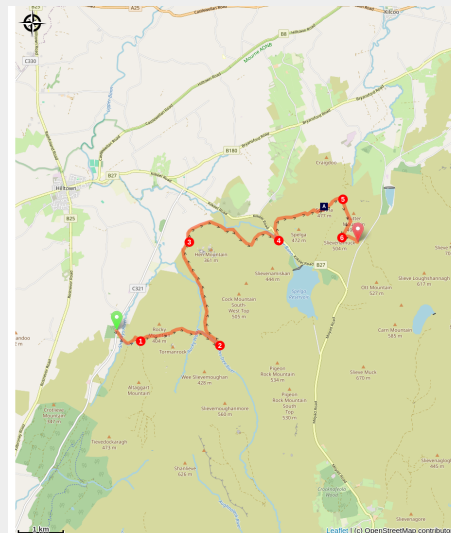


Leitrim Lodge to Ott Track

Northern Ireland - Newry and Mourne



(Friends Columbanus)



Still shared with the St Patrick's Way and the Mourne Way, this route takes you through the barren mountains to meet the sheep.

The wide tracks and narrow paths allow you to climb up to the heights, descend and go around them. Please note that the path up to the Spaltha summit (477m) no longer exists and you will have to make your own way up to a well-marked track further up.

Useful information

Practice : Pedestrian

Duration : 4 h

Length : 11.8 km

Trek ascent : 611 m

Difficulty : Difficult

Type : Multi-day trek

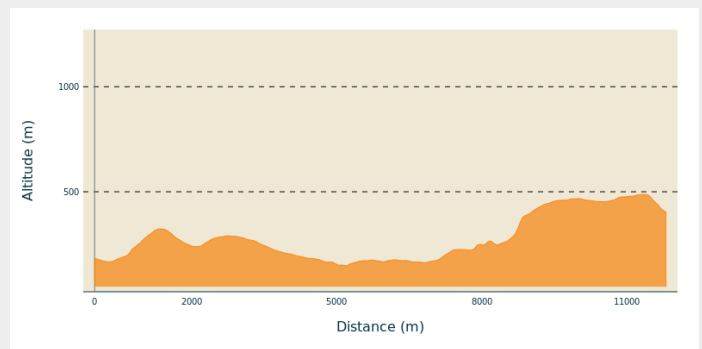
Trek

Departure : Camping

Arrival : Parking

Cities : 1. Newry and Mourne
2. Down

Altimetric profile

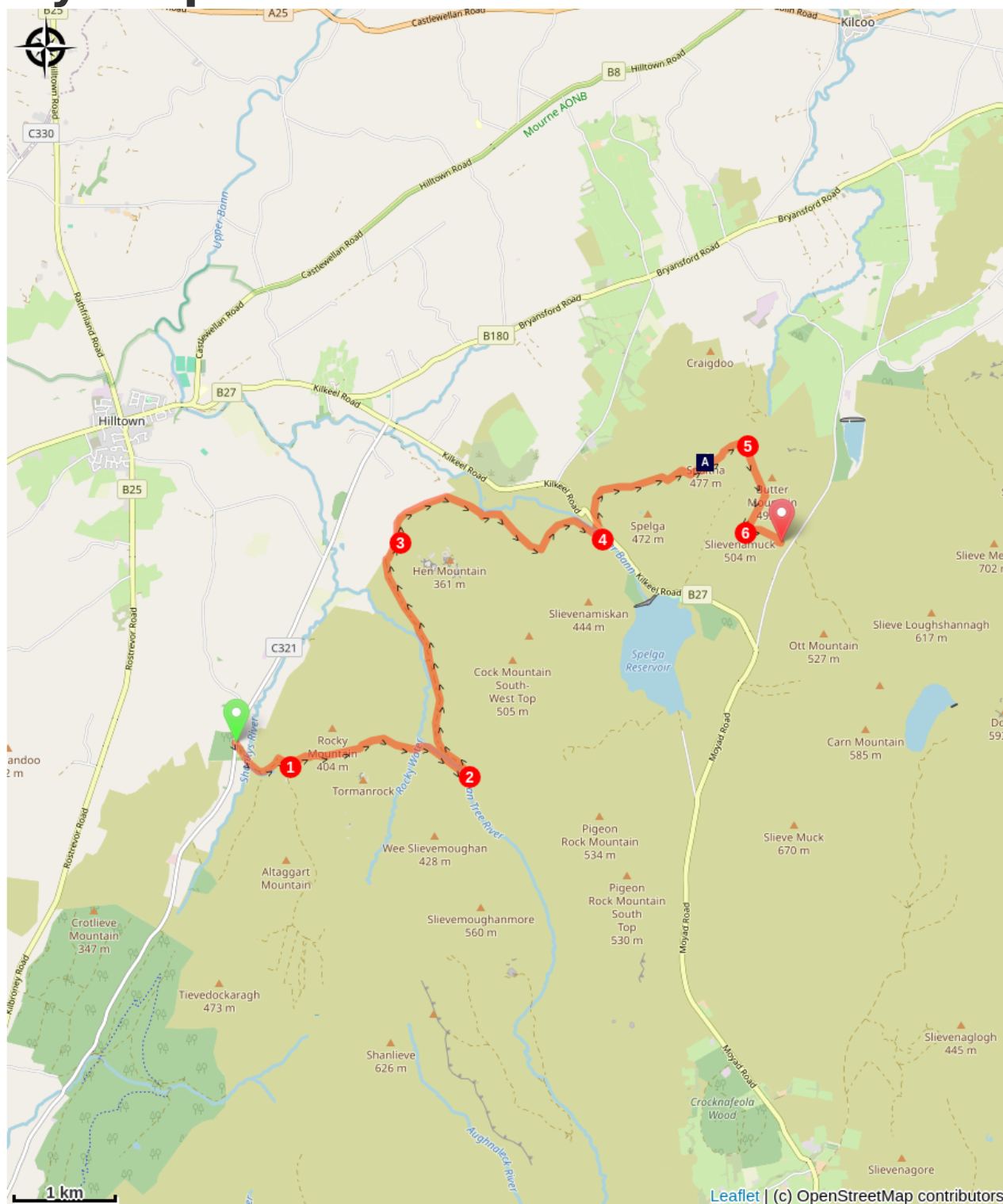


Min elevation 148 m Max elevation 487 m

From the car park, head east towards the foot of the mountains and climb the stone track on the left for 250m:

1. Leave this wide track, which bends southwards, and turn eastwards left onto a path that climbs the slope towards a small pass. Cross the pass and descend into the next valley to a bridge that crosses the first stream. Depending on the water levels in the streams, (low level option and short route) follow the Rocky stream southwards and join the track 500m below, (high level option and long route), climb eastwards to reach another deep stream, climb it for 500m to find the easy crossing point (no bridge).
2. Cross the stream to reach the wide track that runs down the valley parallel to the two streams. Descend this track, initially heading north (2km).
3. Leave the track as it turns west and take the path (beacon) that runs north around the rocky summit of Hen Mountain (361m) for 1km. Cross a small stream and climb up its valley (500m) before skirting a spur and reaching a bridge over the Upper Ban stream (500m) along a very narrow path.
4. Cross the bridge and climb towards the road. Take the track opposite (signposted) and follow the path beside the wall. After 200m, leave the path despite the markers and climb 120m eastwards on the slopes towards a small pass before the Spaltha summit (477m). Before the pass, reach a clearly visible and signposted track. Heading north-east, it passes the foot of the summit and then descends to a stone wall after 500m.
5. Follow the wall to the right for 500m, avoiding wet areas in places, to climb to the pass between Butter Mountain (492m) and Slievenamuck (504m). Leave the wall and follow the path that leads to Slievenamuck, a superb viewpoint.
6. Head east down the path that quickly leads to the car park, a 120m climb.

On your path...



Spaltha (477m) (A)

All useful information

On your path...



⬅ Spaltha (477m) (A)

Superb views from this summit on the edge of the Massif.