

The Dingle Way

6-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 Tralee to Camp
- 3 Camp to Annascaul
- 4 Annascaul to Dingle
- 5 Dingle to Dunquin - returning to Dingle for your overnight
- 6 Depart Dingle



The Dingle Way 8-Day Self Guided Hike

DETAILED ITINERARY

Day 1: Tralee

Arrive in Tralee, the vibrant administrative capital of County Kerry, where your adventure begins. Upon arrival at your guesthouse, your welcoming host will be happy to offer recommendations for local restaurants or pubs, where you can enjoy a hearty meal and perhaps catch some traditional live music. Tralee is known for its lively atmosphere, and you'll find plenty of options to suit your taste.

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 5–6 hrs from the time your plane lands to arrival in Tralee, 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 or Dublin.

MEALS

None

OVERNIGHT

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



Day 2: Tralee to Camp

The Tralee to Camp Hike on the Dingle Way is a delightful and scenic walk that offers a perfect mix of history, nature, and local charm. Here's a detailed description of the route:

Depart your accommodation and start your hike towards the foothills of the Slieve Mish Mountains.

Blennerville and the Canal: The trail begins in the village of Blennerville, just outside Tralee. Here, you'll visit the historic Blennerville Windmill, a fascinating 19th-century windmill that was once used for grinding corn. The windmill and surrounding area provide a picturesque start to your hike, and from here, you can enjoy views of the Tralee Canal, a key waterway in the region.

Dingle Way Start: Following the canal, you will eventually pick up the Dingle Way Walking Route. The Dingle Way is known for its breathtaking scenery, and this section is no exception. You'll follow country lanes and peaceful trails through the Irish countryside, with the Slieve Mish Mountains towering in the background.

Killelton 12th-Century Oratory: A key highlight of the hike is the 12th-century oratory, an ancient structure that provides a fascinating insight into Ireland's early Christian heritage. The oratory stands as a reminder of the region's religious past, and it's a peaceful spot to pause and reflect.

Historic Road to Dingle: The route then follows a historic road that once connected Killelton to Dingle, offering lovely views of the surrounding landscape. This path is peaceful and often lined with hedgerows and stone walls, a signature feature of the Irish countryside.

Arrival at Camp: The hike ends in Camp, a small village known for its warm hospitality and traditional Irish pubs. After a rewarding hike, you can relax here and enjoy the local charm. Camp is the perfect place to unwind, with its cozy pubs offering a great place to sample some local food and drink.

MEALS

Only Breakfast included.

Lunch can be purchased in a local store.

Dinner recommendations will be listed in your route notes.

HIKE DISTANCE

16.85km / 10.50 mi

ELEVATION GAIN

393 m / 1289 ft

TERRAIN

36% paved paths and roads, 64% trails

Grass and gravel trail which can sometimes be rocky, wet and muddy; some walking on sealed roads. Boots essential.

OVERNIGHT

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

TRANSFER TIME

N/A



Day 3: Camp to Annascaul

Your walk begins in Camp, a quaint village on the northern side of the Dingle Peninsula. Heading southward, you'll traverse a fascinating stretch of bogland, where you might see locals cutting turf—a traditional practice that has been part of rural Irish life for generations.

Maum na hAltor: Climbing through the Maum na hAltor (translated as “Pass of the Altar”), this part of the trail provides expansive views of the peninsula.

The pass marks the transition from the northern to the southern side of the peninsula, offering a change in scenery from rugged hills to coastal vistas.

Inch Beach: Descending from the pass, you'll be rewarded with your first breathtaking view of Inch Beach. This magnificent stretch of golden sand extends for miles along Dingle Bay, making it a perfect spot to pause, rest, or take a leisurely stroll along the shore. The beach is famous for its dramatic beauty and has been featured in movies like *Ryan's Daughter*.

Optional Stop: Enjoy a cup of tea or a bite to eat at the nearby cafés while soaking in the ocean views.

Inland to Annascaul: After taking in the beauty of Inch Beach, you'll continue inland along quiet country roads and picturesque farmland. The trail brings you to the charming village of Annascaul, known for its rich history and vibrant character.

Tom Crean & The South Pole Inn: Annascaul is famously the home of Antarctic explorer Tom Crean, who undertook daring expeditions with Ernest Shackleton and Robert Falcon Scott. Stop by the South Pole Inn, a pub he established, to learn more about his incredible life and enjoy a warm drink.

MEALS

Only Breakfast included.

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

OVERNIGHT

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

HIKE DISTANCE

18.00 km / 11.20 mi

ELEVATION GAIN

489 m / 1604 ft

TERRAIN

61% paved paths and roads, 39% trails

Road walking on quiet back country roads, then onto grassy tracks and finishing on road.

Boots recommended..

TRAVEL TIME

N/A



Day 4: Annascaul to Dingle

Your journey begins in the quaint village of Annascaul, where the charm of traditional Irish life sets the tone for your adventure. As you set off towards the vibrant town of Dingle, the scenic route first takes you through Minard. Here, the ruins of a 16th-century castle stand as silent sentinels of the past, their ancient stones weathered by time and the elements. These remnants offer a tangible connection to the area's rich history and the stories that have shaped this land.

Continuing on, you'll pass through the charming village of Lispole, a place where the pace of life seems to slow down, allowing you to fully appreciate the beauty around you. From here, the journey takes you onto narrow, winding country lanes that meander through the picturesque landscapes of Lisdargan and Ballingarraun. The rolling hills and lush greenery create a serene and idyllic backdrop for your hike, with each turn revealing new vistas and hidden gems.

As you approach the iconic Connor Pass, the highest mountain pass in Ireland, the landscape becomes even more dramatic. You'll join the old military road, a historic route that offers breathtaking views as it winds its way down to Dingle. The descent is nothing short of spectacular, with sweeping panoramas of the surrounding mountains and valleys, and the distant glimmer of the Atlantic Ocean.

Upon arrival in Dingle, you'll be greeted by a lively town known for its vibrant culture, excellent pubs, and delicious cuisine. The town's colorful buildings and bustling harbor create a welcoming atmosphere, inviting you to explore and unwind. Spend the night here, soaking in the local atmosphere, enjoying the lively music scene, and reflecting on the day's adventure.

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 available here on request.

HIKE DISTANCE

22.00 km / 13.70 mi

ELEVATION GAIN

492 m / 1614 ft

TERRAIN

71% paved paths and roads, 29% trails
Grass Country lanes, grass tracks and some road walking.
Boots essential.

TRAVEL TIME

N/A



Day 5: 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 6: Depart Dingle

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 45min taxi ride or a 60min 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

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.

Elevation Graphs

Please see below daily elevation graphs for your selected tour



Tralee to Camp | Max Elev: 158m | Elev Gain: 216m | Elev Loss: 196m



Camp to Annascaul | Max Elev: 236m | Elev Gain: 420m | Elev Loss: 451m



Annascaul to Dingle | Max Elev: 151m | Elev Gain: 492m | Elev Loss: 506m



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

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 Tralee

Pre-Tour Recommendations

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

In Tralee:

Tour the award-winning Kerry County Museum for a fascinating window into the region's history and heritage, featuring an archeological display and medieval time travel experience.

Adjacent to the museum, Tralee Town Park, one of Ireland's most expansive urban public parks at 35 acres, includes attractions like the Garden of the Senses and the Rose Garden, boasting over 35 varieties of roses.

Don't miss the whitewashed Blennerville Windmill, a local landmark since 1780 and presently the largest working mill in Ireland.

Explore the local ecology at Tralee Bay Wetlands Eco & Activity Park, a serene urban nature reserve offering both guided and self-guided tours showcasing wildlife and natural heritage.

Each August, Tralee hosts the renowned Rose of Tralee International Festival. Plan ahead and book accommodations well in advance to secure your stay.

Near Tralee:

Explore the 2 km Tralee canal walk, witnessing diverse wildlife and scenic views along the Wild Atlantic Way. Discover over 60 km of pristine sandy beaches in Tralee Bay, with Banna Strand being a local favourite, just 11 km from Tralee.

Hire a bike from Tralee Bike Rental and cycle the picturesque Tralee to Fenit Greenway, a 13.6 km off-road trail along the old railway line, and explore the charming village of Fenit. Or, consider a visit to Ballyseedy Woods, a serene 80-acre woodland with a 4 km looped walk, showcasing 22 types of native Irish trees and historic ruins.

For golf enthusiasts, perfect your game at Tralee Golf Club, designed by Arnold Palmer, offering breathtaking views of the Atlantic from every hole.

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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