

The Dingle Way

5-DAY SELF-GUIDED HIKING TOUR





The Dingle Way

The Dingle Way is one of Ireland's most picturesque and popular long-distance hiking trails, offering stunning coastal views, rugged landscapes, and a rich cultural heritage. It stretches over 179 kilometers (approximately 111 miles) around the Dingle Peninsula in County Kerry, located in the southwest of Ireland. The Dingle Way offers a loop that takes you through charming villages, past ancient sites, and along dramatic cliffs, sandy beaches, and verdant hills.

HIGHLIGHTS

Scenic Coastal Views: The trail offers spectacular views of the wild Atlantic Ocean, with many sections running along the coastline. You'll pass dramatic cliffs, pristine beaches, and rocky coves that make this region famous for its natural beauty.

Dingle Town: The hike begins and ends in Dingle, a lively and historic town known for its colorful streets, traditional Irish pubs, and excellent seafood. Dingle is a hub of Irish culture, music, and Gaelic heritage.

Mount Brandon: One of the highest peaks in Ireland, Mount Brandon (952 meters), is a highlight of the trail. From its summit, you'll be rewarded with breathtaking panoramic views of the peninsula and the surrounding coastline.

Slea Head: The Slea Head Drive, a scenic route along the edge of the Dingle Peninsula, is an iconic feature of the trail. It includes views of Inishvickillane Island, the Blasket Islands, and the ruins of ancient stone huts.

Cultural and Historical Sites: Along the Dingle Way, you'll encounter a wealth of archaeological and historical landmarks, such as ancient beehive huts, Ogham stones, and early Christian sites. The Gallarus Oratory, a 1,300-year-old stone building, is one of the most famous and well-preserved landmarks along the trail.

Wildlife and Nature: The Dingle Peninsula is teeming with wildlife. You may spot seals basking on the shore, and if you're lucky, even dolphins or whales off the coast. The trail also passes through bogs, woodlands, and heathland, showcasing the region's diverse flora and fauna.

Traditional Villages: The trail passes through several charming villages, including Anascaul, Dunquin, and Ballydavid, where you can experience local hospitality and sample traditional Irish cuisine. Many of the villages along the way still speak Irish (Gaelic) as the primary language.

The Dingle Way is a perfect trail for those looking to experience Ireland's breathtaking coastal landscapes, rich history, and vibrant culture. Whether you're a seasoned hiker or a beginner, this trail offers a wonderful blend of natural beauty and cultural exploration. The friendly villages and scenic vistas make it a memorable adventure for walkers of all levels.



Daily Itinerary

- 1 Arrive in Tralee
- 2 Dingle to Dunquin - returning to Dingle for your overnight
- 3 Cuas to Cloghane
- 4 Cloghane to Annascaul
- 5 Depart Annascaul



The Dingle Way 8-Day Self Guided Hike

DETAILED ITINERARY

Day 1: Dingle

Arrive in the picturesque fishing village of Dingle, nestled on the western tip of the Dingle Peninsula, for your first night of authentic Irish charm. Renowned for its lively atmosphere, Dingle boasts an array of excellent restaurants and welcoming pubs, with traditional Irish music sessions enlivening most evenings throughout the year. Easily accessible by bus from Tralee or Killarney—details available at buseireann.ie—this enchanting village is the perfect introduction to Ireland's rich coastal heritage and vibrant culture. Tralee is easily accessible from major airports such as Kerry, Dublin, Cork, and Shannon, with regular bus and train connections available throughout the year.

NOTE: If arriving via Dublin, keep in mind that it takes approximately 6–7 hrs from the time your plane lands to arrival in Dingle, depending on your chosen mode of transport. If you would like a day to adjust to the timezones we recommend arriving a day early, adding a pre-night in Tralee, Killarney or Dublin.

MEALS

None

OVERNIGHT

Select guesthouse accommodations included as standard. Hotel upgrades available on request.



Day 2: Dingle to Dunquin

Your adventure begins just outside the charming town of Dingle, where you'll embark on a journey through Ireland's rich history and stunning landscapes. The first highlight is the Early Christian site of Kilcolman, where ancient ruins whisper tales of a bygone era. As you continue, you'll arrive at the breathtaking Ventry Beach, a vast stretch of golden sands that invites you to pause and soak in the serene beauty of the Atlantic Ocean.

The trail then guides you along the captivating Sleat Head, renowned as one of Ireland's most picturesque coastal routes. Here, the landscape unfolds in a tapestry of rugged cliffs, lush greenery, and the endless expanse of the sea. Along the way, you'll encounter beehive huts, ancient stone structures that stand as silent sentinels of Ireland's early monastic heritage. These intriguing formations offer a glimpse into the lives of the monks who once sought solitude in this remote corner of the world.

As you hike, the panoramic views of the Blasket Islands will leave you in awe. These islands, steeped in history and folklore, rise majestically from the ocean, their rugged beauty a testament to the wild spirit of the Atlantic. The journey culminates at the Blasket Interpretative Centre, where you can delve deeper into the stories of the islands and their inhabitants.

After a day filled with exploration and wonder, you'll be collected and transferred back to Dingle, where you can reflect on your adventure and enjoy a well-deserved rest.

MEALS

Only Breakfast included.

Lunch can be purchased in a local store. Dinner recommendations will be listed in your route notes

OVERNIGHT

The Select guesthouse accommodations included as standard. Hotel upgrades unavailable here.

HIKE DISTANCE

18.10 km / 11.20 mi

ELEVATION GAIN

501 m / 1643 ft

TERRAIN

41% paved paths and roads, 59% trails

Rocky and grass tracks, beach walking and some road walking. Boots essential.

TRAVEL TIME

10min in morning to start of hike with 25 in the evening



Day 3: Dingle to Cloghane

Your day begins with a transfer to Cuas, a serene starting point nestled on the eastern side of the Brandon massif. Here, your hike commences along an old military road, a path rich with history and surrounded by the rugged beauty of the Irish landscape. This remote route offers a sense of solitude and adventure, as it winds through the dramatic terrain that can only be explored on foot.

As you traverse this spectacular trail, you'll be treated to breathtaking views of the surrounding mountains and valleys. The path takes you through a variety of landscapes, from rocky outcrops to lush, green pastures, each turn revealing a new and stunning vista. The air is crisp and fresh, filled with the scents of wildflowers and the distant sound of flowing streams.

The journey culminates in the picturesque village of Cloghane, a tranquil haven where you can unwind and soak in the natural beauty of the area. The village, with its charming cottages and peaceful atmosphere, offers a perfect end to your day's adventure. Spend the night here, reflecting on the day's journey and enjoying the serene surroundings of this delightful and peaceful setting.

MEALS

Only Breakfast included. Lunch can be purchased in a local store. Dinner recommendations will be listed in your route notes

OVERNIGHT

The Select guesthouse accommodations included as standard. Hotel upgrades unavailable here.

HIKE DISTANCE

17.30 km / 10.80 mi

ELEVATION GAIN

774 m / 2540 ft

TERRAIN

41% paved paths and roads, 59% trails
Grass mountain tracks with some rocky sections. Gravel tracks and some road walking. Boots essential.

TRAVEL TIME

15 minutes



Day 4: Cloghane to Annascaul

Embark on a captivating journey along the Dingle Peninsula, traveling from the northern village of Cloghane to the southern village of Annascaul. This hike follows a spectacular old farmer's track, offering a blend of natural beauty and historical intrigue.

Starting in Cloghane, you'll ascend onto a plateau that provides sweeping views of the surrounding landscape. The path takes you through a deserted famine village, where the remnants of stone cottages stand as poignant reminders of Ireland's past hardships. This hauntingly beautiful site offers a moment of reflection on the resilience of those who once lived here.

Continuing on, you'll reach Annascaul Lake, a serene body of water nestled amidst the hills. The lake's tranquil surface mirrors the sky, creating a peaceful and picturesque scene. It's an ideal spot to pause and take in the serene surroundings, perhaps even enjoying a quiet moment by the water's edge.

The trail then leads you through the rugged terrain of Maghna Bo, where the landscape is dotted with wildflowers and the air is filled with the sounds of nature. As you descend towards Annascaul, the path winds through lush greenery and rolling hills, gradually bringing you back to civilization.

Your journey concludes in the charming village of Annascaul, where you can unwind and reflect on the day's adventure. Spend the night here, enjoying the warm hospitality and cozy atmosphere of this delightful village.

MEALS

Only Breakfast included. Lunch can be purchased in a local store. Dinner recommendations will be listed in your route notes

OVERNIGHT

The Select guesthouse accommodations included as standard. Hotel upgrades unavailable here.

HIKE DISTANCE

13.10 km / 9.00 mi

ELEVATION GAIN

480 m / 1575 ft

TERRAIN

32% paved paths and roads, 68% trails
Grass mountain tracks with some rocky sections; can be damp. Boots recommended.

TRAVEL TIME

10 minutes



Day 5: Depart Annascaul

This morning, savour one last delicious Irish breakfast before departing for the airport or starting your next adventure.

If travelling to Dublin today, both the train and bus stations are located in Tralee which is a 35min taxi ride or a 50min bus journey from Annascaul. Train travel to Dublin typically takes about 3.5 hours, while the bus takes around 4.5 hours.

MEALS

Breakfast

*GRADING LEVELS

Moderate

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.

Elevation Graphs

Please see below daily elevation graphs for your selected tour



Dingle to Dunquin | Max Elev: 178m | Elev Gain: 501m | Elev Loss: 525m



Cuas to Cloghane | Max Elev: 655m | Elev Gain: 774m | Elev Loss: 796m



Cloghane to Annascaul | Max Elev: 363m | Elev Gain: 480m | Elev Loss: 499m

What's Included:

- Handpicked B&B (or small hotel) accommodation at each location in an ensuite room with delicious breakfast included
- Complimentary access to our app, tailor-made for your tour, containing all your documents, GPS navigation & points of interest
- Emergency telephone support
- Detailed, easy to read, digital Route Notes with marked maps of each route
- Extra days/ nights booking on request
- Full pre-departure information to help you get the most from your Irish hiking experience
- Holiday Specialist to assist with planning any additional days, 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
- Extra hotel nights before or after the tour

“ I wholeheartedly recommend this company and would go with them again without hesitation. Our guide could not have been more perfect for our group, the routes we took were stunningly beautiful and the Irish people could not have been more warm and welcoming. The accommodations were very comfortable... Can't wait to go back to Ireland! ” —NICOLE L.



Accommodation



We use a selection of comfortable and welcoming bed and breakfast (B&B) accommodations that offer a homely, intimate atmosphere for our guests. These B&Bs are often family-run, providing a personal touch and excellent local hospitality. The accommodations are carefully chosen for their locations, offering easy access to walking and hiking routes, with many situated in picturesque villages or near stunning natural landscapes.

The style of B&Bs varies, but all offer cosy rooms with traditional Irish décor, comfortable furnishings, and modern amenities like en-suite bathrooms, Wi-Fi, and tea/coffee-making facilities. Some properties may have more luxurious options, while others maintain a charming, rustic charm that reflects the local culture. You can expect hearty breakfasts, typically with local produce such as Irish soda bread, smoked salmon, and eggs, served to fuel you for a day of outdoor activities.



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.



Upgrade Options

For those seeking a more luxurious stay during your holidays we can offer upgraded accommodations in some locations. These provide additional amenities and a higher level of service, ensuring guests enjoy a more indulgent experience while still being immersed in the beauty of Ireland's landscapes.

Boutique Hotels: These are carefully selected hotels offering a blend of contemporary luxury and traditional Irish charm. They typically feature stylish, well-appointed rooms, fine dining options, spas, and additional amenities such as lounges and on-site bars. Many boutique hotels are located in scenic settings or within walking distance of popular hiking routes.

4 or 5-Star Hotels: These hotels offer a higher level of comfort and service, with spacious, well-designed rooms, gourmet restaurants, fitness centers, and sometimes pools or wellness facilities. The emphasis is on premium quality and attentive service, creating a relaxing environment after a day of hiking.

Country Houses and Manor Hotels: Set in tranquil rural locations, these stately homes and country houses offer a more peaceful, refined experience. They often come with lush gardens, elegant dining rooms, and a welcoming atmosphere. Staying in a country house can feel like being a guest in a grand private estate, with the charm of old-world Ireland.

Highend Guesthouses: These upgraded guesthouses offer a more intimate setting than hotels but still provide higher levels of comfort and service. Rooms may be more spacious with added amenities such as premium bed linens, complimentary refreshments, and en-suite bathrooms with higher-quality toiletries.

These upgraded accommodation options are ideal for those who want to combine outdoor adventures with a touch of luxury, offering guests a perfect balance of relaxation, comfort, and access to the natural beauty of Ireland.

“ Everything was perfect! Great personalized service; knowledgeable, very nice and very experienced guides. Great choice of walks, accommodations, restaurants, side visits and excellent recommendations. They treat their walkers as special guests. I have used many walking companies in Europe and I know I am a tough, demanding customer. They are in the top 1%, they excel in every area. ” — ROSA G.



Exploring Dingle

Pre-Tour Recommendations

If you're planning to start your adventure in the enchanting town of Dingle, arriving a few days early will give you the perfect opportunity to immerse yourself in its vibrant culture and explore the region's top attractions. Begin your stay by visiting the acclaimed Dingle Distillery, where you can sample handcrafted Irish spirits and learn about traditional distilling methods, then wander through the town's colorful streets filled with artisan boutiques, local art galleries, and inviting cafés. Enjoy a leisurely stroll along the picturesque harbor—keep an eye out for local sealife—and indulge in fresh seafood at a cozy waterfront restaurant.

A popular option for visitors is a trip to the Blasket Islands, with daily sailings from Dingle Harbour. Set off on an unforgettable day trip from Dingle Harbour to the Blasket Islands, where you'll experience the raw beauty of Ireland's rugged Atlantic frontier. Board a comfortable boat and enjoy breathtaking coastal views as you sail towards these historic islands, once home to a vibrant, self-reliant community. On arrival, wander among ancient ruins and dramatic landscapes, listen to captivating stories of the islanders' lives, and soak in the untouched natural splendor that makes the Blaskets a truly unique destination. This immersive excursion offers a perfect blend of cultural heritage and wild scenery, making it a highlight for many on their Dingle Peninsula adventure.

Just a short 30-minute drive from Dingle, discover the ancient **Gallarus Oratory**, an impeccably preserved stone structure offering a fascinating glimpse into Ireland's early Christian heritage, or embark on a scenic drive along part of the famous **Slea Head** route to experience dramatic coastal cliffs and breathtaking ocean views. You can also explore the local marine life at **Dingle Oceanworld Aquarium** or take a walk along the rugged coastline to truly appreciate the natural beauty of the peninsula. With its perfect blend of history, culture, and easy access to nearby attractions, Dingle Town is an ideal base for launching your Dingle Peninsula adventure.

For golf enthusiasts, perfect your game at Ceann Sibeal Golf Links, the most westerly course in Europe.

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
- Handpicked Accommodations

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

- **Personalised Tour app** with GPS navigation functionality, all your documents and important information in one place
- With our Self-Guided Tours you can book your tour **start date to match your travel plan** (subject to accommodation availability)
- **Select accommodations** with genuine local hospitality
- **Luggage transfer** each day with some **private transfers** to the start of your hike to remove unnecessary, unscenic road walking to ensure you are getting the best out of each hiking day
- An expert, local **holiday specialist** during the planning process to help with any questions you may have in the build up to your trip
- **Pre-Tour briefing**, either in person or over the phone before you set off on your first hike
- **Emergency contact** number for any issues while you are on the trails



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 Tralee

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 Tralee by bus or train. You can also fly into Kerry Airport, which is the closest airport to Tralee. 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 and is accessible by over 1,000 buses daily. From the airport, you can reach many areas in proximity to Dublin, as well as various towns and cities across Ireland. These buses pick up passengers outside arrivals. Taxis and car hire are also available.

Shannon Airport (www.shannonairport.ie) is located about 125 km north of Tralee and receives a good number of trans-Atlantic flights in the summer months. It is served by bus, car hire and taxi. By bus, the transfer takes about 3.5 hours.

Kerry Airport (www.kerryairport.ie) is located between Killarney and Tralee in the village of Farranfore, 13 km from Killarney and 15 km from Tralee. Two daily flights arrive here from Dublin. It is served by bus, car hire, taxi and the train station is a 10-minute walk away.

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 a Dingle Way Self-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 chosen hiking tour?

Ask us about our cycling and self-drive tours. Book two tours back to back, or add a pre or post-tour adventure.

Ireland Walk Hike Bike has got you covered!

Ireland Walk Hike Bike

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