



Dingle Way Walking Holiday — 10 Days (Moderate)

Tralee to Castlegregory at a relaxed pace — full waymarked trail with a rest day in Dingle

DURATION

10 days

WALKING DAYS

7

TOTAL DISTANCE

145.6 km

GRADE

Challenging

From

€1,265

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

The full official Dingle Way at the most relaxed pace we offer: Tralee to Castlegregory over seven walking days, with a proper rest day in Dingle town to enjoy the music, the harbour and the bay. The complete trail without rushing a single section.

Tour Highlights

- **The Whole Trail with Time to Breathe**

Seven walking days plus a full rest day in Dingle. The complete official Dingle Way — every kilometre walked — at the pace it actually deserves.

- **A Proper Rest Day in Dingle**

Day 5 is yours: dolphin boat trip, harbour walk, long lunch at one of the cafés, traditional music in the evening at John Benny's or Dick Mack's. Most guests fall properly in love with Dingle on this day.

- **Atlantic on Three Sides**

South coast (Camp to Dingle), western tip (Slea Head to Sybil Point), northern shore (Cuas to Cloghane to Castlegregory). Mount Brandon — Ireland's second-highest peak — at the centre of it all.

- **Eight Hand-Picked Overnights**

Tralee, Camp, Annascaul, two consecutive nights in Dingle, Dunquin, Ballydavid, Cloghane, Castlegregory — every village covered, every B&B chosen personally.

Who Is It For?

Walkers who want time, not just distance.

Ten days, seven walking days, one full rest day. The pace lets you genuinely arrive in each place rather than passing through it — and the Dingle rest day is exactly the right amount of time to fall in love with the harbour town.

Couples and friends who want a proper holiday with walking in it.

The 10-day is the version where the walking serves the trip rather than the other way around. There's breathing room in the schedule, the rest day flexes around what you want to do, and the long arrival in Tralee plus relaxed departure morning add up to a real ten-day break.

People who want every kilometre walked at a sensible rhythm.

Seven walking days at 17–23 km on a clear, well-marked trail.

Day-by-Day Itinerary

DAY
1

Arrival in Tralee

Overnight: Tralee

Arrive in Tralee and settle into your first accommodation — the county town of Kerry and the official trailhead for the Dingle Way. Tralee has rail and bus links from Dublin, Cork and Limerick, the lovely Tralee Town Park, and a wide range of restaurants and pubs.

We will provide you with information on how to get here using public transport in your pre-departure pack — Tralee station is on the main Dublin–Tralee rail line — or talk to us about private transfer options from Kerry Airport, Cork Airport or Shannon Airport.

Tonight, rest. Tomorrow you start walking — at the official trailhead by the Blennerville Windmill on the western edge of town.

DAY
2

Tralee to Camp

Walk: DW 1 Tralee to camp (17.3 km) · Overnight: Camp

ROUTE 17.3 km · 421 m ascent · Moderate · Tralee to Camp



The official opening day of the Dingle Way. From the Blennerville Windmill on the western edge of Tralee, the trail follows the southern shore of Tralee Bay west through farmland to Camp. A gentle, varied first day — coast, working farms, mountain views — that lets you settle into the rhythm before the bigger southern coast days.

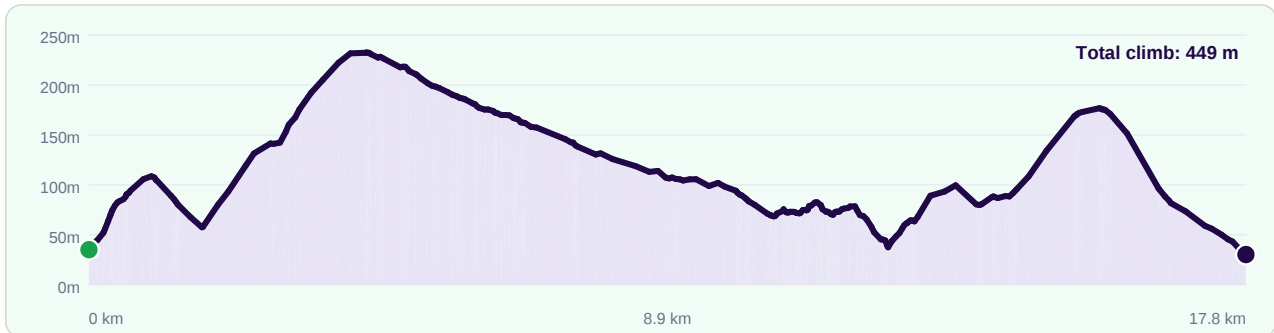
DAY

3

Camp to Annascaul

Walk: DW 2 Camp naar annascaul (17.8 km) · Overnight: Annascaul

ROUTE 17.8 km · 449 m ascent · Moderate



West out of Camp through traditional sheep country to Annascaul — best known as the home of Antarctic explorer Tom Crean and the legendary South Pole Inn he opened on his return.

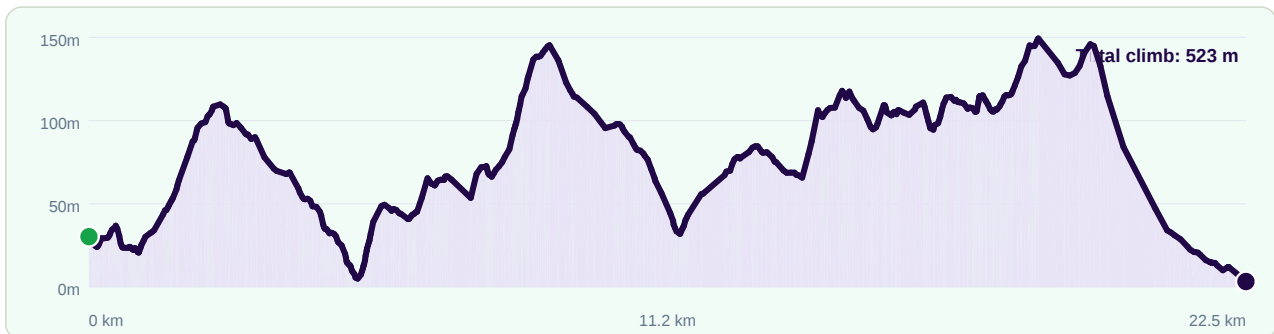
DAY

4

Annascaul to Dingle

Walk: DW 3 Annascaul to Dingle (22.5 km) · Overnight: Dingle

ROUTE 22.5 km · 523 m ascent · Challenging · Annascaul to Dingle



The long crossing south-west to Dingle town — Ireland's most beloved harbour town. Tonight, find a seat at Dick Mack's, John Benny's or O'Sullivan's Courthouse for live music with your dinner — and tomorrow, you don't walk anywhere.

DAY
5

Rest Day in Dingle

Overnight: Dingle

A full day in Dingle with no luggage to pack and no schedule to keep. A few popular ways to spend it:

Dingle Bay boat trip. The harbour's resident dolphins are well known, and several boat operators run morning and afternoon trips out into the bay — calm water, real wildlife, an easy way to see the harbour from the water.

Walk up to An Daingean / Eask Tower. A short uphill walk above town gives you a postcard view of the harbour and the Slieve Mish Mountains. The Eask Tower at the top dates from the 19th century.

Long lunch and a music afternoon. Dingle does cafés, bookshops and traditional music as well as anywhere in Ireland. Browse Dick Mack's leather-shop-and-pub (yes, both at once), settle in for an afternoon at John Benny's, or take an aimless walk along the harbour.

DAY
6

Dingle to Dunquin (Slea Head)

Walk: DW 4 Dingle to Dunquin (21.3 km) · Overnight: Dunquin

ROUTE 21.3 km · 459 m ascent · Moderate · Dingle to Dunquin



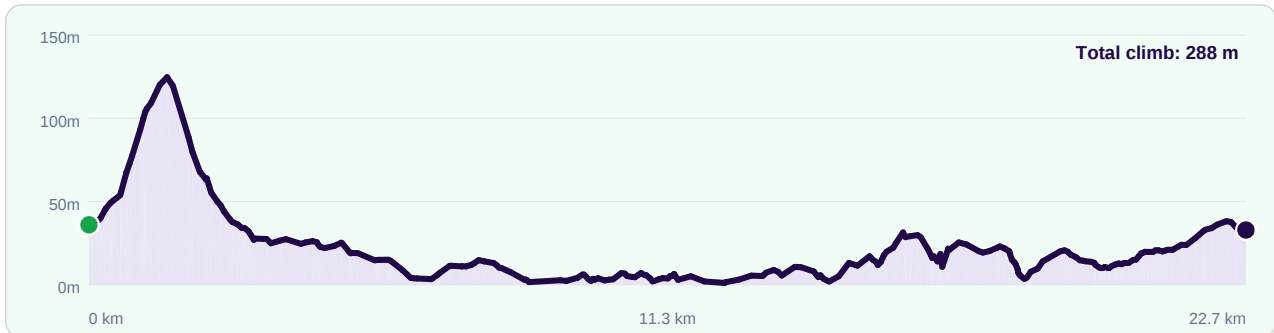
The showpiece Slea Head Drive on foot — beehive huts, ringforts, the Three Sisters cliffs, Coumeenoole Beach. You finish at Dunquin, westernmost village in Europe, with the Blasket Islands offshore.

DAY
7

Dunquin to Ballydavid (Cuas Feohanagh)

Walk: DW 5 Dunquin to Cuas Feohanagh (22.8 km) · Overnight: Ballydavid / Cuas

ROUTE 22.8 km · 296 m ascent · Moderate · Dunquin to Cuas



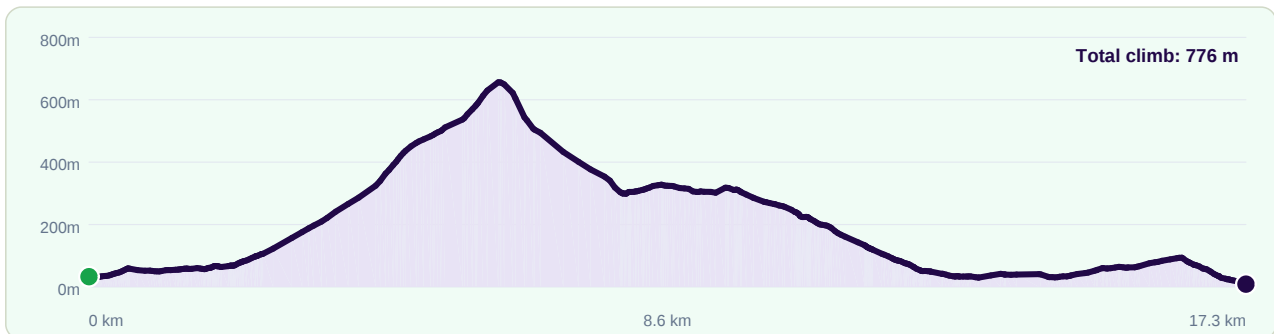
The wildest leg. North around Sybil Point, then east along Smerwick Harbour under the Three Sisters cliffs. You finish at Ballydavid, a small fishing harbour at the foot of Mount Brandon.

DAY
8

Cuas to Cloghane

Walk: DW 6 Cuas to Cloghane (17.3 km) · Overnight: Cloghane

ROUTE 17.3 km · 776 m ascent · Moderate · Cuas to Cloghane



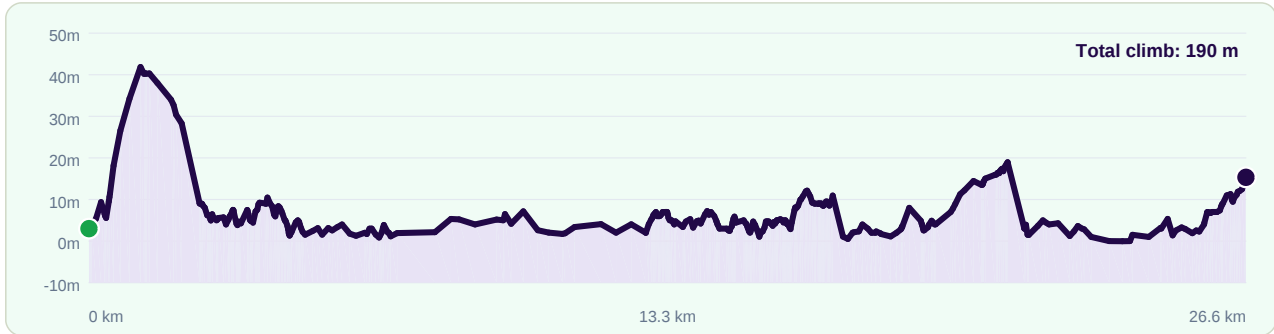
The northern crossing under the bulk of Mount Brandon — Ireland's second-highest peak. The descent crosses the long empty curve of Fermoy Strand on Brandon Bay and finishes at Cloghane village.

DAY
9

Cloghane to Castlegregory

Walk: DW 7 Cloghane to camp (26.6 km) · Overnight: Castlegregory

ROUTE 26.6 km · 190 m ascent · Challenging · Cloghane to Camp



East along Brandon Bay to Castlegregory — quiet farm roads, the long open beach, kite-surfers in the bay, the Maharees peninsula stretching out into Tralee Bay ahead. Tonight is your last on the trail.

DAY
10

Departure from Castlegregory

A leisurely morning. A last full Irish breakfast. Castlegregory is roughly 35 minutes by road from Tralee station and a similar drive to Kerry Airport. We can arrange a private transfer for the morning if you'd prefer.



Along the trail in Dingle, Ireland

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

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Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/dingle-way-SWA-DG-10M

FROM

€1,265

per person

See website for current rates