

5.0/5 · 12 walker reviews



The Beara Way Walking Holiday — 6 Days (Moderate)

Glengarriff to Eyeries: Hungry Hill, Allihies and the Copper Coast

DURATION

6 days

WALKING DAYS

3

TOTAL DISTANCE

76 km

GRADE

Moderate

From

€695

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Four walking days from Glengarriff to the painted village of Eyeries. 76km along the Beara peninsula, over the Caha Mountains, on copper-mine trails and along the wild Atlantic coast. The classic Beara week.

Tour Highlights

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

Day 3 passes under Hungry Hill (685m), Beara's highest peak. The Mare's Tail waterfall drops 200m down its north face — one of Ireland's tallest single-drop falls, visible from the path below.

- **Castletownbere fishing port**

Ireland's second-largest whitefish port, still working. Trawlers at the quay, MacCarthy's Bar for dinner, and the ruins of Dunboy Castle on the headland above the harbour.

- **Glengarriff to Adrigole mountain crossing**

Day 2 climbs out of the Glengarriff oak woods on a mountain track to about 500 m, with wide views over Bantry Bay and the Caha Mountains, before dropping down to Adrigole at the foot of Hungry Hill.

- **Allihies Copper Mine Museum**

The village of Allihies was the centre of Beara's 19th-century copper-mining industry. The restored museum tells the story of Cornish engineers and Atlantic isolation.

- **The painted village of Eyeries**

One of Ireland's most photographed villages — a row of pastel houses facing the northern shore of Beara, home to Milleens Cheese and Caureen's Bar, with the wild coast path to Ardgroom beyond.

Who Is It For?

Your fitness level

This tour suits regular walkers comfortable with 14–22km on rough coastal paths and rural roads over four consecutive days. Two significant climbs (up to about 720m of ascent). You should be steady on uneven ground and happy in open country.

The right kind of traveller

You want Ireland's wildest peninsula on a longer loop — woodland, mountain, copper-mine coast and painted villages in one week. Evenings in Beara pubs, mornings with sea fog burning off the Caha Mountains.

Solo walkers, couples and small groups

The fully supported self-guided format works for all three.

Day-by-Day Itinerary

DAY
1

Arrival in Glengarriff

Overnight: Glengarriff

The Beara Way begins tomorrow.

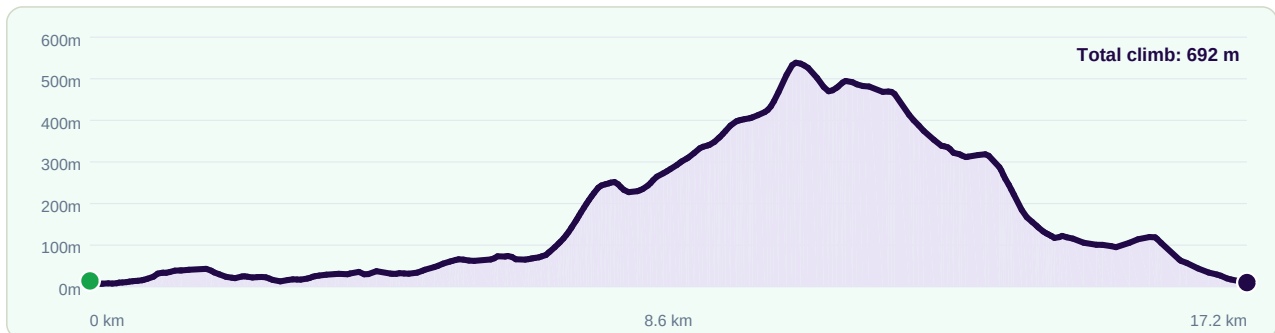
Arrive in Glengarriff, gateway to Beara. The village sits in a sheltered harbour ringed by native oak woodland and the Caha Mountains. Collect your route notes and waterproof maps from your B&B. A walk to the Blue Pool or the Bamboo Park makes for a pleasant first evening — Glengarriff is subtropical by Irish standards, sheltered and lush.

DAY
2

Glengarriff to Adrigole

Walk: Beara Glengarriff to Adrigole (17.3 km) · Overnight: Glengarriff

ROUTE 17.3 km · 599 m ascent · 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.

Distance: 17 km. Ascent: about 600 m.

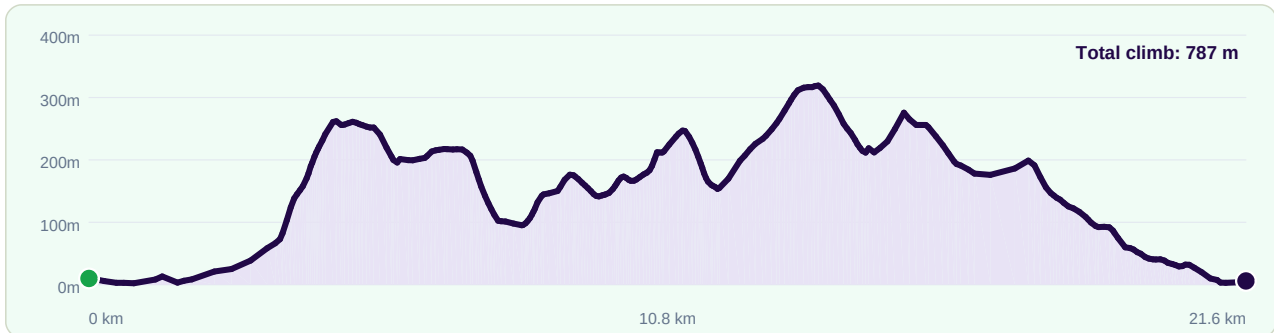
DAY

3

Adrigole to Castletownbere

Walk: Beara Adrigole to Castletownbere (22.1 km) · Overnight: Castletownbere

ROUTE 22.1 km · 719 m ascent · 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.

Distance: 22 km. Ascent: about 720 m.

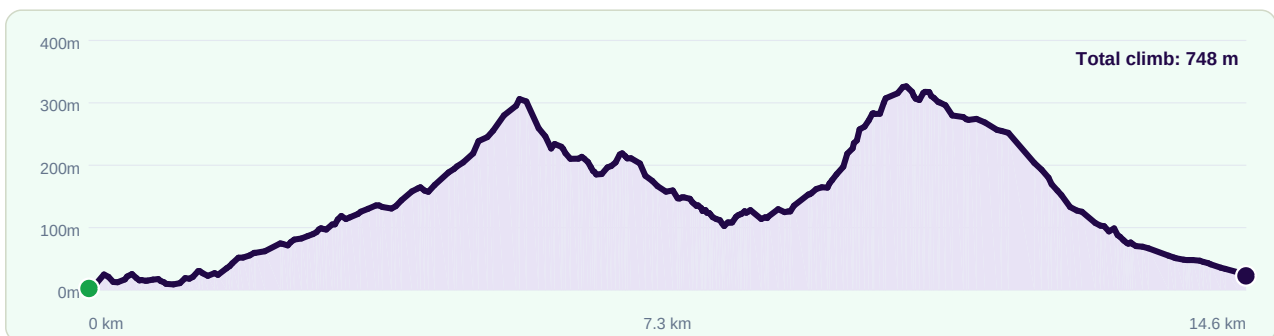
DAY

4

Castletownbere to Allihies

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

ROUTE 14.7 km · 595 m ascent · Moderate · Castletownbere to Allihies



West from Castletownbere on the copper-mine heritage trail over Miskish Mountain. Engine-house ruins, old tramway cuttings and drystone walls from the 19th-century mining settlements appear as you climb. The descent into Allihies is dramatic — the village appears below you between Ballydonegan Beach's red sand and the green hillside. Visit the Copper Mine Museum; walk to the beach at dusk.

Distance: 18km. Ascent: ~250m.

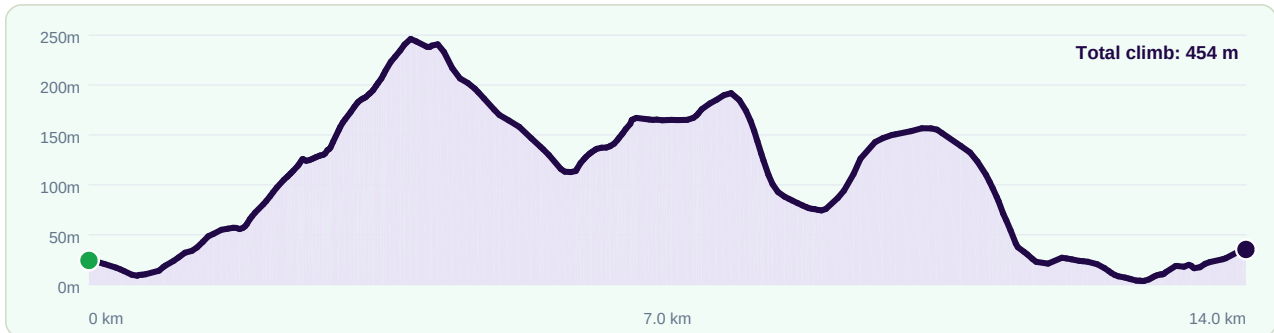
DAY

5

Allihies to Eyeries

Walk: Beara Allihies to Eyeries (14 km) · Overnight: Eyeries

ROUTE 14 km · 399 m ascent · Easy · Allihies to Eyeries



The most beautiful stage of the Beara Way — the northern coastal path above the Atlantic. The trail climbs out of Allihies with Cod's Head panoramas opening wide: ocean to the west, the Skellig Islands on the horizon to the north, old copper workings and long-abandoned stone farmsteads below. The descent into Eyeries follows the famous row of pastel-painted houses — pink, blue, mustard, green — strung along the northern shore.

Home to Milleens Cheese and Caureen's Bar. A short day that deserves a long evening.

Distance: 19km. Ascent: ~300m.

DAY

6

Departure from Eyeries

Last Beara breakfast, then your scheduled transfer back to Glengarriff (around 90 minutes by road via Castletownbere) or direct to Cork for onward travel. Most walkers are already thinking about the 7-day version, which continues from Eyeries to Ardroom and the Bronze Age stone circles. We will keep a bed for you.

What Our Walkers Say

Rated 5.0/5 by 12 walkers

The Beara Way is a hidden gem. Cliff provided excellent support before and during the trip. Everything ran smoothly.

- Peter Sørensen - 2025

A beautiful journey along the Beara Way with seamless luggage transfers.

- Thomas Becker - 2025

Our trip on the Beara Way was peaceful and scenic. Cliff provided fast communication and clear planning from the start. The route was quiet and offered excellent coastal views. Accommodation was comfortable and well located. Luggage transfers worked without any issues. The app made each day easy to follow. We highly recommend this tour.

- Lars Nielsen - 2025

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

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/beara-way-6-days-SWA-BR-6M

FROM

€695

per person

See website for current rates