WALKING HOLIDAY IRELAND

FROM
€1,095
per person sharing



SELF-GUIDED WALKING HOLIDAY · THE BEARA PENINSULA

THE BEARA WAY
9 DAYS

Seven walking days from Glengarriff to Lauragh on Kenmare Bay. Almost the whole Beara Way, over the Caha Mountains and along the copper-mine coast, with a full day on Dursey Island by Ireland's only cable car.

DURATION	WALKING DAYS	DISTANCE	GRADE
9 days	**7**	**105.9 km**	**Moderate**
8 nights B&B	12 to 22 km each	about 3,100 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-BR-9M

Your route at a glance

Seven walking days from Glengarriff to Lauragh on Kenmare Bay. Almost the whole Beara Way, over the Caha Mountains and along the copper-mine coast, with a full day on Dursey Island by Ireland's only cable car.



Overnight · Days 2, 4, 6 and 8 · Days 3, 5 and 7

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 — Dursey Island day
11.7 km · 492 m ascent · Gentle · back…

DAY 6 — Allihies to Eyeries
14 km · 399 m ascent · Gentle

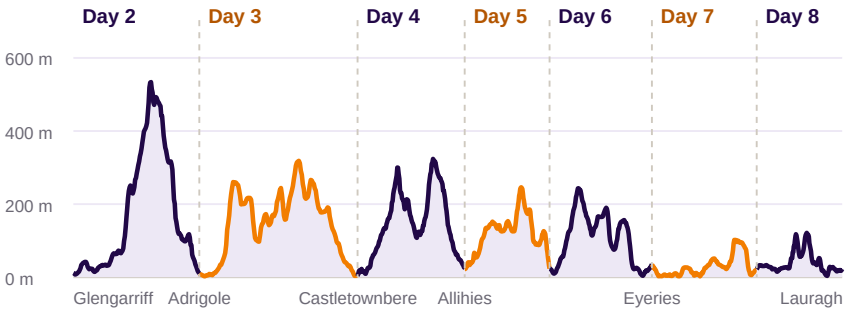
DAY 7 — Eyeries to Ardgroom
14.4 km · 145 m ascent · Gentle

DAY 8 — Ardgroom to Lauragh
11.7 km · 194 m ascent · Gentle

DAY 9 — Departure from Lauragh
Last Beara breakfast in Lauragh, then…

The whole walk in one line

105.9 km · 3,143 m of climbing over seven days · from our GPS tracks



What's underfoot

Surface across the seven walking days



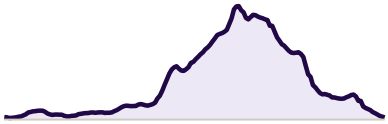
Road and lane	43%
Footpath and trail	42%
Gravel and forest track	15%

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



11.7 km · 492 m up · Gentle

Dursey Island day

A whole day for Dursey Island. After breakfast we drive you about 20 minutes to the Dursey Sound cable car, Ireland's only cable car. Go early, as the queue to cross builds up in the late morning. The car swings out over the churning sound to the island, where there are no shops, no cars and only a handful of people. Walk the quiet road and green tracks west, then climb over Cnoc Bólais to the old signal tower, with seabirds below the cliffs and often dolphins in the sound. Take the cable car back to the mainland at your own pace. We collect you at the cable car and drive you back to Allihies. Your second night is in Allihies, so there is no packing this morning.

Overnight Allihies · back to Allihies for the night

DAY 6



14 km · 399 m up · Gentle

Allihies to Eyeries

Beara's most dramatic walking day, on the northern coast path above the Atlantic. The trail climbs out of Allihies with Cod's Head views opening wide: ocean to the west, the Skellig Islands on the horizon to the north, old copper workings and abandoned stone farmsteads on the hillside. The descent into Eyeries follows the famous row of pastel-painted houses strung along the northern shore. Home to Milleens Cheese and Caureen's Bar. A short day that deserves a long evening.

Overnight Eyeries

DAY 7



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 8



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

9 **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	3,143	7
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 seven 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.** 8 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
- ✓ **Dursey Island.** Transfers from Allihies to the Dursey cable car and back. The cable car fare is paid on the day.
- ✓ **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)
- ✗ Dursey Island cable car fare (10 euro return per adult in 2026, paid on the day)

FROM

€1,095

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.