

WALKING HOLIDAY IRELAND

FROM
€645
per person sharing

SELF-GUIDED WALKING HOLIDAY · THE SHEEP'S HEAD WAY

SHEEP'S HEAD WAY
6 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
6 days	**4**	**73.1 km**	**Moderate**
5 nights B&B	14 to 23 km each	about 1,400 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com
Tour code SWA-SH-6M

Your route at a glance

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.



Overnight · Days 2 and 4 · Days 3 and 5

DAY 1 — Arrival in Bantry
Arrive in Bantry and settle into your first accommodation — the gentle market town…

DAY 2 — Bantry to Glanlough — north coast
14.1 km · 256 m ascent · Gentle · back to Kilcrohane for the night

DAY 3 — Glanlough to Kilcrohane — north
17.5 km · 567 m ascent · Moderate · back to Kilcrohane for the night

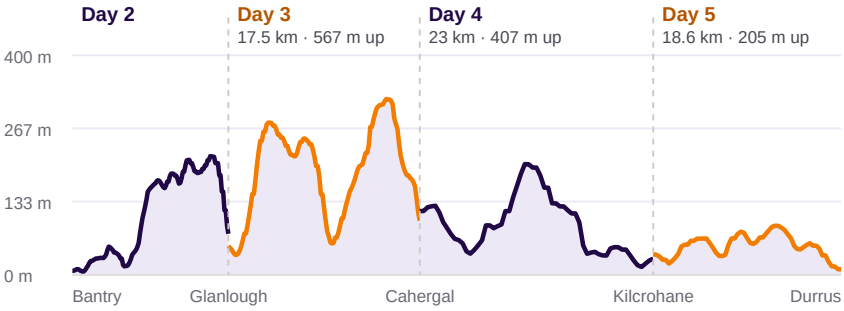
DAY 4 — Sheep's Head Lighthouse Tip
23 km · 407 m ascent · Challenging

DAY 5 — Kilcrohane to Durrus (via Ahakista)
18.6 km · 205 m ascent · Moderate

DAY 6 — Departure
A leisurely morning. A last full Irish breakfast. Durrus is roughly 90 minutes by road…

The whole walk in one line

73.1 km · 1,435 m of climbing over four days · from our GPS tracks



What's underfoot

Surface across the four walking days



Road and lane	30%
Footpath and trail	67%
Gravel and forest track	3%

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.

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.

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…

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…

Day by day

Elevation, 0 to 400 m · Gentle · Moderate · Challenging

1 **Arrival in 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… **Overnight Bantry**

DAY 2



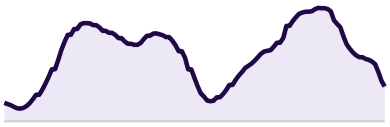
14.1 km · 256 m up · Gentle

Bantry to Glanlough — north coast

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.

Overnight Kilcrohane · back to Kilcrohane for the night

DAY 3



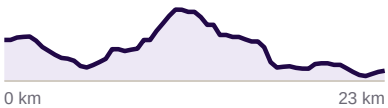
17.5 km · 567 m up · Moderate

Glanlough to Kilcrohane — north coast

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.

Overnight Kilcrohane · back to Kilcrohane for the night

DAY 4



23 km · 407 m up · Challenging

Sheep's Head Lighthouse Tip Return

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.

Overnight Kilcrohane

DAY **5**



18.6 km **205 m up**

Moderate

Kilcrohane to Durrus (via Ahakista)

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.

Overnight Durrus

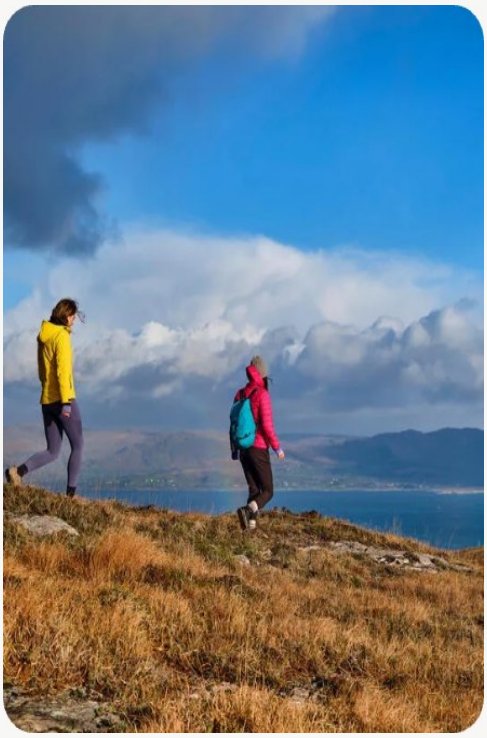
6 **Departure.** A leisurely morning. A last full Irish breakfast. Durrus is roughly 90 minutes by road from Cork Airport / Cork Kent station, or 15 minutes back to Bantry if you'd like to spend the morning at Bantry House before heading on. We can arrange a private transfer for the morning if you'd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

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

14 to 23 km	1,435	4
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 5 nights in en-suite B&B or guesthouse rooms (Bantry, Kilcrohane × 3, Durrus)
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Luggage Transfer.** Daily door-to-door transfer of your main bag
- ✓ **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)
- ✗ **Departure Transfer.** Day-5 transfer from Durrus or Bantry (we can arrange a private transfer to Cork…

Want to walk further?
7 days to Bantry from €775 · 8 days to Bantry from €885

FROM

€645

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.