

WALKING HOLIDAY IRELAND

FROM
€1,260
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE DINGLE WAY

DINGLE WAY
10 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
10 days	**7**	**145.6 km**	**Moderate**
9 nights B&B	17 to 27 km each	about 3,100 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com

Tour code SWA-DG-10M

Your route at a glance

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.



DAY 1 — Arrival in Tralee
Arrive in Tralee and settle into your…

DAY 2 — Tralee to Camp
17.3 km · 284 m ascent · Moderate

DAY 3 — Camp to Annascaul
17.8 km · 407 m ascent · Moderate

DAY 4 — Annascaul to Dingle
22.5 km · 387 m ascent · Challenging

DAY 5 — Rest Day in Dingle
A full day in Dingle with no luggage to…

DAY 6 — Dingle to Dunquin (Slea Head)
21.3 km · 373 m ascent · Moderate

DAY 7 — Dunquin to Ballydavid (Cuas
22.8 km · 163 m ascent · Moderate

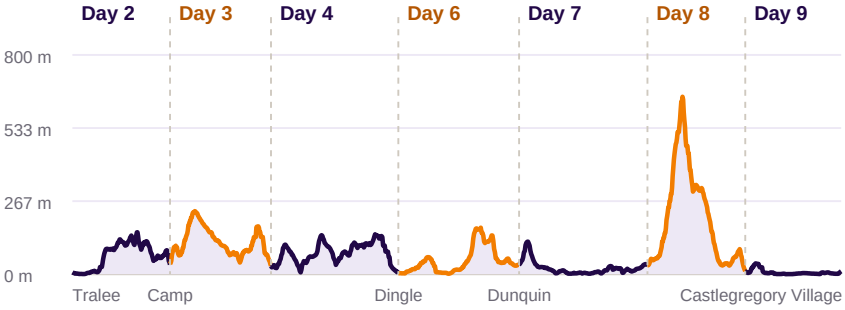
DAY 8 — Cuas to Cloghane
17.3 km · 719 m ascent · Moderate

DAY 9 — Cloghane to Castlegregory
16.9 km · 31 m ascent · Gentle

DAY 10 — Departure from Castlegregory
A leisurely morning. A last walk on…

The whole walk in one line

145.6 km · 3,114 m of climbing over seven days · from our GPS tracks



What's underfoot

Surface across the seven walking days



Road and lane	52%
Footpath and trail	40%
Gravel and forest track	8%

Day by day

Elevation, 0 to 800 m · Moderate · Challenging · Gentle

1 **Arrival in 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… **Overnight Tralee**

DAY 2



17.3 km · 284 m up · 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.

Overnight Camp

DAY 3



17.8 km · 407 m up · Moderate

Camp to Annascaul

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.

Overnight Annascaul

DAY 4



22.5 km · 387 m up · 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.

Overnight Dingle

5 **Rest Day in 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… **Overnight Dingle**

DAY 6



21.3 km | 373 m up | Moderate

Dingle to Dunquin (Slea Head)

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.

Overnight Dunquin

DAY 7



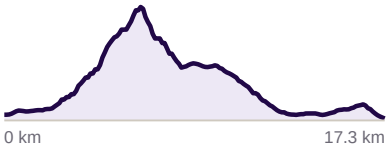
22.8 km | 163 m up | Moderate

Dunquin to Ballydavid (Cuas Feohanagh)

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.

Overnight Ballydavid / Cuas

DAY 8



17.3 km | 719 m up | 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 Fermoyle Strand on Brandon Bay and finishes at Cloghane village.

Overnight Cloghane

DAY 9



16.9 km | 31 m up | Gentle

Cloghane to Castlegregory

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.

Overnight Castlegregory

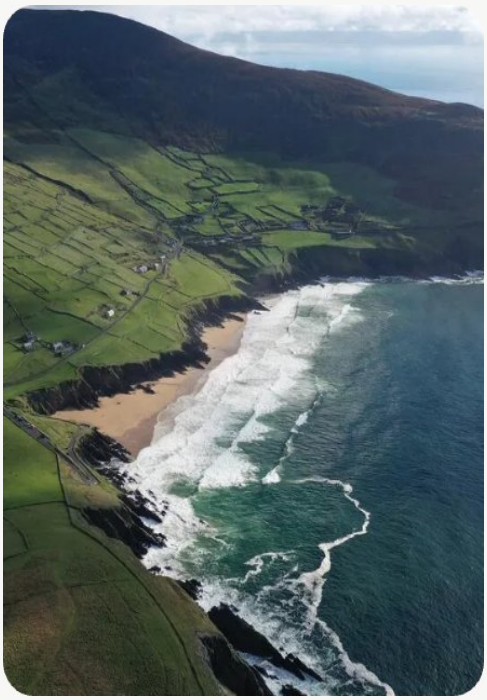
10 **Departure from Castlegregory.** A leisurely morning. A last walk on the beach. Castlegregory is roughly 35 minutes by road from Tralee station and a similar drive to Kerry Airport. We can arrange a private transfer for the morning if you"d prefer.

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

17 to 27 km	3,114	7
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 9 nights in en-suite B&B or guesthouse rooms (Tralee, Camp, Annascaul, Dingle ×…
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Luggage Transfer.** Daily door-to-door transfer of your main bag (no transfer needed on the rest day)
- ✓ **Navigation.** Personalised digital itinerary and route app for your smartphone that keeps you on the trail at…
- ✓ **Pre-Departure Pack.** Information pack 3 weeks before you travel
- ✓ **Support.** 24/7 emergency support line for the duration of your trip

NOT INCLUDED

- ✗ **Flights.** Travel to Ireland is not included
- ✗ **Insurance.** You will need travel and walking holiday insurance
- ✗ **Meals.** Lunches and dinners (we'll happily recommend pubs, restaurants and cafés en route)
- ✗ **Optional Day-5 Activities.** Dingle Bay boat trip and other rest-day activities are easy to book in Dingle on the…
- ✗ **Departure Transfer.** Day-10 transfer from Castlegregory (we can arrange a private transfer to Tralee station…

FROM

€1,260

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.