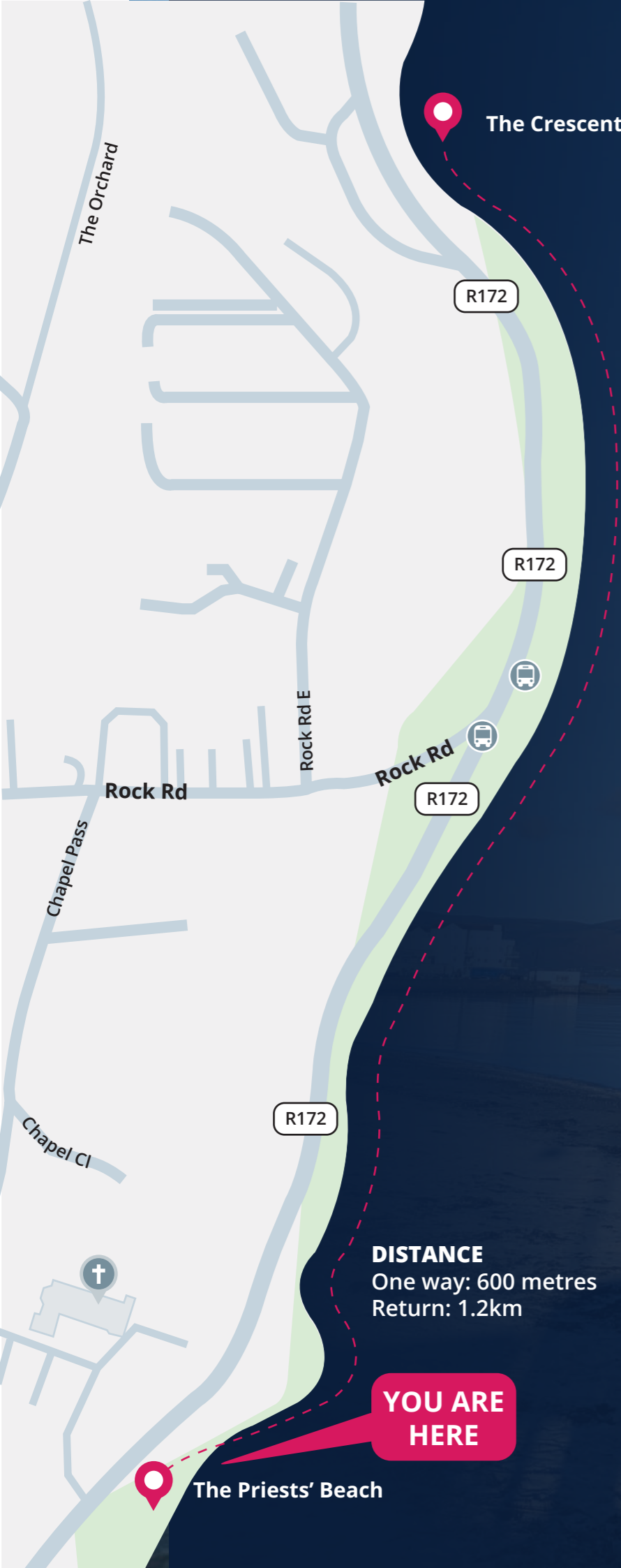


Coast Walk

From The Priests' Beach to The Crescent



Coast Walk

To walk from this location to the Crescent, enter the beach and turn left, walk along the coast and enjoy views of the bay and the Cooley Mountains. The beach in this area has exposed rock and large quantities of the cockle shells, which are prolific in the bay. Exit the beach at The Crescent, it is not recommended to go further as there is soft sand beyond this point. The walk must be done when the tide is out, good boots are advised as it can be wet with sea pools and sand. Be aware of an incoming tide and be prepared to exit the beach if necessary. Do not go to the right past the former swimming pool wall as there is quicksand in this area. The walk is approximately half a kilometre long. You can return by the beach or the footpath by the road for a different perspective.

Biodiversity

As you walk you will see various types of seaweed, predominantly bladderwrack, along the shore. Dundalk Bay is renowned for its shellfish, cockles, muscles, razor clams among others. Dundalk Bay is the second most important site in Ireland for seabirds after the Shannon Estuary, it is very popular for wintering species. The bay is protected under EU law as a Special Area of Conservation (SAC). Cockle picking, as commemorated in our signature sculpture on the Promenade, was important during famine times. Blackrock evolved as a fishing community in the 17th Century. Up to modern times salmon fishing was engaged in.

Geology

The underlying geology of Louth is mainly comprised of sandy and shaley rocks. These were deposited during the Silurian Period (c. 430 million years ago). Almost the entire area between Dundalk Bay and Carlingford Lough is covered with mountains. This area is known as the Cooley Peninsula and the mountains are often referred to as the Cooley Mountains. These have many volcanic rocks such as basalts. Slieve Foy is the highest peak (589m) followed by Clermont Cairn (510 m).

Most of the low ground across Co. Louth is blanketed with glacial deposits, mainly boulder clay, left behind after the last Ice Age. The meltwaters from the ice sheets also led to extensive deposits of sands and gravels.

In the Holocene Period (which began 11,700 yrs. ago) extensive mudflats formed at the edge of the modern day beaches in the Dundalk Bay area.

WARNING

**DO NOT ATTEMPT
this walk at high tide.
Do not go to the right past
the former swimming pool
(apartments) wall.
Wear appropriate
footwear.**

DISTANCE

One way: 600 metres
Return: 1.2km

**YOU ARE
HERE**

The Táin Bó Cúailnge

Táin Bó Cúailnge, or **The Cattle Raid of Cooley**, is one of the most significant and celebrated epics in Irish mythology. The Táin tells of a war against Ulster by Queen Medb of Connacht and her husband Ailill who intend to steal the Brown Bull of Cooley. Due to a curse on the King and warriors of Ulster, the invaders are opposed by a young demigod Cú Chulainn.

The tale is recorded in the **Book of Leinster**, which is the oldest surviving manuscript written entirely in the Irish language. The Táin has been influential on Irish literature and culture. It is often considered as Ireland's national epic.

It is believed that the warriors from Connacht travelled along the coast of Dundalk Bay at this location and travelled up Bothar Maol at the North end of the village on their way to Cooley.