



**Your Adventure  
Detailed Itinerary**

# Sheep's Head Way

West Cork is truly a world apart, seemingly remote from the constant hub of modern life yet discreetly offering quiet time to breathe in the freshest sea- salt air. In a landscape festooned with little ports, bays, inlets and harbours, the ocean is never more than a thought away!

Bantry is a busy, bustling market town at the head of the famous and beautiful Bantry Bay is the heart of West Cork. It has a population of approximately 5,000. The main industries are tourism and mari-culture (Bantry Bay mussels are exported worldwide and the annual Mussel Festival held each May attracts thousands of visitors). Historic Bantry House and gardens are open to the public and the annual music festivals held in Bantry House bring thousands to the town

## Approx Travel Times (public transport)

Dublin Airport to/ from Bantry: 6-7 hours  
Shannon Airport to/ from Bantry: 4.5 hours  
Cork Airport to/ from Bantry - 2-3 hours



# 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 Bantry	Bantry
2	Bantry to Glanlough Hike	Kilcrohane
3	Glanlough to Cahergal Hike	Kilcrohane
4	Light House Hike	Kilcrohane
5	Kilcrohane to Durrus Hike	Durrus
6	Durrus to Bantry Hike	Bantry
7	Depart Bantry	



# Day 1

## Arrive in Bantry

Arrive in Bantry and make your way to your first house accommodation.

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



# Day 2

## Bantry to Glanlough Hike

Walking from Bantry town, you will be starting your hike at the beginning of the "Sheep's Head Way" and following along the northern side of the peninsula to a little place called Glanlough. Today's hike takes you along a low ridge of hills which offer stunning views north across Bantry Bay and south over Dunmanus Bay. You will be driven from the end of your hike to the little village of Kilcrohane which lies under the shadow of 'Seefin', the Peninsula's highest point. This lovely little village offers a small little grocery store along with a petrol pump (!) a restaurant, a Church, and a great little pub!! The normal population here is about 300 people, with many more basing themselves in the village during the summer months.

Terrain: Rocky and grass mountain tracks with some road walking Can be wet underfoot – boots essential.

### Walk Details:

Approx. Distance – 14.4km

Height gain – 460m

Height loss – 408m

Max Height – 254m



# Day 3

## Glanlough to Cahergal Hike

You will be driven back to start walking at Glanlough where you finished yesterday. From here, your route continues along the low ridge of hills that stretch along the central spine of the Sheeps Head Peninsula. Glorious views surround you as you continue to hike west before descending to the northern coastline. Here, you will reach a little place known as Cahergal – once a mining village. Once again, you will be collected from the end of your hike and driven to Kilcrohane for your 2nd overnight.

Terrain: Rocky and grass mountain tracks with boggy sections, wet underfoot – boots essential.

### Walk Details:

Approx. Distance – 15.5km

Height gain – 553m

Height loss – 491m

Max Height – 308m



# Day 4

## Lighthouse Loop Hike

Picking up from where you left off yesterday, you start your hike along the magnificent shoreline at Cahergal. Hiking west, you will have stunning views across Bantry Bay as you head towards the lighthouse which is situated at the very tip of the Peninsula. Be sure to keep a careful watch for dolphins and whales as this area is well known as a great viewpoint for them. From the lighthouse, your hike continues along the southern shores, overlooking Dunmanus Bay and a very welcome coffee shop will have refreshments to revive you before you continue. Hiking east, you will pass the ruins of an old Signal Tower and enjoy totally different coastal views before your route takes you into the village of Kilcrohane.

**Terrain:** Rocky and grass mountain tracks with boggy sections.  
Some road walking – boots essential.

### Walk Details:

Approx. Distance – 21.0km

Height gain – 622m

Height loss – 673m

Max Height – 242m





# Day 5

## Kilcrohane to Durrus Hike

A short drive takes you to nearby Ahakista where your hike begins today. A beautiful and very varied hike takes you east through farmland and hillsides to reach the village of Durrus where you overnight. This very pleasant village is located at the head of Dunmanus Bay and once enjoyed busy trade shipping "cereal" crops from here. Today, its idyllic location attracts many locals from nearby Cork City who spend their summer months in this region.

**Terrain:** Rocky and grass mountain tracks with boggy sections. Some road walking – boots essential.

### Walk Details:

Approx. Distance – 18.20m

Height gain – 420m

Height loss – 435m

Max Height – 120m



# Day 6

## Durrus to Bantry Hike

Your final hike on the Sheeps Head Way takes you east from Durrus & then south to Glanlough with wonderful views across Dunmanus Bay. From there, your route continues east & north to follow a network of little back roads before reaching Bantry. The last section of your hike today is stunning as you descend into the beautiful gardens of Bantry House, once home to the Earl of Bantry. From here, you continue into Bantry town and your overnight accommodation here.

Walk Details: Approx. Distance – 21.89km | Height gain – 685m | Height loss – 695m | Max Height – 315m. Terrain: Rocky and grass mountain tracks with boggy sections. Some road walking – boots essential.

### Walk Details:

Approx. Distance – 21.9km

Height gain – 685m

Height loss – 695m

Max Height – 315m



# Day 7

## Depart Bantry

From Bantry you can return by bus to Cork city and by bus from there to Cork Airport.

Alternatively, you can make your way from Bantry to Killarney by bus, and from Killarney a bus or train service is available to Cork, Limerick, Shannon, or Dublin.



# Elevation Graphs

Please see below daily elevation graphs for your selected tour



**Bantry to Glanlough Hike** | Max Elev: 254m | Elev Gain: 460m | Elev Loss: 408m



**Glanlough to Cahergal Hike** | Max Elev: 308m | Elev Gain: 553m | Elev Loss: 491m



**Lighthouse Hike Hike** | Max Elev: 242m | Elev Gain: 622m | Elev Loss: 673m



**Kilcrohane to Durrus Hike** | Max Elev: 120m | Elev Gain: 420m | Elev Loss: 435m



**Durrus to Bantry Hike** | Max Elev: 315m | Elev Gain: 685m | Elev Loss: 695m

# 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/](http://www.irelandwalkhikebike.com/terms-conditions/)