

Burren, Aran Islands & Connemara

7-DAY GUIDED HIKING TOUR





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Join us for a captivating adventure along Ireland's enchanting west coast as we uncover the mesmerising beauty and magic of three distinctly different regions. Alongside a seasoned Irish guide, explore Connemara's legendary beauty where vast, luminous spaces, rust-coloured bogs and grey-blue lakes captivate artists and writers. Retreat to the Aran Islands, immersing yourself in authentic rural Ireland, to discover wild coastlines, criss-crossed stone walls, iconic wool sweaters, ancient cliff-top forts, and geological wonders. Delve into the Burren's moon-like limestone landscape, boasting fascinating rock formations, delicate wildflowers, and ancient portal tombs, all testaments to its unique allure. This active holiday combines five spectacular hikes with fantastic cuisine in charming villages, traditional music, and visits to an array of well-known sites to create a balanced and memorable experience.

Our 7-Day Guided Burren Aran & Connemara Hike departs monthly between May and September and explores our favourite hiking locations in County Galway and County Clare.

HIGHLIGHTS:

- **Immerse** yourself in thousands of years of history on Inis Mór, Aran Islands
- **Visit** Roundstone, a charming fishing village located in the heart of Connemara
- **Discover** the oldest dated megalithic monument in Ireland and hike the unique karst landscape of the Burren National Park
- **Explore** the magnificent Cliffs of Moher and gaze across the Wild Atlantic Ocean
- **Experience** Ireland through the eyes of a local guide who provides a rich trove of insights into history, folklore, Irish culture and points of interest.

DURATION

7 Days / 6 nights
(5 days hiking)

GUIDED

Expert Guide on tour offering guidance and local knowledge

SMALL GROUP

8 Guests Max

GRADING*

Level 2, Level 3
(See page 10)

CONFIRMED

When 4 Travellers Book

Cover: Cliffs of Moher



County Galway & County Clare

Itinerary at a Glance

DAY	ACTIVITY	OVERNIGHT LOCATION	MEALS
1	Arrive to Clifden	Clifden	Dinner
2	Errisbeg Mountain Hike	Clifden	Breakfast, Lunch
3	Dun Duchathair Hike	Inis Mór	Breakfast, Lunch, Dinner
4	Dún Aonghasa Hike	Inis Mór	Breakfast, Lunch
5	The Burren National Park	Lahinch	Breakfast, Lunch
6	Cliffs of Moher	Lahinch	Breakfast, Lunch, Dinner
7	Depart Lahinch		Breakfast



Clifden

Burren, Aran Islands & Connemara Guided Hike

DETAILED ITINERARY

Day 1: Clifden

Your Burren, Aran Islands and Connemara tour kicks off in the spirited town of Clifden, a town flourishing with a captivating historical legacy and a distinctly Irish present.

Hailed as the “Capital of Connemara,” Clifden boasts a scenic location nestled between the rolling foothills of the Twelve Bens and the Atlantic Ocean. The town is renowned for its vibrant music and arts scene, reflecting the strong connection of traditional Irish music. For those arriving a day or two early, the “Exploring Clifden” section below provides pre-tour recommendations, including activities like cycling the Sky Road.

Upon settling into your accommodation, gather with your guide and fellow tour participants for a briefing on the adventures to come. We will enjoy an inaugural dinner together at one of the town’s best restaurants, with the option to explore Clifden’s lively nightlife and vibrant music scene before turning in.

MEALS

Dinner

OVERNIGHT

Foyles Hotel, Clifden



Errisbeg Mountain

Day 2: Roundstone / Errisbeg Mountain, Connemara

As we make our way to the picturesque village of Roundstone, we stop at the Alcock and Brown Monument, which commemorates the first nonstop flight across the Atlantic ocean completed in 16 hours. The monument, sculpted in the shape of an aeroplane tail, rouses the spirit of pioneer exploration and adventure associated with a remarkable feat of engineering.

We continue onwards to Roundstone, a source of inspiration and the birthplace of numerous artists. Built in the 1820s, this charming Connemara village sits upon one of the most spectacular coastal drives in Ireland. Errisbeg Mountain rises majestically 1,000 feet behind the town, surrounded by lakes that reflect the remnants of an ice-carved terrain. A unique craft of the region is the Bodhrán, a hand-held drum traditionally made with treated goat's skin stretched onto a Birch frame. We will visit Malachy Kearns, a master maker of this ancient instrument, in his workshop located in an old Franciscan Monastery.

Embark on your initial hike, providing a captivating introduction to the beauty of Connemara, featuring the intriguing contrasts of bogland and beach that define this region's allure. A meandering "sheep trail" leads to glorious views across Roundstone Bog to the Twelve Bens and the Maamturks, eventually unfolding to a vista that understandably makes Connemara so famous and popular with nature lovers. Along the route back to your accommodation, are opportunities to swim in the refreshing and crystalline waters of Western Ireland, if you wish.

As our day's adventures wind down, we head back to Clifden, leaving the evening open for you to enjoy a delightful dinner at one of the many gastropubs and immerse yourself in some local live music. With over 7,000 scattered nationwide, pubs serve as the heart of social life in Ireland and a beloved part of the Ireland experience. Choose from a variety of brews or Irish whiskey, and mingle with locals and fellow travellers—a perfect way to conclude a fulfilling day of exploration. Local tip: Lowry's Music & Whiskey Bar hosts live Irish music seven nights a week in season.

Non-hiking option for today is to explore the town of Clifden. See section "Exploring Clifden" below for recommendations.

MEALS

Breakfast, Lunch

OVERNIGHT

Foyles Hotel, Clifden

HIKE DISTANCE

11.55 km / 7.2 mi

ELEVATION GAIN

350 m / 1,148 ft

GRADING

Level 3*

TERRAIN

Paved roads, grassy tracks, and open hillside with rocky and uneven segments, some being boggy and wet. Occasional steep climbs and descents, concluding with paved footpaths and a beach.

TRAVEL TIME

Clifden to Roundstone:
35 min
Roundstone to Clifden:
30 min



Day 3: Dun Duchathair, Aran Islands

Today, you transfer from Clifden to the tiny port of Rossaveal Harbour to catch the 10:30 am ferry to the Aran Islands. Located 48 km (30 mi) from Galway Bay, these fascinating isles are the last lands to the west before America. We will visit the largest of the three, Inis Mór, and spend two nights here to truly experience the Ireland of yore. The Aran Islands are still part of the Gaeltacht, where locals speak the Irish Gaelic language among themselves, but happily transition to English for visitors. The island preserves many traditional ways of life, such as in farming practices, and is known for its ancient stone forts, monastic sites, and breathtaking scenery. Rich in ancient ruins, Irish culture, and a bustling nightlife of local cuisine and music, Inis Mór is also characterised by wildflower meadows, rugged cliffs, and resplendent star-filled night skies. It is home to unique flora and wildlife, including seabirds, feral goats, otters, dolphins, and an impressive seal colony.

Upon reaching Inis Mór, drop off your luggage at your accommodation and set off on an inspiring hike around the southeastern region of the island. Our destination is Dún Dúchathair, translating to “black fort” in Irish, representing the dark-hued limestone composing the walls and cliffs of this Iron Age or early mediaeval fort. The entrance to the fort is protected by a cheval de frise, a defensive arrangement of sharp stones. The fort walls extend to the edge of the sheer cliffs, forming a breathtaking tableau of history, intensity, and enigmatic beauty.

The opportunity to overnight on the island is truly a unique experience. Emptied of daytrippers, the ambiance becomes even more authentically alive. Immerse yourself in local life with outstanding food and fabulous pubs, and discover what makes Inis Mór so special.

This evening, we will enjoy a group dinner at one of the best restaurants on the island.

Non-hiking options for today could include: Explore Kilronan village on Inis Mor, relax on the beach, hire a bike and cycle around the island.

MEALS

Breakfast, Lunch, Dinner

OVERNIGHT

Aran Islands Hotel, Inis Mor

HIKE DISTANCE

8.42 km / 5.2 mi

ELEVATION GAIN

134 m / 440 ft

GRADING

Level 2*

TERRAIN

Paved roads, gravel tracks with rocky and uneven sections, limestone slabs which can be unstable underfoot.

TRAVEL TIME

Clifden to Rossaveel: 55 min
Ferry to Inis Mor: 40 min



Dún Aonghasa

Day 4: Dún Aonghasa, Aran Islands

Awakening to a glorious morning with our feet already on Inis Mór puts us at an appealing advantage over visitors arriving by ferry. Today, we have a full day to explore the wonders of Inis Mór as a bastion of Irish culture and tradition. We set out early, along a lovely old trail that crosses a distinctive landscape of stone walls and crevassed limestone, to reach a fascinating coastal blowhole called “Poll na bPeist”, or according to folklore, “Serpent’s Lair.”

Filled with the glory of elemental nature, we continue our hike to reach the impressive stone fortress of Dún Aonghasa, a place of mystery, imagination, and spellbinding scenery. An official World Heritage Site, this prehistoric fort is perched precipitously on a sheer sea cliff that dramatically drops 87 metres (285 ft) to the torrid sea below. Excavations in this 3,000 year old semi-circular stone fortress suggest it was inhabited from c.1500 B.C. Interestingly, the rock platform at the edge of the fort may have had a ceremonial function, since four bronze rings buried intentionally beside it are likely offerings to a deity.

From Dún Aonghasa, we hike along the northern shores of the island to reach a thriving seal sanctuary. Be sure to bring your binoculars for best viewing.

To conclude our day together, we stop at the charming Aran Sweater Market, one of the world’s most famous heritage brands. The Aran sweater is renowned for the intricate and distinct stitches, traditionally unique to each family.

Enjoy the evening at your own leisure. Local Tip: Joe Watty’s Bar, named “Top 10 pubs in Ireland for traditional Irish Music” by Lonely Planet, hosts live music seven days a week during their summer music schedule. The Bar, one of the oldest pubs on Inis Mor, serves up fresh, local seafood dishes and boasts a stellar front patio with harbour views.

Non-hiking options for today could include: Explore Kilronan village on Inis Mor, relax on the beach, hire a bike and cycle around the island.

MEALS

Breakfast, Lunch

OVERNIGHT

Aran Islands Hotel, Inis Mor

HIKE DISTANCE

16.7 km / 10.4 mi

ELEVATION GAIN

279 m / 915 ft

GRADING

Level 3*

TERRAIN

Paved roads, gravel tracks with rocky and uneven sections, limestone slabs which can be wobbly underfoot. Exposed cliff edges with no protection.



Poulnabrone Dolmen

Day 5: The Burren National Park / Mullaghmore Loop

Our journey begins early today as we take the 8:15 am return ferry to Rossaveal Harbour. After a stunning 50-minute coastal drive to Galway you have free time to wander the charming streets of this dynamic city as well as visit a local distillery to learn about Irish Whiskey and the illicit Potin, Irish moonshine that was produced illegally in rural Ireland for many years.

This afternoon, we travel to one of Ireland's most distinctive landscapes, The Burren, derived from the Irish word "Boíreann," meaning a rocky place. This is an area of outstanding beauty, where glacially carved swirls are frozen in limestone and dotted with wildflowers. Our exploration starts at Poulnabrone, the oldest dated megalithic monument in Ireland—an iconic portal tomb. Nestled in fields of fractured limestone, the site exudes a mythical aura. Two portal stones flank a substantial, sloping capstone, creating the portal tomb. Archaeological findings indicate its continuous use for a remarkable 600-year span, approximately between 5,200 and 5,800 years ago.

Next, we make our way to hike the Mullaghmore Loop, an outstanding way to explore this unique karst landscape. Clints and grikes, which are limestone blocks and fissures, make this area unique. A highlight of our 7.5km walk is Sliabh Rua, a swirling limestone hill said to resemble a fossilised cinnamon roll. The unusual scenery, sweeping views, and plethora of unique plant species living between the cracks of sculpted limestone make this region memorable.

After a full day of exploration, you will be transferred to the seaside town of Lahinch to have a free evening to spend as you wish. Overlooking Liscannor Bay, Lahinch is a surfer's paradise with a beautiful golden sand beach and vibrant nightlife.

MEALS

Breakfast, Lunch

OVERNIGHT

Lahinch Coast Hotel, Lahinch

HIKE DISTANCE

7.6 km / 4.7 mi

ELEVATION GAIN

212 m / 695.5 ft

GRADING

Level 2*

TERRAIN

Gravel tracks with rocky and uneven sections, limestone slabs which can be wobbly underfoot.

TRAVEL TIME

Ferry to Rossaveel: 50 min
Rossaveel to Galway: 50 min
Galway to Burren National Park: 1 hr 10 min
Burren National Park to Lahinch: 30 min



Cliffs of Moher

Day 6: Cliffs of Moher

A short transfer this morning brings you to the start of today's hike to the iconic Cliffs of Moher, considered an essential part of the quintessential Irish experience and one of the most scenic walks in the country. A UNESCO Global Geopark and acknowledged as one of the top natural wonders in Ireland by Lonely Planet, the cliffs stretch for 8 km and reach a maximum height of 214 metres.

These wild and rugged cliffs were formed over 320 million years ago, as ocean waves crashing against the soft limestone rocks slowly sculpted them into their current contours. Small streams and vivid, rare flora characterise the cliffs which, at peak times, are home to a mind boggling 30,000 birds from 20 different species. Keep your eyes open for puffins and razorbills in particular, and as you gaze at the turbulent sea below, you might even spot grey seals, porpoises, dolphins, minke whales or basking sharks. Along the way, you can appreciate startling views of the cliffs as they rise majestically before gradually vanishing into the distance alongside the Branaumore sea stack, which is a defining part of this otherworldly place. The nearby Aran Islands are usually visible, and on a clear day, Loop Head and the Dingle Peninsula might even be seen in the distance.

While many visitors simply stop at a lookout point, we hike the full length of the cliffs, offering a completely different experience and immersion into this stunning natural wonder. We shall begin at "Hag's Head", once an ancient fort, and hike north to reach an exquisite visitor's centre with a plethora of information and interactive displays to enhance your visit. The rest of our hike will be an easeful downhill walk to the village of Doolin, which is world renowned for Irish music and if you are lucky, you could be greeted by a live band when you reach the pub!

Following a good dose of relaxation and a well earned drink in the pub at Doolin, you will be transferred back to Lahinch for your farewell meal together.

Non-hiking option for today is to explore Lahinch town and relax on the beach.

MEALS

Breakfast, Lunch, Dinner

OVERNIGHT

Lahinch Coast Hotel, Lahinch

HIKE DISTANCE

11.67 km / 7.3 mi

ELEVATION GAIN

371 m / 1217.2 ft

GRADING

Level 2*

TERRAIN

Paved roads, gravel tracks and grassy, muddy trails. Exposed cliff edges throughout the walk.

TRAVEL TIME

Lahinch to Hags Head: 15 min
Doolin to Lahinch 20 min



Lahinch

Day 7: Depart Lahinch

After one last delicious Irish breakfast, we will provide a transfer to Ennis where you can connect to all major cities and airports by bus or train.

If travelling to Dublin today, the train travel takes 3.5 to 4 hours, and the bus runs every 30 min and takes on average 3 hours 30 min.

MEALS

Breakfast

*GRADING LEVELS

Level 2

Terrain includes both uphill and downhill sections, with a maximum height of around 600 meters (1,950 feet). These hikes are suitable for novice or less experienced hikers and average 3-4 hours.

Level 3

Terrain includes open mountain and bogland, uphill and downhill sections with some steep slopes, with a maximum height of around 800 meters (2,600 feet). Suitable for hikers with a good fitness level, capable of hiking up to 16 kms (10 miles) a day, and average 4-5 hours.

What's Included:

- 4-star hotel accommodation at each location in an en-suite room with delicious breakfast included
- Local expert guide to accompany the group for the duration of the holiday
- Packed lunch on each hiking day
- Three delicious dinners as per itinerary
- Enjoy visits to historical and cultural points of interest, as well as additional experiences
- Dedicated private shuttle vehicle for transfers to hiking locations and accommodation
- Full pre-departure information to help you get the most from your Irish hiking experience
- Holiday Specialist to assist with planning any additional activities, travel, airport transfers, etc.

What's Excluded:

- Airfare
- Meals not mentioned as included
- Travel insurance
- Airport transfers to/from Dublin
- Medical costs, personal expenses, gratuities
- Items of a personal nature and hiking gear
- Any items not specifically listed as included in the programme
- Single Room Supplement €500 per person. If you are willing to share a room, we will do our best to match you with another guest (in which case, the supplement no longer applies)
- Extra hotel nights before or after the tour

“ Our guided tour, Connemara, Aran and Burren, was just perfect! Everything was well planned and organised. The accommodations were super, food was excellent and our guide was solid gold! A guided tour is the best way to enjoy the beauty of Irish nature, culture and history. Connemara, Aran and Burren are so heartbreakingly beautiful, all in a different way. The hikes were everything from easy to challenging, just what I was looking for. I think this was probably my 14th tour with this company – I’ve lost count. Thanks, again, IWHB!” ” —ANITA, FINLAND



Accommodation

We have selected premium four-star accommodations with en-suite facilities for your overnight stays. The following are examples of the hotels you will be staying in on this tour. Our focus is on accommodations that provide welcoming service, well-maintained and comfortable rooms, and a touch of local charm.



Foyles Hotel, Clifden

Connemara's longest established hotel, Foyle's Hotel has been owned and managed by the Foyle family for nearly a century and has hosted many famous personalities over the years. The hotel was redesigned to the highest standards, yet retains much of its old charm and atmosphere. Located in the centre of charming Clifden, Foyle's provides guests with convenient access to all that Connemara has to offer. The hotel features twenty-five comfortable en-suite guest rooms with excellent amenities. It takes pride in hosting Marconi Restaurant, a beloved choice for both visitors and locals, celebrated for its creative seafood dishes.



Aran Islands Hotel, Inis Mór, Aran Islands

A unique hideaway in the Aran Islands overlooking the wild Atlantic, this hotel offers the perfect jumping off point for exploring Inis Mór. Wake up to beautiful sea views followed by a delicious traditional Irish breakfast before heading out to explore the ancient sites and scenery. Opt for a room in their lodge, or stay in one of the cosy chalets. All guest rooms feature coastal views, deck space with outdoor furniture, King Size Bed or Twin, Free Wifi and ensuite facilities. Family sized chalets are also available with a separate living room. Relax in the indoor-outdoor Madigan's Bar and Restaurant, known for their delicious seafood and organic vegetable dishes and hosts summer music sessions.



Lahinch Coast Hotel, Lahinch

Nestled between Spanish Point and the Cliffs of Moher, the four-star Lahinch Coast Hotel offers a contemporary, bright, and spacious base for exploring the Wild Atlantic Way and the Cliffs of Moher. Enjoy the contemporary charm of standard, deluxe or family suites with ensuite facilities. Unwind and rejuvenate in the swimming pool, fitness centre, seasonal sauna, spa bath, and steam room. Immerse yourself in the chic atmosphere of the lounges, drawing room and the beloved Aberdeen Bar & Restaurant serving delightful Irish cuisine.



Culinary Delights

Ireland's culinary offerings are a well-kept secret, providing hearty and abundant fare—a perfect reward after a satisfying hike through the hills. Breakfast is served daily at your accommodation. Vegetarian and gluten-free options are available with advance notice. If you have specific medical dietary needs, please inform us in advance to arrange suitable meals. Recommendations for dinner spots are provided for your leisure on your free evenings.

“ 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 was fantastic and our guide, Joe O'Donnell, was outstanding! Very knowledgeable, and just a good person. All of the accommodations were also great. Highly recommend using their services if you wish for the best. ” —**DAVID, USA**



Exploring Clifden

Pre-Tour Recommendations

If you plan to arrive in Clifden a few days early, below are recommendations for what to see and do.

In Clifden:

Lavelle Art Gallery: Established in 1988 by Eoin Lavelle, the Lavelle Art Gallery in Clifden has evolved from a summer hobby into a year-round destination for art enthusiasts. Renowned for showcasing exceptional fine art paintings, the gallery maintains a distinguished reputation for excellence in the western region of Ireland.

The Clifden Station House: Experience the charm of The Clifden Station House, Galway's premier family hotel, set in beautifully restored railway buildings. Enjoy live music, films, and delicious meals at the vibrant theater, Signal Bar & Restaurant, and cinema. Immerse yourself in local history at The Station House Museum, and explore connections to Marconi, aviation pioneers, and more. Don't miss discovering the legacy of Millars Mill and the region's renowned tweed and linen clothing.

Cycle Sky Road: Experience the breathtaking Sky Road, a scenic route that begins and ends in Clifden. Divided into upper and lower, the upper path of Sky Road gradually rises to a breathtaking vantage point over Clifden Bay and scattered offshore islands in the Atlantic Ocean. Clifden Rent-a-Bike offers a range of bicycles, including electric and hybrid, children's bikes, buggies and tandems.

Near Clifden:

Clifden Castle: Just 2.5 km (1.5 mi) from Clifden town, Clifden Castle is an exquisite ruined manor house overlooking the Connemara coast. Built in 1818 for John D'Arcy, the founder of Clifden, the castle is a fascinating example of Gothic Revival architecture, with pointed arched windows, several towers and two round turrets. Today, only an impressive stone shell of the castle remains, charmingly overgrown with thick ivy. To get there, follow the Sky Road to a small parking area, marked by a stone archway of the original gatehouse. Then, walk 10 minutes along a meadow-lined path that leads past several standing stones which D'Arcy had erected to echo ancient, prehistoric relics.



Kylemore Abbey: This historic site, housing Benedictine nuns for a century, welcomes visitors to explore its stunning 1,000-acre estate. Discover the Victorian Walled Garden and Neo-Gothic church against Connemara's rugged backdrop. Delve into Kylemore Abbey's rich history, from its romantic origins to its time as a girls' boarding school. Experience picturesque strolls, savour homemade delights at Mitchell's Café, explore the craft shop for one-of-a-kind keepsakes and meet the resident ponies and friendly pet pigs.

Connemara National Park: Spanning 3,000 hectares of stunning landscapes, from majestic mountains to lush woodlands, Connemara National Park is a haven for nature enthusiasts. Hike through rugged terrain dominated by the Twelve Bens, iconic peaks like Benbaun and Bencullagh. Enjoy leisurely walks or challenging mountain treks, with Diamond Hill offering breathtaking views of distant islands and Kylemore Abbey. Encounter wildlife like Connemara ponies, red deer, and diverse bird species along scenic routes. Explore historic sites such as ruined houses and Tobar Mweelin, then visit the Visitor Centre for immersive exhibits and a relaxing tea room to complete your Connemara adventure.

Connemara Heritage Center: This living museum experience offers an engaging journey into Ireland's West Coast history and culture. Enjoy a guided tour on a tractor-drawn carriage, covering 2 km and ending at a panoramic hilltop view. Witness the largest blanket bog in Europe, with over 100 lakes and the Atlantic Ocean as a backdrop. Participate in a turf cutting demonstration and explore Dan O'Hara's cottage, a symbol of self-sufficiency until 1845. Other activities like sheep herding and bread making are available upon request.

DK Connemara Oysters: Clifden is well known for its seafood and what better way to learn more than enjoy a tour of the nearby DK Connemara Oysters. You may need to get a taxi to and from the farm, but the tour is well worthwhile and tasting the oysters is nothing short of divine. Pre-booking is essential.

Hotel Recommendations

Our guests often ask for hotel recommendations in other cities and towns they wish to visit pre or post tour. Below are a few of our favourites.

Clontarf Castle, Dublin City

A 12th-century Irish Castle, Clontarf Castle Hotel, seamlessly blends modern guest comforts with historic grandeur and charm. Situated in a suburban setting, just 2 miles (3 km) from the city centre and 5 miles (8 km) from Dublin Airport, this luxury hotel provides a serene retreat with gorgeous gardens and a double AA Rosettes dining experience.



The Green Hotel, Dublin City

A contemporary boutique stay in the heart of Dublin City, The Green is just steps away from Dublin's bustling Grafton Street with its array of dining experiences, best museums, concert and sports venues and Trinity College (2.1 km / 1.3 mi from Connolly Station and 15 km / 9.3 mi from Dublin Airport). The Green Hotel offers spacious modern suites, stylish interiors, spacious suites, stunning glass atrium, and an unforgettable breakfast buffet experience.



Old Ground Hotel Ennis, Ennis

The four-star Old Ground Hotel is recognized as the Best Hospitality Provider in County Clare 2019. This beautifully restored 18th Century Manor House offers a warm Irish welcome and fine dining with locally sourced produce. Situated near attractions like The Burren Geopark and Cliffs of Moher, it's an ideal base for exploring County Clare, and just a 20-minute drive from Shannon International Airport.



The Galmont Hotel & Spa, Galway

Experience an opulent stay at the four-star Galmont Hotel & Spa Galway, with stunning Galway Bay views and exquisite dining at Coopers and Marinas. Enhance your well-being at the modern fitness centre and indulge at Spirit One Spa with a heated pool, sauna, and hot tub. Located in Galway City, this hotel seamlessly connects you to vibrant shopping streets, pubs, restaurants, and attractions.



Why Ireland Walk Hike Bike?

Having watched many travelers flash through Ireland, founder Linda Woods wanted to provide a more slow-paced, immersive approach to experiencing the country. “My aim was to slow people down so that they could really sink their feet into the soul of the country, meet the locals and discover what makes Ireland and the Irish tick.”

Whether you're looking to walk, hike or bike, or a combination, our team of local travel specialists and guides are here to ensure that you have a most delightful and memorable trip to Ireland.

- Irish Owned & Operated
- More Than 25 Years in Business
- Highly Knowledgeable Local Guides
- 4.9 Stars on Google Reviews
- Exceptional Customer Service
- Four-Star Accommodations

We've designed our Guided Hiking Tours to maximize every moment of your holiday. Every detail is taken care of so you can just show up, unplug and relax.

- A small group of like-minded outdoor enthusiasts (max 8 guests) — meet new people and develop long-lasting friendships
- Curated luxury hotels with genuine local hospitality and excellent dining experiences
- Daily shuttle transfer to hikes and attractions provided by your hiking guide; exclusive use of a 9-seater bus throughout the tour, ensuring complete flexibility
- An adept hiking guide skilled in navigation, enabling exploration of lesser-known hiking trails
- Enjoy an insider's perspective and fascinating stories, brought to life by your local guide, storyteller and historian. Our guides have diverse interests and love sharing their extensive knowledge of Irish culture, history, archeology, cuisine and more.
- Designed for less experienced hikers, or for those looking for a more educational and interactive travel experience

“ 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 and our fantastic guide, Joe, went out of their way to make sure I was supported and communicated with throughout and after the tour. The landscape was stunning — I would love to return to sample more IWHB adventures. ” —KERRY, USA



Travel Insurance

We highly recommend that you obtain suitable travel insurance before your departure date to protect yourself throughout your trip. This coverage should include comprehensive medical insurance for illness and injury, trip cancellation, and should cover for your other travel arrangements such as flights, pre and post-tour arrangements and your personal possessions.

Our travel insurance partners are World Nomads.

Visit www.irelandwalkhikebike.com/questions/travel-insurance-partner to get a quote, or you can contact your own insurance provider.

Getting to Clifden

There are four primary international airports in Ireland: Dublin, Shannon, Cork and Belfast (Aldergrove) International. In addition, there are several smaller airports which provide access to Ireland from mainland Europe and the UK: Kerry, Knock, Donegal and Belfast City (George Best).

Most of our guests on this tour arrive at Dublin Airport and transfer to Clifden by bus, or train then bus. You can also fly into Knock (NOC) Airport from Europe and the UK, which is the closest airport to Clifden. We recommend arriving at least one day prior to the start of your tour.

Dublin Airport (www.dublinairport.com) is located 10 km from Dublin City. Irish Rail operates several daily departures from Dublin Heuston to Ceannt station in Galway, and the journey takes about 2.5 hours. Note, the train doesn't depart directly from the Dublin Airport; you must take a bus to the train station. Alternatively, take a bus from Dublin Airport to Galway (3 hours), then transfer to Galway Coach Stn for another 1.5 hours to Clifden. Buses pick up passengers outside arrivals. Taxis and Car Hire are also available.

Ireland West Knock Airport (www.irelandwestairport.com) is located in Charlestown, County Mayo, 92.6 km (57.5 mi) from Clifden. If flying from the UK or Europe, you may arrive at this airport and then transfer to Clifden by bus (1.5 hours), car hire or taxi.

We advise confirming your tour reservation with Ireland Walk Hike Bike before making flight arrangements.

Booking Details

ENQUIRIES

For questions about this hiking tour, reach out to our Ireland Travel Specialists at info@irelandwalkhikebike.com.

RESERVATIONS

To book your tour, sign up online [HERE](#) or email us at info@irelandwalkhikebike.com

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 tour start date.

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

CANCELLATIONS

Should you need to cancel, cancellation charges will apply. 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

To book your place on our Burren, Aran Islands & Connemara Guided Hike, sign up online [HERE](#) or email us at info@irelandwalkhikebike.com.

We look forward to helping you plan an amazing adventure in Ireland — one you'll remember for years to come!

—Ireland Walk Hike Bike

Interested in exploring Ireland beyond your 7-day guided hiking tour?

We also offer cycling and self-drive tours. Book two tours back to back, or add an adventure to Galway City or the Aran Islands.

Ireland Walk Hike Bike has got you covered!

Ireland Walk Hike Bike

Tralee +35366 7186181

Co. Kerry, Ireland info@irelandwalkhikebike.com

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