



**Classic Road Climbs of Kerry
Your Cycling Adventure
Detailed Itinerary**

Ireland Walk Hike Bike

For 25 years Ireland Walk Hike Bike (IWHB) has been welcoming guests to Ireland. The realisation of a dream for company founder Linda Woods who sought to show people the “real Ireland” rather than the traditional tourism template! These ideals continue today, showing you Ireland the way we believe it should be seen: slowly, intimately and knowledgeably. Our terrific office personnel and great guides all share the same philosophy – “to take people into those hidden parts of Ireland that few know about and give people a real “taste and flavour” of Ireland the way we know and love it”.

With today’s fast pace of life & the lack of “downtime”, we at IWHB take great pride in the trust our guests show in us to create great experiences for you. All of us in IWHB are committed to ensuring our fascination for Ireland, its’ history, culture, diversity & humour, is part of your holiday. Ireland enjoys a relaxing pace of life; beautiful and varied scenery, with the sea never far from sight & a great selection of music at night. While in Ireland, we ask you to PLEASE take your time as you discover small sections of Ireland, for if you rush, the charm of the country and the people will pass you by. The best made plans will always change in Ireland, and your adaptability to enjoy chance encounters with friendly locals, incredible characters and the odd charismatic sheep is what will make your holiday a truly memorable experience!!



County Kerry

Embark on an unforgettable journey through the Legendary Climbs of County Kerry during this immersive 8-day tour. Experience the sheer beauty of this distinctive region while tackling the very roads that have served as a litmus test for emerging talents on the World Tour peloton.

Challenge your cycling prowess with iconic climbs, including The Conor Pass, Molls Gap, Ballaghabeama, Cahah Pass, and a variety of other options. Throughout your adventure, rest your weary legs in carefully chosen bespoke guest houses and hotels nestled in the heart of charming Irish towns. Immerse yourself in the flavours of delectable cuisine, the depths of local culture, and the enchanting ambiance that permeates the Kingdom of Kerry.

When you join an Ireland Walk Hike Bike tour, your only concern is savouring your ride and deciding how much climbing you crave each day. We handle all the logistics in the background to ensure you relish the cycling trip of a lifetime.



Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Tralee	Tralee
2	Tralee to Dingle Cycle	Dingle
3	Slea Head Loop Cycle	Dingle
4	Dingle to Killarney Cycle	Killarney
5	Killarney Loop Cycle	Killarney
6	Killarney to Kenmare Cycle	Kenmare
7	Kenmare Loop Cycle	Kenmare
8	Departure Day	



Day 1

Tralee Arrival Day

Upon arrival in Tralee, check in at your B&B. If time allows, enjoy a scenic cycle along the Tralee to Fenit Greenway, a fantastic opportunity to familiarise yourself with your rental bike away from the public roads. The Greenway takes you to the charming fishing village of Fenit, where you can relax on Fenit's blue-flag beach or hike up the steps to the St. Brendan the Navigator statue, offering panoramic views of the northern side of the Dingle Peninsula.

Back in Tralee, you can look forward to a casual evening as you prepare for the upcoming cycling adventures. Savor a delightful meal at one of Tralee's numerous restaurants or immerse yourself in a cultural experience by attending a show or exhibition at Siamsa Tíre, The National Folk Centre of Ireland.

Cycle Details:

Distance - 28.5km/18 Miles

Elevation Gain - 200m/656ft



Day 2

Tralee to Dingle

Your journey today is a cycling adventure from Tralee to Dingle.

Route 1a, which takes you west through Castlegregory, a perfect spot for lunch or coffee. At Brandon Point, soak in the history of Saint Brendan, "the Navigator," who set out on his legendary voyage from here. Keep an eye out for dolphins and whales.

After your Brandon Point stop, tackle the thrilling Conor Pass on your bicycle. It's a winding, narrow route, but the views are worth it. This journey combines natural beauty with rich history, Conor Pass is just over 5km long with an average grade of 7%, with the road pinching to a single lane towards the top. A fast descent awaits after soaking up the views at the top.

Route 1b, although longer and more challenging, promises a rewarding cycling experience. This extended route adds an additional 22 kilometers to your journey, along with an extra 436 meters of elevation. As you navigate Route 1b, you'll head towards the southern side of "Bóthar na nGloch," which translates to The Road of Stones. This stretch of the journey features a 3-kilometer climb with pitches of steep 14% gradients, averaging about 9% for the duration. It's undeniably a tough task, but the proximity of this climb to the Iron Age Promontory Fort of Caherconree adds to its mystique.

Cycle Details:

Route 1a: 70km/44 Miles - Elevation Gain: 820m/2690ft

Route 1b: 92km/57 Miles - Elevation Gain: 1256m/4120ft



Day 3

Dingle Loop Day

Day 2 of your journey presents an exciting opportunity to cycle along the renowned Slea Head, a route quickly gaining fame as one of the most spectacular coastal routes in all of Europe. This day promises breathtaking coastal views, glimpses of the captivating Blasket Islands, and encounters with historical sites that transport you through time. Among the historical gems along the way are the 6th Century Fahan Beehive Huts and the Iron Age Fort of Dunbeg.

While Day 2 does feature various gradient changes and elevation challenges, it offers a rhythm and sense of progress that makes the ride unforgettable. The twists and turns of the route, coupled with the ever-changing scenery, make for an engaging and rewarding cycling experience. It's a fantastic way to build up an appetite for the culinary delights that Dingle has to offer.

Slea Head is not just a cycling route; it's a journey through nature and history, where you'll feel the coastal breeze (or gale!), take in the views of the Blasket Islands, and step back in time at ancient sites. This day is about more than just the physical exertion; it's an immersive adventure that connects you with the beauty and heritage of this remarkable region.

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Day 3

Dingle Loop Day

And as the day comes to a close, you can look forward to savouring the amazing food and charming pub scene that Dingle is known for, rounding off your cycling experience with a true taste of Ireland's culinary delights.

Route 2b, for those seeking an additional challenge, presents the opportunity to conquer the Southern Side of Conor Pass. This adds a thrilling final element to your Dingle journey and promises a different kind of effort compared to the Northern side of the pass.

Cycling up the Southern Side of Conor Pass is an entirely unique experience, offering a new set of challenges and perspectives. It's a demanding climb that cyclists often seek to conquer, and the southern side also offers some world tour pedigree. Former Lotto Soudal rider Matthew Holmes holds the record for the quickest ascent, completing it in just a little over 21 minutes. This showcases the impressive calibre of this climb and its reputation among elite cyclists.

Cycle Details:

Route a: 66km/41 Miles - Elevation Gain: 727m/2385ft

Route b: 80km/50 Miles - Elevation Gain: 1200m/3937ft



Day 4

Dingle to Killarney

Day 4 is a transitional day on your tour, offering a welcome respite from the more challenging climbs of the previous days. It's one of the flatter segments, allowing you to recover a bit before gearing up for more climbing adventures in the days ahead.

The route for this day begins on the meandering back roads as you leave Dingle, avoiding the main road and guiding you through the scenic landscape. Along the way, you'll pass by the haunting 16th Century Minard Castle, nestled in the beautifully secluded Kilmurry Bay. The castle is not just a testament to the region's rich history; it's a stark reminder of the area's turbulent past. The castle bears battle scars from the 1650s, with visible marks where Cromwell's Army planted explosives on each corner, splitting the castle in half and tragically taking the lives of all its occupants.

Continuing along the route, you'll follow the red cliffs, which provide striking views, and eventually arrive at Inch Beach. This picturesque stretch of coastline offers a serene interlude on your cycling journey. From Inch Beach, you'll pedal on to the small town of Castlemaine. This part of the route often benefits from a prevailing westerly wind, allowing for good progress on its undulating terrain.

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Day 4

Dingle to Killarney

A fascinating piece of cycling history is intertwined with this route. Shay Elliot, a prominent figure in Irish cycling and the first Irishman to wear the Yellow Jersey in the Tour de France, once dubbed this section of road as "the longest road in Ireland." This nickname came about after he competed in the local bike race, The Lacey Cup, which first used this portion of the road as a significant battleground in 1953. This race tradition continues to this day, adding a touch of cycling heritage to your journey.

Day 3's route is not just about the ease of flat terrain but also about appreciating the history, culture, and beautiful coastal scenery that this region has to offer. It's a day to catch your breath, soak in the views, and reflect on the cycling legacy of the area before continuing your adventure.

Overnight in Killarney, this vibrant town offers a fantastic array of live traditional music, charming pubs, and fabulous restaurants for you to choose from. It's the perfect place to unwind, soak in the lively atmosphere, and savor the local culture and cuisine, making your overnight stay in Killarney a true highlight of your adventure. Enjoy the lively spirit of the town and the warm welcome it extends to travellers

Cycle Details:

Route a: 71km/44 Miles - Elevation Gain - 638m/2093ft

Route b: 90km/56 Miles - Elevation Gain - 885m/2903ft



Day 5

Killarney Loop

Day 4 presents a thrilling opportunity to venture into the heartlands of Kerry, with two route options to choose from based on how your legs are feeling. Both routes offer awe-inspiring views and a hearty challenge, making it a memorable day for any cyclist. The Gap of Dunloe is a highlight on both options, a true gem of the region.

Route 4b features the magnificent Ballaghabeama Pass, a beautiful climb that stretches for 5 kilometres and boasts an average gradient of around 4.1%. As you near the summit, be prepared for gradients that kick up to a challenging 12% in the final few hundred meters. This climb has long served as the focal point for bike races in Ireland, with a history dating back to the 1960s.

In recent years, it has been utilized for events like the Rás Tailteann and the Tour of Ireland, gaining recognition on the international cycling stage. However, it was the legendary British rider, Sean Yates, who made this climb most famous in the 1987 Nissan Classic. In an epic solo ride, he introduced himself to the wider cycling world while dispatching household names like Roche, Kelly, and Adrie Van Der Poel (Mathieu's father). This iconic moment solidified Ballaghabeama Pass as a symbol of extraordinary cycling prowess and determination. Yates would go on to win a stage of the Tour de France the following year.

Day 4's route choices not only offer magnificent views and a challenging climb but also allow you to follow in the tracks of cycling legends, creating a memorable experience that combines natural beauty with a sense of cycling history. It's a day for both the heart and the legs, reminding you of the exhilarating spirit of the sport. Don't forget to drop into the Strawberry Pancake Field for a mouth-watering crepe and a caffeine hit if doing the longer route.

Cycle Details:

Route a: 56km/35 Miles - Elevation Gain: 712m/2335ft

Route b: 91km/56 Miles - Elevation Gain: 995m/3265ft



Day 6

Killarney to Kenmare

As you bid farewell to the lively town of Killarney, your route offers an optional diversion through the enchanting Killarney National Park. The paths within the park are well-paved, but they are mixed-use, so it's important to exercise caution. While road bikes might not be the most suitable choice for the park's paths, it would be a missed opportunity to visit Killarney and not experience the park's natural beauty.

The route then leads you to tackle Molls Gap, another iconic road. This climb spans 4.3 kilometres with a manageable gradient of 4.3%. While it's one of the gentler climbs on your tour, it offers a diverse and captivating experience. Often featured in the Rás Tailteann Stage Race and also a race of a different kind, the International Rally of the Lakes.

At the beginning of the ascent, the road winds through old growth forestry, providing glimpses of the nearby lakes as you ascend. As you continue to climb, the landscape opens up, revealing spectacular views of the lakes and the valley below. This part of the climb is truly a visual feast, offering a panorama of the natural beauty that characterizes this region.

Day 5 combines the pleasure of cycling with an immersion in the stunning landscapes of Killarney National Park and the rewarding climb of Molls Gap. It's a day that celebrates the diversity of County Kerry's scenery, with the park's tranquillity and Molls Gap's breathtaking vistas, making it a memorable leg of your journey.

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Day 6

Killarney to Kenmare

Overnight in Kenmare, whether you're indulging in a gourmet dining experience or seeking local flavours, Kenmare offers a wide range of dining options, making it difficult to find anything less than a brilliant meal. The town's commitment to fresh and high-quality ingredients makes every bite a delightful one.

In addition to its culinary delights, Kenmare offers a lively pub scene, with an abundance of live traditional music to be found. It's the perfect place to unwind, savor exceptional food, and immerse yourself in the vibrant atmosphere of this charming town. Your overnight stay in Kenmare promises to be a memorable and satisfying part of your journey, celebrating both the flavors and the culture of the region.

Cycle Details:

Route a: 63km/39 Miles - Elevation Gain: 712m/2335ft

Route b: 72.5km/45 Miles - Elevation Gain: 800m/2625ft



Day 7

Kenmare Loop

Today you'll enjoy a loop day out of Kenmare town, once again with two route options, allowing you to choose the distance that suits your preference. Both routes include a journey through the Healy Pass, a historical and scenic gem that connects South Kerry and West Cork. Built in the 1840s, it stands as one of the more ambitious mountain pass projects in the county, featuring short tunnels that add an epic feeling to the climb.

The Healy Pass climb itself is a treat for cycling enthusiasts. Stretching 6 kilometres with an average grade of 4.5%, it offers an engaging ascent that allows you to find your rhythm. It's a climb you can truly sink your teeth into, with a rewarding sense of accomplishment as you reach the summit. The tunnels and the pass itself add a touch of history and adventure to the experience.

On the shorter route of Day 6, you'll make your way back to Kenmare via the scenic Cahah Pass. In contrast to the sheltered, tunnel-filled ascent of the Healy Pass, the Cahah Pass presents a different kind of climbing experience. This pass winds its way up the valley, exposing you to the elements as you ascend. There's no cliff face to your flanks for shelter until you reach the very end of the climb. It's a 7.8-kilometer ascent with an average grade of 3.5%, making it an ideal final climb for your tour.

As you conquer the Cahah Pass and reach its summit, you'll be treated to panoramic views of both valleys below. The descent that follows practically takes you all the way back to Kenmare, making it an excellent opportunity for reflection on an epic week of cycling. It's a fitting conclusion to your cycling tour, allowing you to absorb the memories and experiences of the tour while coasting through the stunning landscape.

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Day 7

Kenmare Loop

The longer route of Day 6 guides you back to Kenmare via the lesser known but captivating Borlin Valley. This valley is a raw and rugged gem, tucked away from the tourist crowds and off the beaten track. Its narrow roads and less-than-manicured surfaces keep it away from the limelight, but it's undoubtedly one of the most stunning and unforgettable roads in the region. Even during the peak of the tourism season, you'll find much less traffic here compared to the other mountain passes.

Borlin Valley offers a truly unique experience, allowing you to relish the untamed beauty and the serene ambiance of a hidden treasure. The climb in this valley is one of the longer ones in the area, spanning 8.5 kilometres in length, with a gentle average gradient of 3.7%. It's a journey that lets you savour the natural splendour of the area while cycling at your own pace, making it a truly special part of your tour. Both the shorter and longer routes of Day 6 provide different but equally memorable experiences, allowing you to choose the path that resonates most with your cycling spirit. Whether you opt for the wild beauty of Borlin Valley or the panoramic views of the Healy Pass, both routes are perfect reflections of the rich and varied landscapes of County Kerry.

Cycle Details:

Route a - 79km/49 Miles - Elevation Gain - 1114m/3654ft

Route b - 98.2km/61 Miles - Elevation Gain - 1398/4586ft



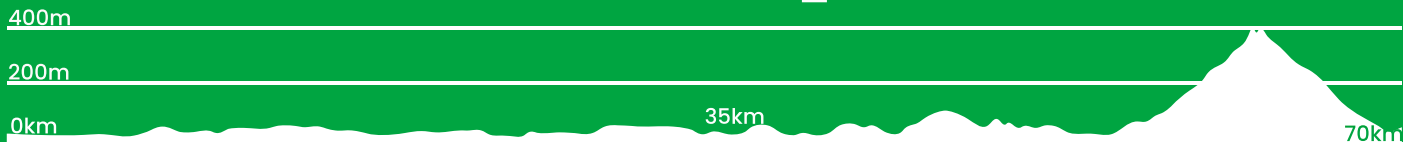
Day 8

Departure Day

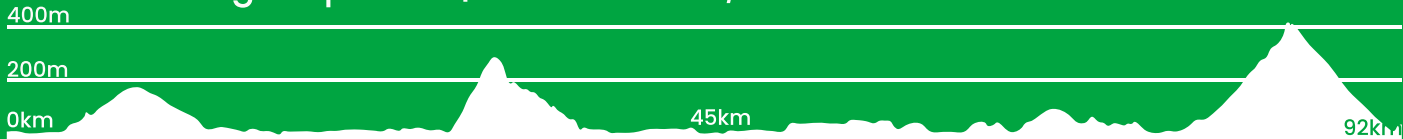
After a final hearty breakfast, take a moment to reflect on the incredible week of cycling through the Beara Peninsula. At this point, you have the option to avail of a complimentary transfer back to Killarney, or if you prefer, you can make your own onward travel arrangements from Kenmare. This marks the end of a memorable journey through the stunning landscapes and rich heritage of the region.



Elevation Graphs



Tralee to Dingle Option A | Elev Gain: 820m/ 2690ft



Tralee to Dingle Option B | Elev Gain: 1,256m/ 4121ft



Dingle Loop Option A | Elev Gain: 727m/ 2385ft



Dingle Loop Option B | Elev Gain: 1200m/ 3937m



Dingle to Killarney Option A | Elev Gain: 638m/ 2093ft



Dingle to Killarney Option B | Elev Gain: 885m/ 2903ft



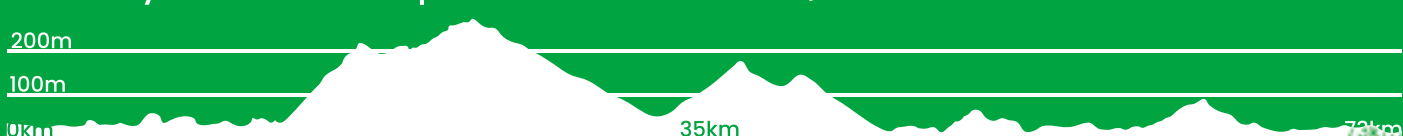
Killarney Loop Option A | Elev Gain: 712m/ 2335ft



Killarney Loop Option B | Elev Gain: 995m/ 3265ft



Killarney to Kenmare Option A | Elev Gain: 712m/ 2335ft



Killarney to Kenmare Option B | Elev Gain: 800m/ 2625ft



Kenmare Loop Option A | Elev Gain: 1114m/ 3655ft



Kenmare Loop Option B | Elev Gain: 1398m/ 4587ft

What's Included



Stay in en-suite room at our hand-picked accommodations



Complimentary access to our app, tailor-made for your tour, containing all your documents, GPS navigation & points of interest



Delicious Breakfast each morning.



24 hour, emergency telephone support



Move your luggage as per itinerary



Detailed, easy to read, Route Notes with marked maps of each route



Extra days/ nights booking on request



Dedicated, in house, Holiday Specialist to assist with planning any additional activities, travel, airport transfers, etc.

Optional Extras



Premium Hybrid, Road or E-Bike rental available on request

Booking Details

ENQUIRIES

IF you have any questions about our tours, please contact our expert team on info@irelandwalkhikebike.com.

RESERVATIONS

Reservations to be made through our booking page at www.irelandwalkhikebike.com

CANCELLATIONS

Should you need to cancel, cancellation charges will be imposed. These are calculated from the day written notification is received by the company or our agent as a percentage of the total tour price, including surcharges as follows:

More than 56 days from start date: Deposit only

35 to 55 days from start date: 30%

15 to 34 days from start date: 50%

14 days to departure day: Nil Refund

ALL CANCELLATIONS MUST BE IN WRITING BY POST OR E-MAIL.

PAYMENT CONDITIONS

A deposit of €150.00 per person is required at the time of booking. Balancing payments are then required no less than 8 weeks prior to the holiday start date.

Our full terms and conditions can be found at www.irelandwalkhikebike.com/terms-conditions/

Testimonials



Mathilda, Netherlands, 2022

The people of Ireland Walk Hike Bike were extremely helpful – as much before the trip (re-arranging the schedule because of corona) as during the trip. They literally catered to all our needs. The information we got was very complete, we stayed in nice B&B's and we could always contact Francis if we had a question or a problem. I highly recommend Ireland Walk Hike Bike to anyone who wants to go to Ireland.

David, USA, 2022

We just returned from our guided tour of the Burren, Aran islands and Connemara and it was truly a wonderful experience! The communication and help from Niamh was fantastic, and our guide, Joe O'Donnell was outstanding! Very knowledgeable, and just a good person that we were lucky to get to know. All of the accommodations were also great. This was a two year wait for us due to Covid cancellations and restrictions and everyone at Ireland Walk Hike and Bike were great to work with. Highly recommend using their services if you wish for the best.

Dale, USA, 2022

My wife and I worked exclusively with the team at IrelandWalkHikeBike to arrange a 3-week private tour of Ireland's West Coast this past May, 2022. We actually had to defer the trip twice due to Covid issues and this outfit was amazingly proactive and accommodating through all of the delays. My wife and I had just turned 70 at the outset of the trip and so we wanted to include all of the transportation as I did not want to undertake driving on the "other" side of the road. In addition to all the transfers IWHB arranged all or of our hotels, ferry tickets, and e-bike rentals and provided detailed maps and instructions for all of the hikes and bike circuits. Our trip played out seamlessly, with no glitches or problems and the hotel arrangements were terrific throughout. We visited four islands and each one was a unique adventure. The hikes in Connemara were beautiful and the biking around the Dingle peninsula, Clifden and Westport fantastic. Our drivers were super friendly and knowledgeable. Considering all of this, we thought the cost of the trip was eminently reasonable. Highly recommended!

Russ, UK, 2021

My wife, daughter, her partner and myself have recently returned home after a 7-day self-guided walk of the Dingle Way organised by Ireland Walk Hike and Bike. It was the most fabulous holiday being everything we expected and so much more.

The walking itself was the heart of the holiday. Every day was different. On a daily basis the scenery memorable. Fortunately, we have hundreds of photos to remind ourselves.

We have resolved to go back the west coast of Ireland and already Dean has made a couple of suggestions. Whatever walk we chose to do, it will be organised by Ireland Walk Hike and Bike.



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