

The Dingle Peninsula

6-DAY SELF-GUIDED CYCLING TOUR





The Dingle Peninsula

The Dingle Peninsula is one of Ireland's most picturesque and popular cycle destinations, offering stunning coastal views, rugged landscapes, and a rich cultural heritage. It is the most westerly peninsula in Europe located in County Kerry, 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.

Conor Pass: One of Ireland's highest mountain passes, offering breathtaking views of Dingle Peninsula and the Atlantic Ocean, making it a must-see for nature lovers and adventurous travellers.

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



Daily Itinerary

- 1 Arrive in Tralee
- 2 Tralee to Dingle
- 3 Slea Head Loop
- 4 Dingle to Inch
- 5 Inch to Tralee
- 6 Depart Tralee



Dingle Peninsula 8-Day Self Guided Cycle

DETAILED ITINERARY

Day 1: Tralee

Upon arrival in Tralee, check in at your accommodation. If time allows, enjoy a scenic cycle along the Tralee to Fenit Greenway, a fantastic opportunity to familiarise yourself with your rental bike away from the public roads. The Greenway takes you to the charming fishing village of Fenit, where you can relax on Fenit's blue-flag beach or hike up the steps to the St. Brendan the Navigator statue, offering panoramic views of the northern side of the Dingle Peninsula. Back in Tralee, you can look forward to a casual evening as you prepare for the upcoming cycling adventures. Savor a delightful meal at one of Tralee's numerous restaurants or immerse yourself in a cultural experience by attending a show or exhibition at Siamsa Tíre, The National Folk Centre of Ireland.

MEALS

None.

CYCLE DISTANCE

28.40 km / 18.00 mi

ELEVATION GAIN

200 m / 656 ft

GRADING

Comfortable*

TERRAIN

All sealed, tarmac cycleways.

OVERNIGHT

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



Day 2: Tralee to Dingle

Your first cycle is an exhilarating journey through one of Ireland's highest mountain routes, offering a spectacular introduction to the wild beauty of the Dingle Peninsula. After you cycle from Tralee to Camp, you'll set off on a ride that weaves through steep climbs, tight hairpin bends, and expansive mountain landscapes, where every effort is rewarded with stunning panoramic views of rugged peaks and the sparkling Atlantic below.

This route takes you along Conor Pass, one of Ireland's most dramatic and scenic high mountain passes. The ascent is challenging, but the journey through sweeping valleys and towering cliffs is nothing short of breathtaking. As you climb higher, the views stretch across the peninsula, offering glimpses of Dingle Bay on one side and Brandon Bay on the other, creating a truly unforgettable cycling experience.

Once you reach the summit, prepare for a thrilling descent, winding through lush green hillsides and coastal landscapes as you make your way toward your destination. The road opens up into a scenic and enjoyable ride, bringing you to the heart of Dingle, one of Ireland's most vibrant and picturesque coastal towns.

Dingle's colourful streets, lively pubs, and world-class seafood make for the perfect end to the day. Whether you choose to explore the charming harbour, sample fresh local cuisine, or soak in the lively atmosphere of a traditional Irish music session, the town offers a warm and welcoming retreat after an unforgettable first day on the bike.

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 here on request.

CYCLE DISTANCE

50.9 km / 31.60 mi

ELEVATION GAIN

601 m / 1972 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads..

TRAVEL TIME

N/A



Day 3: Sleah Head Loop

Heading west from Dingle, your journey leads to the captivating Sleah Head, one of the most scenic and dramatic coastal routes in Ireland. As you cycle along this breathtaking stretch of the Wild Atlantic Way, you'll be treated to magnificent views across the Blasket Sound to the renowned Blasket Islands, a remote and rugged archipelago that was once home to a thriving Gaelic-speaking community. The vast Atlantic stretches before you, with jagged cliffs and crashing waves creating a truly unforgettable backdrop.

This route is not only about the scenery—it is also rich in history and culture. Along the way, you can explore some of the Dingle Peninsula's most significant archaeological sites, including the Dunbeg Fort, an Iron Age stone fort perched on the edge of the cliffs, offering a fascinating glimpse into early Irish settlement and defense. Further along the route, stop at the Gallarus Oratory, an early Christian church dating back to the 7th or 8th century, beautifully preserved and still standing as a testament to the skill of its builders. Nearby, the Fahan Beehive Huts, clusters of ancient dry-stone dwellings, offer a glimpse into the lives of Ireland's early inhabitants. These remarkable landmarks provide an insight into the rich heritage that defines the Dingle Peninsula.

Continuing your cycle, you'll pass through traditional villages such as Dunquin and Ballyferriter, each exuding its own unique charm. Dunquin, the westernmost village in Ireland, is known for its striking coastal views and deep cultural ties to the Blasket Islands, while Ballyferriter offers a taste of local Irish-speaking (Gaeltacht) traditions.

As you complete the loop and return to Dingle for the evening, unwind in one of its cosy pubs, where you can enjoy live traditional music, a hearty meal featuring fresh local seafood, and the famously warm hospitality that makes this town such a beloved stop along the Wild Atlantic Way.

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

42.40 km / 26.34 mi

ELEVATION GAIN

483 m / 1585 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads.



Day 4: Dingle to Inch

Today's route takes you eastward along quiet backroads as you leave Dingle, cycling through peaceful countryside before reaching Kilmurry Bay. Here, you'll find the historic ruins of Minard Castle, a striking 16th-century stronghold that tells a tale of resilience and tragedy. The castle, once an important defensive structure, was partially destroyed during the Cromwellian Conquest of Ireland, with a harrowing siege in 1650 leaving it in ruins. Despite its turbulent past, Minard Castle remains an atmospheric and evocative site, perched on a hillside above a boulder-strewn beach with sweeping views over Dingle Bay.

Continuing from Minard Castle, your journey leads you along the striking Red Cliffs of Inch, where the deep, rugged coastline meets the rolling waves of the Atlantic. This dramatic stretch of coastline offers a perfect blend of natural beauty and raw coastal wilderness, with panoramic views extending across the bay.

The route then brings you to Inch Beach, a place of ironic proportions, given that it spans an impressive 3.5 miles in length. This vast, golden strand is one of Ireland's most famous beaches, offering a perfect setting to pause, take in the sea air, and enjoy the stunning coastal scenery. Whether you choose to take a stroll along the shore or simply relax and appreciate the views, Inch Beach is an ideal stop along the way.

At the heart of this beautiful setting is Sammy's Café & Restaurant, a much-loved local institution that has been serving visitors for generations. It's the perfect spot to savour the beachside atmosphere, whether you opt for a refreshing pint, a cozy coffee, or a delicious meal with a view. With the waves rolling in and the Dingle Peninsula stretching in the distance, this is a memorable place to unwind before continuing on your journey.

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

34.30 km / 21.30 mi

ELEVATION GAIN

702 m / 2303 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads.

TRAVEL TIME

N/A



Day 5: Inch to Tralee

You'll embark on the journey back towards Tralee, marking the final stretch of your cycling adventure. The rolling roads departing from Inch provide a rewarding challenge, with gentle climbs and exhilarating descents that allow you to soak in the last of the stunning scenery along the Dingle Peninsula.

Adding to the excitement is the climb over Short Mountain, a steep but scenic shortcut across the Slieve Mish Mountains. While this ascent requires some effort, the reward is well worth it—reaching the summit offers breathtaking panoramic views over Tralee and beyond. On clear days, you can even see as far as County Clare, with the vast Atlantic stretching endlessly beyond the rugged Kerry landscape.

This region is steeped in folklore and mythology, adding a rich cultural dimension to your final day of cycling. Along the way, you'll pass the legendary Queen Scotia's grave, a site of mythological significance that has intrigued historians and storytellers for generations. Queen Scotia is a figure from Irish legend, believed to have been an Egyptian princess and the ancestor of the Irish and Scottish people. Her supposed burial site in the Slieve Mish Mountains is a place of mystery, where myth and history intertwine to form part of Ireland's deep-rooted storytelling tradition.

From here, the final descent into Tralee is an enjoyable ride, offering a moment to reflect on the incredible journey you've completed. Arriving back in town, you'll have the chance to celebrate with a well-earned meal, perhaps raising a glass in one of Tralee's welcoming pubs to toast an unforgettable cycling adventure through the stunning landscapes of Kerry.

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.

CYCLE DISTANCE

30.60 km / 19.00 mi

ELEVATION GAIN

440 m / 1144 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads.

TRAVEL TIME

N/A



Day 6: Depart Tralee

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. Train travel to Dublin typically takes about 3.5 hours, while the bus takes around 4.5 hours.

MEALS

Breakfast

*GRADING LEVELS

Moderate

Suitable for anyone who enjoys both easy and moderate rides on the same tour covering flat or gently undulating terrain with a maximum daily distance of 60kms (37 miles). There will be a few steep climbs involved, making these holidays ideal for those who cycle regularly.

Elevation Graphs

Please see below daily elevation graphs for your selected tour



Fenit Loop Cycle | Elev Gain: 200m / 656ft



Dingle to Cloghane | Elev Gain: 308m / 1010ft



Cloghane to Dingle | Elev Gain: 583m / 1916ft



Slea Head Loop | Elev Gain: 528m / 1732ft



Brandon Creek Loop | Elev Gain: 315m / 1033ft



Dingle to Inch | Elev Gain: 365m / 1198ft



Inch to Trillick | Elev Gain: 409m / 1341ft

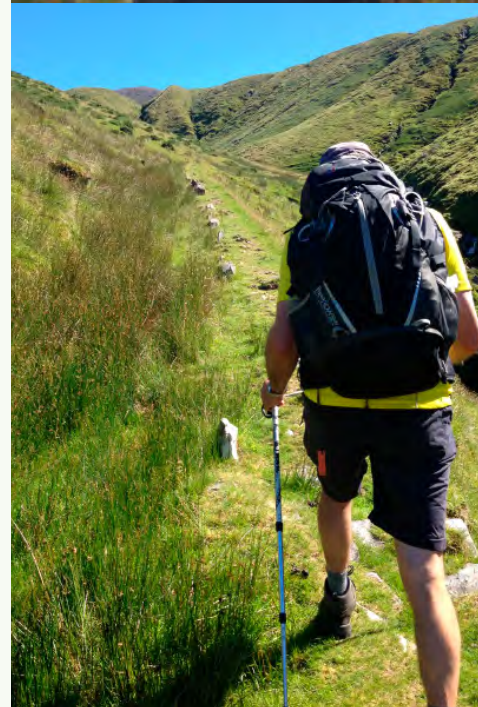
What's Included:

- 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 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.

- **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 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%

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

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