



# The 5 Day Kerry Way Hiking Tour

Killarney, the Black Valley, and the mountain heart of Kerry

DURATION

**5 days**

WALKING DAYS

**3**

TOTAL DISTANCE

**55.6 km**

GRADE

**Moderate**

From

**€615**

per person

Book or enquire at

[walkingholidayireland.com/walking-tours](http://walkingholidayireland.com/walking-tours)

[See website for current rates](#)

## About This Tour

Three days walking the heart of the Kerry Way — Killarney National Park, the Black Valley, and the Atlantic coast at Glenbeigh. 63km of mountain passes, lake shores and remote glens, starting and finishing in Killarney.

## Tour Highlights

- **The Black Valley**

Day 2 ends in the magnificent Black Valley — one of Ireland's wildest, most remote glens. Dark-sky country, no street lights, and Hillcrest Farmhouse waiting at the end of the day.

- **Torc Waterfall & Muckross Abbey on Day 2**

The opening walk passes the 18-metre Torc Waterfall, Muckross Abbey (15th-century Franciscan friary), and the shore of the Upper Lake — the showpiece corners of Killarney National Park, all in your first day.

- **Full Mountain Stages, No Shortcuts**

Three full Kerry Way mountain stages walked end-to-end — 22 km, 23 km and 18 km. No transfers across the trail, no skipped kilometres. Every metre of waymarked path under your boots.

- **Killarney Start, Atlantic Finish**

Start in the busiest walking town in Ireland with Killarney National Park on your doorstep, and finish at the Atlantic on Rossbeigh Strand. A real cross-peninsula walk from inland lakes to open sea.

- **15–24 km/day — Rewarding, Not Exhausting**

Long enough to feel you've covered ground; short enough to arrive at the B&B with energy for dinner. The right pace for capable walkers who don't want a death march.

## Who Is It For?

Regular walkers

This tour is for regular walkers who can manage 18–23 km on mountain terrain over three consecutive days. You should be comfortable on uneven ground, in open country without waymarked pavement, and on long climbs and descents.

Walkers who want balance

Long enough to feel rewarded at the end of each day, short enough to enjoy the evening in the B&B.

Couples and friends

A short, focused taste of the Kerry Way's inland mountain heart rather than the full 8-day trail.

First-time Ireland walkers

The most-photographed corner of the country: Killarney National Park, the Reeks, the Black Valley, and Atlantic views from the final day.

## Day-by-Day Itinerary

DAY  
1

### Arrival in Killarney

Overnight: Killarney

Arrive into Killarney, the busiest walking town in Ireland and the natural base for the Kerry Way. Settle into your central town B&B within walking distance of restaurants and pubs.

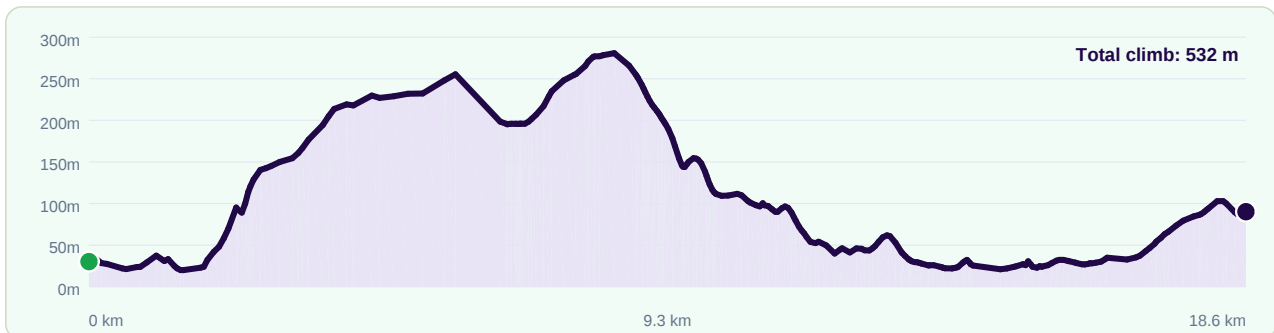
Time permitting, walk the short route through Killarney National Park to Ross Castle (15th-century O'Donoghue tower house on the shore of Lough Leane) or visit Muckross House. Dinner and traditional music in the lively town centre — plenty of pubs with live trad music every night.

DAY  
2

### From Muckross House, Killarney to the Blackvalley

Walk: KW Killarney, Muckross House to Blackvalley (18.8 km) · Overnight: Blackvalley

**ROUTE** 18.8 km · 537 m ascent · Moderate · Muckross House to Black Valley



Your opening walk is one of the finest first-day stages on any Irish trail. The route starts at Muckross House just south of Killarney and past the 18-metre cascade of Torc Waterfall. The path climbs the Old Kenmare Road with views back over the lakes, traces the shore of the Upper Lake, passes Lord Brandon's Cottage, and crosses the long ridge into the magnificent Black Valley — one of Ireland's wildest, most remote glens.

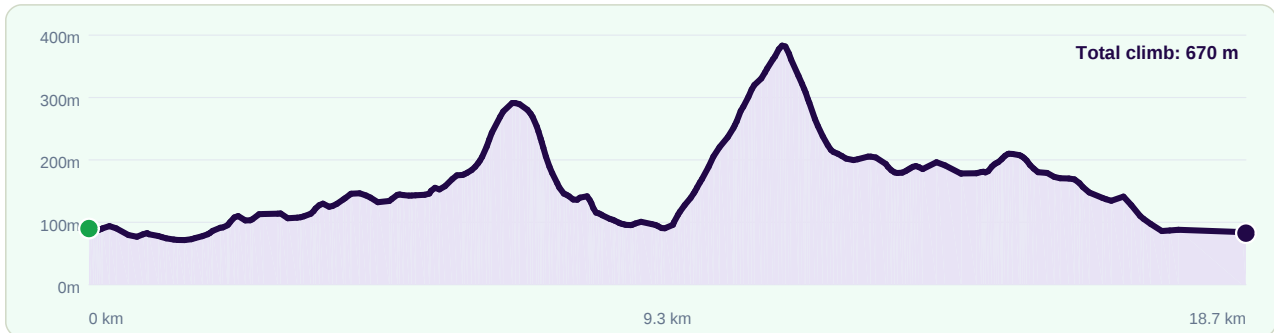
DAY

3

## From the Black Valley to Glencar

Walk: KW Blackvalley to Glencar (18.8 km) · Overnight: Glencar

**ROUTE** 18.8 km · 674 m ascent · Moderate · Blackvalley to Glencar



Up over the Lack Road pass beneath Carrauntoohil (Ireland's highest mountain, 1,038 m) and into the dramatic Bridia Valley — exposed moorland with panoramic views back to the Reeks. A long descent into the Glencar Valley, classic Kerry walkers' country.

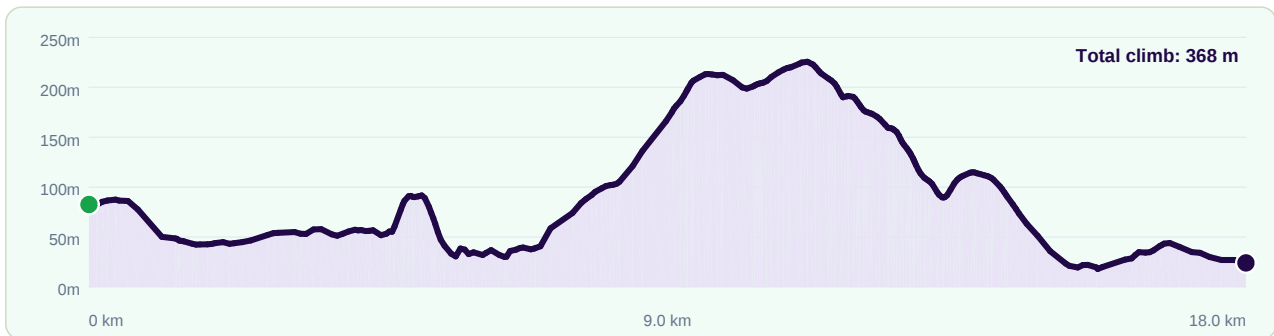
DAY

4

## From Glencar To Glenbeigh

Walk: KW Glencar to Glenbeigh (18 km) · Overnight: Glenbeigh

**ROUTE** 18 km · 368 m ascent · Moderate · Glencar to Glenbeigh



The mountain-to-coast day. Up onto the Windy Gap above Caragh Lake with high views of Dingle Bay and the Atlantic, then a gentle descent to the seaside village of Glenbeigh on Rossbeigh Strand — 5 km of sand backed by the Slieve Mish Mountains. The Atlantic is finally revealed.

DAY

5

## Departure from Glenbeigh

After breakfast, train connections from Killarney run through to Dublin and to Cork. Cork Airport return transfers are available as an add-on if you'd prefer the door-to-door option.



## 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

Email: [info@walkingholidayireland.com](mailto:info@walkingholidayireland.com)

Web: [walkingholidayireland.com](http://walkingholidayireland.com)

This tour: [walkingholidayireland.com/walking-tours/kerry-way-SWA-KW-5M](http://walkingholidayireland.com/walking-tours/kerry-way-SWA-KW-5M)

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