



**Ring of Kerry 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”.

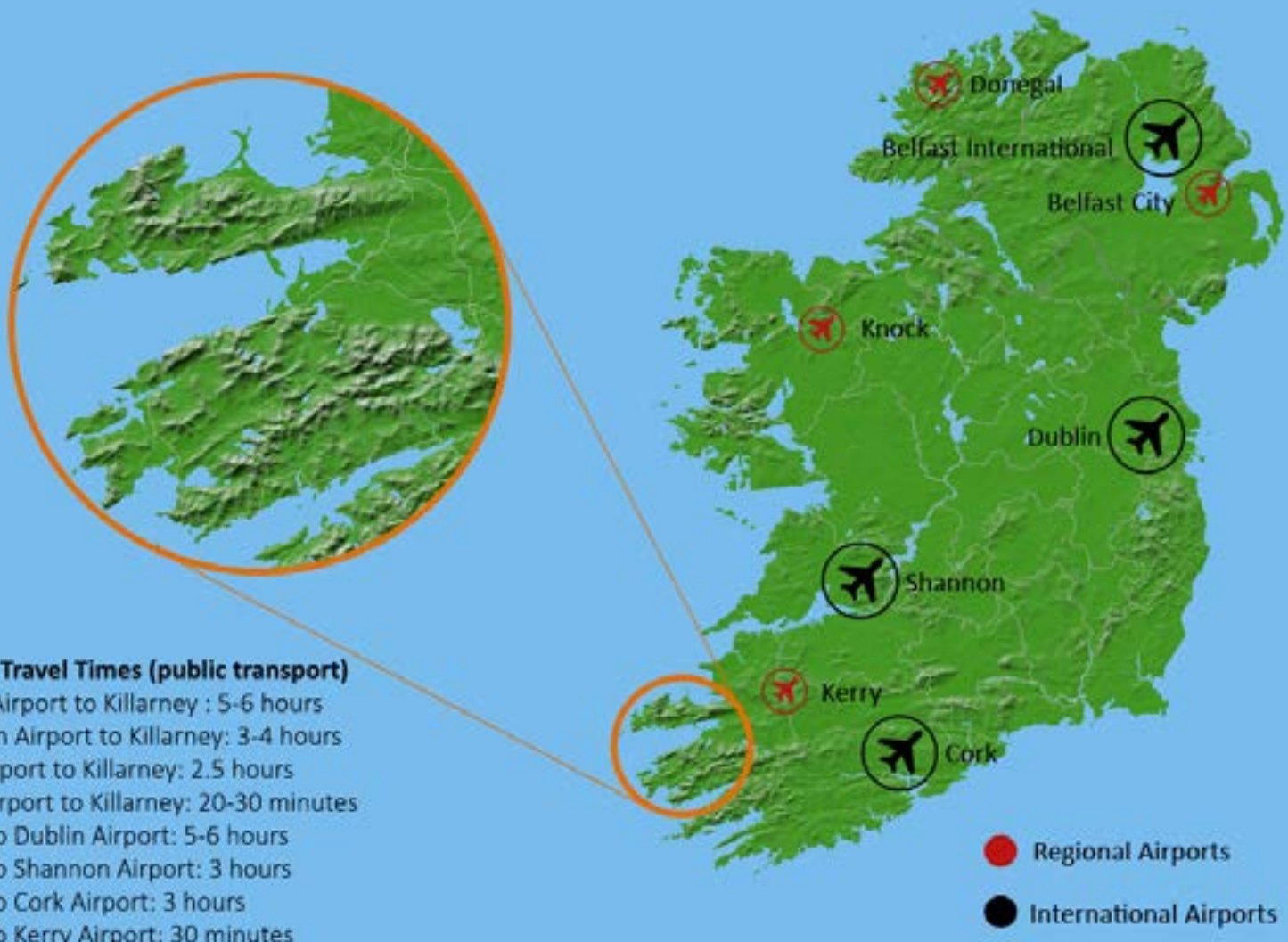
With today’s fast pace of life & the lack of “downtime”, we at IWHB take great pride in the trust our guests show in us to create great experiences for you. All of us in IWHB are committed to ensuring our fascination for Ireland, its’ history, culture, diversity & humour, is part of your holiday. Ireland 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!!



# The Ring of Kerry

Considered one of the finest drives in the world, it is magical by bike, from rugged cliffs to golden beaches, small villages, green pastures, peat bogs and always picturesque mountain ranges. You will see the “real” Ireland, away from the busy roads, we take you along quieter backroads to enjoy the scenery and the sounds of nature which accompany you.

This area was first settled around 300 BC by the people of Ciar – an early Celtic Tribe, and your holiday will immerse you in almost 10,000 years of dramatic history.



# Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Killarney	Killarney
2	Killarney to Glenbeigh Cycle	Glenbeigh
3	Glenbeigh to Cahersiveen Cycle	Cahersiveen
4	Free Day/ Optional Loop	Cahersiveen
5	Cahersiveen to Sneem Cycle	Sneem
6	Sneem to Kenmare Cycle	Kenmare
7	Kenmare to Killarney Cycle	Killarney
8	Depart Killarney	



# Day 1

## Arrive to Killarney

Upon your arrival in Killarney, check into your B&B. Should you arrive before 3pm, a member of our team will meet you for a briefing and bike set up. We then recommend taking a short circular cycle through Killarney National Park. Should you arrive after 3pm, you will be met before your Day 2 Ride, so please plan accordingly if you would like to do the National Park ride.

On your cycle 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.

Today sets the stage for your exploration of the natural beauty and historical charm of the region. 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 – 20.0km/12 Miles

Elevation Gain – 200m/600ft



# Day 2

## Killarney to Glenbeigh

Starting in Killarney, your cycling journey takes you west under the foothills of Ireland's highest mountain, Carrantuohill. As you ride, you'll enjoy breathtaking scenery around the beautiful Caragh Lake. Following quiet backroads away from the main Ring of Kerry Route, you will be led to the picturesque coastal village of Glenbeigh, where you will spend the night. This leg of your journey promises stunning landscapes and the chance to immerse yourself in the natural beauty of the Irish countryside. With its traditional Irish pubs, serene beaches, and proximity to the beautiful Rossbeigh Strand, it's a delightful destination for those seeking a tranquil, seaside escape.

### Cycle Details:

Approx. Distance – 52.6km/32 Miles

Elevation Gain - 408m/1350ft



# Day 3

## Glenbeigh to Cahersiveen

Continuing west from Glenbeigh, your cycling route leads you to the peaceful and tranquil shores of Kells Bay. From there, you'll continue heading west, concluding your day's journey in the town of Cahersiveen, which overlooks Valentia Island. Traditionally the gateway to the Ring of Kerry, the town's streets are lined with colourful buildings, small shops, and cozy cafes. Strolling through Cahersiveen's streets, you can experience the warm and welcoming atmosphere of a traditional Irish town. You will spend two nights in Cahersiveen, allowing you to explore the area and soak in its beauty. This part of your cycling adventure promises serene landscapes and the opportunity to enjoy the peaceful coastal surroundings.

### Cycle Details:

Approx. Distance – 37km/22 Miles

Elevation Gain – 200m/656ft



# Day 4

## Cahersiveen Free Day

Since you won't be changing accommodations today, you have some exciting options for your day. If sea conditions permit, you can arrange a boat trip from Portmagee to the famous 6th century monastic site on Skellig Michael. This historical site is truly fascinating and can only be described as like being transported to another world.

Alternatively, if you prefer to continue cycling, you can take a looped cycle over to Valentia Island. Here, you can explore the island's rich history, from the home of the Knights of Kerry to the ancient 360-million-year-old Tetrapod tracks. Your cycling adventure will also include a stop at the majestic Kerry Sea Cliffs, providing breathtaking views and a memorable experience.

### Cycle Details:

Approx. Distance – 49.0km/30 Miles

Elevation Gain – 400m/1310ft





# Day 5

## Cahersiveen to Sneem

Today's route takes you on coastal roads to your next destination of Sneem, passing through the quaint little town of Waterville. Leaving Waterville you take on the climb of Coomaskista, to be awarded with stunning coastal vistas at the viewing point on the summit of the climb before skirting the Derrynane coastline and beaches on your final push to Sneem.

You have an alternative route through the mountains. This option offers a serene and less touristy experience compared to the busy coastal route, particularly during the peak summer season. However, be prepared for a challenging ride, as this mountainous route involves a significant amount of elevation. It's a great choice if you're looking for a more secluded and adventurous cycling experience.

### Cycle Details:

Approx. Distance – Option 1 : 51km/32 Miles – Option 2: 58km/36 Miles

Elevation Gain – Option 1: 537m/1761ft – Option 2: 850m/2800ft



# Day 6

## Sneem to Kenmare

Leaving Sneem, your route heads back inland on rolling country roads. Here, you'll be surrounded by lush, emerald green farmland and the charming, dense ancient hedges adorned with dry-stone walls. The day's journey will conclude in the vibrant heritage town of Kenmare, which is well-known for its wide range of restaurants, pubs, and shops offering local cuisine, live music, and artisan crafts. It's a wonderful place to enjoy great food and experience the local culture, featuring well-preserved Georgian buildings and an increasingly uncommon traditional market square.

### Cycle Details:

Approx. Distance – 32km/20 Miles

Elevation gain – 415m/1361ft



# Day 7

## Kenmare to Killarney

Today's cycling journey takes you towards Molls Gap, offering you mesmerizing views of the enchanting Lakes of Killarney. As you continue, you'll enter the tranquil and remote Black Valley, a hidden gem known for its rugged beauty and unspoiled wilderness. The Black Valley was one of the last places in Ireland to be connected to the electricity grid, a true testament to its remoteness. This secluded valley is a place of serene seclusion, where you can truly immerse yourself in the natural landscape and escape from the hustle and bustle of urban life. The Black Valley is rich in history and folklore, making it a unique stop on your cycling adventure. From there, you'll continue through the renowned Gap of Dunloe, known for its dramatic beauty, before returning to Killarney for your final night, ending your cycling journey with a perfect blend of natural wonder and cultural richness.

### Cycle Details:

Approx. Distance – 47.3km/30 Miles

Elevation Gain – 626m/2053ft



# Day 8

## Depart Killarney

After enjoying a hearty breakfast, it's time to reflect on the magical week of cycling along The Ring of Kerry. As your journey comes to an end, you can make your own arrangements for your onward travel. This marks the conclusion of a memorable and picturesque adventure in the stunning landscapes of County Kerry.

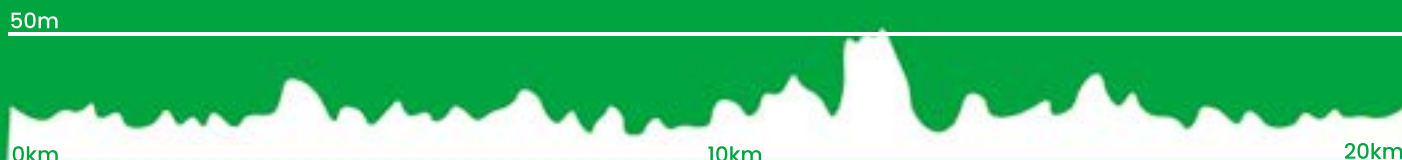
From Killarney, connections by bus and train are frequent to Cork, Limerick, Shannon or Dublin.

Private transfers can be booked by request.

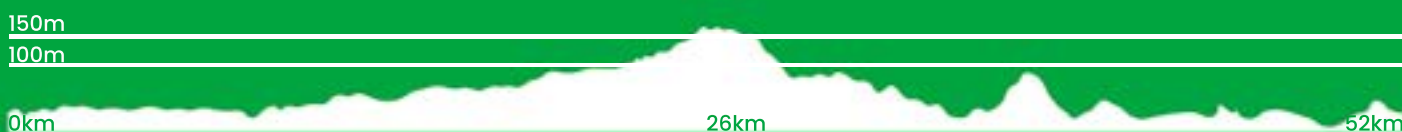


# Elevation Graphs

Please see below daily elevation graphs for your selected tour



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



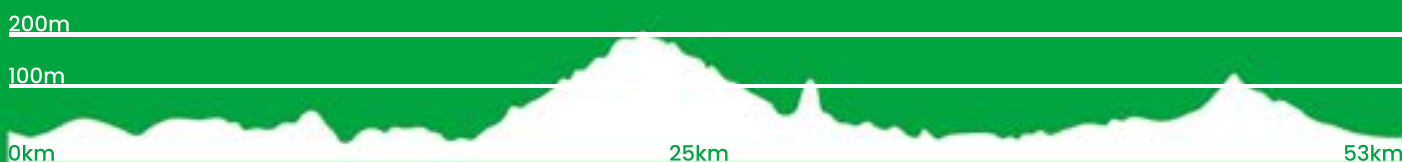
Killarney to Glenbeigh | Elev Gain: 481m/ 1578ft



Glenbeigh to Cahersiveen | Elev Gain: 413m/ 1355ft



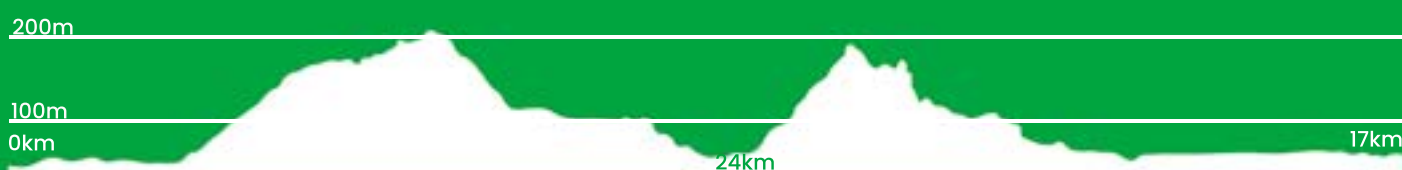
Valentia Loop | Elev Gain: 400m/ 1312m



Cahersiveen to Sneem | Elev Gain: 612m/ 2007ft



Sneem to Kenmare | Elev Gain: 444m/ 1456ft



Kenmare to Killarney | Elev Gain: 626m/ 2053ft

# 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



## Margaret, Australia, 2022

Have just returned from another guided hike with this great company. I've travelled from Australia several times to do guided group walks with Ireland walk hike bike. This was the wild Atlantic way and islands. Again I was so impressed with our guide Linda, the lovely bed and breakfasts and small hotels we stayed in and the well organised transport. Last but not least there is the beautiful Irish countryside to immerse yourself in. I'll be doing another one.

## 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!

## Kerry, USA, 2019

I highly recommend Ireland Walk Hike Bike. I just did a guided walking tour, which was fabulous. When a health issue interrupted my tour, the team at IWHB -Maria, Maurice, Linda and our fantastic guide Joe went out of their way to make sure I was supported and communicated with throughout and even after the tour was over. The landscape was stunning and I would love to get back to sample more of the IWHB adventures.





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Detailed Itinerary**