



**Beara 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!!



# 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 hours  
Kenmare to Cork Airport: 3-3.5 hours  
Kenmare to Kerry Airport: 1-2 hours



# Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Killarney	Killarney
2	Killarney to Kenmare Cycle	Kenmare
3	Kenmare to Lauragh Cycle	Lauragh
4	Lauragh to Allihies Cycle	Allihies
5	Allihies to Castletownbere Cycle	Castletownbere
6	Castletownbere to Glengariff Cycle	Glengariff
7	Glengariff to Kenmare Cycle	Kenmare
8	Departure Day	



# 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 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 3

## Kenmare to Lauragh

Leaving Kenmare, you'll cross what was Ireland's first suspension bridge, which has thankfully been upgraded since the 1800s. Following the road that hugs the picturesque coast of Kenmare Bay, you'll be treated to beautiful views across the water. As you turn inland, a charming country lane winds its way into the Gleninchaquinn Valley, where you'll have the option to visit the Iron-Age Uragh Stone Circle, dating back to 3300 BC - 1200 BC. This site offers sensational views of the lakes nestled in the valley.

Continuing along this road, you'll reach Gleninchaquinn Nature Park, where you can choose from several walking routes and witness the cascading waters of a stunning waterfall, the centrepiece of the park (please note there's a small entrance fee for the park). You'll depart the valley on the same road and then follow another winding coastal route that leads you to the tranquil village of Lauragh, where you'll spend the night.

### Cycle Details:

Approx. Distance – 43.5km/27 Miles

Height gain – 421m/1381ft



# Day 4

## Lauragh to Allihies

Continuing along the northern shores, your cycling journey today unfolds a captivating landscape, taking you through the charming village of Eyeries, known for its colourful houses that paint a cheerful backdrop to the coastal scenery.

From Eyeries, your route leads you further to Allihies, a place steeped in history. In times past, it was home to a thriving copper mining industry, leaving behind traces of an industrial heritage that adds a unique layer to its character. As you explore the area, you can visit the Allihies Copper Mine Museum to gain a deeper understanding of the region's mining history and the lives of those who once worked here.

Upon reaching Allihies, you'll have the opportunity to savour the tranquil atmosphere of this coastal village and unwind, taking in the dramatic views of the Atlantic. Your overnight stay in Allihies promises a peaceful and reflective end to your day of cycling, offering a moment to appreciate the rich history and natural beauty of the Beara Peninsula.

### Cycle Details:

Approx. Distance – 48.0km/31 Miles

Height gain – 728m/2388ft





# Day 5

## Allihies to Castletownbere

Today presents you with an array of choices, but our recommendation is to venture further west to Dursey Sound. If you desire a remarkable experience, a visit to the splendid Dursey Island is well worthwhile. You can cross over on Ireland's only Cable Car service, which is like stepping back in time and offers a unique opportunity to walk "West" to the very end of the land. Please note that the cable car costs €10, it cannot be prebooked and your bikes will remain on the mainland.

Upon returning to the mainland, you'll continue your cycling journey to the east, culminating in the bustling fishing port of Castletownbere, where you'll spend the night. Castletownbere is a town full of charming traditional pubs and restaurants, known for their exceptionally fresh seafood, making it the perfect place to savour the local culinary delights and immerse yourself in the welcoming atmosphere.

### Cycle Details:

Approx. Distance – 34.0km/21 Miles

Height gain – 483m/1585ft



# Day 6

## Castletownbere to Glengarriff

Today, you have the option to extend your cycling adventure by taking your bike over to Bere Island, adding an extra 14 kilometers to your day. Please note that the cost of the Bere Island Ferry is not included, and it's important to be aware that if you run into issues while on the island, it can be difficult for us to offer you support.

From Castletownbere, you'll pedal eastward through Adrigole, hugging the picturesque coastline before concluding your journey in the charming village of Glengarriff. Glengarriff is renowned for its stunning natural surroundings, nestled in a natural harbour. Here, you can take a scenic walk around the idyllic Garnish Island, known for its beautiful gardens, accessible by water taxi from Glengarriff. The village offers a tranquil atmosphere, perfect for winding down and reflecting on your cycling adventure.

### Cycle Details:

Approx. Distance – 36.0km/22.5 Miles

Height gain – 496m/1630ft



# Day 7

## Glengarriff to Kenmare

This breathtaking inland route takes you through the rugged countryside for which this region is renowned. With stunning mountains and valleys in all directions, you're never far from another impressive vista. Your journey will take you along quiet country roads with some challenging uphill sections, including the historic Caha Pass.

The Caha Pass, a significant part of the Beara Peninsula, is steeped in history. It was originally constructed during the 19th century as part of a famine relief project. The pass provided employment to many local people who desperately needed work at the time. Today, it stands as a testament to the resilience and resourcefulness of the communities that came together during difficult times.

As you continue through the area of Bonane, be sure to explore the Bonane Heritage Park, which offers a deeper look into the local history and heritage of the region. This site features various exhibits and artifacts that provide insight into the area's cultural and historical significance. After your visit, you'll continue your journey, descending along a riverside route that guides you into the charming town of Kenmare.

### Cycle Details:

Approx. Distance – 33.0km/21 Miles

Height gain – 487m/1597ft



# Day 8

## Departure Day

After a final hearty breakfast, take a moment to reflect on the incredible week of cycling through the Beara Peninsula. At this point, you have the option to avail of a complimentary transfer back to Killarney, or if you prefer, you can make your own onward travel arrangements from Kenmare. This marks the end of a memorable journey through the stunning landscapes and rich heritage of the region.



# Elevation Graphs

Please see below daily elevation graphs for your selected tour



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



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



Kenmare to Lauragh | Elev Gain: 421m/ 1381ft



Lauragh to Allihies | Elev Gain: 728m/ 2388m



Allihies to Castletownbere | Elev Gain: 483m/ 1585ft



Castletownbere to Glengarriff | Elev Gain: 496m/ 1630ft



Glengarriff to Kenmare | Elev Gain: 487m/ 1597ft

# 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 that 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.





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Detailed Itinerary**