WALKING HOLIDAY IRELAND

FROM
€795
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE BEARA PENINSULA

THE BEARA WAY
7 DAYS

Five walking days from Glengarriff to the Bronze Age stone circles above Ardgroom. 95km along Ireland's wildest peninsula, over the Caha Mountains, along the copper-mine coast and the wild Atlantic north shore.

DURATION	WALKING DAYS	DISTANCE	GRADE
7 days	**5**	**82.5 km**	**Moderate**
6 nights B&B	14 to 22 km each	about 2,500 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-BE-7M

Your route at a glance

Five walking days from Glengarriff to the Bronze Age stone circles above Ardgroom. 95km along Ireland's wildest peninsula, over the Caha Mountains, along the copper-mine coast and the wild Atlantic north shore.



Overnight · Days 2, 4 and 6 · Days 3 and 5

DAY 1 — Arrival in Glengarriff
The Beara Way begins tomorrow. Arrive…

DAY 2 — Glengarriff to Adrigole
17.3 km · 599 m ascent · Moderate · back…

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

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

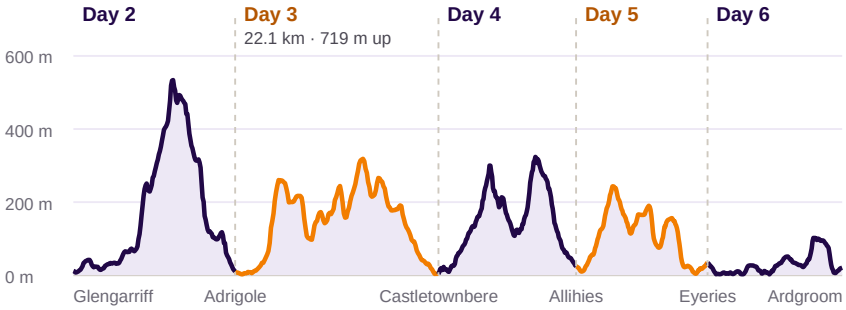
DAY 5 — Allihies to Eyeries
14 km · 399 m ascent · Gentle

DAY 6 — Eyeries to Ardgroom
14.4 km · 145 m ascent · Gentle

DAY 7 — Departure from Ardgroom
Last Beara breakfast in Ardgroom, then…

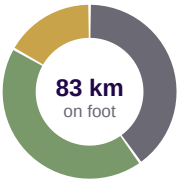
The whole walk in one line

82.5 km · 2,457 m of climbing over five days · from our GPS tracks



What's underfoot

Surface across the five walking days



Road and lane	40%
Footpath and trail	43%
Gravel and forest track	17%

Hungry Hill and the Mare's Tail

Day 3 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.

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…

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.

The painted village of Eyeries

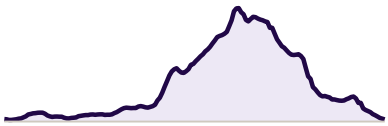
A row of pastel houses on Beara's northern shore, home to Milleens Cheese and Caureen's Bar. The coastal path into Eyeries from Allihies is the most…

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 surrounded by native oak woodland and the Caha Mountains. Collect your route notes and waterproof maps from your B&B… **Overnight Glengarriff**

DAY 2



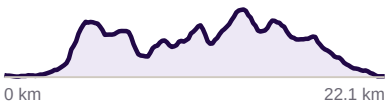
17.3 km · 599 m up · Moderate

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 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.

Overnight Allihies

DAY 5



14 km · 399 m up · Gentle

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.

Overnight Eyeries

DAY **6**



14.4 km **145 m up**

Gentle

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.

Overnight Ardgroom

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.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

14 to 22 km	2,457	5
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 five consecutive days. Up to about 720m of ascent on the bigger days. You should be steady on uneven ground and happy in open country. 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.



INCLUDED

- ✓ **Accommodation.** 6 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 Ardgroom to Kenmare / 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?
8 days to Lauragh from €885 · 9 days to Lauragh from €1,095

FROM

€795

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.