

WALKING HOLIDAY IRELAND

FROM
€885
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE BEARA PENINSULA

THE BEARA WAY
8 DAYS

Six walking days from Glengarriff to Lauragh on Kenmare Bay. 94 km around the Beara Peninsula, over the Caha Mountains, along the copper mine coast and past Bronze Age stone circles.

DURATION	WALKING DAYS	DISTANCE	GRADE
8 days	**6**	**94.2 km**	**Moderate**
7 nights B&B	12 to 22 km each	about 2,700 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-BE-8M

Your route at a glance

Six walking days from Glengarriff to Lauragh on Kenmare Bay. 94 km around the Beara Peninsula, over the Caha Mountains, along the copper mine coast and past Bronze Age stone circles.



Overnight · Days 2, 4 and 6 · Days 3, 5 and 7

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

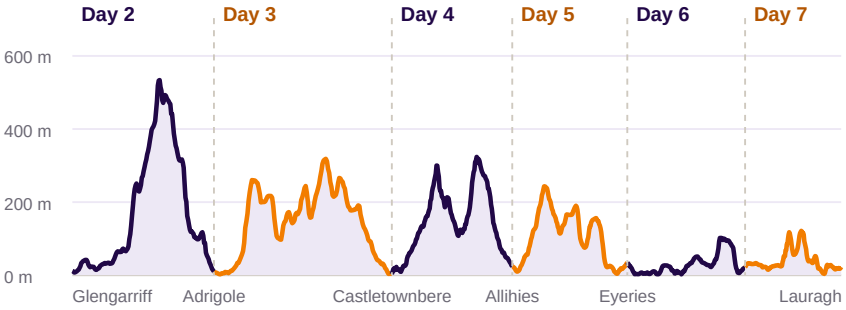
DAY 6 — Eyeries to Ardgroom
14.4 km · 145 m ascent · Gentle

DAY 7 — Ardgroom to Lauragh
11.7 km · 194 m ascent · Gentle

DAY 8 — Departure from Lauragh
Last Beara breakfast in Lauragh, then your scheduled transfer to Kenmare (20…

The whole walk in one line

94.2 km · 2,651 m of climbing over six days · from our GPS tracks



What's underfoot

Surface across the six walking days



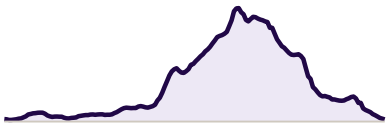
Road and lane	43%
Footpath and trail	42%
Gravel and forest track	15%

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. Sheltered harbour, native oak woodland and the Caha Mountains. Collect your route notes and waterproof maps from your B&B. The Bamboo Park, the Blue… **Overnight Glengarriff**

DAY 2



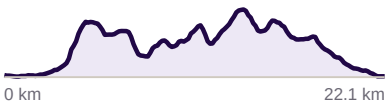
17.3 km · 599 m up · Moderate

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, tramway cuttings and drystone walls from the 19th-century mines appear on the hillside. The descent into Allihies reveals the village between Ballydonegan Beach's red sand and the green hillside. Copper Mine Museum visit; beach walk at dusk.

Overnight Allihies

DAY 5



14 km · 399 m up · Gentle

Allihies to Eyeries

Today is one of the finest days on the Beara Way, on the north coast path high above the Atlantic. The trail climbs out of Allihies to wide views from Cod's Head. The ocean lies to the west and the Skellig Islands sit on the northern horizon. Old copper workings and stone farmsteads dot the hillside. You come down into Eyeries, with its row of brightly painted houses along the shore. It is 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

East along Beara's northern shore — clifftop paths and hill tracks with the Atlantic below. The day ends at Ardgroom and the Ardgroom Stone Circle: fifteen standing stones on open hillside, erected around 1500 BC, with no fence and no sign. One of the finest prehistoric sites in Munster. Harrington's pub for the evening.

Overnight Ardgroom

DAY 7



11.7 km | 194 m up

Gentle

Ardgroom to Lauragh

The final walking day follows the Healy Pass foothills east along the northern shore of the peninsula. The path passes through the woodlands of Derreen Gardens — a Victorian-era estate garden of tree ferns, magnolias and exotic planting on the shore of Kenmare Bay, one of the great hidden gardens of Ireland. Into Lauragh, a small Kerry village on the bay, for the last Beara evening.

Overnight Lauragh

8 **Departure from Lauragh.** Last Beara breakfast in Lauragh, then your scheduled transfer to Kenmare (20 minutes) for onward connections — bus to Cork or Killarney, or the drive to Kerry airport. Cork airport is around 2hrs. Kenmare itself is worth a stop: excellent food, a Druid's Circle, good bookshops.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

12 to 22 km	2,651	6
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 six consecutive days. Up to about 720m of ascent on the bigger days. You should be steady on uneven ground and happy in open country without waymarked pavement. You want the Beara Way in full — every lighthouse, village, stone circle and mountain shoulder. The Dursey cable car, copper-mine coast and the Victorian gardens of Derreen. Evenings in village pubs, long days on the ridge.



INCLUDED

- ✓ **Accommodation.** 7 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 Lauragh / Kenmare 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?
9 days to Lauragh from €1,095

FROM

€885

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.