



An Teach Beas

GUINNESS
GACH LÁ

**West Cork Coastal Cycle
Your Cycling Adventure
Detailed Itinerary**



WALK HIKE BIKE

Ireland Walk Hike Bike

For over 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!!



West Cork

West Cork, located in the southwest of Ireland, is a region celebrated for its captivating natural beauty, vibrant cultural heritage, and laid-back, bohemian atmosphere. It's a place where rugged coastal landscapes, charming villages, and a strong sense of community come together to create a unique and enchanting destination.

The region is characterized by stunning landscapes, encompassing dramatic coastal cliffs, pristine beaches, rolling hills, and lush farmland. Prominent towns like Clonakilty, Kinsale, Skibbereen, and Bantry are known for their historic architecture, lively arts scenes, and welcoming locals. West Cork is often referred to as the "Food Capital of Ireland," celebrated for its farm-to-table cuisine, artisanal producers, and vibrant food culture.

West Cork is a hub of cultural activity with a strong emphasis on the arts. It hosts a variety of music festivals, art exhibitions, and literary events. The region has a rich history, playing a significant role in the Irish War of Independence and the Civil War. Outdoor enthusiasts will find ample opportunities for hiking, cycling, kayaking, and sailing amidst the stunning natural landscapes.

The region is also known for its strong sense of community and warm hospitality. Its towns and villages exude a welcoming atmosphere, making West Cork a must-visit destination for travelers looking to explore the true essence of Ireland's southwest. West Cork is part of the Wild Atlantic Way, a coastal driving route known for its stunning coastal scenery and natural wonders.



Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Tralee	Tralee
2	Tralee to Killarney	Killarney
3	Killarney to Kenmare Cycle	Kenmare
4	Kenmare to Bantry Cycle	Bantry
5	Bantry to Skibbereen Cycle	Skibbereen
6	Skibbereen to Clonakilty Cycle	Clonakilty
7	Clonakilty to Kinsale Cycle	Kinsale
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 Killarney

Starting in Tralee, your cycling journey takes you southeast to Killarney, and Killarney National Park. As you ride, you'll enjoy breathtaking scenery with views of Carrauntoohill ahead of you. Following quiet backroads you will arrive to the little village of Fossa. From here you will ride along the Fossa Way cycleways through the National Park to reach the lake side town of Killarney. If you want to continue exploring the National Park and the Lakes of Killarney you can add a looped cycle where you will visit the 16th Century Muckross Abbey, an impressive monastic site with an enchanting atmosphere. The abbey's architecture and surroundings make it a great place for exploration and photography.

Continue your journey to Muckross House, a grand Victorian mansion with beautiful gardens. You may want to explore the house itself or simply enjoy a leisurely walk around its fabulous grounds.

After your cycle soak up the atmosphere in Killarney town over a locally brewed pint in a traditional pub and treat yourself to some of the fabulous food the town has to offer.

Cycle Details:

Approx. Distance – 33km – 53km / 20 – 33 Miles

Elevation Gain – 376m / 1234ft



Day 3

Killarney to Kenmare

Today's journey commences as you depart from Killarney via the Fossa Way, a small track that keeps you away from the main road. Your adventure reaches its pinnacle with the iconic Gap of Dunloe, a true highlight of your cycling tour. Winding your way between glistening lakes, you climb to the top of the gap, where fabulous views await. As you descend into the tranquil and remote Black Valley, you'll appreciate its serene seclusion. Notably, the Black Valley was one of the last places in Ireland to be connected to the electricity grid, a testament to its remoteness.

Continuing, you'll reach the vibrant heritage town of Kenmare, renowned for its diverse range of restaurants, pubs, and shops offering local cuisine, live music, and artisan crafts. It's a wonderful place to relish great food and immerse yourself in the local culture, set against the backdrop of well-preserved Georgian buildings.

Cycle Details:

Approx. Distance – 46.0km/29 Miles

Height gain – 590m/1935ft



Day 4

Kenmare to Bantry

Today's cycling adventure is one of the most impressive and picturesque routes you could wish to experience. The scenery along this journey is simply stunning. As you enter the Borlin Valley, a path less travelled, you're in for a special and memorable experience. Crossing the hills that separate the counties of Cork and Kerry, you'll be treated to spectacular panoramic views that are sure to take your breath away. Your day's ride culminates in the welcoming town of Bantry, which is not only a hub of natural beauty but also a charming and vibrant coastal town.

Bantry is famous for its picturesque harbour, flanked by rolling hills and the sparkling waters of Bantry Bay. The town boasts a rich history, and its Georgian architecture reflects its past as a prominent trading port. Here, you can explore the bustling market square, visit historic landmarks, and enjoy the local hospitality at the town's traditional pubs and restaurants. Bantry is also known for its vibrant cultural scene, including music, arts, and festivals, making it a delightful place to immerse yourself in the local culture and unwind after a day of cycling.

Cycle Details:

Distance - 50km/31 Miles

Elevation Gain - 629m/2065ft



Day 5

Bantry to Skibbereen

Today you will pass through the delightful villages of Durrus and Ballydehob, both known for their unique charm and character.

Durrus is a quaint village nestled in the heart of West Cork. It's surrounded by rolling hills and scenic landscapes, making it a perfect stop for those seeking a taste of the rural Irish countryside. Durrus is known for its warm hospitality and traditional Irish pubs.

Ballydehob, another picturesque village along your route, is famous for its vibrant arts and music scene. It's a hub for creative individuals and hosts a variety of cultural events and festivals throughout the year. This lively village is a great place to experience the local arts and crafts.

Your day's journey concludes in the vibrant town of Skibbereen, known for its rich history and cultural heritage. Skibbereen is the economic and cultural centre of West Cork and offers a mix of historical sites, museums, and a lively atmosphere. It's a wonderful place to explore local history and enjoy the culinary delights at its restaurants and pubs. Skibbereen is also surrounded by the stunning natural beauty of the West Cork region, making it an ideal base for further adventures in the area.

Cycle Details:

Distance - 44km/28 Miles

Elevation Gain - 716m/2349ft



Day 6

Skibbereen to Clonakilty

Leaving Skibbereen behind, today's cycling adventure leads you to the charming town of Clonakilty. While there is a direct route along busy roads, we recommend taking our longer suggestion, which offers a more scenic journey passing by the coast, through forests, and inland landscapes, creating a perfect blend for a day of cycling.

This route does include some steep climbs, but they are certainly achievable if you take today's journey at a relaxed pace, allowing you to savor the breathtaking scenery along the way. Along this route, you'll have the pleasure of passing through the beautiful villages of Glandore and Unionhall, which are typical of West Cork's charming villages.

In Clonakilty, you'll discover a town known for its vibrant atmosphere, friendly locals, and a lively music and arts scene. The town is often referred to as the "Beach of West Cork," thanks to its proximity to Inchydoney Beach, a beautiful and popular coastal destination. Clonakilty boasts a wide range of cafes, restaurants, and traditional Irish pubs where you can enjoy local cuisine and live music. The town's strong sense of community and cultural richness make it one of the best parts of your journey through West Cork.

Cycle Details:

Distance - 55km/35 Miles

Elevation Gain - 795m/2609ft



Day 7

Clonakilty to Kinsale

The latter part of today's cycling journey treats you to the breathtaking coastal scenery as you make your way to the "Olde Head of Kinsale." Before reaching this picturesque destination, you'll cycle through an enchanting inland landscape, passing through forests and open countryside. The region is known for its splendid farming areas and boasts glorious views in all directions.

While you can expect some uphill cycling on this route, the day is generally well-paced and offers a diverse range of landscapes and vistas. We recommend that you purchase drinks before departing from Kinsale, as the opening hours of shops along the route can be somewhat unpredictable. This preparation ensures you stay well-hydrated and energized during your day's ride.

Kinsale, your destination, is a town brimming with history and charm. It's often referred to as the "Gourmet Capital of Ireland" due to its renowned culinary scene, with a multitude of restaurants offering delectable cuisine. Kinsale is famous for its well-preserved medieval architecture and as the site of the Battle of Kinsale in 1601, a pivotal event in Irish history. Today, you can explore the town's historical landmarks, walk its scenic harbour, and soak in its unique atmosphere, making it one of the highlights of your journey through the southwest of Ireland.

Cycle Details:

Distance - 52km/33 Miles

Elevation Gain - 644m/2112ft



Day 8

Departure Day

After a hearty breakfast, take some time to reflect on the fabulous week of cycling through the picturesque backroads and visiting the charming little towns of West Cork. The memories and experiences gathered along the way will surely leave a lasting impression.

From here, you have the flexibility to follow your own onward travel arrangements. Cork City is very well connected with public transport routes that extend across the country, making it easy to continue your journey to other destinations in Ireland. Additionally, Cork City boasts a great international airport, offering convenient options for those with flights home or to other international destinations. This marks the end of a memorable adventure through the stunning landscapes and warm hospitality of the West Cork region.



OPTIONAL EXTRA DAY

Kinsale to Cork

As you depart from Kinsale, it's your last chance to savor a delicious coffee and cake in one of the many renowned cafes the town has to offer. One of our favorites is OHK Cafe. Please take your time to enjoy this delightful stop. Sections of today's route will lead you along relatively busy roads, so exercise caution when riding these segments. However, you can look forward to some enjoyable climbs and less road traffic once you pass Cork Airport.

Your day's journey concludes as you arrive in the vibrant city of Cork, a place rich in culture, history, and urban charm. Cork City is Ireland's second-largest city and known for its welcoming atmosphere, historic architecture, and a thriving arts and music scene. The city offers a host of attractions, including the iconic English Market, where you can sample local delicacies, and the beautiful St. Fin Barre's Cathedral.

Explore the bustling city streets, visit cultural venues, and enjoy a variety of restaurants and traditional Irish pubs. Cork City serves as an ideal ending point for your cycling adventure, where you can immerse yourself in the lively culture of urban Ireland after days of picturesque rural landscapes.

Cycle Details:

Distance - 48km/30 Miles

Elevation Gain - 625m/2050ft

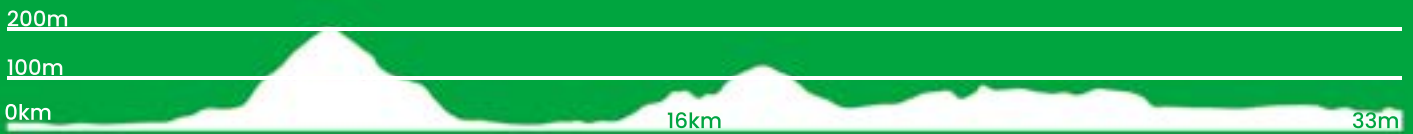


Elevation Graphs

Please see below daily elevation graphs for your selected tour



Fenit Loop Cycle | Elev Gain: 200m/ 656ft



Tralee to Killarney | Elev Gain: 376m/ 1234ft



Killarney to Kenmare | Elev Gain: 590m/ 1935ft



Kenmare to Bantry | Elev Gain: 629m/ 2065ft



Bantry to Skibbereen | Elev Gain: 716m/ 2350ft



Skibbereen to Clonakilty | Elev Gain: 795m/ 2610ft



Clonakilty to Kinsale | Elev Gain: 644m/ 2115ft



OPTIONAL - Kinsale to Cork | Elev Gain: 684m/ 2050ft

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.



Ireland
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