WALKING HOLIDAY IRELAND

FROM
€595
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE BEARA PENINSULA

THE BEARA WAY
5 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
5 days	**3**	**54.1 km**	**Moderate**
4 nights B&B	15 to 22 km each	about 1,900 m of ascent	

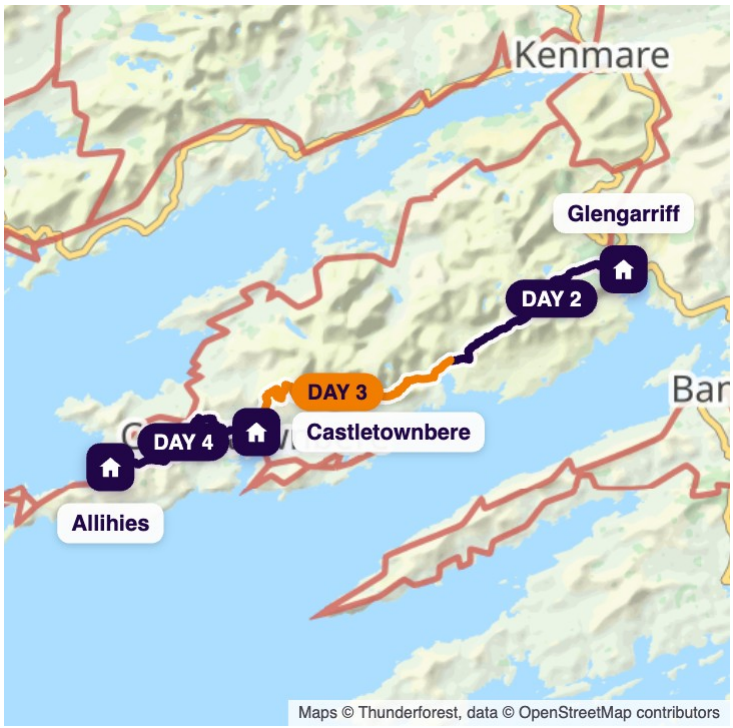
Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-BE-5M

Your route at a glance

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.



Overnight · Days 2 and 4 · Day 3

DAY 1 — Arrival in Glengarriff
The Beara Way begins tomorrow. Arrive in Glengarriff, gateway to the Beara Peninsula.

DAY 2 — Glengarriff to Adrigole
17.3 km · 599 m ascent · Moderate · back to Glengarriff for the night

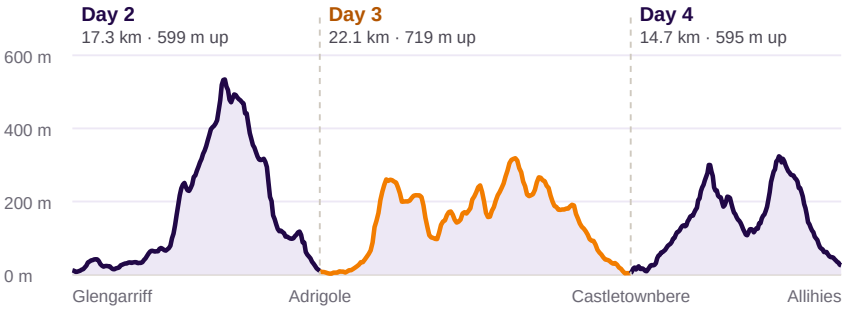
DAY 3 — Adrigole to Castletownbere
22.1 km · 719 m ascent · Challenging

DAY 4 — Castletownbere to Allihies
14.7 km · 595 m ascent · Moderate

DAY 5 — Departure from Allihies
Last Beara breakfast, then your scheduled transfer back to Glengarriff (around…

The whole walk in one line

54.1 km · 1,913 m of climbing over three days · from our GPS tracks



What's underfoot

Surface across the three walking days



Road and lane	41%
Footpath and trail	39%
Gravel and forest track	20%

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.

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…

Dunboy Castle and Castletownbere harbour

Day 4 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…

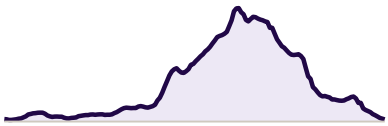
The walk ends in Allihies, the village at the centre of Beara's 19th-century copper-mining industry.

Day by day

Elevation, 0 to 600 m · Moderate · Challenging

1 **Arrival in 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… **Overnight Glengarriff**

DAY 2



17.3 km · 599 m up · Moderate

Glengarriff to Adrigole

Your first day on the Beara Way. The trail leaves Glengarriff through the old oak woods of Glengarriff Nature Reserve, then climbs a mountain track to about 500 m. From the top you look out over Bantry Bay and the Caha Mountains. You come down past the Glenlough valley to Adrigole, at the foot of Hungry Hill. There is nowhere to stay in Adrigole, so we collect you at the end of the walk and bring you back to Glengarriff for a second night.

Overnight Glengarriff · back to Glengarriff for the night

DAY 3



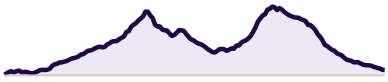
22.1 km · 719 m up · Challenging

Adrigole to Castletownbere

After breakfast we drive you back to Adrigole, where yesterday's walk ended. The trail climbs onto the shoulder of Hungry Hill (685 m), the highest mountain on Beara, then follows old mountain roads west above the coast. Bere Island lies in the harbour below for much of the afternoon. You finish in the fishing port of Castletownbere.

Overnight Castletownbere

DAY 4



14.7 km · 595 m up · 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.

Overnight Allihies

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. Want to walk further? The 6 day tour continues to the painted village of Eyeries.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

15 to 22 km	1,913	3
a day	m of climbing in total	walking days

This tour suits regular walkers comfortable with 15–22km on rough coastal paths and rural roads over three consecutive days. Two big climbs, on Days 2 and 3 (about 600m and 720m of ascent). You should be steady on uneven ground and happy in open country without waymarked pavement. 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.



INCLUDED

- ✓ **Accommodation.** 4 nights in 3-star or better en-suite B&B / guesthouse
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Logistics.** Luggage transfers to each night's accommodation
- ✓ **Transfers.** End-of-tour transfer from Allihies back to Glengarriff / Cork airport pickup point
- ✓ **Navigation.** Personalised digital itinerary and route app for your smartphone that keeps you on the trail at…
- ✓ **Support.** 24/7 emergency contact line
- ✓ **Preparation.** Pre-departure information pack with route details and packing suggestions

NOT INCLUDED

- ✗ Flights to/from Ireland
- ✗ Travel and hiking insurance
- ✗ Lunches and dinners (though we'll suggest brilliant local spots)

Want to walk further?

6 days to Eyeries from €695 · 7 days to Ardgroom from €795 · 8 days to Lauragh from €885 · 9 days to Lauragh from €1,095

FROM

€595

per person sharing

Single room supplement applies. See the website for current rates.

How booking works

1. Tell us your dates and how many walkers. We check the B&Bs.
2. A 25% deposit holds your places; the balance is due before you travel.
3. Your travel pack arrives 14 days before departure.

Check dates and book

info@walkingholidayireland.com · +353 42 932 3396

Scan for live dates

Cliff & Louise · Family-run since 2012 · We walk our routes. We answer the phone.