



Along the trail — Slea Head Co. Kerry,

Sheep's Head Way Walking Holiday — 6 Days (Moderate)

Bantry to Durrus — north coast outbound, lighthouse, south coast return

DURATION

6 days

WALKING DAYS

4

TOTAL DISTANCE

73.1 km

GRADE

Moderate

From

€645

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Three walking days on the Sheep's Head Way — the quietest, most unspoilt peninsula on the Wild Atlantic Way. Bantry to Kilcrohane, the lighthouse tip return, then south coast to Durrus and the artisan food country of West Cork.

Tour Highlights

- **The Quietest Peninsula in West Cork**

No coaches, no crowds, no queues. The Sheep's Head Way is the least-walked of West Cork's three peninsulas — and the most unspoilt because of it. You'll walk for hours and hear nothing but the sea.

- **The Sheep's Head Lighthouse Tip Walk**

Day 3's star walk — out along the dramatic ridge from Kilcrohane to the Napoleonic signal tower, the blowhole, and the small white lighthouse at the very tip. 360-degree Atlantic views, both bays in sight.

- **Durrus and Real West Cork Food**

Two visits to Durrus on this trip — home of Durrus Cheese, Good Things Café (one of the great Irish café-restaurants), and the artisan food belt that makes West Cork what it is.

- **Bantry — Town, Bay, House, Market**

You arrive in one of Ireland's gentlest market towns — Bantry House and its Italianate gardens, the Friday market, Fish Kitchen and the Brick Oven for dinner, and the long sweep of Bantry Bay outside the door.

Who Is It For?

Walkers who want West Cork without the crowds.

The Beara and Mizen peninsulas get the visitors; Sheep's Head gets the quiet. Three walking days at 14–22 km on a clear, well-marked trail. The pace is moderate, the company is sparse, the views are honest.

Couples and friends who care about food.

Two visits to Durrus and Good Things Café, dinners in Kilcrohane and Bantry, the artisan-food spine of West Cork running underneath the whole trip. If your idea of a walking holiday includes a long lunch, this is it.

People who want a real lighthouse walk.

The Sheep's Head tip walk on Day 3 is one of Ireland's great lighthouse approaches — narrow ridge, signal tower, blowhole, the small white lighthouse at the end of the world.

Day-by-Day Itinerary

DAY

1

Arrival in Bantry

Overnight: Bantry

Arrive in Bantry and settle into your first accommodation — the gentle market town at the head of Bantry Bay. Bantry has a Friday market, the Italianate Bantry House and Gardens (well worth a visit if you arrive early enough), Fish Kitchen and the Brick Oven for dinner, and the long sweep of the bay outside the door.

We will provide you with information on how to get here using public transport in your pre-departure pack — Cork is the closest rail and bus hub, with regular onward services to Bantry — or talk to us about private transfer options from Cork Airport.

Tonight, rest. Tomorrow you walk west onto the Sheep's Head.

DAY

2

Bantry to Glanlough — north coast

Walk: SHW Stage 1: Bantry to Glanlough (14.06 km) · Overnight: Kilcrohane

ROUTE 14.06 km · Moderate · Bantry to Glanlough

Your Sheep's Head Way begins. West out of Bantry along quiet coastal lanes onto the peninsula proper, with Bantry Bay opening out to your right and the Caha Mountains rising across the water. The trail leaves the road for green lanes and old farm tracks, climbing gently as it threads between pasture, hedgerow and the occasional sheep dog appearing from a gate.

About 14 km of rolling north-coast country, finishing at Glanlough. Bridge View House have arranged a transfer to bring you the short distance south to your accommodation in Kilcrohane. Tonight is dinner at Bridge View House — the on-site restaurant, with packed lunch already booked for tomorrow.

DAY

3

Glanlough to Kilcrohane — north coast

Walk: SHW Stage 2: Glanlough to Cahergal (17.46 km) · Overnight: Kilcrohane

ROUTE 17.46 km · Moderate · Glanlough to Cahergal

After breakfast, a short transfer brings you back to Glanlough where the trail picks up. The path follows the north coast of the peninsula, now genuinely committed to the Sheep's Head with views opening west toward the lighthouse you'll visit tomorrow.

The route traces the slopes above Bantry Bay, threading between heather and gorse, with the occasional ruined stone cottage and the bones of an old copper-mining heritage. About 17.5 km later you finish near Kilcrohane village and walk the last short section to Bridge View House for your second night here.

O'Callaghan's pub for a celebratory pint is the obvious finish, or sit in the Bridge View House garden and watch the light change over the bay.

DAY

4

Sheep's Head Lighthouse Tip Return

Walk: SHW Stage 3: Cahergal to Kilcrohane via Sheep's Head Lighthouse (23.01 km) · Overnight: Kilcrohane

ROUTE 23.01 km · Moderate · Cahergal to Kilcrohane

The star day. Out from Kilcrohane along the dramatic ridge to the very tip of the peninsula — the Napoleonic signal tower, the famous blowhole, and the small white lighthouse at the end of the world. 360-degree Atlantic views the whole way: Bantry Bay to your right, Dunmanus Bay to your left, the open ocean ahead.

The return route brings you back along the lower coastal path — different terrain, different views — to the same Kilcrohane B&B. Your bag is already there, no packing required. Tonight is a seafood dinner and an early bed.

DAY

5

Kilcrohane to Durrus (via Ahakista)

Walk: SHW Stage 4: Kilcrohane to Durrus (south coast via Ahakista) (18.56 km) · Overnight: Durrus

ROUTE 18.56 km · Moderate · Kilcrohane to Durrus

The south coast return. East out of Kilcrohane along the quieter southern shore of the peninsula, with Dunmanus Bay on your right hand and the Mizen Head visible across the water. The trail passes stone circles, standing stones and a copper-mining heritage stretching back to the Bronze Age.

Lunch in Ahakista — a tiny harbour with Arundel's by the Pier for seafood — then on through pastoral country to Durrus. Tonight, Good Things Café for the celebration dinner.

DAY

6

Departure

A leisurely morning. A last full Irish breakfast.

Durrus is roughly 90 minutes by road from Cork Airport / Cork Kent station, or 15 minutes back to Bantry if you'd like to spend the morning at Bantry House before heading on. We can arrange a private transfer for the morning if you'd prefer.



Hiking Sheep's Head Trail Co Cork Find You

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/sheeps-head-way-SWA-SH-6M

FROM

€645

per person

See website for current rates