

The Burren Way

5-DAY SELF-GUIDED HIKING TOUR





The Burren & Inis Mór

The Burren Way is one of Ireland's most distinctive and otherworldly hiking regions, offering an unforgettable journey through ancient limestone landscapes, dramatic coastlines, and remarkable archaeological heritage. Stretching across County Clare and connecting to the Aran Islands, the Burren is celebrated for its unique "karst" terrain—cracked pavements of grey rock that cradle rare wildflowers, deeply carved valleys, and sweeping Atlantic views. Walking in the Burren feels like travelling through time, where thousands of years of history and geology unfold underfoot.

The route leads you along quiet green roads, clifftop paths, terraced limestone hills, and traditional farming landscapes that reveal the deep cultural stories of the region. From medieval forts to prehistoric tombs and early Christian sites, the Burren is a living museum set against the wild backdrop of the Atlantic Ocean.

A highlight of the Burren Way is the opportunity to explore Inis Mór, the largest of the Aran Islands—a place where Irish language, folklore, and ancient traditions remain central to daily life. With sweeping ocean views, rugged stone walls, and extraordinary archaeological monuments, Inis Mór offers one of the most immersive cultural experiences in Ireland..

HIGHLIGHTS

Dún Aonghasa: Perched dramatically on a 100-metre cliff edge, this extraordinary prehistoric fort on Inis Mór is one of Ireland's most iconic archaeological sites and a breathtaking reward for hikers.

The Cliffs of Moher: As part of the route, walkers can enjoy spectacular coastal sections overlooking the world-famous cliffs, with panoramic views across the Atlantic, the Aran Islands, and Galway Bay.

Limestone Pavements & Flora: The Burren's karst landscape supports an incredible mix of Arctic, Alpine, and Mediterranean plants—rare orchids, gentians, and colourful wildflowers bloom between the stone fissures each spring and summer.

Traditional Island Life: Cycling or walking on Inis Mór brings you through tiny villages, quiet boreens lined with stone walls, and windswept shores where seals bask and waves crash beyond rocky headlands.

Village Culture: Doolin, Ballyvaughan, and Lisdoonvarna provide welcoming bases along the route, with lively pubs, traditional music, and warm local hospitality.

The Burren Way & Inis Mór are perfect for walkers seeking a blend of rugged coastal beauty, rich cultural heritage, and peaceful rural charm—an unforgettable hiking experience through one of Ireland's most intriguing and historic landscapes.



Daily Itinerary

- 1 Arrive in Doolin
- 2 Cliffs of Moher
- 3 Ballinalacken to Ballyvaughan
- 4 Black Head Loop
- 5 Depart Ballyvaughan



The Burren & Inis Mór Self Guided Hike

DETAILED ITINERARY

Day 1: Doolin

Upon arriving in Doolin, settle into your accommodation and take a moment to absorb the charm of this iconic coastal village—renowned as the traditional music capital of Ireland and perfectly positioned at the gateway to the Cliffs of Moher, the Burren, and the Aran Islands. With its colourful cottages, dramatic Atlantic backdrop, and warm local character, Doolin offers a wonderfully welcoming start to your Burren and Cliffs adventure.

If time allows, stretch your legs with a gentle stroll down to Doolin Pier, where ferries depart for the Aran Islands and where you can enjoy sweeping views of the Atlantic as it rolls toward the base of the Cliffs of Moher. Alternatively, wander through the village itself, exploring its artisan shops, cafés, and craft boutiques—many showcasing local textiles, pottery, and handmade jewellery inspired by the surrounding limestone landscape.

For an uplifting warm-up walk, follow the coastal path toward Doonagore Castle or along the shoreline toward Fisherstreet, where pastel shopfronts and stone walls create one of the most photographed scenes in County Clare. On a clear day, the views stretch across the water toward the Aran Islands, giving you a taste of the spectacular scenery that awaits in the coming days.

As evening settles in, Doolin comes to life with its famous music sessions. Choose from a selection of cosy pubs—such as Gus O’Connor’s or McGann’s—where you can enjoy hearty local food, fresh seafood, and traditional tunes played late into the night. Whether you prefer a relaxed meal by the fire or an evening of lively music and conversation, Doolin offers an unforgettable and authentic Irish welcome.

MEALS

None.

OVERNIGHT

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



Day 2: Cliffs of Moher

Today was originally planned as one of the classic highlights of the Burren region: the iconic coastal hike along the Cliffs of Moher from Doolin to the Cliffs Centre. However, please note that the Cliff Trail is currently CLOSED to hikers due to safety and conservation works. You can still visit the Cliffs of Moher Visitor Experience and enjoy the astonishing views from the official viewing platforms, but the full cliff-top walking route is not accessible at present. There is a possibility that a partial section may reopen by mid-2026, though this cannot be guaranteed.

If the trail remains closed during your visit, we will include an unforgettable alternative experience: a boat cruise beneath the Cliffs of Moher. This cruise departs from either Doolin or Liscannor and provides a completely different—and equally spectacular—perspective of the cliffs. From sea level, the sheer scale of these 214-metre (702-ft) walls soaring overhead is truly awe-inspiring. You will also enjoy excellent views of sea arches, nesting seabirds, and dramatic rock formations that are not visible from the cliff-top.

Should the walking trail reopen, you will have the option to complete the 7.6 km (4.7 miles) hike from Doolin to the Cliffs Visitor Centre. This stunning route follows a rugged coastal path overlooking the Atlantic, offering changing scenery at every turn—towering cliffs, seabird colonies, sea stacks, and lush green pastures edging the coastline. After exploring the Visitor Centre, you may walk back the same way or return to Doolin via the convenient public bus service.

Whether by foot or by sea, today provides an opportunity to experience one of Ireland's most extraordinary natural landscapes, a UNESCO Global Geopark celebrated for its geology, biodiversity, and breathtaking beauty.

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 available on request.

HIKE DISTANCE

7.60 km / 4.75 mi

ELEVATION GAIN

309 m / 1014 ft

TERRAIN

15% paved paths and roads, 85% trails
Some roadwalking muddy & rocky grass tracks. Can be wet underfoot. Today's hike is along an exposed cliff edge which is monitored by Geopark officials. Boots essential..

TRANSFER TIME

15 minutes by bus after hike



Day 3: Ballinalacken to Ballyvaughan

This morning, a short transfer brings you to Ballinalacken Castle, a striking 15th-century tower house set overlooking the rugged Burren coastline. This atmospheric starting point offers a wonderful sense of stepping back in time before you begin today's walk along one of the Burren's most historic and scenic routes.

From the castle, your journey follows an old Green Road, a traditional track once used by farmers and travellers moving through this limestone landscape. These ancient pathways are among the most evocative ways to experience the Burren—quiet, elevated, and offering expansive views across the turloughs, terraced hillsides, and stone-strewn fields that make this region so unique. As you walk, notice the extraordinary diversity of flora that thrives here: alpine, Mediterranean, and Arctic plants growing side by side in the cracks of the limestone pavement.

The route gradually ascends through open hills dotted with hazel woodland, dry-stone walls, and remnants of early settlements. From the higher points, you'll enjoy sweeping vistas across Galway Bay, the Aran Islands, and the dramatic karst landscape stretching into the distance. This combination of natural beauty and deep historical resonance makes today's walk one of the most memorable sections of the Burren Way.

The trail descends gently toward the welcoming village of Ballyvaughan, your base for the next two nights. Nestled between the foothills of the Burren and the shores of the bay, Ballyvaughan is known for its warm hospitality, seafood restaurants, and charming harbour. After a rewarding day on the trail, enjoy a relaxing evening in this coastal village, with plenty of opportunities to sample local cuisine or simply take in the peaceful atmosphere..

MEALS

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

OVERNIGHT

Select guesthouse/ small hotel accommodations included as standard. Upgrades unavailable.

HIKE DISTANCE

19.50 km / 11.30 mi

ELEVATION GAIN

474 m / 1555 ft

TERRAIN

52% paved paths and roads, 48% trails
Some road walking, muddy & rocky grass tracks. Can be wet underfoot. Boots essential.

TRANSFER TIME

10-15 minutes transfer to start of hike



Day 4: Black Head Loop

Today's hike brings you deep into the heart of the Burren, one of Ireland's most unique and captivating landscapes. This region of exposed carboniferous limestone, shaped by centuries of weather and time, creates an otherworldly terrain unlike anywhere else in the country. Walking here feels like stepping into a vast natural amphitheatre of stone, light, and sweeping coastal views.

Your loop walk begins near the shores of Galway Bay, gradually leading you upward across limestone terraces adorned with an extraordinary array of wildflowers. The Burren is internationally celebrated for its botanical richness—Mediterranean, Arctic, and alpine species grow side by side in the cracks and crevices of the karst pavement. As you climb, you'll find orchids, gentians, thyme, and mountain avens scattered at your feet, adding vibrant bursts of colour to the stark grey limestone.

Higher up, the views become truly spectacular. The trail opens onto wide panoramas across Galway Bay, stretching north toward the Aran Islands and south toward the Clare coastline. The interplay of sea and stone, cliffs and terraces, creates a dramatic sense of space and solitude—perfect for quiet moments of reflection or simply pausing to take in the scale of this wild environment.

The route then circles back toward the coast, descending gradually along ancient tracks that have been used for centuries by farmers, traders, and shepherds. The shifting perspectives—mountains behind you, Atlantic waters ahead—make every step a pleasure.

Completing your loop, you'll return to Ballyvaughan with a renewed appreciation for the Burren's beauty, history, and ecological wonder.

MEALS

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

OVERNIGHT

Select guesthouse/ small hotel accommodations included as standard. Upgrades unavailable.

HIKE DISTANCE

17.60 km / 10.90 mi

ELEVATION GAIN

536 m / 1759 ft

TERRAIN

29% paved paths and roads, 71% trails
Some road walking, muddy & rocky grass tracks. Can be wet underfoot. Boots essential.

TRAVEL TIME

15 minutes in the morning and afternoon



Day 7: Depart Ballyvaughan

This morning, enjoy one final hearty Irish breakfast in Ballyvaughan before beginning your onward journey. Whether you are heading to the airport or continuing your travels elsewhere in Ireland, the village is well connected by regional bus routes to nearby towns and transport hubs.

If you are travelling to Galway, regular bus services operate from Ballyvaughan, with the journey taking approximately 1 hour. From Galway, you will find excellent onward connections to Dublin and Shannon Airports. Trains from Galway to Dublin Heuston typically take around 2.5 hours, while direct buses to Dublin Airport and city centre take approximately 3 hours.

For those returning to Shannon Airport, travel times from Ballyvaughan are generally 1–1.5 hours by car or taxi. Buses via Ennis are also available, though with longer total travel times.

If you are continuing your adventure, Ballyvaughan is perfectly placed at the gateway to the Burren, Galway Bay, and the Wild Atlantic Way, making it easy to extend your journey toward Connemara, Galway City, or the Cliffs of Moher. Whatever your next step, we hope your time walking the Burren Way and exploring the Aran Islands has been inspiring, invigorating, and memorable. Safe travels and go raibh maith agat for choosing to explore this remarkable corner of Ireland.

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 25 kms (15 miles) a day, and average 4–5 hours.

Elevation Graphs

Please see below daily elevation graphs for your selected tour



Cliffs of Moher Hike | Max Elev: 554m | Elev Gain: 371m | Elev Loss: 396m



Ballinalacken to Ballyvaughan | Max Elev: 321m | Elev Gain: 474m | Elev Loss: 567m



Green Road Hike | Max Elev: 273m | Elev Gain: 536m | Elev Loss: 528m

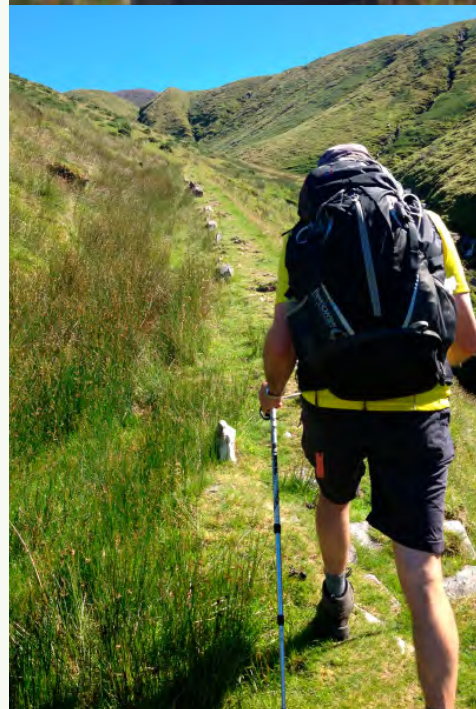
What's Included:

- Handpicked B&B (or small hotel) accommodation at each location in an en-suite 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! ” —**NICOLEL.**



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 Doolin

Pre-Tour Recommendations

Your adventure begins in Doolin, a charming coastal village at the heart of the Burren and the Cliffs of Moher UNESCO Global Geopark. Famous for its traditional music, Atlantic views, and warm local hospitality, Doolin offers an inviting and atmospheric base as you prepare for your Burren and Aran Islands journey. Overlooking the northern edge of the Cliffs of Moher and just minutes from the ferry port to the Aran Islands, it is the perfect gateway to this extraordinary landscape of limestone terraces, wildflowers, ancient ruins, and rugged coastline.

Doolin's colourful thatched cottages, lively pubs, and artisan cafés create a relaxed, friendly atmosphere. Many guests choose to stretch their legs with a walk along the Doolin Cliff Path, enjoy a quiet coastal stroll to the harbour, or explore nearby craft studios showcasing local jewellery, pottery, and woollens. Its location—between dramatic cliffs and the rocky Burren—makes it an ideal starting point for both scenic hikes and cultural exploration.

Considering a Pre-Night in Galway

Some guests opt to begin their holiday with one or two nights in Galway City before travelling south to Doolin. Known as the "Cultural Heart of Ireland," Galway is vibrant, artistic, and full of life. Its pedestrian-friendly Latin Quarter, colourful shopfronts, street performers, and renowned food scene make it a captivating place to explore.

Highlights include:

The Spanish Arch & Latin Quarter – historic laneways filled with cafés, music, and energy.

Galway Cathedral – one of the most impressive churches in Ireland.

The Claddagh & Salthill Promenade – perfect for a leisurely seaside walk.

Local Markets & Seafood Bars – ideal for sampling Galway's famous culinary culture.

Traditional & Contemporary Music Venues – offering nightly entertainment.

Galway also provides excellent transport connections and an easy onward journey to Doolin the next day.

Whether you choose the lively energy of Galway or the coastal charm of Doolin, both offer a warm welcome and the perfect beginning to your hiking adventure on the Burren Way and the Aran Islands.

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.

- **GPS app** with voice prompt functionality to direct you at every bend on the road
- 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 to ensure you only need to think about the days ride
- 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**, in person to go through the entire itinerary and fit you on your bike
- **Emergency contact** number for any issues while you are on the routes



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 Doolin

There are four primary international airports in Ireland: Dublin, Shannon, Cork, and Belfast (Aldergrove) International. In addition, several regional airports—Kerry, Knock, Donegal, and Belfast City (George Best)—offer convenient access from mainland Europe and the UK.

For this tour, most of our guests choose to arrive into either Shannon Airport or Dublin Airport, as they provide the most straightforward onward travel options to Doolin. Shannon is the closest airport, while Dublin offers the widest range of international flights.

Dublin Airport (www.dublinairport.com) Located 10 km north of Dublin City, Dublin Airport is Ireland's busiest and best-connected airport, serviced by over 1,000 buses daily. From here, you can reach Dublin City Centre and connect to long-distance coaches serving Galway, Ennis, and the Burren region. To reach Doolin by public transport, most travellers take a bus or train to Galway or Ennis before transferring to a regional service. Taxis and car hire are readily available at arrivals if you prefer a direct journey

Shannon Airport (www.shannonairport.ie), is the closest major airport to Doolin, located approximately 65 km away—about a 1–1.5 hour drive. It offers excellent transatlantic connections, especially in summer. Public transport typically requires a bus transfer through Ennis, but private transfers and rental cars are widely available and provide the quickest route to Doolin..

We recommend arriving at least one day prior to the start of your tour to allow time to settle in and enjoy the relaxed, coastal atmosphere of Doolin.

To ensure smooth travel planning, please confirm your tour reservation with Ireland Walk Hike Bike before booking any flights or onward transport.

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, 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 +35366 7186181

Tralee info@irelandwalkhikebike.com

Follow us on our social media for more Ireland travel inspiration: [!\[\]\(7349b8cb1ec6d06b56c460cf745b37fb_img.jpg\) Facebook](#) [!\[\]\(444041ad754ee9ad3f932c8d708e23f5_img.jpg\) Instagram](#) [!\[\]\(c3d207c4dc9c22e1f1c2687804a231eb_img.jpg\)](#)