

Wild Atlantic Way & Islands

7-DAY GUIDED HIKING TOUR





Achill Island

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Embark on an exhilarating journey to explore part of the legendary Wild Atlantic Way, a mesmerizing coastal route spanning 2,600 km along Ireland's majestic west coast. Our meticulously crafted guided tour offers a glimpse into the captivating tales of ancient history, epic legends, and breathtaking geology that define this land. Traverse exhilarating cliff-top trails offering enchanting views of the rugged coastline, explore medieval ruins, and marvel at towering sea stacks. Explore two remote islands off the beaten path, Clare Island and Achill Island, and follow an ancient pilgrimage route adorned with Bronze Age relics and megalithic tombs. This adventure blends five exhilarating day hikes with leisurely strolls through charming seaside villages and visits to historic landmarks, creating an immersive and unforgettable experience. Let our experienced Irish guide illuminate the secrets of this landscape steeped in rich history, folklore, and unique ecology, promising an adventure unlike any other.

Our 7-Day Guided Wild Atlantic Way & Islands Hike departs monthly between May and September and explores our favourite hiking locations in County Mayo.

HIGHLIGHTS:

- Discover stunning Achill Island with its award-winning beach, hidden lakes, and sweeping views.
- Explore Clare Island, the last stronghold for the Queen of Connaught and an ecologically diverse wonderland of flora and fauna.
- Climb Ireland's ancient pilgrim mountain Croagh Patrick and soak up spellbinding views.
- Hike Queen Maeve's trail to reach a mystical, unexcavated cairn atop the striking mountain of Knocknarea.
- 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: Downpatrick Head



Itinerary at a Glance

DAY	ACTIVITY	OVERNIGHT LOCATION	MEALS
1	Arrive to Ballina	Ballina	Dinner
2	Knocknarea	Ballina	Breakfast, Lunch
3	Carrowteige Cliff Top	Ballina	Breakfast, Lunch
4	Achill Island	Westport	Breakfast, Lunch, Dinner
5	Croagh Patrick	Westport	Breakfast, Lunch
6	Clare Island	Westport	Breakfast, Lunch, Dinner
7	Depart Westport		Breakfast



Ballina

Wild Atlantic Way & Islands Guided Hike

DETAILED ITINERARY

Day 1: Ballina

Your Wild Atlantic Way Tour kicks off in Ballina, a town alive with story and steeped in history, arts, and culture. Dating back to the 14th century, Ballina offers so much to explore that we encourage you to arrive a day (or even two) early and enjoy your choice of pre-tour activities, from forest bathing to whiskey sampling. Refer to the “Exploring Ballina” section following the itinerary for our pre-tour recommendations.

Upon settling into your accommodations for the next three nights, 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 Ballina’s lively nightlife and vibrant music before returning to your accommodation.

MEALS

Dinner

OVERNIGHT

Ballina Manor Hotel, Ballina



Day 2: Knocknarea and Queen Maeve's Trail

Today, we commence a captivating coastal journey, traversing the charming seaside village of Easkey and pausing at O'Dowd Castle. Constructed in 1207, the castle stands as a weathered relic perched on the rugged coastline. The most elevated section of the ruin, affectionately referred to as the "sailor's bed," provides panoramic views of the surrounding landscapes.

Our destination today, Knocknarea (meaning Hill of Kings), stands at 327 m high (1072.8 ft) and is one of the most astounding landmarks in Ireland. Not only visually striking, but also historically mysterious, the hill is made of steep limestone cliffs overlooking the Atlantic coast. At the summit is the largest unopened cairn in Ireland, dating back 5,000 years and known as "Queen Maeve's Grave." The cairn appears as a mound of stones, 55 m in diameter and 10 m high, under which the legendary Queen Maeve of Connacht is believed to be buried. The cairn is a true wonder and intriguingly, it is also thought to hide a Neolithic passage tomb. Having never been excavated, this ancient site carries an air of mysticism.

To reach the summit, we will follow Queen Maeve Trail up the northern slope of Knocknarea, alongside Megalithic and Bronze Age remains, and meander through forests on an elevated boardwalk. There are several steps to climb, before a grand opening to the summit and spectacular 360 degree views over the surrounding country and North Atlantic ocean.

Following our hike, we visit the quaint, seaside village of Strandhill to enjoy refreshments and a leisurely walk on the beach. Renowned as one of Ireland's premier surf spots, Strandhill's impressive waves are set against soaring cliffs, hidden beaches, and bustling cafes.

A scenic drive will bring us back to Ballina to visit the artisan Connacht Distillery. During a guided exploration of their operations, we will learn about the ingredients and processes before concluding with a tasting of three core products in Mullarkey's Bar: traditional Irish poitín, award-winning Irish gin and the first single malt from Mayo in over 150 years, Connacht Irish whiskey.

The non-hiking option of the day is to explore Ballina while the group is on the trail.

MEALS

Breakfast, Lunch, Dinner

OVERNIGHT

Ballina Manor Hotel, Ballina

HIKE DISTANCE

7.4 km / 4.6 mi

ELEVATION GAIN

404 m / 1325 ft

GRADING

Level 2*

TERRAIN

Paved roads disappear to grassy tracks and then open hillside with rocky and uneven sections, some boggy and wet underfoot conditions with some steep climbs up and down.

TRAVEL TIME

Baina to Knocknarae:

1hr 30 min

Strandhill to Ballina:

1hr 30 min



Day 3: Carrowteige

After a scrumptious breakfast, it's time to hit the trails and immerse ourselves in some of the most dramatic coastline in Ireland. The Carrowteige Cliff Top Hike was described in Lonely Planet as "The finest sustained coastal walk in western Ireland, with a profusion of precipitous cliffs, caves, chasms and islands along the remote North Mayo coast." Truly a hidden gem, this hike is steeped in awe-inspiring views around every corner.

Our journey will continue to Ceide Fields, the oldest and most extensive Stone Age monument on Earth. Dating back 6,000 years, this network of fields, dwelling areas and megalithic tombs is carpeted by a blanket bog that makes up its own ecosystem of flora and fauna.

Next, it's time to reap the rewards of our day's adventure with delicious home baked treats at Mary's Cottage Kitchen in the coastal village of Ballycastle.

Following the scenic coastline, we will stop at otherworldly Downpatrick Head. This Heritage site, once home to a church established by Saint Patrick, now just a holy well and a stone cross remain. The peninsula, a former WWII lookout, offers stunning vistas of the Dun Briste sea stack and Stags of Broadhaven Islands. Dun Briste, adorned with vibrant layers of rock, is home to puffins, kittiwakes, and cormorants. Your guide will animate the area's rich folklore and geological marvels with captivating tales and legends.

Following a transfer back to Ballina, the evening is yours to explore as you wish. Ballina boasts a vibrant restaurant and pub scene with a diverse range of Irish, European, and Asian cuisine, along with several pubs. Experiencing the traditional Irish pub in Ireland is a great way to mingle with locals and enjoy the enchanting tunes of traditional Irish music. With over 7,000 scattered nationwide, pubs serve as the heart of social life in Ireland, embracing the motto "eat, drink, and be merry." Some notable public houses in Ballina include Paddy Mac's, Rouse's Bar and McDonnell's.

Non-hiking option for today is to explore Ballina while the group is on the trail.

MEALS

Breakfast, Lunch

OVERNIGHT

Ballina Manor Hotel, Ballina

HIKE DISTANCE

12.49 km / 7.7 mi

ELEVATION GAIN

493 m / 1617 ft

GRADING

Level 2*

TERRAIN

Paved roads, sandy and gravel tracks with rocky and uneven sections, can be wet and boggy underfoot.

TRAVEL TIME

Ballina to Carrowteige:

1 hr 15 min

Carrowteige to Ceide Fields:

30 min

Ceide Fields to Mary's Cottage Kitchen: 20 min

Mary's Cottage Kitchen to

Downpatrick Head: 15 min

Downpatrick Head to

Ballina: 40 min



Day 4: Achill Island

Today, we venture onto Achill Island, the largest outlying island in Ireland, connected to the mainland by a bridge. Our scenic drive takes us through the Wild Nephin National Park, a vast area of 15,000 hectares, which hosts diverse ecologies such as alpine heath, upland grasslands, lakes, and river catchments. The park is home to the largest Atlantic blanket bog in Europe, as well as Ireland's most remote mountain.

Achill island is a place rich in history and raw nature, marked by stunning beaches, dramatic cliffs, and warm local hospitality. Our hike begins near the north of the island to reach a pristine lake, nestled in the mountains and hidden in an outrageously idyllic setting. From the serenity of the lake, we continue across open mountain and moorland with no defined tracks, crossing a land where only the sheep roam. Trekking onward, we discover the delights of more hidden lakes as we meander over hillsides to reach an old signal tower. We descend to a deserted village, abandoned since the 1845 famine. Harsh conditions have weathered the stone cottages, but 80 to 100 ruins remain visible. Archeological findings reveal human habitation since at least the 12th century, including a megalithic tomb dating back to the 3rd or 4th century BC.

Continuing our adventures, we visit a Sheep Dog demonstration and learn about this ancient art that has bonded man to his best friend for decades. "The Shepherd's Experience" invites visitors to connect with nature through observing the relationship with Border Collies and their Shepherds. Meet the dogs, learn about genetic selection, and watch the dogs at work herding sheep. This age old art is an inspiring reminder of how rich humanity's collaboration with animals can be.

After a full and enriching day, we travel to Westport for a group dinner and overnight.

MEALS

Breakfast, Lunch, Dinner

OVERNIGHT

The Mariner, Westport

HIKE DISTANCE

10.21 km / 6.3 mi

ELEVATION GAIN

365 m 1197.5 ft

GRADING

Level 3*

TERRAIN

Paved roads, gravel tracks and grassy, muddy trails. Open hillsides with no trails and rough underfoot conditions.

TRAVEL TIME

Ballina to Achill Island:

1 hr 30 min

Achill Island to Sheep Dog

Demo: 50 min

Sheep Dog Demo to Westport:

10 min



Croagh Patrick

Day 5: Croagh Patrick

One of Ireland’s most picturesque mountain climbs, Croagh Patrick is believed to be a Pagan pilgrimage route dating back to 3,000 BC. In the 5th century, as the story goes, Saint Patrick fasted atop the mountain for 40 days. In 1905, a small church was built, which still holds mass today. Croagh Patrick, fondly called the ‘Holy Mountain’ or ‘The Reek’ locally, stands out with its dramatic conical shape, rising dramatically from the rugged Atlantic coast. On a clear day, the 764 metre (2,506 ft) summit offers unforgettable views of hundreds of tiny, green drumlin islands in Clew Bay, the Wild Atlantic Way, and surrounding mountain ranges.

Our hike begins on the northern slope of Croagh Patrick, tracing the ancient “Tochar Phadraig,” a part of the historic pilgrim trail that stretches from the Aghagower monastic settlement to the east. After circling the southern foothills, we return to Murrisk, ending at the Croagh Patrick Visitor Centre. Here, we relax with refreshing treats and delve into the mountain’s intriguing history.

We then follow a scenic drive through Doolough Valley, likely sharing the road with wandering sheep. This area is renowned for its vividly colored mountains and lakes, creating a striking landscape with a poignant history rooted in the Great Famine of 1849. We continue with a visit to Ireland’s sole fjord, Killary Fjord, where the mesmerizing interplay of mountains and sea unfolds against a backdrop steeped in ancient lore.

Return to Westport for an evening at your leisure. Westport, a carefully planned town by James Wyatt in the 18th century, has become a favorite among both international visitors and locals. Compared to a more laid-back Galway, it maintains its charm and authenticity while offering a culinary paradise. Award-winning cuisine can be savored at Islands Restaurant in Hotel Westport, and Matt Molloy’s features live music nightly. Notable spots like Maddens in the Clew Bay Hotel, Black Truffle Bistro, and Sage Restaurant have garnered acclaim in this picturesque village.

Non-hiking option for today is to explore Westport while the group is on the trail.

MEALS

Breakfast, Lunch

OVERNIGHT

The Mariner, Westport

HIKE DISTANCE

7.1 km / 4.7 mi

ELEVATION GAIN

743 m / 2437.6 ft

GRADING

Level 3*

TERRAIN

Gravel tracks, loose scree, rocky, muddy and uneven conditions.

TRAVEL TIME

Westport to Murrisk: 15 min

Murrisk to Killary Fjord: 1 hr

Killary to Westport: 35 min



Clare Island

Day 6: Clare Island

The largest island in Clew Bay and home to one of the most diverse ecologies of Europe, Clare Island is an otherworldly place of rich historical, geological, and biological significance. Home to Ireland's oldest fossil, the island features a ridge with steep cliffs on the seaward side, serving as nesting sites for various birds including fulmars, kittiwakes, peregrine falcons, and the rare chough. The landward side slopes steeply with heathery fields of rare arctic-alpine flora, making it internationally significant for scientific research. Clare Island's history dates back to at least 3,500 B.C. and is home to Granuaile's Castle, the 12th century Cistercian Abbey, a striking Lighthouse, a Napoleonic Tower and various Bronze-Age sites.

From the pier, enjoy a coastal walk to the Clare Island Lighthouse, a nautical landmark that has stood perched on craggy cliffs for nearly two centuries. In 2013, the property was converted into luxury accommodation with magnificent views and historic charm. From here, continue with a climb accompanied by sheep, cows, and horses to the highest point on the island. After a short 30 minute walk, we reach some of the best cliff views of anywhere in Ireland, where we behold an impressive 360-degree panoramic view of Croagh Patrick to the north and Slievemore on Achill to the south. As we descend the mountain, stop at the Napoleonic signal tower, built in 1804 as a part of a coastal network built to defend against a potential Napoleonic invasion.

Upon reaching the mountain's base, we follow a charming country road to head back to the harbour. We will explore the 12th century Cistercian Abbey, uniquely remarkable for its well preserved medieval roof paintings. Back at the harbour, we take some time to marvel at Granuaile Castle, the 16th century stronghold of Ireland's Pirate Queen, Grace O'Malley.

Head back to Westport for your last group dinner as our Wild Atlantic Way odyssey concludes, leaving us with memories of enduring legends, historically rich sites, and indelible vistas of inspiration and beauty.

MEALS

Breakfast, Lunch, Dinner

OVERNIGHT

The Mariner, Westport

HIKE DISTANCE

12.92 km / 8 mi

ELEVATION GAIN

494 m / 1620.7 ft

GRADING

Level 3*

TERRAIN

Paved roads, gravel tracks and some grassy, uneven and muddy trails. Off-trail walking with some steep climbs.

TRAVEL TIME

Westport to Roonagh Pier:

30 mins

Boat Trip: 20 mins each way

Roonagh Pier to Westport:

30 mins



Westport

Day 7: Depart Westport

Your tour concludes this morning after another delicious breakfast. From Westport, you can connect by bus or train to all major cities and airports.

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

“ 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. ” —MARGARET, 2022



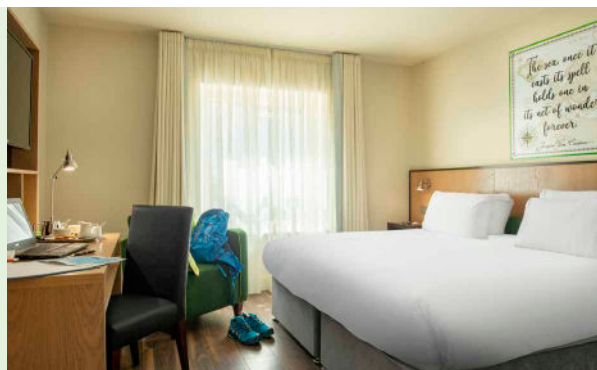
Accommodation

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.



Ballina Manor Hotel, Ballina

The Ballina Manor Hotel is centrally located on the banks of the River Moy, overlooking St Muredach's Cathedral, with a one-minute stroll to the town center. The spacious rooms feature private bathrooms, showers, baths, hairdryers, tea/coffee making facilities, and free Wi-Fi. Guests can enjoy fine dining in the Ridgepool Restaurant, offering panoramic views, an international menu, and fresh fish specials. The hotel is a 40-minute drive from Ireland West Airport Knock, with a bus and train station a 7-minute walk away.



The Mariner Westport

A new boutique hotel in the heart of Westport on the Wild Atlantic Way, The Mariner offers a perfect base to explore Westport and its surrounding captivating landscapes, historical journeys and sandy beaches. Designed by Jane de Roquancourt, The Mariner Westport features 34 well-appointed bedrooms, an elegant dining Bar and Bistro, offering breakfast, brunch, lunch, and dinner seven days a week. The hotel is a 2 hour 20 minute bus ride to Ireland West Knock Airport (NOC) and 3 hours 15 minute bus ride to Galway Airport.



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.

“ I highly recommend Ireland Walk Hike Bike. I 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 even after the tour was over. The landscape was stunning and I would love to get back to sample more of the IWHB adventures! ”

—KERRY, USA



Ballina

Exploring Ballina

Pre-Tour Recommendations

With numerous traditionally Irish and ethnic cuisine, myriad outdoor opportunities, and an atmospheric air of the ancient, Ballina offers a uniquely Irish experience! If you plan to arrive in Ballina a few days early, below are recommendations for what to see and do.

In Ballina:

Tour the Connacht Whiskey Distillery and learn about the entire process from grain to glass. As you sip some of the finest whiskey in Ireland, discover with all your senses how this triple distilled craft pot still whiskey is so smooth and golden in colour.

Visit the Jackie Clarke Collection, the most significant private collection of Irish history material in public hands. Over 100,000 items spanning 400 years of history include artefacts, rare books, proclamations, posters, political cartoons, pamphlets, handbills, works by Sir John Lavery, maps, hunger strike material, and personal items from Leaders of the 1916 Rising.

Visit the Ballina Arts Centre for a diverse taste of the arts including music, cinema, theatre, dance, youth arts, and workshops. Exhibits regularly rotate as the space is quickly becoming one of the 'must see' gallery spaces of the region.

If you are craving physical adventure, consider a tour with Paddle and Pedal for kayaking, cycling tours, and bicycle rentals or visit Harbour SUP and Sail for stand-up paddle board hire and tours. In an oasis of tranquility, you might even share the water with playful dolphins and seals.



Belleek Castle

Near Ballina:

Wander through Belleek Woods, one of the largest urban forests in Europe. Run, walk, cycle or mountain bike six miles of trails meandering along the river and through the forest, fragrant with ancient Norway spruce, Scots pine, beech, and ash. Bluebells, foxgloves, wagtails and hares enliven this oasis of inspiration, offering an ideal haven to unwind after your journey. Marking the start of the Monasteries of the Moy Greenway, the forest is home to unusual relics such as SS Crete Boom, a mysterious concrete ship abandoned after WWI, as well as the Knox-Gore family mausoleum.

Belleek Castle carries the ambiance of a romantic and majestic fairytale. Book a guided tour to learn about the castle's fascinating history and marvel at its decadent rooms filled with fine antiques, nautical curiosities, collections of armour and Jurassic fossils. Presently, the castle serves as a hotel featuring splendid private accommodations, adorned with stone-carved fireplaces, coffered ceilings, and a Medieval Banquet Hall. Following your tour, stop by the distinctive Armada Bar, which was hand-crafted with salvaged wood from a 16th century ship.

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.



Currarevagh House, Galway

An elegant Victorian Country House nestled in 180 acres of private parkland by Lough Corrib, this hotel offers an ambiance of a bygone era, emphasising hospitality and comfort without pretentiousness. The tranquil setting is ideal for those seeking a serene retreat, whether enjoying the house and grounds or exploring the beauty of Lough Corrib, Connemara, Galway, and beyond. Please note, Currarevagh is not suitable for children under 12 years.



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

“ Our trip was spectacular, we thoroughly enjoyed visiting Clare Island and Achill Island. The hike up Crough Patrick was stimulating and unique. All accommodations and meals were stellar, as was our experienced guide. This was my fourth trip with Ireland Walk Hike Bike and again a unique, invigorating experience with scenery beyond any expectation. ”

—BELINDA, 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 Ballina

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 Ballina by bus or train. You can also fly into Knock (NOC) Airport from Europe and the UK, which is the closest airport to Ballina. 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 Wild Atlantic Way & Islands Guided Hike 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

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