### Visitor Information Centres

Armagh County Museum

T: 028 3752 3070

Banbridge Visitor
Information Centre

T: 028 4062 3322

Downpatrick Visitor Information Centre T: 028 4461 9000

Newcastle Visitor
Information Centre
T: 033 0137 4046

Newry Visitor
Information Centre
T: 033 0137 4046

For further, up to date information on accommodation, what to see and do, attractions, activities and events while completing the Pilgrim Walk, please visit www.visitarmagh.com
www.visitmournemountains.co.uk

During the walk, we highly recommend that you follow the Leave No Trace principles. Visit www.leavenotraceireland.org for further information.







# Emergency Contacts

Dial 999 in an emergency requiring Police, Fire, Ambulance, Coastguard or Mountain Rescue

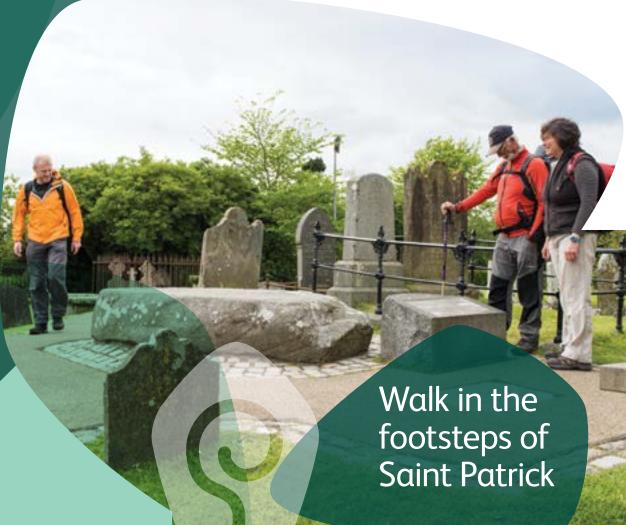
In a non-emergency case, dial 101 for the Police Service of Northern Ireland





Armagh to Downpatrick, Northern Ireland

PILGRIM'S GUIDE





# Saint Patrick's life, legacy and landscape

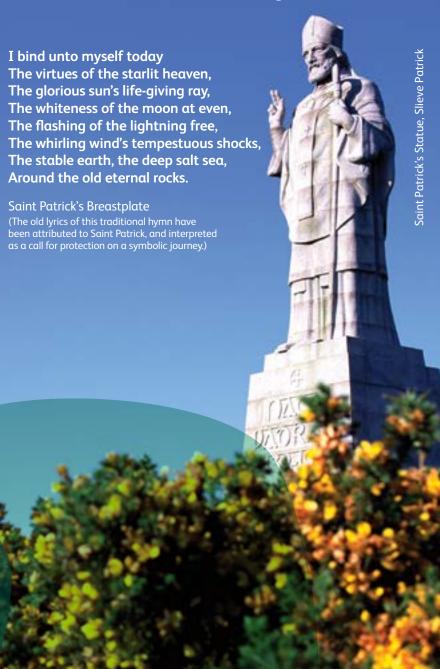
Saint Patrick, the missionary who brought Christianity to Ireland, was born around AD 400, near the west coast of Roman Britain. Brought to Ireland as a slave around age 16, he tended animals, possibly on Slemish Mountain in County Antrim.

After escaping his captors and travelling to England and France, he studied to become a cleric, and eventually became Bishop. Patrick returned to Ireland in AD 432 as a missionary, believing he had been called by the angel Victoricus.

Saint Patrick brought his boat ashore on Strangford Lough in County Down, at the mouth of the River Slaney near Downpatrick. He went on to establish Ireland's first Christian church in AD 432, in the barn of a local chieftain at Saul near Downpatrick.

His name and legacy are linked to many spiritual sites in County Down, and Patrick also died in this county. His final resting place is beside Down Cathedral in Downpatrick. Saint Patrick's link with Armagh is equally significant. During his mission, Patrick travelled around Ireland, converting thousands of pagans and baptising royal chieftains. At this time, Ireland was ruled by tribal chiefs. The Ulaid was one of the kingdoms in the north of the country. Its capital was Emain Macha, or Navan, close to Armagh.

Following negotiations with a local chieftain, Daire, Patrick was given a site on the hill at Armagh, where he built his church. The present-day Church of Ireland Cathedral stands in this sacred spot. Patrick established Armagh as a great seat of Christian learning, and today it remains the ecclesiastical centre of Ireland.

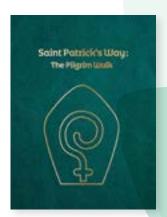


# Walk in the footsteps of Saint Patrick

Saint Patrick's Way: The Pilgrim's Walk is a 132km (82 mile) trail connecting Armagh and Downpatrick as the two locations on the island of Ireland most closely related to Saint Patrick. Saint Patrick's Way is suitable for leisure walking and pilgrimages. The Walk begins at the Navan Centre outside Armagh City, winding through beautiful landscapes and historic cities, to end at Saint Patrick's final resting place at Down Cathedral in Downpatrick.

Pick up a Pilgrim's Passport at any of the Visitor Information Centres in the area. Stamp it at the 10 locations along the route, as a souvenir of your journey. When you show your completed Passport at The Saint Patrick Centre in Downpatrick, you receive a Certificate of Achievement.

The Pilgrim's Walk takes between 6 -10 days, depending on your pace. While the Walk is signposted and divided into manageable sections, as detailed here, it is strongly recommended that you accompany this information with Ordnance Survey maps, available from Visitor Information Centres.



Prior to setting out, please ensure that you are dressed in appropriate clothing which will include rain wear, suitable, sturdy footwear and sunscreen. It is important to carry sufficient food and water for the duration of your journey and a mobile phone. Ensure that you tell someone where you are going and roughly when you anticipate completing your walk for safety reasons.

Get your Pilgrim's Passport stamped at all 10 locations along the route.



3 Saint Patrick's Way 4



Starting Location

Navan Centre & Fort

**End Location** Downpatrick

#### **ROUTE SECTIONS**

- (A) Navan to **Armagh & City Tour** 5km/1 Day
- (B) Armagh to Scarva 33km/1 Day
- (C) Scarva to Newry 20km/1 Day
- (D) Newry to Rostrevor 15km/1 Day
- (E) Rostrevor to Newcastle 38km/2-3 Days
- (F) Newcastle to Tyrella 18km/1 Day
- (G) Tyrella to Downpatrick 16km/1 Day

All distances are approximate.

#### Every day is different

The route covers varied topography, from rolling hills to canal towpaths\*. Every day offers different views and terrain, with a combination of off- and on-road trails. With plenty to do and see along the way, there are many cafés, restaurants and picnic sites for refuelling.

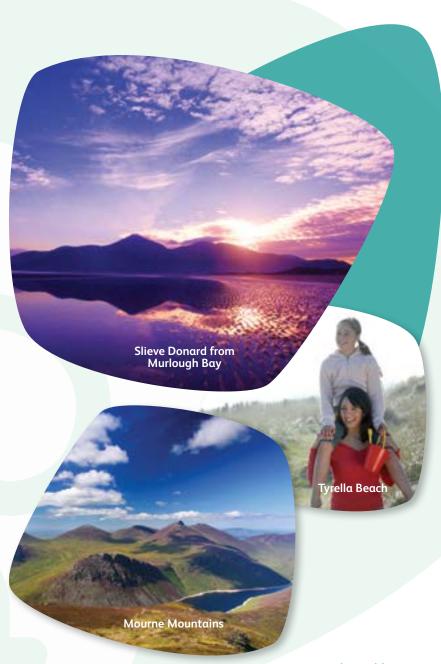
Armagh, the spiritual centre of Ireland and its oldest city is the starting point for exploring Saint Patrick's life and legacy. Fittingly called the 'Orchard County', Armagh has 4,000 acres of apple orchards. Beautiful pink blossom adorns the trees in May at the start

himself planted an apple tree at Ceangoba, an ancient settlement east of Armagh.

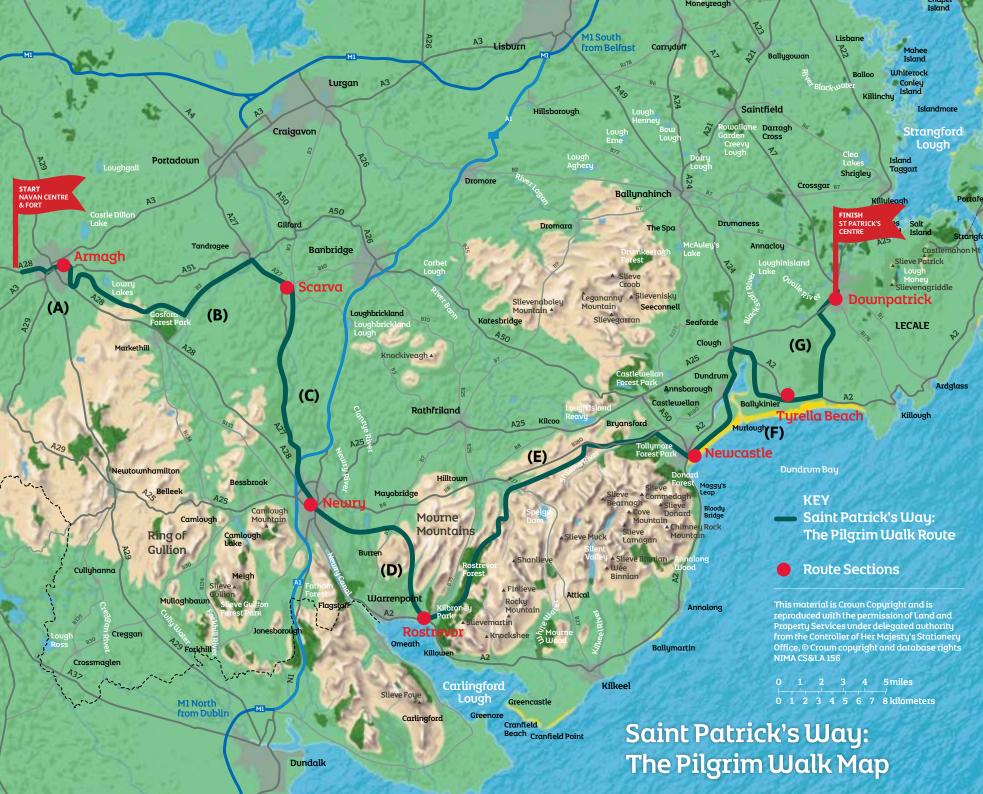
The Pilgrim's Walk leads you through Armagh and Down's rural, industrial and linen heritage, via canal towpath\* to the historic city of Newry.

The Walk takes a scenic route through the stunning Mourne Mountains, through beautiful forest to the seaside town of Newcastle. From here, the Walk travels through the untamed landscape Reserve, by Dundrum Castle, Tyrella Beach and finally to

of Murlough Bay Nature Downpatrick. of apple season. Saint Patrick \*a road/trail along the bank of a river, canal, or other inland waterway.



5 Saint Patrick's Way Saint Patrick's Wau 6



#### Saint Patrick's Way: The Pilgrim Walk



#### Saint Patrick's Way: The Pilgrim Walk



## Alan Graham

Founder of the Saint Patrick's Way

#### How did I get the idea of an Irish Pilgrimage route?

"Well it goes back many years, after I read the exploits of the famous Irish explorer Sir Ernest Shackleton on his adventures in the Antarctic, in particular his epic journey from Elephant Island to South Georgia, in which he saved his men from certain death. The words that had a big impression on me, were how Shackleton described his inner feelings, that he was not alone, he knew there was another invisible force encouraging him to save his men. As I have been on many Arctic

understand what Sir Ernest Shackleton meant and how hardship on a long walk can develop your personality and spirituality.

When I was walking the Camino de Santiago I was lying in my bunk wide awake due to the noise of my fellow pilgrims and it came to me as if from that voice that Shackleton heard, why not develop a pilgrimage route for Saint Patrick?

I thought Saint Patrick should be honoured with a pilgrim route in his name. I asked many pilgrims en route and they encouraged

me to pursue the project. When I got home, I started to plan the route of the Pilgrimage. I looked to Armagh as the starting point. Saint Patrick had made Armagh the most important site for religion in Ireland and as he is buried in Downpatrick it was obvious to me that this would be the initial route for the walk. I did investigate another route from Croagh Patrick in County Mayo to Armagh, but it would need a lot of work to make it happen perhaps someday it will be a great coast to coast route across the Island. What has been developed is a wonderful pilgrim route with

many variations of countryside from rural country lanes to canal towpaths, over hills and wild places, reaching as far as the sea.

Saint Patrick's Way is a walk of many colours, feelings and memories to cherish. It is ideal for those who want to have the experience of nature and time to themselves."

Maham

**ALAN GRAHAM** 

Since the creation of this walk and subsequent reprint of this quide, Alan Graham is no longer with us. This walk and publication are in memory of him, his vision, and his life, in recognition of his interest, dedication and the vibrancy he brought to achieving the creation of this trail.





#### Saint Patrick's Way: The Pilgrim Walk



Saint Patrick's Cathedral, Armagh

## **Navan Centre** to Armagh (A) 1 Day

5km

Your journey begins in County Armagh, at the Navan Centre and the ancient city of Armagh.

The area is important archaeologically, with 7,500 years of history discovered here. Earthworks, settlement sites and sacred places have revealed many buried remains.

As Emain Macha, Navan Fort was the ancient seat of Kings and earliest capital of Ulster.

Saint Patrick is thought to have healed a local chieftain, Daire, who then gave him the site on the hill in Armagh to build his church. In Ard Macha, or Armagh, Saint Patrick established the city as a great seat of Christianity, as it remains today, and the city grew around

his church. The sacred site on the hilltop is known as Sally Hill, from the Old Irish "Druim Saileach", now site of St Patrick's Church of Ireland Cathedral.

Brian Boru, last High King of Ireland came to Navan around 1005. In Armagh, a plague marks the area beside St Patrick's Church of Ireland Cathedral where he was buried in 1014.

Armagh is the seat of the Primate of All Ireland for both the Roman Catholic Church and the Church of Ireland. The city is rich in elegant architecture and fascinating Christian heritage. The tree-lined Mall, Georgian streets and heritage sites are all must see.

> Why not learn more about the two Cathedrals by listening to the content at this link



Saint Patrick's Way: The Pilgrim Walk



## Armagh to Scarva (B) 1Day

33km

Moving out of Armagh City, you can see the range of mountains ahead and you get a vivid sense of the challenges to come and the prize that lies beyond, when your pilgrimage is complete.

From Armagh, the countryside is scenic, passing Lowry Lakes then Gosford Forest, then on towards Tandragee. The destination for this section of the Walk is Scarva, with its award-winning floral displays and canal paths, close to the town of Banbridge.

The area offers brisk cycle routes and historical trails which trace the history of Newry Canal. Explore the charm and beauty of the local area with 20 miles of leisurely traffic free, family friendly trails.

Banbridge is only a short distance from Scarva, and worth the detour. Proximity to the River Bann helped develop the linen industry in the area, and the town still flourishes. It's a friendly place with excellent visitor facilities.

The Crozier Monument in Banbridge celebrates the town's most famous citizen - Captain Crozier of the North West Passage. Four polar bears look up at Crozier, who faces north-west.

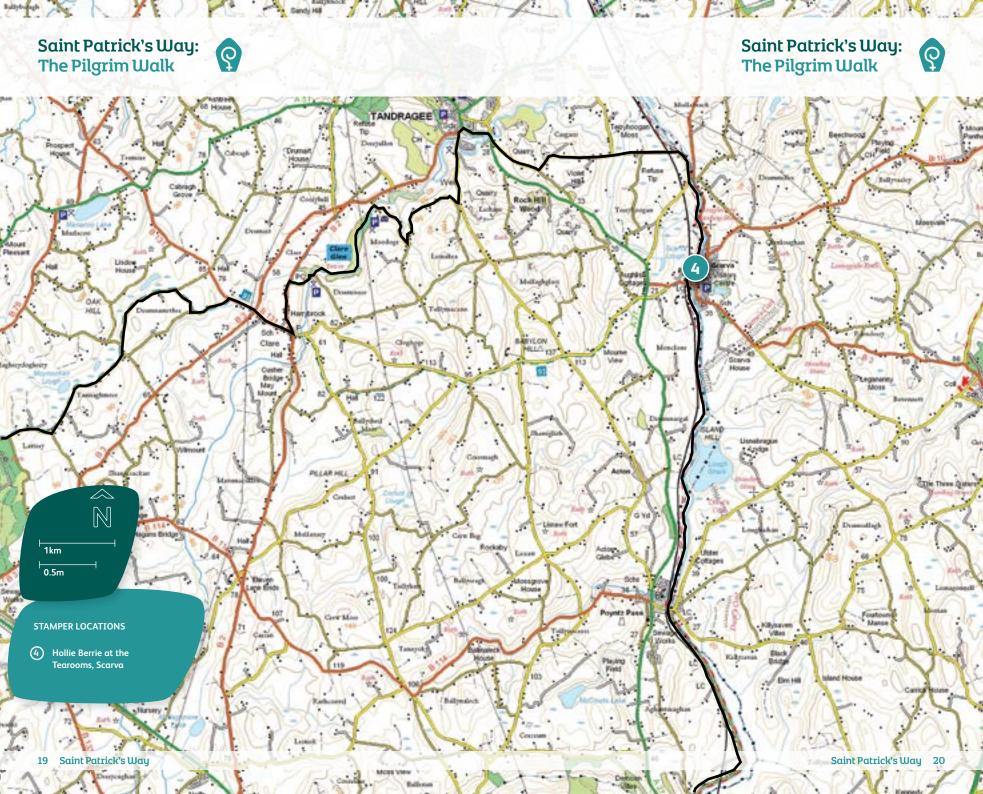
You'll find great shopping in the town centre, with many family-run stores and high street favourites, as well as cafés, restaurants.

Come and visit the F.E. McWilliam Gallery and Studio, located one mile from Banbridge Town Centre. The F.E. McWilliam Gallery and Studio is dedicated to the memory of Banbridge-born sculptor Frederick Edward McWilliam, one of Ireland's most influential and successful artists.

Frederick Edward McWilliam was born in Banbridge on the 30th April 1909. He died in London in 1992 and the executors of his estate donated the sculptor's studio and its contents to the town of his birth. The gallery and studio houses the collection in a superb exhibition facility of gallery, garden and reconstructed studio. The Gallery hosts four significant exhibitions per year as well as seasonal displays in the Sculpture Garden. It also provides a Visitor Information Centre, Café and Craft Shop.









## See & Do

## Armagh and Surrounds

#### Saint Patrick's Cathedral

[Roman Catholic] Armagh BT61 7QX T: 028 3752 2813 armaghparish.net

#### Saint Patrick's Cathedral

[Church of Ireland] Armagh BT61 7EE T: 028 3752 3142 stpatricks-cathedral.org

#### The Navan Centre

Armagh BT60 4LD T: 028 3752 9644 visitarmagh.com/navan

#### Armagh Observatory and Planetarium

Armaah BT61 9DB T: 028 3752 3689 Armagh.space

#### **Armagh Robinson** Library

Armagh BT61 7DY T: 028 3752 3142 armaghrobinsonlibrary.co.uk

#### No 5 Vicars' Hill

Armagh BT61 7ED T: 028 3752 3142 armaghrobinsonlibrary.co.uk

#### **Royal Irish Fusiliers Museum**

The Mall Armagh BT61 9DL T: 028 3752 2911 royalirishfusiliersmuseum.com

#### **Armagh County** Museum

Armaah BT61 9BE T: 028 3752 3070 visitarmagh.com/ armaghcountymuseum

#### Cardinal Thomas O'Fiaich Memorial Library

Armagh BT61 7LY T: 028 3752 2981 ofigich.ie

#### Cultural Heritage Service Library

Armagh BT61 7EB T: 028 3752 7851 librariesni.org.uk

#### Milford House Collections

Armagh BT61 3DS T: 028 3752 5467 https://www.facebook.com/ milfordbpt/

#### The Market Place Theatre

Armagh BT61 7BW T: 028 3752 1821 visitarmagh.com/ marketplace

#### Gosford Forest Park Markethill

Markethill BT60 1UD T: 028 3755 1277 getactiveabc.com/facility/ gosford-forest-park/

#### The Palace Demesne **Public Park**

**PLEASE CHECK** FOR OPENING **HOURS & SEASONAL** 

**VARIATIONS** 

Armagh BT60 4EL T: 028 3752 1821 visitarmagh.com/palace

#### The Mall

Armagh BT61 9AJ

#### Clare Glen

Tandragee BT62 2ET T: 028 3884 1110 getactiveabc.com/facility/ clare-glen-caravan-park/

#### F.E. McWilliam **Gallery & Studio**

Banbridge BT32 3NB T: 028 4062 3322 visitarmagh.com/ femcwilliam

#### Thomas Ferguson **Irish Linen**

Banbridge BT32 3QD T: 028 4062 3491 fergusonsirishlinen.com





## See & Do Downpatrick and Surrounds

#### **Downpatrick - Saint** Patrick's Town

C/O Downpatrick Visitor Information Centre Downpatrick BT30 6LZ T: 028 4461 9000

#### Down Cathedral & Saint Patrick's Grave

Downpatrick BT30 6AB T: 028 4461 4922 downcathedral.org

#### **Down County** Museum

Downpatrick BT30 6AH T: 033 0137 4049

#### The Saint **Patrick Centre**

Downpatrick BT30 6LZ T: 028 4461 9000 saintpatrickcentre.com

#### Downpatrick & **County Down** Railway

Downpatrick BT30 6LZ T: 028 4461 5779 downrail.co.uk

#### St Patrick's Roman **Catholic Church**

Downpatrick BT30 6DN T: 028 4461 2084 parishofdownpatrick.com

#### **Inch Abbey**

Downpatrick BT30 9AT T: 028 9082 3207

#### **Mound of Down**

Downpatrick BT30 6AU T: 028 9082 3207

#### **Quoile Castle** and Quoile Pondage **Nature Reserve**

Downpatrick BT30 7JB T: 030 0200 7856

#### **Saul Church**

Downpatrick BT30 6PE T: 028 4461 4922 downcathedral.org /saul-church/

#### Slieve Patrick

Downpatrick BT30 7JG T: 028 4461 2525 saulandballeeparish.com

#### St Tassach's Church, Raholp

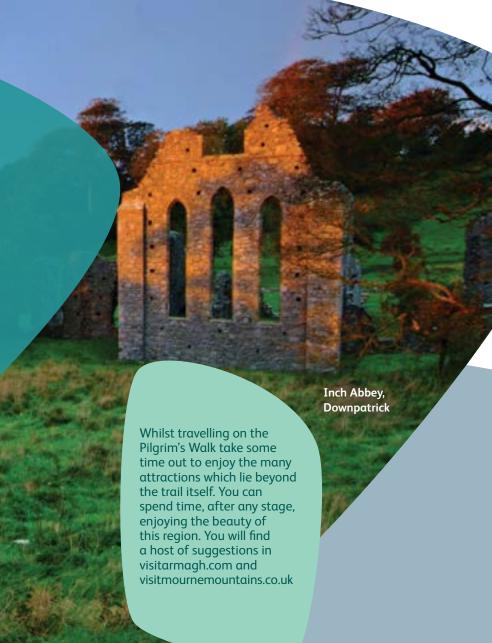
Downpatrick BT30 7JR T: 028 9082 3207

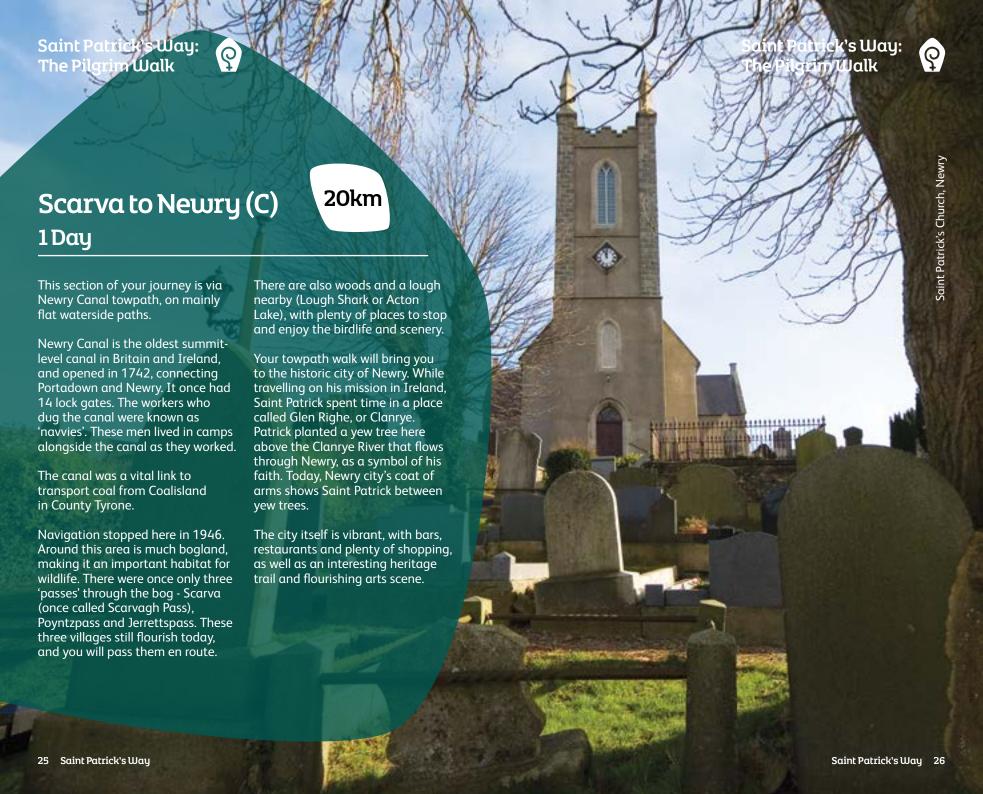
#### **Struell Wells**

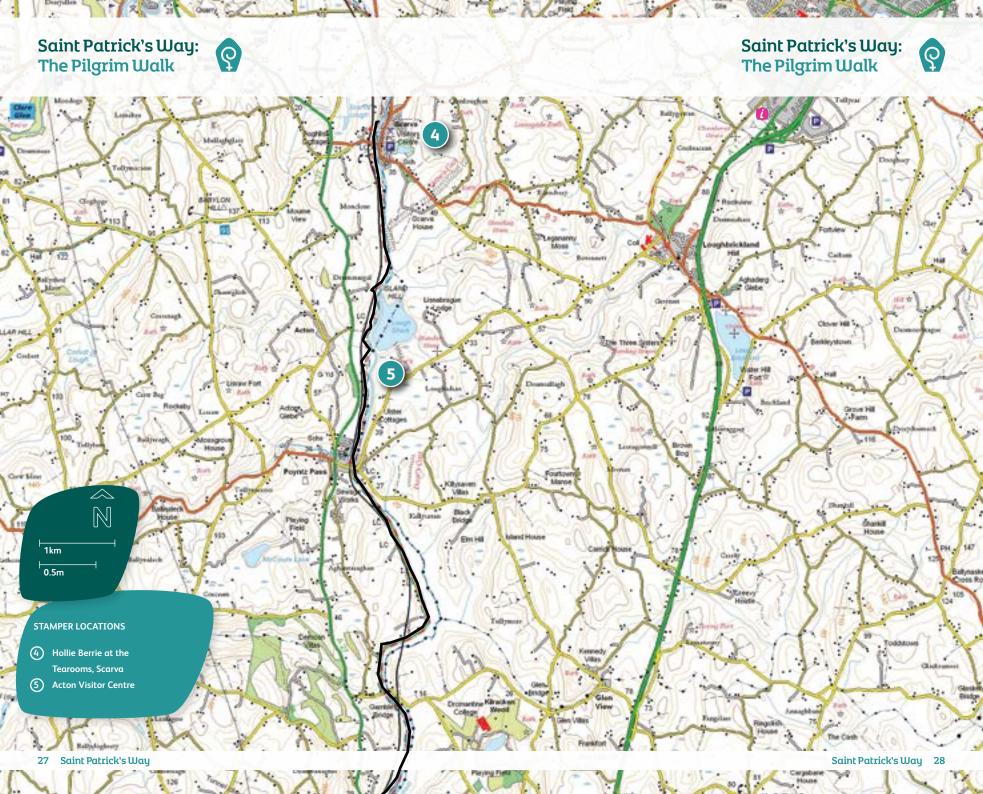
Downpatrick BT30 6RA T: 028 9082 3207

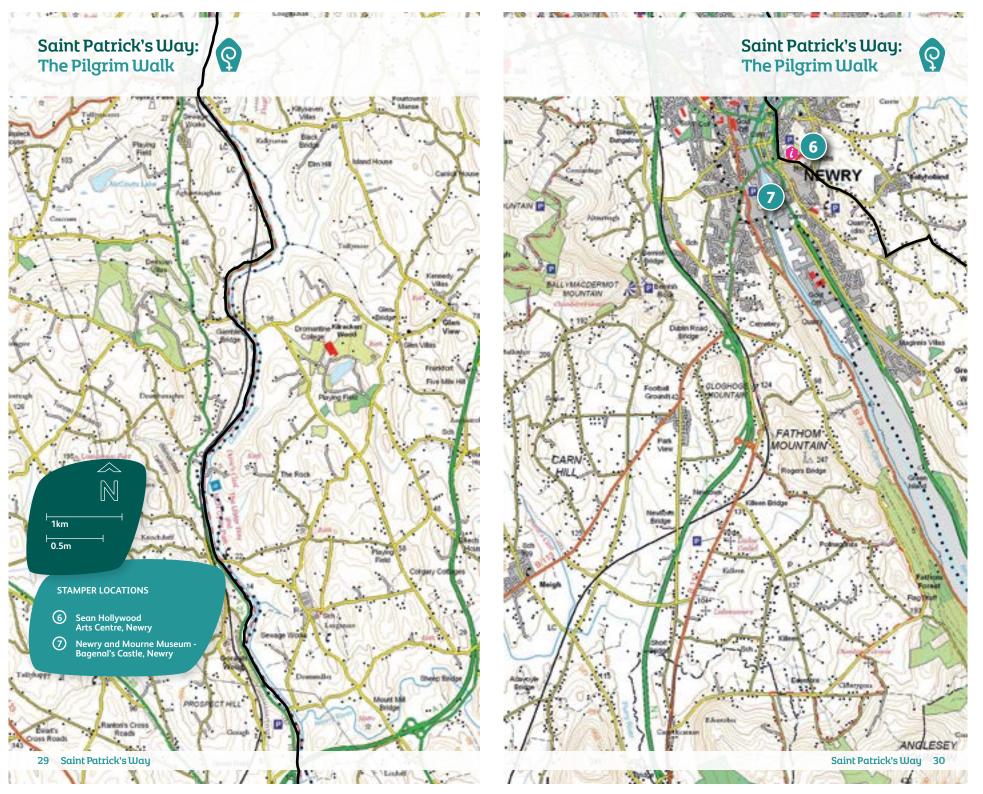
#### **Ballynoe Stone** Circle

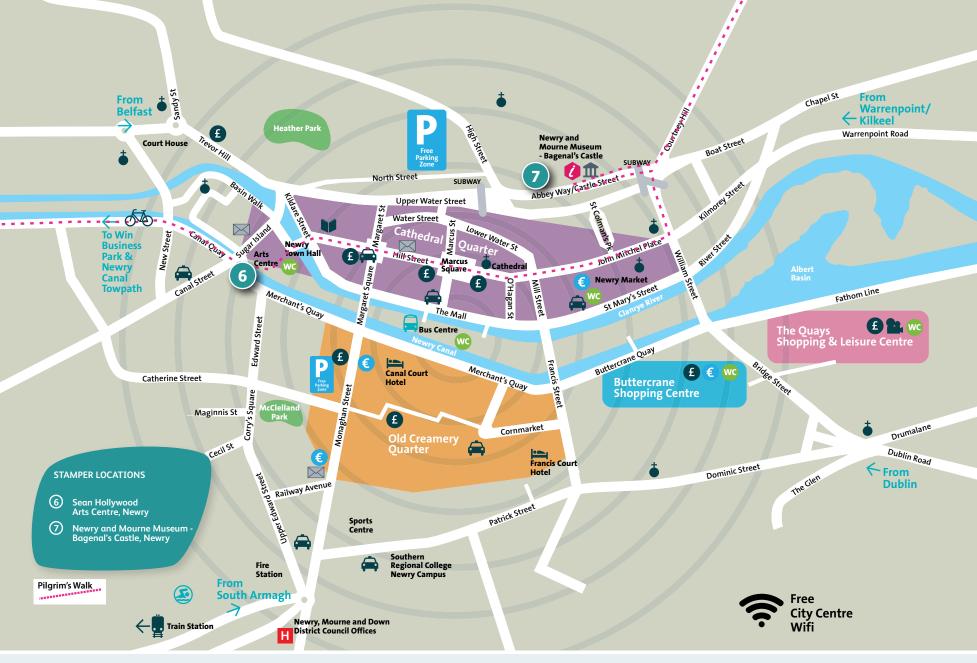
Downpatrick BT30 6AR T: 028 9082 3207













**Public Library** 

Bank/Bank Machine











**Newry Leisure Centre** 



Bureau de Change



Shuttle Bus to Train Station



National Cycle Route Newry Canal Towpath



Hospital



Church



Taxi



Museum



Cinema

Newry City Centre Street Map

Saint Patrick's Way 32 31 Saint Patrick's Way









## Newry to Rostrevor (D) 1Day

15km

From Newry you can see Carlingford Lough and mountain views on either side.

The Walk takes you through stunning scenery as you approach Warrenpoint and then Rostrevor. Looking across Carlingford Lough you can see the Cooley Mountains, while looking north-east, the Mourne Mountains tower before you. The walk towards Warrenpoint and Rostrevor leads you to approach the Mourne Mountains from the south.

The picturesque village of Rostrevor contains many fine eighteenth and nineteenth century homes. Rostrevor has barely changed from its Edwardian heyday.

From the charming C.S Lewis inspired Narnia Trail to its worldclass mountain bike trails, Kilbroney Park in Rostrevor offers a host of attractions.

On this stretch of walk, you'll get a great sense of the changing landscape. Where a short time ago you walked along an inland canal towpath, now you are in the midst of mountains, and can see the coastline.





## Rostrevor to Newcastle (E) /3 Days

38km

This section begins and ends with a scenic town and forest trail, with the drama of the Mourne Mountains in between.

You'll follow parts of the Ulster Way and Mourne Way, through the foothills of the mountains on spectacular terrain. As with all sections of The Pilgrim's Walk, keep your camera close to hand!

The first part takes you through Rostrevor Forest towards Spelga Dam. CS Lewis, author of The Chronicles of Narnia, holidayed in the Mournes near Rostrevor, and the location inspired his fictional landscapes.

The Pilgrim's Walk then takes you around Slieve Bearnagh into Tollymore Forest Park and following through into Newcastle. Slieve Bearnagh is the fourth highest mountain in the range, with two large granite tors at the summit and a collying between them.

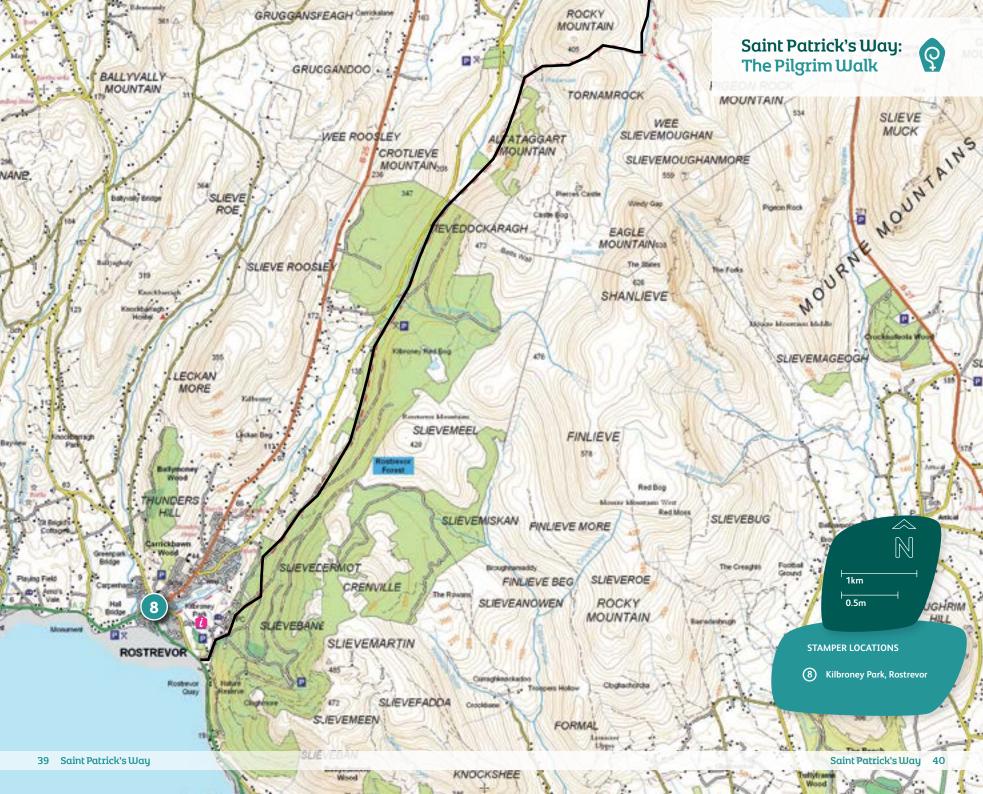
This is an Area of Outstanding Natural Beauty located in the Mourne Gullion Strangford

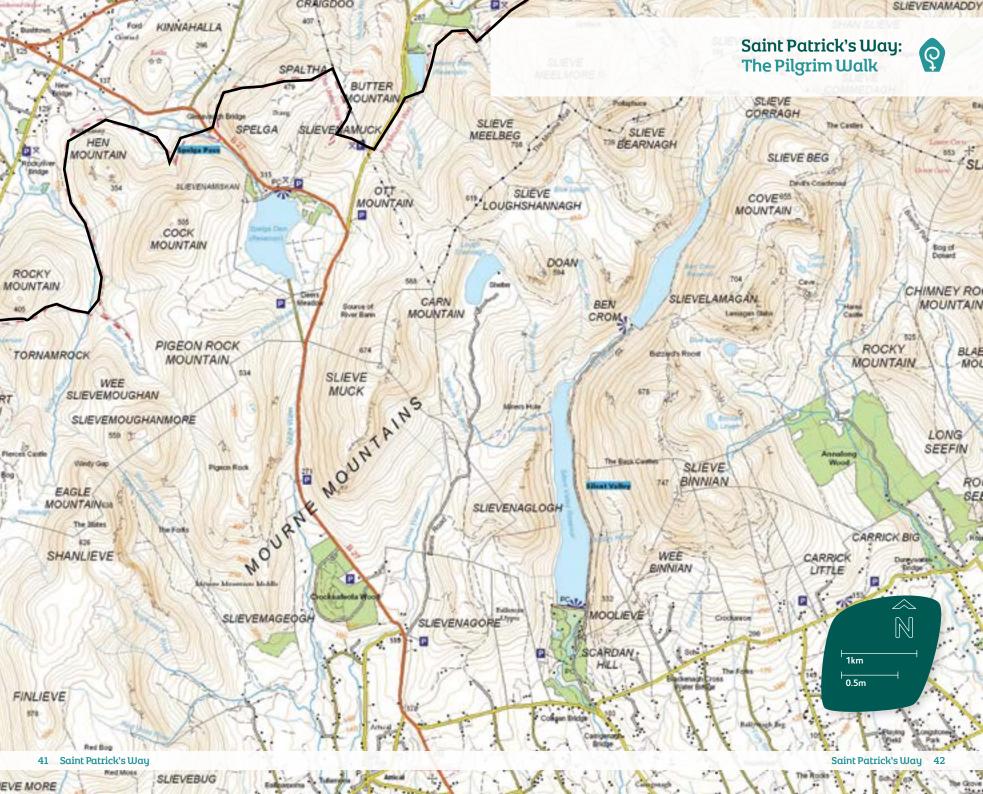
UNESCO global geopark. The town of Newcastle is on the Irish Sea coast, at the base of Slieve Donard, the highest peak in Northern Ireland. Newcastle is the town that inspired Percy French when he wrote the famous song words "where the Mountains of Mourne sweep down to the sea".

Walking in the Mournes is exciting because of the varied terrain and wonderful views. You'll come across forest, water, sea views, and majestic granite tors and peaks.

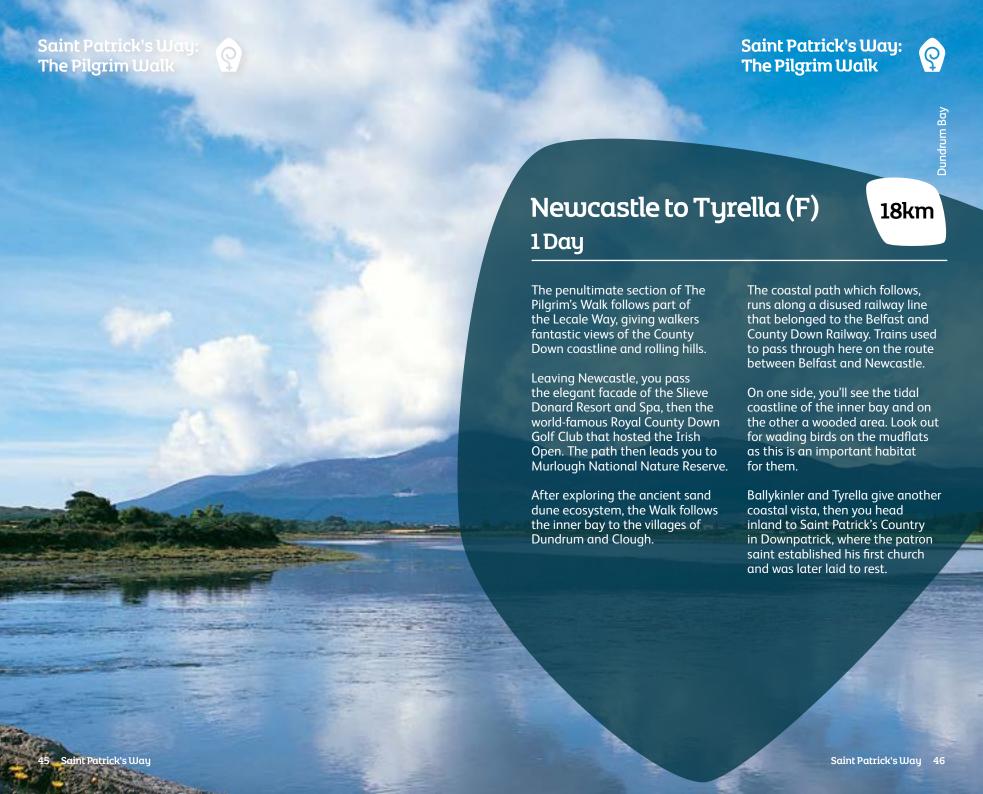
Links with Saint Patrick are many. The summit of Slieve Donard has a hermit's cell in the Great Cairn and an oratory in the Lesser Cairn, both constructed by Saint Donard. He was the son of a local pagan chieftain, and an important disciple of Saint Patrick.

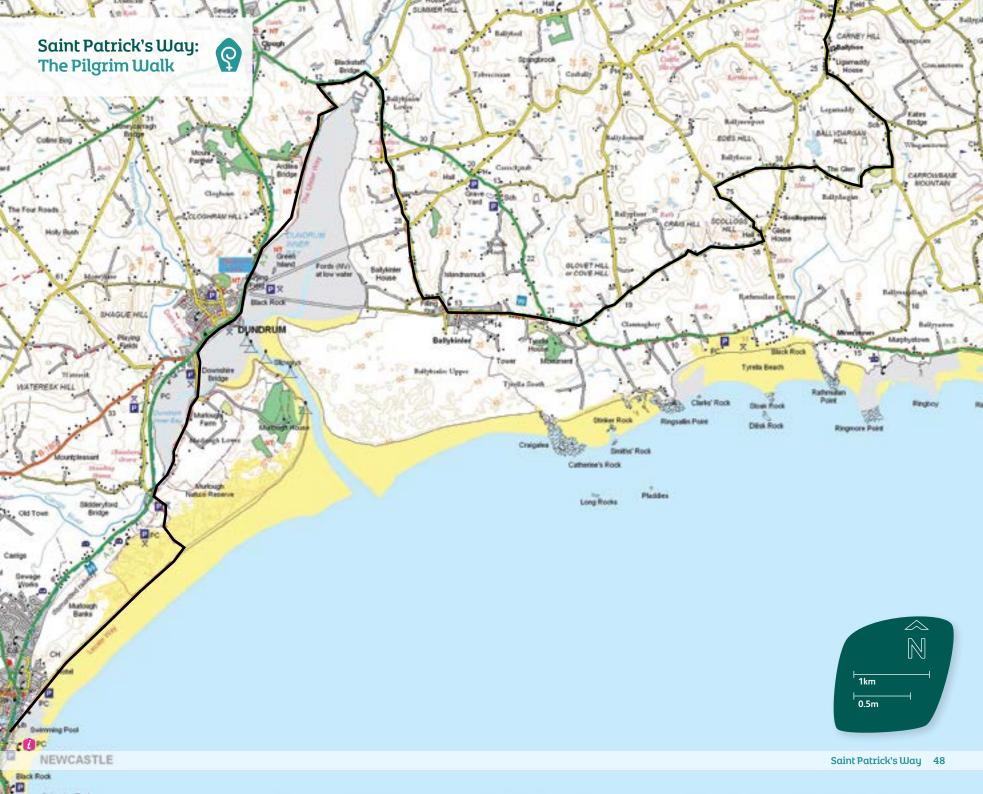
Donard's conversion to Christianity is said to have been prompted by Saint Patrick bringing Donard's bull back to life after it had been butchered.





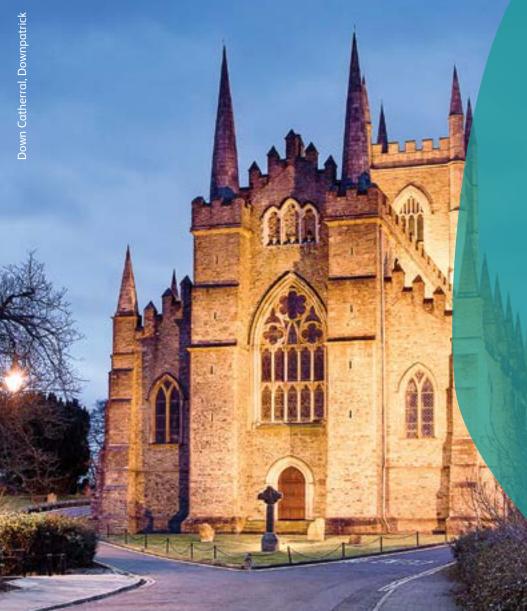






Saint Patrick's Way





### Tyrella to Downpatrick (G) 1Day

16km

Downpatrick and the Lecale area, south-east of Strangford Lough, is known as 'Saint Patrick's Country', as the links to the saint's life and legacy are so significant.

The story of Christianity in Ireland began here, where Saint Patrick brought his boat ashore on Strangford Lough. Much of Lecale's Christian heritage is conserved.

Visitors can still walk in Saint Patrick's footsteps, from the site where he established his first church to his final resting place.

The coastal landscape around Tyrella and the rolling green farmland of Lecale is a treat for pilgrims. The landscape of trafficfree roads is dotted with churches and grand estates, as well as holy sites and historic buildings.

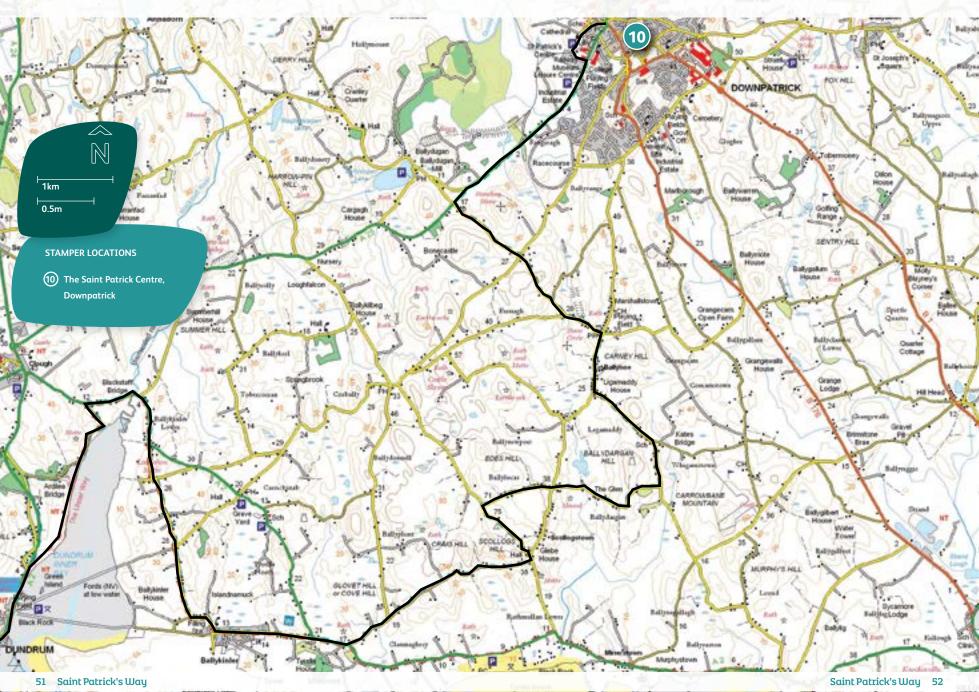
Many Irish churches were destroyed by Viking raids, but they were often rebuilt. Later Norman invaders built new monasteries and abbeys here. as well as defensive buildings.

The spiritual centre of this section of The Pilgrim's Walk is Down Cathedral, a place of Christian worship since the 5th century. Downpatrick's town centre is compact, and many of the historically important sites are in a small area centred around the cathedral.

Other Christian Heritage sites are within a few miles of Downpatrick. The special atmosphere at these spiritual places is inspirational.



Ballystokes (94





Downpatrick Town Centre **Street Map** 



