

The Ring of Kerry

5-DAY SELF-GUIDED CYCLING TOUR





The Ring of Kerry

The Ring of Kerry is one of Ireland's most iconic and scenic cycling circuits, tracing a 179-kilometre (111-mile) loop through the heart of County Kerry. This spectacular route follows quiet country roads and coastal byways that reveal ever-changing vistas of mountains, lakes, and Atlantic shoreline. Cyclists experience the wild beauty of the Iveragh Peninsula at every turn—from the dramatic slopes of the MacGillycuddy's Reeks to the golden beaches of Derrynane and Rossbeigh, and the colourful villages of Sneem, Kenmare, and Cahersiveen. It's an unforgettable journey through landscapes rich in history, culture, and natural wonder.

Dramatic Mountain Passes: The route takes you over stunning highland terrain, including Windy Gap and Caher Pass, offering panoramic views of the Kerry landscape.

Killarney National Park: One of Ireland's most famous national parks, home to lush forests, waterfalls, and historic landmarks such as Muckross House and Ross Castle.

The Black Valley: One of the most remote and unspoiled areas in Ireland, known for its isolation and rugged beauty.

Coastal Beauty: Follow the dramatic coastline of Kenmare Bay and enjoy views of the Atlantic Ocean and the Iveragh Peninsula.

Ancient Heritage: Encounter historic sites along the way, including Bronze Age stone circles, old monasteries, and famine cottages.

Charming Villages: Experience authentic Irish hospitality in quaint villages like Glenbeigh, Sneem, and Caherdaniel, where you can enjoy local cuisine and traditional music.

The Ring of Kerry is an unforgettable adventure, blending Ireland's natural beauty with its rich history and culture. Whether you're a seasoned cyclist or a casual biker, this route offers an immersive experience through one of Ireland's most spectacular landscapes.



Daily Itinerary

- 1 Arrive in Tralee - optional Fenit Loop Cycle
- 2 Tralee to Glenbeigh Cycle
- 3 Glenbeigh to Cahersiveen Cycle
- 4 Cahersiveen to Killarney
- 5 Depart Killarney



Ring of Kerry 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 Glenbeigh

The Tralee to Glenbeigh Cycle is a wonderfully scenic ride that follows a quiet and picturesque route through the heart of Kerry, avoiding the busy Ring of Kerry road while still showcasing its finest landscapes. Departing from Tralee, you'll pedal south through Farmers Bridge and Firies, travelling along peaceful country roads that wind through lush farmland and rolling green hills. The gentle gradients and light traffic make this an enjoyable start to the tour, with views of the Slieve Mish Mountains gradually giving way to the more rugged peaks of the McGillicuddy's Reeks.

From Firies, the route continues towards Beaufort, where the scenery opens dramatically to reveal some of Kerry's most iconic vistas – the Gap of Dunloe, Purple Mountain, and the shimmering waters of the Laune River. This section offers an excellent mix of rural tranquillity and spectacular mountain backdrops, perfect for those who enjoy cycling through natural beauty at a relaxed pace.

Beyond Beaufort, the road meanders westward towards Caragh Lake, a tranquil freshwater lake surrounded by forested hills and mirrored reflections. The route skirts its northern shore before turning towards Glenbeigh, a charming seaside village at the gateway to the Iveragh Peninsula. Here, you can relax and enjoy the coastal atmosphere, perhaps rewarding yourself with a meal or a pint after a rewarding day in the saddle.

This 49 km cycle typically takes 4 to 5 hours at a comfortable touring pace, with a few rolling hills but no major climbs. It's a perfect day's ride for those seeking scenic variety, peaceful roads, and a true taste of rural Kerry – from mountain passes to lakeside serenity.

MEALS

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

CYCLE DISTANCE

49km / 30.40 mi

ELEVATION GAIN

530 m / 1739 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads.

OVERNIGHT

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



Day 3: Glenbeigh to Cahersiveen

The Glenbeigh to Cahersiveen Cycle is a captivating ride along one of the most scenic stretches of the Ring of Kerry, combining coastal panoramas, mountain vistas, and rich local heritage. Leaving the seaside village of Glenbeigh, the route follows quiet back roads that climb gently through open countryside, offering sweeping views across Dingle Bay and the distant peaks of the Slieve Mish Mountains. The ride feels peaceful and unhurried, with only the sound of the wind and the rhythmic turn of your wheels for company.

A short detour brings you down to Kells Bay, a serene coastal inlet framed by steep green hills and the wild Atlantic beyond. It's an ideal spot to pause, take in the views, or visit Kells Bay Gardens, home to one of Europe's finest collections of sub-tropical plants. Returning to the main route, the road continues westward beneath the shadow of the Coomacarrea Mountains, with their rugged slopes and deep glacial valleys providing a spectacular backdrop.

As you approach Cahersiveen, the scenery softens, leading you through rolling farmland and quiet rural lanes into this historic market town on the banks of the River Fertha. Here, you can explore the impressive Cahergal and Leacanabuaile stone forts, ancient ringforts that stand as timeless sentinels of Kerry's Celtic past, or visit the striking Old Barracks Heritage Centre for a glimpse into the area's history.

This 37 km stage takes around 2½ to 3½ hours of cycling at a relaxed touring pace, with a few moderate climbs and plenty of opportunities to stop and soak in the scenery.

MEALS

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

37.50 km / 23.30 mi

ELEVATION GAIN

454 m / 1555 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads..



Day 4: Cahersiveen to Killarney

The cycle from Cahersiveen to Killarney is one of the most dramatic and rewarding rides in County Kerry, covering approximately 60 km through wild, mountainous terrain and finishing in the heart of Killarney. Leaving Cahersiveen, the road rises steadily into the remote interior of the peninsula, where the long climb over the Ballaghasheen Pass delivers sweeping, almost cinematic views of jagged peaks, peat-covered uplands, and lonely valleys carved by ancient glaciers. This is pure wilderness cycling — quiet roads, big skies, and that feeling of being deep in the Kingdom.

From the top of Ballaghasheen, the road descends gradually toward the famous Black Valley, one of the most isolated areas in Ireland and the last region in the country to receive electricity. Here, the silence is profound and the scenery utterly raw — crystal lakes, grazing sheep on rocky slopes, and steep walls of mountain on either side.

Your final section brings you through the world-renowned Gap of Dunloe, a narrow glacier-formed pass that threads between towering peaks. Its stone bridges, ribbon-like road, and deep blue lakes make this one of the most iconic cycling stretches anywhere in Ireland. The downhill run toward Kate Kearney's Cottage is pure cycling joy — and a perfect finale to an unforgettable day.

From here it's a short roll into Killarney, where you'll settle in for your overnight surrounded by the lively restaurants, welcoming pubs, and timeless beauty of Killarney National Park right on your doorstep.

MEALS

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.

CYCLE DISTANCE

60km / 37.2 mi

ELEVATION GAIN

666 m / 2185 ft

GRADING

Moderate*

TERRAIN

All sealed, tarmac roads.



Day 5: Depart Killarney

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 located in Killarney offer transfers to the city and airport. 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



Tralee to Glenbeigh | Elev Gain: 530m/ 1738ft



Glenbeigh to Cahersiveen | Elev Gain: 413m/ 1355ft



Cahersiveen to Killarney | Elev Gain: 666m/ 2185ft

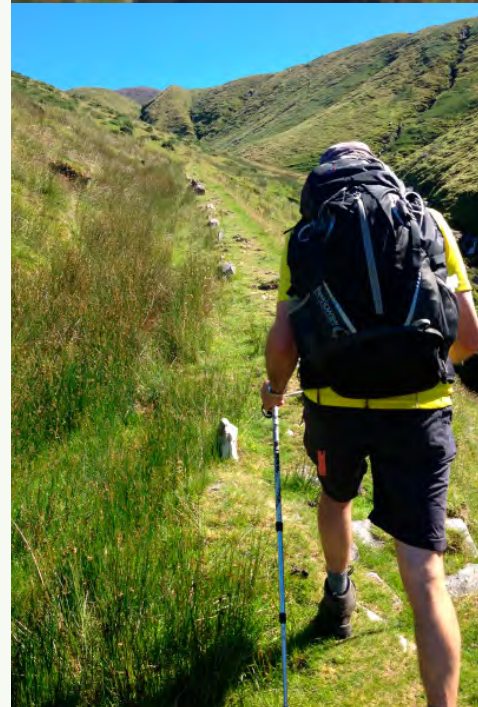
What's Included:

- 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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Tralee info@irelandwalkhikebike.com

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