



Allihies Beach At Sunset Web — Beara P

The Beara Way Walking Holiday — 5 Days (Moderate)

Bantry Bay, Hungry Hill and the Copper Coast — Glengarriff to Allihies

DURATION

5 days

WALKING DAYS

3

TOTAL DISTANCE

54.2 km

GRADE

Challenging+

From

€485

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Three walking days along the southern shore of Beara — from Glengarriff oak woods under Hungry Hill to the copper-mining village of Allihies and its red Atlantic beach. 58km of mountain coast, Bantry Bay views and industrial heritage.

Tour Highlights

- **Glengarriff woodland start**

The Beara Way begins in the ancient oak woods of Glengarriff Nature Reserve — one of the few surviving temperate rainforests on Ireland's west coast. Moss, ferns and clear streams. A gentle first climb onto the Beara trail proper.

- **Hungry Hill and the Mare's Tail**

Day 2 passes under Hungry Hill (685m), the highest peak on Beara. In wet weather the Mare's Tail waterfall spills 200m down its northern face — one of Ireland's tallest single-drop falls, visible from the trail below.

- **Dunboy Castle and Castletownbere harbour**

Day 3 passes the ruins of Dunboy Castle, blown up in 1602 after the last stand of the O'Sullivan Bere clan.

- **Allihies Copper Mine Museum and Ballydonegan Beach**

The walk ends in Allihies, the village at the centre of Beara's 19th-century copper-mining industry. The Copper Mine Museum tells the story — Cornish engineers, Welsh miners, Atlantic isolation.

Who Is It For?

Your fitness level

This tour suits regular walkers comfortable with 18–21km on rough coastal paths and rural roads over three consecutive days. One significant climb on Day 2 (around 350m of ascent). You should be steady on uneven ground and happy in open country without waymarked pavement.

The right kind of traveller

You want Ireland's wildest peninsula without the Kerry Way crowds. Evenings in Beara pubs, mornings with sea fog burning off the Caha Mountains, and a sense that you have the west to yourself.

Solo walkers, couples and small groups

The fully supported self-guided format works for all three. Maximum eight walkers per group.

Day-by-Day Itinerary

DAY
1

Arrival in Glengarriff

Overnight: Glengarriff

The Beara Way begins tomorrow.

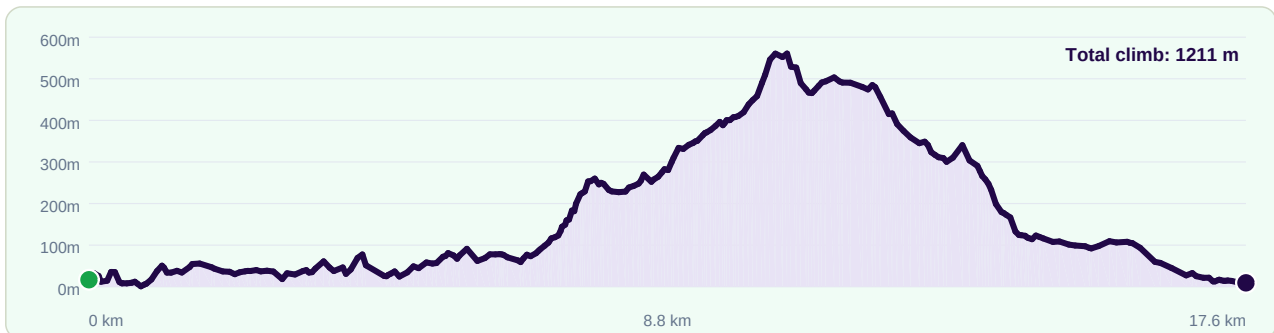
Arrive in Glengarriff, gateway to the Beara Peninsula. The village sits in a sheltered harbour ringed by native oak woodland and the Caha Mountains. Collect your route notes and waterproof maps from your B&B. Walk to the Blue Pool and Bamboo Park if you arrive early — Glengarriff benefits from a sub-tropical microclimate courtesy of the Gulf Stream. Easy evening; early night before the first walking day.

DAY
2

Glengarriff to Adrigole

Walk: Beara - Glengarriff to Adrigole (17.8 km) · Overnight: Adrigole

ROUTE 17.8 km · 1329 m ascent · Challenging · Glengarriff to Adrigole



The trail leaves Glengarriff through the ancient oak woodland of Glengarriff Nature Reserve — a temperate rainforest of moss-hung sessile oak, ferns and clear streams, one of the last of its kind in Ireland. A steady climb takes you out of the trees and onto the open flank of the Caha Mountains.

Bantry Bay opens to the south, the Sheep's Head Peninsula across the water. Ahead, Hungry Hill (685m) dominates the skyline — Beara's highest point. Under its north face, in wet weather, the Mare's Tail waterfall pours 200m down the rock. The descent into Adrigole runs through farmland above the bay.

Distance: 19km. Ascent: ~350m.

DAY

3

Adrigole to Castletownbere

Walk: Beara - Adrigole to Castletownbere (21.7 km) · Overnight: Castletownbere

ROUTE 21.7 km · 1572 m ascent · Challenging+ · Adrigole to Castletownbere



A long coastal day — 21km along Beara's southern shore with the Caha Mountains above and Bantry Bay below. Bere Island sits in the harbour mouth throughout, a reminder that you are walking the edge of one of the finest natural harbours in the world.

Past the ruins of Dunboy Castle — the O'Sullivan Bere tower house blown up in 1602 — and into Castletownbere, Ireland's second-largest whitefish port. Trawlers unload at the quay; dinner at MacCarthy's Bar.

Distance: 21km. Ascent: ~200m.

DAY

4

Castletownbere to Allihies

Walk: Beara - Castletownbere to Allihies (14.7 km) · Overnight: Allihies

ROUTE 14.7 km · 820 m ascent · Moderate · Castletownbere to Allihies



The final walking day heads west from Castletownbere onto the copper-mine trails of Beara's Atlantic tip. The landscape changes: less farmland, more boulder and heather, engine-house ruins on the hillside as you climb over the shoulder of Miskish Mountain. The copper industry here ran from 1812 to the 1880s — one of the most productive in the British Isles.

The descent into Allihies is one of the great moments on the Beara Way — the village appears below you between Ballydonegan Beach's red sand and the green hillside. Visit the Copper Mine Museum, then walk five minutes down to the beach and the Atlantic.

Distance: 18km. Ascent: ~250m.

DAY

5

Departure from Allihies

Last Beara breakfast, then your scheduled transfer back to Glengarriff (around 90 minutes around the peninsula) or direct to Cork for onward travel. Buses from Glengarriff connect to Cork city (2hrs) and Cork airport.

Most walkers arrive in Allihies already thinking about the longer version — the 6-day continues north to the painted village of Eyeries, and the 8-day takes the Dursey Island cable car and finishes in Lauragh. We will keep a place for you.

Ready to Walk Ireland?

Every tour is self-guided with hand-picked accommodation, daily luggage transfer, detailed route notes and GPX files, plus our personal local support throughout your walk. Dates and group sizes are flexible — just ask.

What's Included

- ✓ Accommodation: Welcoming en-suite B&B rooms
- ✓ Breakfast: Full Irish breakfast every morning
- ✓ Luggage Transfer: Daily transfer of your main bag between accommodations
- ✓ Personalised Itinerary and route app for your smart phone that keeps you on the trail at all times.
- ✓ Support: 24/7 emergency support throughout your holiday
- ✓ Pre-Departure Pack: Information pack sent before you travel, so you know exactly what to expect

Not Included

- ✗ Flights: Travel to Ireland is not included
- ✗ Insurance: You'll need travel and walking holiday insurance
- ✗ Meals: Lunches and dinners are not included (though we'll recommend great local spots)



Get in touch

Email: info@walkingholidayireland.com

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FROM

€485

per person

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