



Allihies Beach At Sunset Web — Beara P

The Beara Way Walking Holiday — 7 Days (Moderate)

Glengarriff to Ardgroom — Bere Island, Allihies and Stone Circle Country

DURATION

7 days

WALKING DAYS

5

TOTAL DISTANCE

89 km

GRADE

Moderate

From

€725

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Five walking days from Glengarriff to the Bronze Age stone circles above Ardgroom — 89km along Ireland's wildest peninsula, with a Bere Island ferry, copper-mine coast and wild Atlantic north shore.

Tour Highlights

● **Hungry Hill and the Mare's Tail**

Day 2 crosses under Beara's highest peak (685m) and past the Mare's Tail waterfall — 200m of single-drop fall visible from the path below on a wet day.

● **Bere Island military heritage**

Day 3: a short ferry to Bere Island, a quiet car-free island with Martello towers, First World War gun batteries and Second World War observation posts. Island pub for lunch.

● **Castletownbere and Allihies**

Ireland's second-largest whitefish port and the copper-mining village of Allihies — two of the most characterful places on the Wild Atlantic Way. MacCarthy's Bar in Castletownbere; the Copper Mine Museum and Ballydonegan Beach in Allihies.

● **The painted village of Eyeries**

A row of pastel houses on Beara's northern shore, home to Milleens Cheese and Caureen's Bar. The coastal path into Eyeries from Allihies is the most scenic stage on the peninsula.

● **Ardgroom Stone Circle**

Fifteen standing stones in a Bronze Age ring on open hillside, erected around 1500 BC. Still standing in an open field above the Atlantic, with no fence and no charge — one of the finest prehistoric sites in Munster.

Who Is It For?

Your fitness level

This tour suits regular walkers comfortable with 12–21km on rough coastal paths and rural roads over five consecutive days. Up to ~350m of ascent on the bigger days. You should be steady on uneven ground and happy in open country.

The right kind of traveller

You want the full length of Beara, north shore and south — oak woodland, mountain, copper-mine coast, painted villages and prehistoric stone circles. Evenings in village pubs, mornings with sea fog lifting off the Caha Mountains.

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.

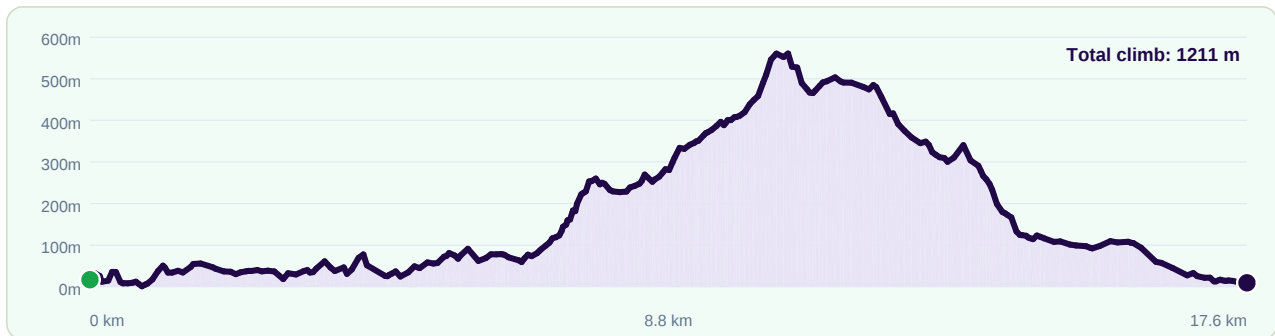
Arrive in Glengarriff, gateway to Beara. The village sits in a sheltered harbour surrounded by native oak woodland and the Caha Mountains. Collect your route notes and waterproof maps from your B&B. The Bamboo Park, the Blue Pool and a good pub are all within easy reach. Easy evening; early night.

DAY
2

Glengarriff to Castletownbere

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

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



Through the ancient oak woodland of Glengarriff Nature Reserve, up onto the Caha mountain flank, under Hungry Hill (685m) and past the Mare's Tail waterfall on its north face. Bantry Bay opens to the south; the Sheep's Head across the water. Down through Adrigole, then west along the southern coast past Dunboy Castle ruins and the harbour views to Bere Island. Into Castletownbere: fresh fish and MacCarthy's Bar.

Distance: 21km. Ascent: ~500m.

DAY

3

Bere Island day trip

Overnight: Castletownbere

Morning ferry from Castletownbere to Bere Island — a quiet, car-free island in the mouth of Berehaven harbour with a remarkable military history. The loop walk takes in Martello towers from the Napoleonic era, First World War gun batteries (when this was a Royal Navy base), and Second World War observation posts that watched the Atlantic convoys. All now silent in the grass, with wide views across to the Beara mainland.

Island pub for lunch; evening ferry back to Castletownbere.

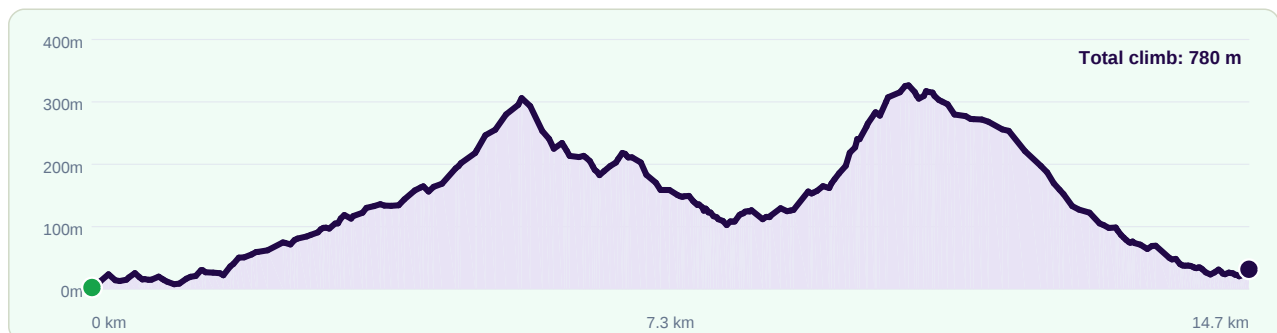
Distance: 12km. Ascent: ~150m.

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


West from Castletownbere on the copper-mine trails over Miskish Mountain. Engine-house ruins, old tramway cuttings and drystone walls from the 19th-century mines 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. Copper Mine Museum visit; walk to the beach at dusk.

Distance: 18km. Ascent: ~250m.

DAY

5

Allihies to Eyeries

Walk: Beara - Allihies to Eyeries (13.3 km) · Overnight: Eyeries

ROUTE 13.3 km · 718 m ascent · Moderate · Allihies to Eyeries



Beara's most dramatic walking day — 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 on the hillside. 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.

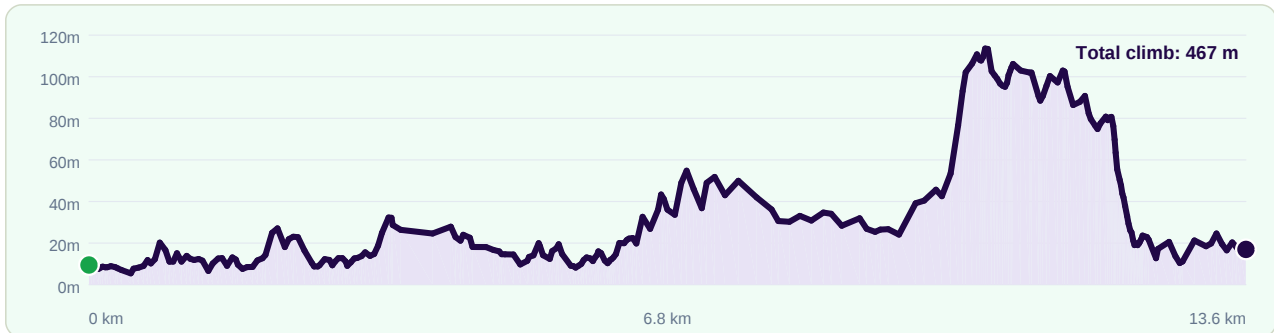
DAY

6

Eyeries to Ardgroom

Walk: Beara - Eyeries to Ardgroom (13.7 km) · Overnight: Ardgroom

ROUTE 13.7 km · 509 m ascent · Easy · Eyeries to Ardgroom



A coastal day heading east along Beara's northern shore — clifftop paths and hill tracks with the Atlantic below and mountain ridges above. The day ends at Ardgroom, a small village above the water, where the Ardgroom Stone Circle — fifteen standing stones erected around 1500 BC — sits on open hillside twenty minutes from your B&B. One of the finest prehistoric sites in Munster, with no fence and no interpretation board — just the stones and the view over the Atlantic. Harrington's pub for the evening.

Distance: 19km. Ascent: ~280m.

DAY

7

Departure from Ardgroom

Last Beara breakfast in Ardgroom, then your scheduled transfer to Kenmare (around 30 minutes) for onward connections north — bus to Cork, train from Killarney, or the drive to Kerry airport. Cork airport is around 2hrs by road.

The 8-day version continues from here west to Lauragh, through the Healy Pass foothills and the ancient gardens of Derreen. We will keep a bed 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

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/beara-way-7-days-moderate

FROM

€725

per person

See website for current rates