Turas Columbanus in Gaelic.

The route is currently being finalised with the counties and provinces concerned. It will comprise around twenty stages averaging 20 to 25km per day.

On your path...



All useful information

How to come ?

Transports

The nearest railway stations to Mount Leinster are:

[Muine Bheag \(to the west\)](#)

[Enniscorthy \(East\)](#)

Bus lines allow to get as close as possible to :

[Carlow \(to the West\)](#)

[Bunclody \(East\)](#)

Access

Close to the border with Northern Ireland, Ballyconnell is a small village accessible only by road, car or bus.

Close to Belfast, Bangor offers all the public transport possibilities (plane, train and bus as well as ferry).

Advised parking

Carpark