



GET IN GEAR

MOUNTAIN BIKING

The Dublin Mountains are a star attraction for mountain bikers, with challenging trails to suit all levels — depending on your skill, fitness and courage!

BIKING.IE AT TICKNOCK MOUNTAIN TRAILS 1

Ticknock's 16km of fast and fun trails will keep the most experienced bikers on the edge of their seats (or saddles!). Known for its incredible views over Dublin city and bay, the area is a wealth of archaeological, orienteering, biking and hiking trails. Bike-hire facilities, lessons and guided tours are available at Biking.ie. Don't forget to pop by the Trails Café. Contact: +353 (0) 83 434 6992, +353 (0) 1 206 3919, www.biking.ie

GLENCULLEN ADVENTURE PARK 2

The only trail biking course of its kind in Ireland, the GAP offers 13 action-packed trails of bends and twists through dense forest: smoothed paths and dramatic ledges, obstacle courses with roots and rocks. Bike hire and uplift facilities are available. After your day, you can refuel in the outdoor dining area at the GAP Kitchen. Don't forget to try the kitchen's fresh burgers. A favourite with locals! Contact: +353 (0) 1 294 2782, www.thegap.ie, hello@thegap.ie

HIT THE HEIGHTS

SKIING & SNOWBOARDING 3

Get into winter at the only dry ski slopes in the country at Kilternan. Group skiing and snowboarding lessons are available from September to April, or just head out for a practice session on your own. Ski and boot hire is included in the price. Contact: +353 (0) 1 295 5658, www.skiclub.ie



PAINTBALLING 4

Enjoy the thrills of a shootout in which nobody gets hurt. Treat yourself and your friends to a safe but competitive game of paintballing at Skirmish Paintball near Kilternan. Contact: +353 (0) 87 336 9107, www.skirmish.ie

ZIPLINING 5

Take to the treetops, swing into cargo nets, ride a BMX across a bridge, and go zipping down any number of ziplines at the Zipit high-wire adventure park in Tibbradden Wood. Contact: +353 (0) 51 858 008, www.zipit.ie

CLIMBING & ABSEILING

Don't forget that you can enjoy the thrills of abseiling and rock climbing at Dalkey Quarry, which is easily accessible by DART train. For more information, visit www.dlrtourism.ie/outdoor-adventure



REFUELLING

TOWNS & VILLAGES

There are charming stop-off points in the Dublin Mountains where you can enjoy good food and drink that will give you the energy to enjoy your sporting activities.

GLENCULLEN

This village is one of the highest in Ireland and is on the well-known Wicklow Way route. Stop off for a pint and a bite to eat at the iconic Johnnie Fox's Pub. For burgers, tasty treats and great coffee, visit the GAP Kitchen at the Glencullen Adventure Park.

KILTERNAN

If you're visiting the forest trails at Kilternan, the famous viewing point at the Scalp or the ruins of Kilternan Abbey, stop off at the bistro and café in the well-known Golden Ball pub.



SHANKILL

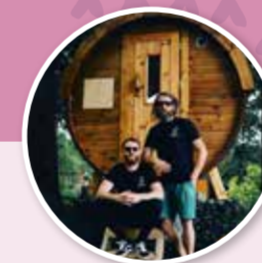
Take the DART to the starting (or finishing) point of the Dublin Mountains Way. The coastal village of Shankill has an excellent selection of shops, cafés, restaurants, and pubs if you're looking for a pre- or post-hike bite.

STEPASIDE

Stepaside village is close to Fernhill Park and Gardens and offers a range of golfing activities. With several shops and restaurants, this is the perfect staging post to grab a bite to eat or stock up on supplies for your hike!

WELLNESS AND RELAXATION

All this is good for the body, mind and soul.



TIGH'N ALLUIS (IRISH SWEAT HOUSE, THE GAP, GLENCULLEN)

Alternative therapies including, outdoor saunas and invigorating ice baths, that are deeply rooted in timeless Irish traditions of healing and rejuvenation. +353 (0) 974 2195, www.tighnalluis.ie

DANU FOREST BATHING (FERNHILL)

Relieve stress by connecting with nature through your senses at the Fernhill Park & Gardens. +353 (0) 85 163 1226, www.danuforestbathing.ie

THE HEALING FOREST (KILTERNAN)

Experience the healing power of nature and holistic practices in 33 acres of private native woodland in Kilternan. www.thehealingforest.ie

FOREST KIDS AND ADVENTURES (GLENCULLEN ADVENTURE PARK)

Based in the Dublin Mountains, Forest Kids and Adventures is a provider of thrilling and educational outdoor experiences that foster a deep connection with nature. To find out more or make a booking, visit www.forestadventures.ie

MORE INFORMATION AND ROUTE MAPS
Dublin Mountains Partnership – www.dublinmountains.ie
Coillte – www.coillte.ie

WALKING TOURS

Several companies operate walking tours in the Dublin Mountains using expert local guides, while the Dublin Mountains Partnership also provides free guided walks. Here are a few favourites...

DUBLIN MOUNTAINS PARTNERSHIP

The Dublin Mountains Partnership run regular free guided walks along different routes throughout the mountains – often incorporating themes such as dog walking, map-reading and photography. Visit www.dublinmountains.ie

DUBLIN MOUNTAINS PUB TOUR

Not so much a walk as a terrific opportunity to savour the mountain views while sampling great hospitality at iconic pubs, including the Blue Light, the Merry Ploughboy and Johnnie Fox's. Visit www.ruraltours.ie

WALKING TOUR OPERATORS

Hilltop Treks: www.hilltoptreks.ie, +353 (0) 87 7849 599
Mountain Trails: www.mountaintrails.ie, +353 (0) 86 446 6997

Rural Tours: www.ruraltours.ie, +353 (0) 1 4958111, +353 (0) 87 9324036

Dublin Mountains Partnership: www.dublinmountains.ie



WALK THIS WAY

The Dublin Mountains are a walker's paradise, with marked routes to suit all levels, and unbeatable views over Dublin City.

TOP WALK & VIEWS

THE DUBLIN MOUNTAINS WAY P

This marked trail runs 43km from Shankill village across the mountains. It's a strenuous full day's hike of around 12.5 hours, although individual stages can be walked in an hour or two. Here are some of the most enjoyable stages:

SHANKILL TO SCALP LOOP P

This moderate 14km loop hike takes 3 to 4 hours. From Brady's pub in Shankill, follow the marked trail through Rathmichael Wood and Carrickgollogan, past the Ballycorus Lead Mine to Barnaslingan Wood and the deep natural chasm known as the 'Scalp', which provides a stunning viewing point.

FAIRY CASTLE LOOP P

The 5.5km, 2-hour Fairy Castle Loop on Ticknock Hill is of moderate difficulty. Savour fantastic views over Dublin and go searching for fairies at the romantic Fairy Castle ruins – a cairn which marks the highest point of the Dublin Mountains.

HELLFIRE CLUB P

Allow 2 hours for this relatively easy, 5.5km walk through Masy's Estate, which takes in the notorious Hellfire Club – a remote hunting lodge built in 1725 that is said to have once been used for satanic rituals!

TIBBRADDEN WOOD P

This beautiful trail starts in a forest with Scots pine, Japanese larch, European larch, Sitka spruce, oak and beech trees. When you emerge from the wood, there is an open cairn-and-cist burial site, which is a great place to take in the views. (Moderate, 2.5km/2 hours.)

KILLINEY HILL P

Walk to the top and make a wish on the wishing stone while enjoying spectacular views of Dublin Bay, the Wicklow Mountains, the Irish Sea, Bray Head and the Sugar Loaf Mountain. Look out for red squirrels in the woods and for the 'Druid's Chair', believed by some to be an ancient ceremonial site and by others to be a Victorian-era folly.

THE WICKLOW WAY P

Don't let the name fool you, this iconic mountain walk starts in Dublin. Stage one runs 12km from Marlay Park to Glencullen village. It takes 4 hours and boasts wonderful views, with the prospect of a great meal at the finish!



SADDLE UP & RIDE OUT

HORSE RIDING

Enjoy a pony trek or riding lesson in a beautiful setting and get away from the pressures of modern life.

GET IN TOUCH

Carrickmines Equestrian Centre +353 (0)1 295 5990, www.carrickminesequestrian.ie 6

Killgar Riding Stables: +353 (0)1 2860919, www.killgarstables.com 7

The Paddocks Riding Centre: +353 (0)1 295 4278, www.paddocks.ie 8

Kelystown Riding School: +353 1 495 4004, www.kelystownridingschool.com 9

If you prefer a flutter on the horses, then you can bet you'll have a great day at Leopardstown Racecourse, Dublin's only horse racing venue. Visit www.leopardstown.com for more. 10

GET IN THE SWING

PITCH & PUTT GOLF

Glencullen Pitch & Putt: +353 (0) 1 295 4231 11

Stepaside Golf Centre & Driving Range: +353 (0)1 214 9638, www.stepasidegolfcentre.ie 12

The Burrow Par 3 Golf Course, Stepaside: +353 (0) 87 202 5620 13

Rainforest Adventure Mini Golf, Dundrum Town Centre: +353 (0) 1 296 4588, www.rainforestadventuregolf.ie 14



GARDEN & PARKS

The many beautiful gardens and parks in Dún Laoghaire- Rathdown offer wonderful activities for all the family.

AIRFIELD ESTATE 15

Don't miss the gardens and sustainable food hub or the vintage car museum at this urban farm. You can also step back in time by visiting the stately home, and Airfield's excellent café serves food sourced from the estate. +353 (0) 1 969 6666, www.airfield.ie

CABINTEELY HOUSE AND GARDENS 16

Learn about the fascinating history of Cabinteely House and explore its stunning gardens with their wonderful views over Dublin Bay. Then enjoy some of the delicious food served in the Stabeyard Café, located in the estate's restored stables.



MARLAY PARK HOUSE AND GARDENS 17

In this magical public space, situated at the foot of the Dublin Mountains, you'll find a historic stately home, a weekend farmers' market, playgrounds, a par-3 golf course, a model railway, many different running and walking trails, and much more.

FERNHILL GARDENS 18

Visit Fernhill's magnificent gardens to see stunning and rare collections of plants, trees and shrubs, including rhododendrons and magnolias.



GETTING HERE

CITY CENTRE TO THE MOUNTAINS IN 30 MINUTES

The Dublin Mountains rise just 10km from Dublin city centre and offer the perfect escape from the hustle and bustle of urban life!

PUBLIC TRANSPORT

Plan your journey using a smart combination of Dublin Bus, Luas tram and DART train. Visit www.transportforireland.ie/plan-a-journey



Dublin Bus operates services into the mountains. Visit www.dublinbus.ie to plan your trip.



The Luas green line provides great access points to the Dublin Mountains. Visit www.luas.ie.



Many great walks can be accessed by train from Dublin city centre. Visit IrishRail.ie.

PRIVATE TRANSPORT

There is convenient free parking for drivers throughout the Dublin Mountains, and many activity operators offer collection services. Use the contact information in this guide or visit www.dlrtourism.ie.



WELL WORTH THE CLIMB

DUBLIN MOUNTAINS – JUST 30 MINUTES FROM THE CITY CENTRE



TOURIST INFORMATION

For information on activities, tours, services and supports in the Dublin Mountains, visit the Tourist Information Kiosk in in Dún Laoghaire or visit www.dlrtourism.ie. +353 (0) 1 280 6964.



GREAT VIEWING POINTS

-  Carrickgollogan and The Ballycorus Lead Mines
-  Ticknock
-  The Blue Light Pub
-  Glencullen
-  Killiney Hill
-  Tibbradden Wood
-  Barnaslingan & The Scalp



www.dlrtourism.ie



IT'S WELL WORTH THE CLIMB

Just 10km from Dublin city centre, there's a magical outdoor world to be discovered, and it's the perfect antidote to the hustle and bustle of city life.

Go hiking or horse-riding, mountain biking or zip lining, golfing or paintballing. Go wildlife-watching, explore ancient sites and monuments, or just savour the spectacular



Use this interactive map to explore archaeological sites in the Dublin Mountains.



WALKS

-  Dublin Mountains Way
-  Shankill to Scalp Loop
-  Fairy Castle Loop
-  Hellfire Club
-  Tibbradden Mountain Trail
-  Killiney Hill
-  The Wicklow Way

 PARKING

 VIEWING POINTS

VIEW INTERACTIVE MAP

