



Carlingford Adventure Race

Run Cycle, Explore - Experience the Legend.

Experience one of Ireland's most spectacular landscapes as you take on your next great adventure at the inaugural **Carlingford Adventure Race**.

Follow in the footsteps of **Cú Chulainn** and the legendary **Brown Bull of Cooley**, while discovering the breathtaking scenery of the Cooley Mountains and the rugged beauty of the Cooley Peninsula.

Date: Saturday, 10 October 2026

Location: Cooley Peninsula, County Louth

About the Event

The **Carlingford Adventure Race** is a one-day, multi-sport endurance event combining cycling on scenic country roads with trail running through forests and mountain paths.

Participants can choose from two race formats:

- **Sprint** – designed for newcomers and recreational athletes.
- **Expert** – a more demanding challenge for experienced competitors.

The event is open to athletes of all abilities and will appeal to road runners, trail and mountain runners, ultra runners, cyclists (road and mountain), triathletes, and anyone looking for a rewarding outdoor challenge.

The Carlingford Adventure Race is a new addition to Ireland's sporting calendar and is intended to become an annual event, showcasing the outstanding natural beauty, heritage, and hospitality of the Cooley Peninsula.

The event is supported by **Louth County Council** through its **Large Festival and Participative Events 2026** grant programme.

Official Launch

The Carlingford Adventure Race was officially launched on **Tuesday, 7 July 2026**, at **Cooley Kickhams GAC** by **Minister of state with responsibility for Sport, Charlie McConalogue TD** and **Erin McGreehan TD**.

The organising committee extends its sincere thanks to Minister McConalogue and Erin McGreehan for taking the time to support the launch and for recognising the importance of this event in promoting participation in sport and showcasing the Cooley Peninsula as a premier destination for outdoor adventure tourism.

Acknowledgements

The organisers would like to thank the following organisations for their invaluable support:

Cooley Kickhams GAC, Triathlon Ireland, Setanta Triathlon Club, Louth Tourism, Visit Louth, Visit Carlingford and Coillte

Entries

Entries are now open through [Triathlon Ireland](#)

Further information, race updates and event news are available through the Carlingford Adventure Race Facebook page [Facebook](#) and our other social media channels.

Media Contact

Fra Murphy

Mobile: 087 767 1625

Email: mobexirl@gmail.com

Photos:



Left to right: Julia Van Coller (Setanta Triathlon Club), Johnny Conway (CAR), Minister of state, Charlie McConalogue, Erin McGreehan TD, Fra Murphy (CAR), Denise Curtis, Louth County Council.