



# Dingle Peninsula Cycle 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!!



# Dingle Peninsula

Nestled in the heart of the Wild Atlantic Way, the Dingle Peninsula is a cyclist's dream come true. Picture yourself pedaling along the rugged cliffs of Ireland's western coast, the salty sea breeze in your hair, and the vibrant green fields stretching as far as the eye can see. This is the Dingle Peninsula, a place where nature's beauty meets rich Irish culture in perfect harmony.

Beyond its natural beauty, the Dingle Peninsula is steeped in history and Irish tradition. Explore ancient archaeological sites and savor the lively atmosphere of local pubs.

The Dingle Peninsula is renowned for its culinary excellence. Savor freshly caught seafood, taste artisanal cheeses, and sample hearty Irish stews. The region's farm-to-table philosophy ensures that every bite is a journey through the flavors of this lush land.

The people of the Dingle Peninsula are known for their warmth and friendliness. Expect a warm "céad míle fáilte" (a hundred thousand welcomes) as you cycle through the area. The locals are always happy to share stories and make you feel at home.



# Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Tralee	Tralee
2	Tralee to Cloghane Cycle	Cloghane
3	Cloghane to Dingle Cycle	Dingle
4	Slea Head Loop Cycle	Dingle
5	Brandon Creek Loop Cycle or Rest	Dingle
6	Dingle to Inch Cycle	Inch
7	Inch to Tralee Cycle	Tralee
8	Departure Day	



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# 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 Cloghane

Today's cycle unfolds along the northern shores of the Dingle Peninsula, with the Slieve Mish Mountains on your left and Tralee Bay to your right. Traverse through Castlegregory village, a fantastic spot to pause for a coffee. Route includes an optional out-and-back through the Maharees, a protected tombolo that juts proudly into the Atlantic Ocean, flanked by wild golden beaches. Your journey culminates in the charming village of Cloghane, where you'll spend the night. The village hinges around O'Connors Pub, which is the heart of the village, serving up charm and friendly hospitality.

### Cycle Details:

Distance - 53km/32 Miles

Elevation Gain - 308m/1010ft



# Day 3

## Cloghane to Dingle

Leaving Cloghane, your journey continues to the village of Brandon and Brandon Point, offering unparalleled vistas across Brandon Bay. Keep an eye out for the resident school of dolphins in this bay. Next, conquer the famous Conor Pass, which treats you to breathtaking, expansive views. As you descend, the charming fishing port town of Dingle unfolds in the distance, and you can enjoy a leisurely downhill ride to your accommodation. Dingle is celebrated for its world-class restaurants, where you can savour local specialties as a well-deserved reward for today's ride.

### Cycle Details:

Distance - 30km/19 Miles

Elevation Gain - 588m/1930ft



# Day 4

## Slea Head Loop

Heading west from Dingle, your journey leads to the captivating Slea Head, where you'll be treated to magnificent, breathtaking views across the Blasket Sound to the renowned Blasket Islands. Along this scenic route, you can explore various historical and cultural sites, including the historic Dunbeg Fort, an Iron Age stone fort with a rich history, the Gallarus Oratory, a beautifully preserved early Christian church dating back to the 7th or 8th century, and the intriguing Fahan Beehive Huts, ancient stone structures that provide a fascinating glimpse into the past. These remarkable landmarks offer a glimpse into the rich heritage of the Dingle Peninsula. Continue your cycle through traditional villages such as Dunquin and Ballyferriter, each with its unique charm, on your way back to Dingle for the evening for another night of fabulous food and cosy pubs.

### Cycle Details:

Distance - 49km/31 Miles

Elevation Gain - 528m/1732ft





# Day 5

## Brandon Creek Loop or Rest Day

Today's journey takes you north from Dingle, passing through the village of Ballydavid, and onward to Brandon Creek. Here, you can delve into the history of St. Brendan, who is deeply revered in these parts. Traverse through pristine countryside, where you'll be treated to stunning views of the highest peak in this region, Mount Brandon. This area offers opportunities to pause and take a leisurely stroll on the tranquil stretches of sand that adorn hidden beaches. Upon returning to Dingle for the night, be sure to immerse yourself in the rich tradition of Irish music, as the pubs in this town are famous for their lively sessions.

### Cycle Details:

Distance - 32km/20 Miles

Elevation Gain - 315m/1033ft



# Day 6

## Dingle to Inch

Today's route takes you eastward along tranquil backroads out of Dingle, leading to Kilmurry Bay, where you'll find Minard Castle nestled. This 16th-century castle holds a history marked by destruction during the Cromwellian Conquest of Ireland and the site of a harrowing siege in 1650. Continuing from Minard Castle, your journey carries you along the striking Red Cliffs of Inch before bringing you to Inch Beach, which, ironically, spans a generous 3.5 miles in length. Inch Beach is also home to Sammy's Café & Restaurant, a beloved local institution. It's a perfect spot to savour the golden strand with your choice of a refreshing pint or a cozy coffee.

### Cycle Details:

Distance - 35km/22 Miles

Elevation Gain - 665m/2182ft



# Day 7

## Inch to Tralee

You'll embark on the journey back towards Tralee. The rolling roads departing from Inch provide a rewarding challenge for your final day of cycling. Adding to the excitement is the "Short Mountain," a steep shortcut over the Slieve Mish Mountains, offering breathtaking views of Tralee from the summit, and on clear days, even extending your vision as far as County Clare. This is a region steeped in folklore, and along your way, you'll encounter the legendary Queen Scotia's grave, a place of mythological significance. Queen Scotia is a figure from Irish mythology associated with the origins of the Irish and Scots.

### Cycle Details:

Distance - 31km/20 Miles

Elevation Gain - 409m/1341ft



10km

20km

# Day 8

## Departure Day

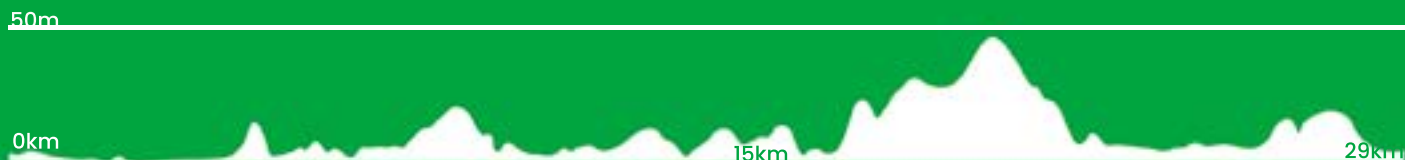
After a hearty breakfast, take a moment to reflect on the cherished memories created during the past week of cycling the Dingle Peninsula. With your adventure coming to an end, it's time to bid farewell to Tralee and continue your travels at your own pace.

Tralee is well connected for public transport options, allowing you to seamlessly continue your journey to other destinations across the country. Additionally, Farranfore Airport is conveniently located less than 30 minutes away from the town, offering international travel options if needed. Whether you're heading home or embarking on your next adventure, Tralee provides the flexibility and connectivity to make your onward travel arrangements smooth and convenient.



# Elevation Graphs

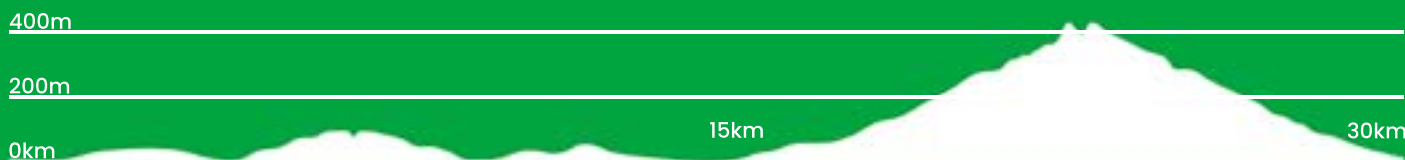
Please see below daily elevation graphs for your selected tour



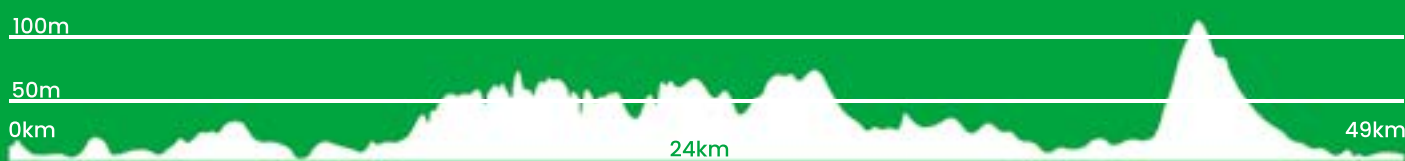
Fenit Loop Cycle | Elev Gain: 200m/ 656ft



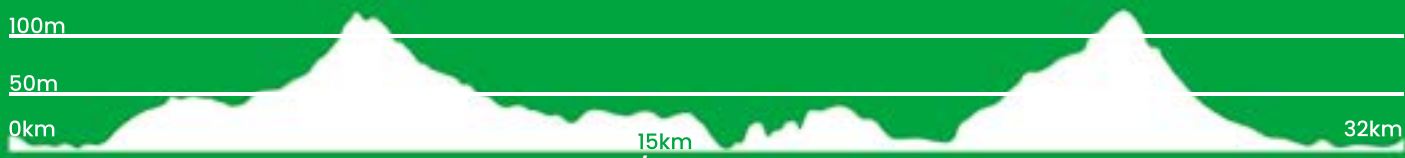
Dingle to Cloghane | Elev Gain: 308m/ 1010ft



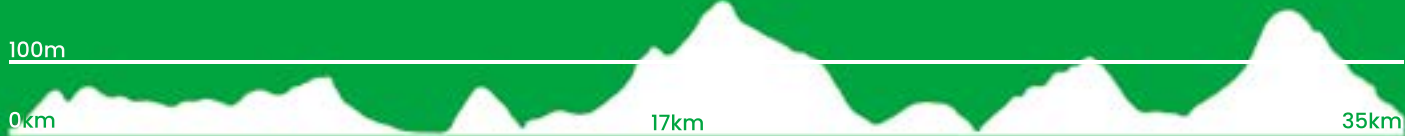
Cloghane to Dingle | Elev Gain: 588m/ 1930ft



Sleah Head Loop | Elev Gain: 528m/ 1732m



Brandon Creek Loop | Elev Gain: 315m/ 1033ft



Dingle to Inch | Elev Gain: 665m/ 2182ft



Inch to Tralee | Elev Gain: 409m/ 1341ft

# 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](mailto:info@irelandwalkhikebike.com).

## RESERVATIONS

Reservations to be made through our booking page at [www.irelandwalkhikebike.com](http://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/](http://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.





**Your Cycling Adventure  
Detailed Itinerary**