WALKING HOLIDAY IRELAND

FROM
€695
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE BEARA PENINSULA

THE BEARA WAY
6 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
6 days	**4**	**68.1 km**	**Moderate**
5 nights B&B	14 to 22 km each	about 2,300 m of ascent	

★★★★★ **5.0 / 5 · 3 walker reviews**

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-BE-6M

Your route at a glance

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.



Overnight · Days 2 and 4 · Days 3 and 5

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

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

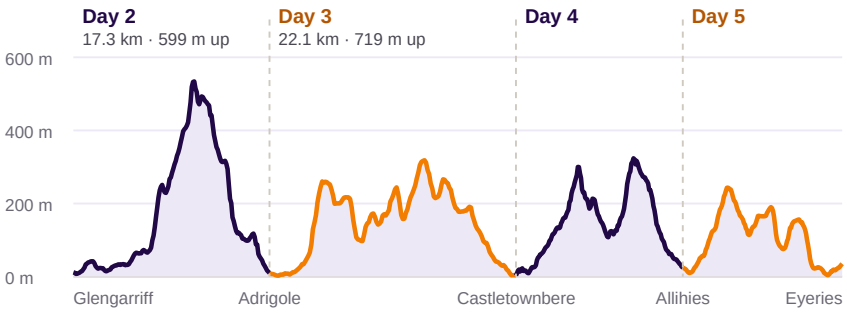
DAY 4 — Castletownbere to Allihies
14.7 km · 595 m ascent · Moderate

DAY 5 — Allihies to Eyeries
14 km · 399 m ascent · Gentle

DAY 6 — Departure from Eyeries
Last Beara breakfast, then your scheduled transfer back to Glengarriff (around…

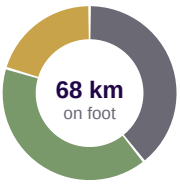
The whole walk in one line

68.1 km · 2,312 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



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

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…

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…

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…

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.

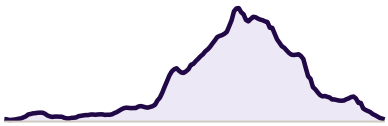
Day by day

Elevation, 0 to 600 m · Moderate · Challenging · Gentle

1 **Arrival in 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.

Overnight Glengarriff

DAY 2



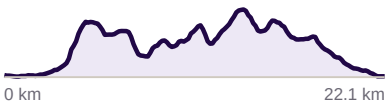
17.3 km · 599 m up · Moderate

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

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.

Overnight Allihies

DAY 5



14 km · 399 m up · Gentle

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.

Overnight Eyeries

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 Ardgroom and the Bronze Age stone circles. We…

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

14 to 22 km	2,312	4
a day	m of climbing in total	walking days

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



INCLUDED

- ✓ **Accommodation.** 5 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 Eyeries 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?
7 days to Ardgroom from €795 · 8 days to Lauragh from €885 · 9 days to Lauragh from €1,095

FROM
€695
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.

★★★★★ 5.0 / 5 · 3 reviews