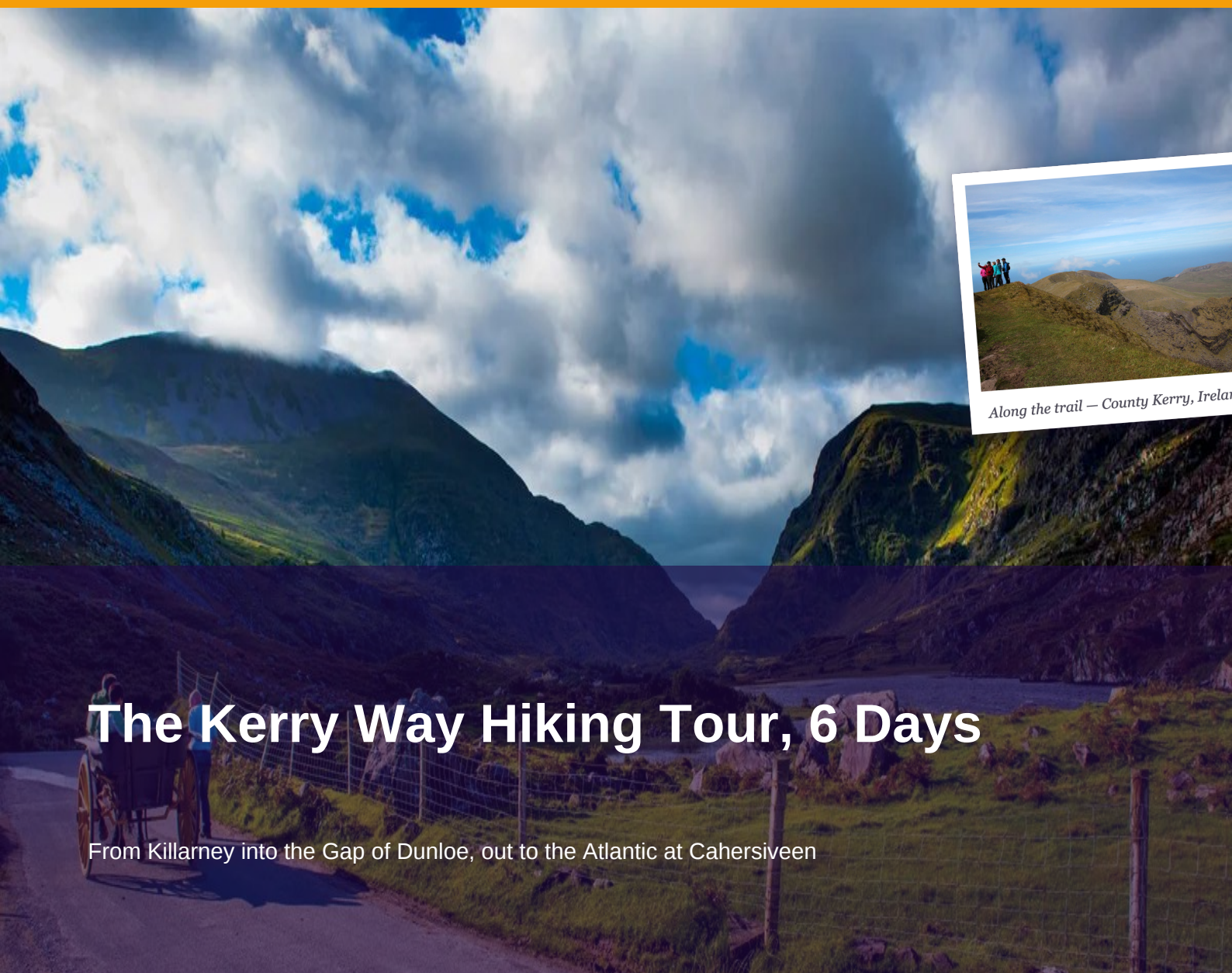




The Kerry Way Hiking Tour, 6 Days

From Killarney into the Gap of Dunloe, out to the Atlantic at Cahersiveen

DURATION

6 days

WALKING DAYS

4

TOTAL DISTANCE

56.4 km

GRADE

Moderate

From

€745

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

A six-day walk on the Kerry Way — Killarney, Black Valley, Glencar, Glenbeigh and out to the Atlantic coast at Cahersiveen. 91km, Moderate grade, fully supported.

Tour Highlights

- **The Gap of Dunloe**

Day 2 climbs from Killarney through the Gap of Dunloe — five glacial lakes stepping down a narrow valley, with the McGillicuddy's Reeks on one side and the Purple Mountains on the other.

- **The Black Valley**

Ireland's most remote inhabited glen — no mobile signal, one road in, one road out. Spending a night here is the closest you can get to the Kerry of a century ago. Your B&B host has probably walked every inch of tomorrow's stage, twice.

- **Rossbeigh Strand at Glenbeigh**

After the descent from the mountains, the trail passes Rossbeigh Strand — a three-kilometre sweep of pale sand that curls out into Dingle Bay with the Dingle Peninsula mountains rising across the water.

- **The old stagecoach road to Cahersiveen**

Day 5's walk from Glenbeigh climbs onto open bogland on the old Glenbeigh–Cahersiveen stagecoach road, built before the coast road existed.

Who Is It For?

Your fitness level

This tour suits regular walkers who are comfortable with sustained daily distances on mountain terrain. Most days are 14–20km; Day 5 (Glenbeigh to Cahersiveen) is the longest at around 28km when you include the short transfer at the end. If you have completed a multi-day Moderate walking tour before, this is a natural next step.

The right kind of traveller

You want both sides of Kerry — the inland mountains and the Atlantic coast. You like small villages, home cooking, and the kind of quiet you only get a long way from a motorway.

Solo walkers, couples and small groups

The fully supported self-guided format works for all three. Maximum eight walkers per group.

Day-by-Day Itinerary

DAY
1

Arrival in Killarney

Overnight: Killarney

The Kerry Way begins tomorrow.

Arrive in Killarney, Kerry's walking capital. Collect your route notes, waterproof maps and pre-departure pack from your B&B host. Spend the evening getting your bearings: dinner in town, an early night, and a quiet moment or two with a map.

DAY
2

Killarney to Black Valley

Walk: KW Killarney to Blackvalley via Gap of Dunloe (19.6 km) · Overnight: Black Valley

ROUTE 19.6 km · 373 m ascent · Moderate · Killarney to Blackvalley



A morning through Killarney National Park, then up through the Gap of Dunloe: five glacial lakes stepping down a narrow valley, sheer mountain walls on either side. The climb is steady; the descent into the Black Valley is one of those moments where Ireland feels unexpectedly vast.

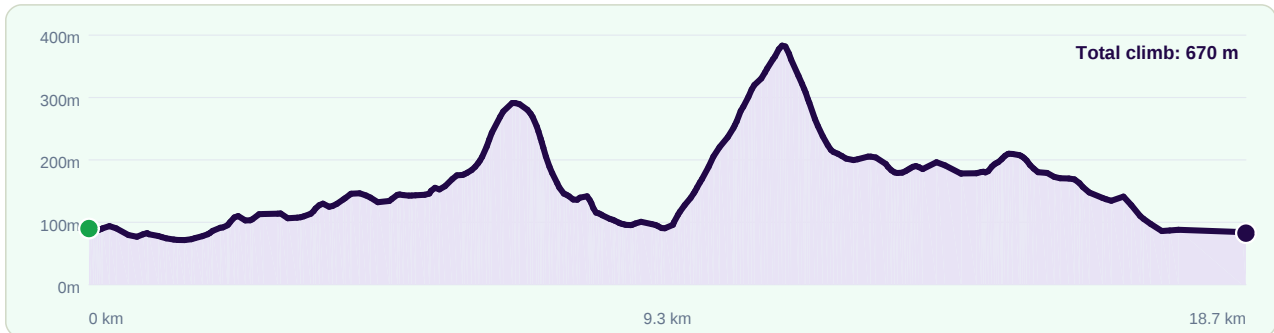
The Black Valley is quiet in a way most of Europe isn't any more. Your B&B host will have stew and fresh bread waiting.

DAY
3

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



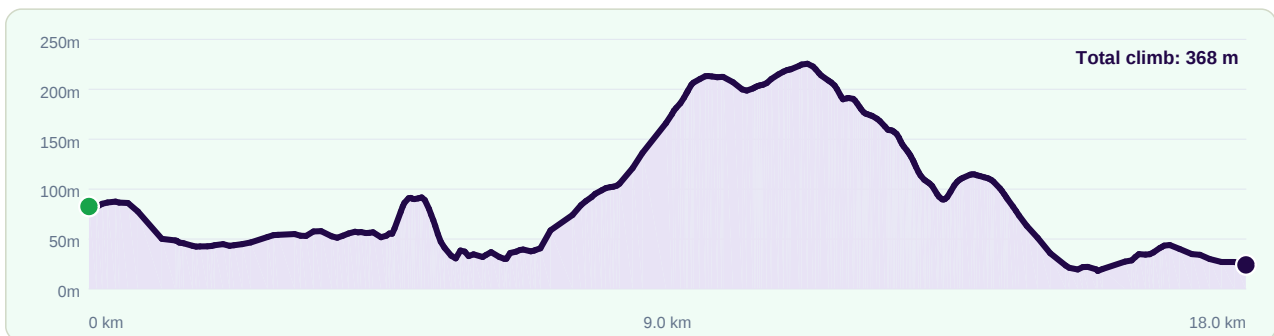
The trail leaves the Black Valley over the Broaghnbinnia pass — the highest point on the Kerry Way. Open bog, sheep country, and views that go on for miles. The long descent into Glencar passes through old farmland; the Climbers Inn, your overnight, has been feeding walkers since before either of us was born.

DAY
4

Glencar to Glenbeigh

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

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



You climb out of Glencar onto open mountainside with the full Dingle Peninsula across the water. The trail runs down the spine of the Iveragh Peninsula: hills on one side, Dingle Bay emerging on the other. The descent to Glenbeigh passes Rossbeigh Strand. Take your boots off — you've earned it.

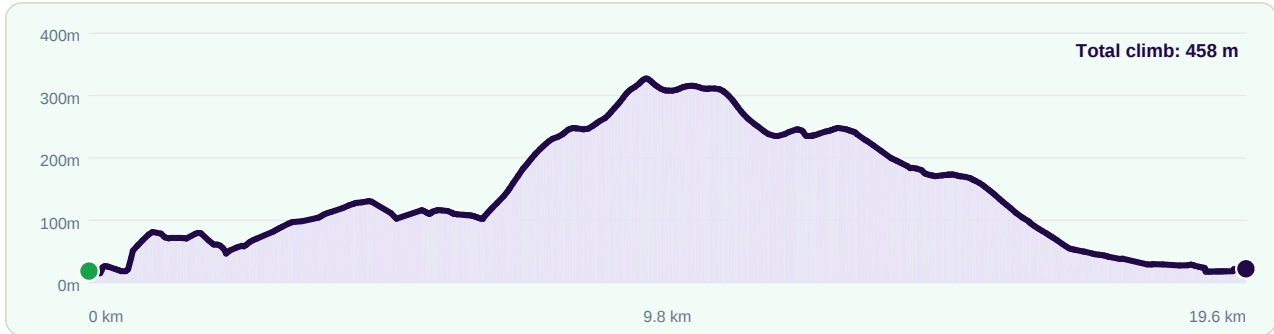
DAY

5

Glenbeigh to Cahersiveen

Walk: KW Glenbeigh to Foilduff (19.6 km) · Overnight: Cahersiveen

ROUTE 19.6 km · 458 m ascent · Moderate · Glenbeigh to Foilduff Community Centre



The old Glenbeigh–Cahersiveen stagecoach road climbs out of Glenbeigh onto high bogland, with the whole width of Dingle Bay opening to the north. A steady rhythm: open country, the occasional startled grouse, the scent of wild heather.

The Kerry Way route ends at Foilduff, where a short transfer brings you into Cahersiveen — a characterful market town, birthplace of Daniel O’Connell, with good restaurants and a lively pub scene. After 18.7km of walking plus the transfer in, you’ve earned the music session.

DAY

6

Transfer to Killarney & departure

Public transport from Cahersiveen to Killarney after breakfast.

Travel from Killarney is easy: trains to Dublin, buses to Cork and Shannon, and Kerry Airport is twenty minutes away. Most walkers finish with one of two thoughts: either I should have done the 7-day or I’ll do the 7-day next time. Either is fine.

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

Web: walkingholidayireland.com

This tour: walkingholidayireland.com/walking-tours/kerry-way-SWA-KW-6M

FROM

€745

per person

See website for current rates