



**Your Adventure
Detailed Itinerary**

The Beara Way

The Beara Peninsula offers breathtaking panoramas, dominated by mountains and sea. Few tourists reach this peninsula, making it a treasured location by hikers as they discover a remote and relatively untouched landscape.

Few roads penetrate the mountains of Beara, and those roads which do are spectacular feats of engineering, the Healy Pass probably the most famous of all with its series of hairpin bends, as dramatic as any alpine pass. This adds to the charm of Beara by keeping it fairly "bus tour free".

All of Beara's towns and villages are dotted along the coast. The largest is Castletownbere (or Castletown Bearhaven), a major fishing port located on one of the deepest natural harbours in Ireland.

Approx Travel Times (public transport)

Dublin Airport to Glengarriff / from Castletownbere: 6-7 hours
Shannon Airport to Glengarriff / from Castletownbere: 5-5.5 hours
Cork Airport to Glengarriff / from Castletownbere: 3-4 hours
Kerry Airport to Glengarriff / from Castletownbere: 5-6 hours
Kenmare to Dublin Airport: 6-8 hours
Kenmare to Shannon Airport: 4-4.5 minutes
Kenmare to Cork Airport: 3-3.5 hours
Kenmare to Kerry Airport: 1-2 hours



- Regional Airports
- International Airports

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!!



Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Glengarriff	Glengarriff
2	Glengarriff to Adrdigole Hike	Glengarriff
3	Adrigole to Castletownbere Hike	Castletownbere
4	Bere Island Hike	Castletownbere
5	Castletownbere to Eyeries Hike	Eyeries
6	Eyeries to Lauragh Hike	Lauragh
7	Lauragh to Kenmare Hike	Kenmare
8	Depart Kenmare	



Day 1

Arrive in Glengarriff

Arrive in Glengarriff – a delightful and colourful little village, well known for nearby Garinish Island with its magnificent sub-tropical Italian gardens. The influence of the warm Gulf Stream make it a great place to visit all year round. Make your way to your first accommodation on the outskirts of Glengarriff, where your hostess will recommend some of the excellent local restaurants. If you are arriving by bus, ask the driver to let you off the bus at the Eccles Hotel. Your b&b is just behind this hotel.

Access for this holiday is made by a bus connection from Cork to Glengarriff which runs all year round.



Day 2

Glengarriff to Adrigole Hike

Your hike today starts from Glengarriff and follows along the “Beara Way” hiking trail, through Glengarriff Nature Reserve and along the Beara Brefni Walk. Starting through forestry on roads and little tracks before taking you onto open hillside below the impressive Sugarloaf and Glenlough Mountains. You then join a network of tiny roads to finish in the village of Adrigole. This hike rewards you with glorious views over Bantry Bay and across to the Sheeps Head Peninsula to the south. As you get closer to Adrigole, you will have the opportunity to detour a little to see excellent examples of standing stones and megalithic tombs. Telephone from Adrigole for your taxi and return to Glengarriff..

Terrain: Some road walking and forestry tracks, some muddy and rocky tracks and some sections with no clear path a lot of the way. Can be very wet underfoot. Boots essential.

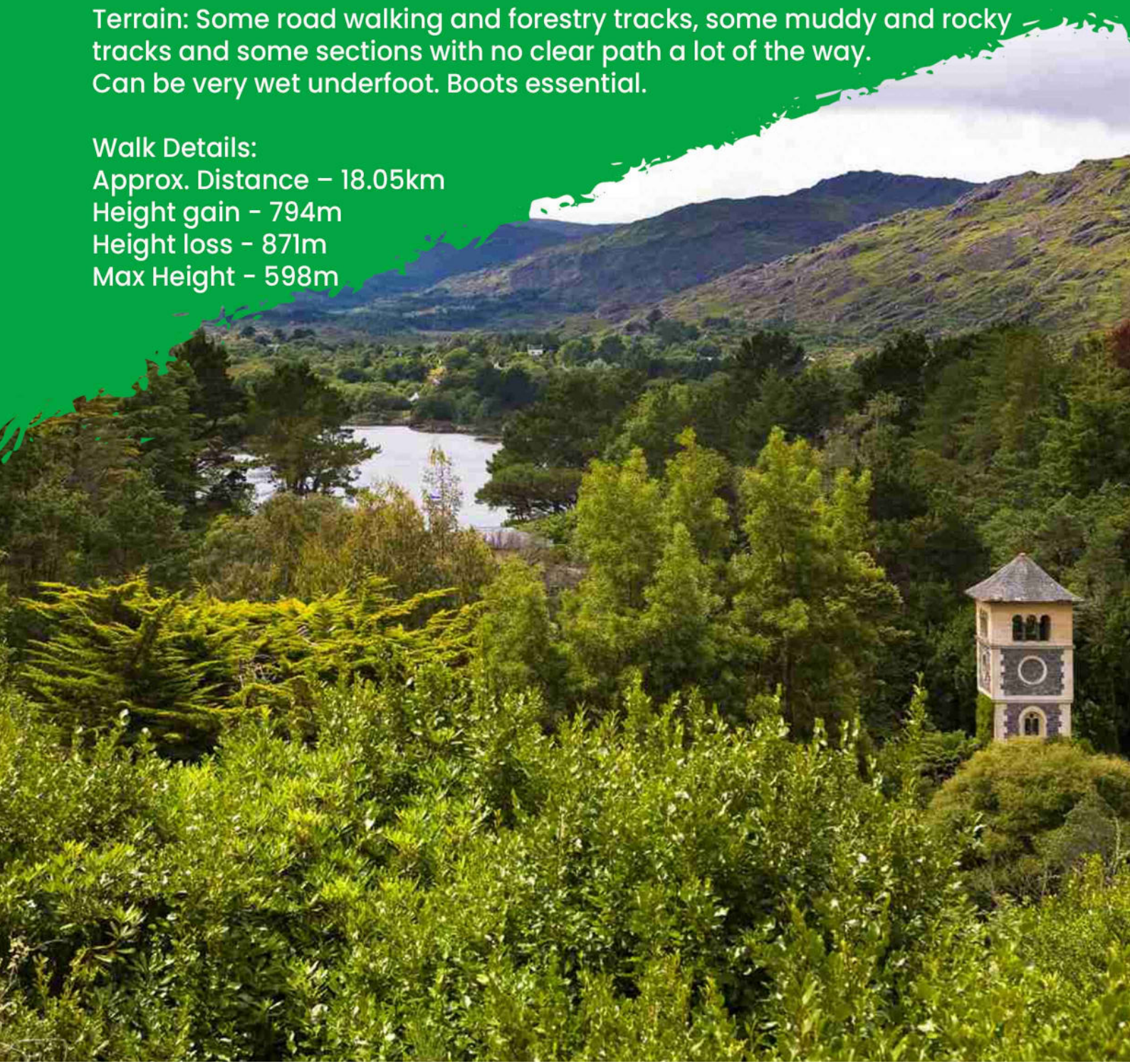
Walk Details:

Approx. Distance – 18.05km

Height gain – 794m

Height loss – 871m

Max Height – 598m



Day 3

Adrigole to Castletownbere Hike

You will be driven back to Adrigole where your hike begins, just west of the village. From here, you follow your route under the dominating mass of Hungry Hill and Maulin Mountain, following many “bog” roads used by local people in the past for collecting turf for their fires. You also hike along open hillsides and along little rivers as you continue west. With beautiful views across to Bere Island, you reach the fishing port of Castletownbere, one of Ireland’s largest white fish harbours where you spend your next 2 overnights.

Terrain: Some road walking, muddy and rocky grass tracks, and sections with no clear path. Can be wet underfoot. Boots essential.

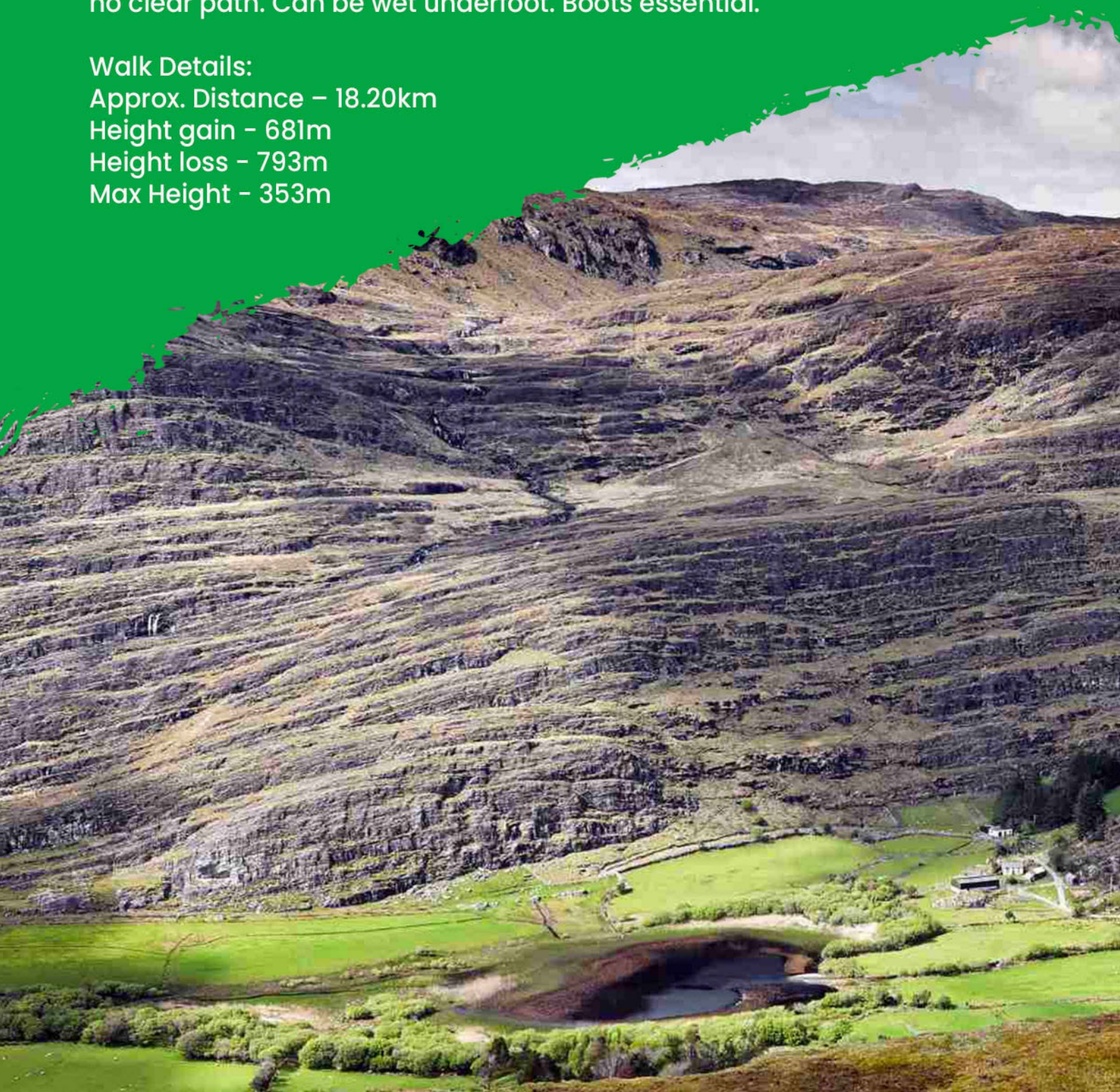
Walk Details:

Approx. Distance – 18.20km

Height gain – 681m

Height loss – 793m

Max Height – 353m



Day 4

Bere Island Hike

Today you will be taking the morning ferry from the centre of Castletownbere across to Bere Island. This is a fascinating place, steeped in history and once heavily populated by the British army. Your hike starts on the western end of the island as you follow an old "green road" into the hills to reach the stunning Ardnakinna Point with its iconic lighthouse. From here, you follow to an old Signal Tower and then to the island's High Cross, before descending to the central point of the island. Continuing along small roads, you reach the little village of Rerrin where refreshments are usually available. If your energy allows, you can explore the eastern tip of the island, with its old army fortifications, dating back to the 19th century. You then return by road to the harbour for your return ferry. (As this piece of water is naturally sheltered by the island – the ferry service runs every day). Overnight in Castletownbere.

Terrain: Grass and muddy tracks, rocky in places. Some road walking – boots essential.

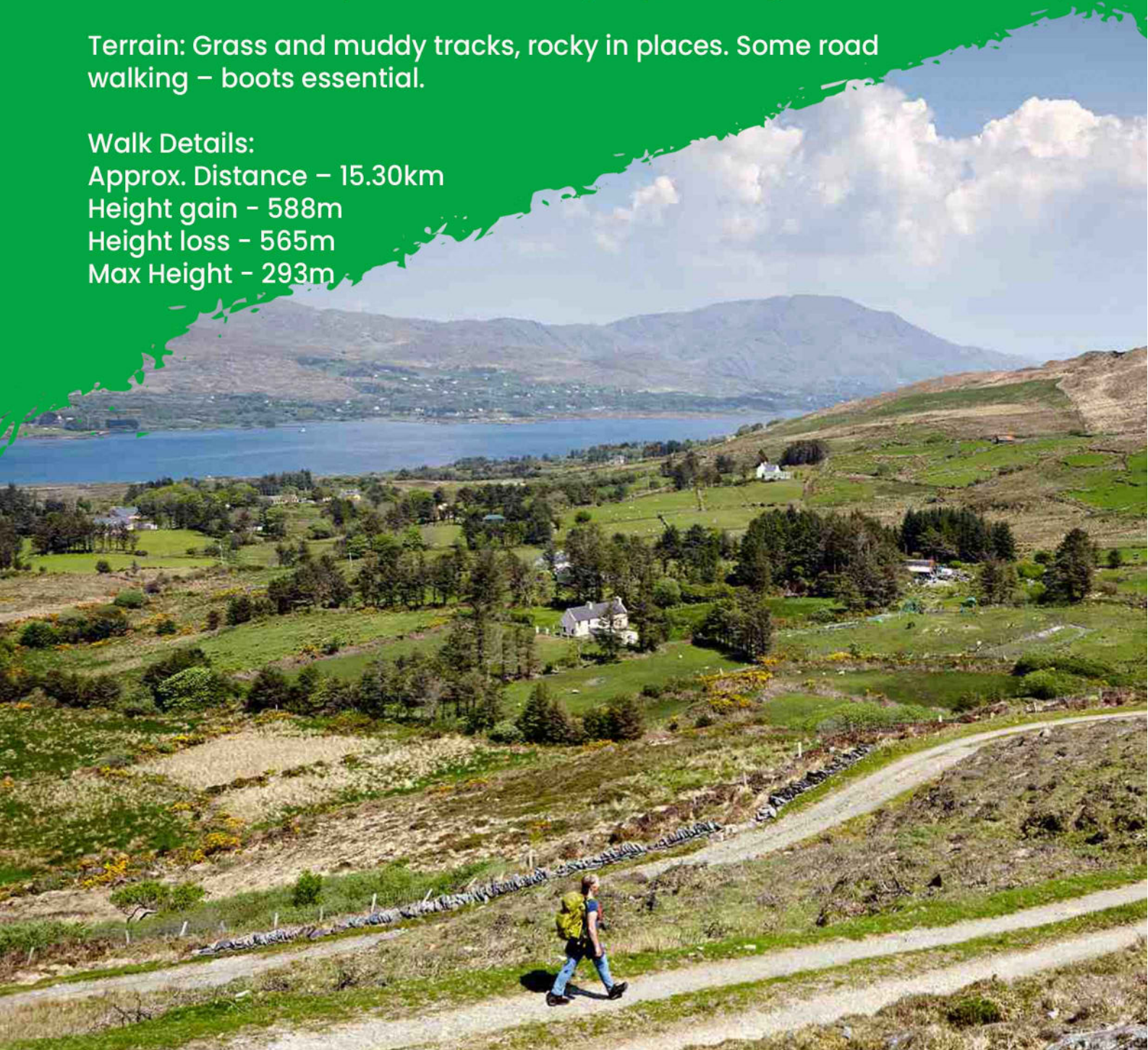
Walk Details:

Approx. Distance – 15.30km

Height gain – 588m

Height loss – 565m

Max Height – 293m



Day 5

Castletownbere to Eyeries Hike

Hiking from Castletownbere to the village of Eyeries takes you north across the Beara Peninsula enjoying coastal views both to the south and north before descending to Eyeries for your overnight. Passing beside a Stone Circle just outside Castletownbere, you then continue along an old track and follow the hillside to the south of Miskish Mountain where you link to another "bog road". At this point you should be able to see south across Bantry Bay and north across Kenmare Bay. Continuing to Teernahillane your route leaves the Beara Way temporarily as you cut across the centre of the peninsula, re-joining the Beara Way as you continue around the coast to finish in the picturesque village of Eyeries. You may wish to walk a little further and explore part of the beautiful coastline just outside the village, looking across to Reen Point and Kilcatherine where the legendary "Hag of Beara" is situated.

Terrain: Muddy and grassy tracks, some road walking, can be wet underfoot – boots essential.

Walk Details:

Approx. Distance – 17.40m

Height gain – 558m

Height loss – 539m

Max Height – 326m



Day 6

Eyeries to Lauragh Hike

From Eyeries you will be driven to the village of Ardgroom, where you start today's hike. Ardgroom is famous for its Stone Circles and a short detour or two will take you to some wonderful archaeological remains. Overlooking Ardgroom Harbour with its lines of mussels, you continue along a wonderful old mountain path near Drung Hill. With more Stone Circles and Standing Stones to see as you hike, your route finishes in the tiny village of Lauragh at the base of the famous Healy Pass. Overnight near Lauragh.

Terrain: Grass tracks – rocky in places. Can be wet underfoot – boots essential. Some road walking at start and finish.

Walk Details:

Approx. Distance – 13.70m

Height gain – 275m

Height loss – 269m

Max Height – 122m



Day 7

Lauragh to Kenmare Hike

From Lauragh you will be dropped at Drombohilly to start your hike. From here, the Beara Way takes you along the lower slopes of Knockagarrane as you cross over the first of two mountain saddles on today's trail. Descending close to the ancient Uragh Woodlands you then reach the Cloonee Lakes where a short detour will take you to the beautiful Uragh Stone Circle. You then walk along the shores of Lough Inchiquin before ascending over the second mountain saddle near Derrysallagh. Continuing along the Dromoghty valley, you then follow east along small backroads and then coastline to reach the heritage town of Kenmare. With beautiful views across the Cahal Mountains and north towards the Ring of Kerry, today's hike offers magnificent scenery all along the way.

Terrain: Open mountain and bog land, grass and mud tracks – boots essential. Some road walking at end of day – please take care.

Walk Details:

Approx. Distance – 19.10m

Height gain – 765m

Height loss – 863m

Max Height – 393m



Day 8

Depart Kenmare

After one final breakfast you bid Beara farewell and start your onward journey.

From Kenmare there is a limited bus service to Killarney, where you can meet connections, by bus and train, to Cork, Limerick, Shannon or Dublin.

Private transfers can be booked by request.



Elevation Graphs

Please see below daily elevation graphs for your selected tour



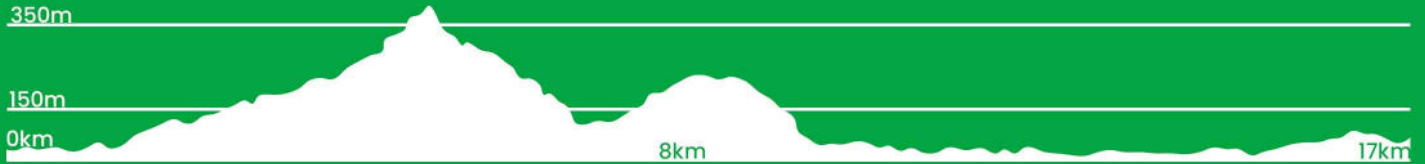
Glengarriff to Adrigole Hike | Max Elev: 598m | Elev Gain: 794m | Elev Loss: 871m



Adrigole to Castletownbere Hike | Max Elev: 353m | Elev Gain: 681m | Elev Loss: 793m



Bere Island | Max Elev: 293m | Elev Gain: 588m | Elev Loss: 565m



Castletownbere to Eyeries | Max Elev: 326m | Elev Gain: 558m | Elev Loss: 539m



Eyeries to Lauragh | Max Elev: 122m | Elev Gain: 275m | Elev Loss: 269m



Lauragh to Kenmare | Max Elev: 393m | Elev Gain: 765m | Elev Loss: 863m

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.

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

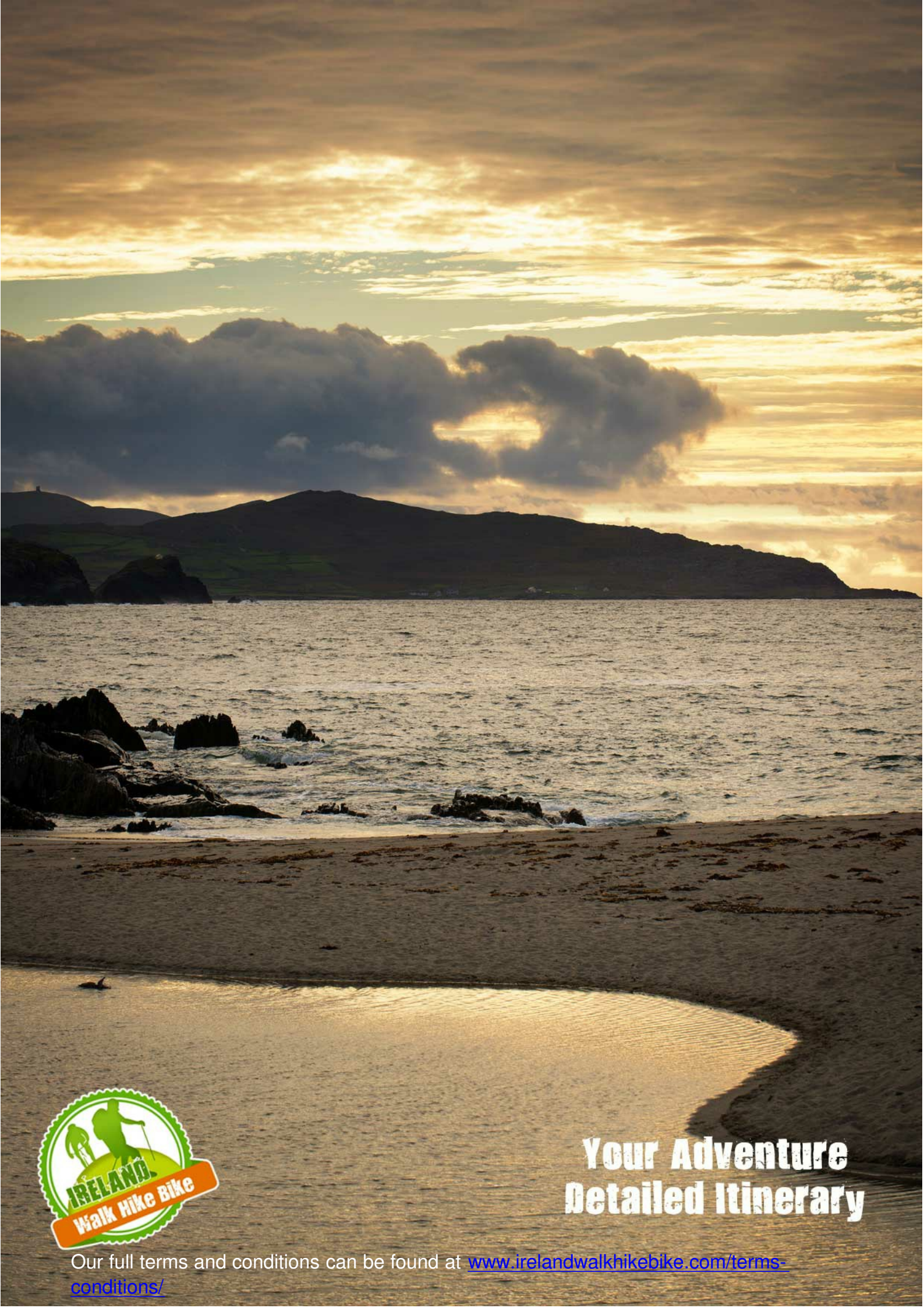
My wife and I worked exclusively with the team at IrelandWalkHikeBike to arrange a 3-week private tour of Ireland's West Coast this past May, 2022. We actually had to defer the trip twice due to Covid issues and this outfit was amazingly proactive and accommodating through all of the delays. My wife 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.



Your Adventure Detailed Itinerary

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