



Along the trail — Sleat Head Co. Kerry,

Sheep's Head Way Walking Holiday — 7 Days (Moderate)

The full Sheep's Head loop — four days closing the circuit over the Seefin ridge

DURATION

7 days

WALKING DAYS

5

TOTAL DISTANCE

75.3 km

GRADE

Easy

From

€745

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

Four walking days right around the Sheep's Head Way — Bantry, the lighthouse tip, the south coast, and a final climb over the Seefin ridge (the peninsula's signature high point) back to Bantry. The complete loop on Ireland's quietest peninsula.

Tour Highlights

- **The Full Sheep's Head Loop**

Four walking days right around the peninsula — Bantry, north coast, lighthouse tip, south coast, Seefin ridge, back to Bantry. Every important section of the trail walked.

- **The Seefin Ridge — Signature Climb**

Day 5 takes you up over the Seefin ridge at 345 metres, the highest point on the peninsula. 360-degree views across three peninsulas — Sheep's Head, Mizen and Beara — and the open Atlantic.

- **The Lighthouse Tip Walk**

Day 3 — out from Kilcrohane along the dramatic ridge to the Napoleonic signal tower, the blowhole, and the small white lighthouse at the very tip of the peninsula. The standout walk on the route.

- **Two Visits to Good Things Café**

Lunch on Day 2, dinner on Day 4 — Durrus and its food belt are the spine of the trip, and we've put you in Durrus twice so you can really enjoy them.

Who Is It For?

Walkers who want the complete Sheep's Head experience.

Four walking days, the full loop, the signature Seefin climb. The 6-day is the version where every important section is covered — there's no shortcut, no skipped leg.

Couples and friends planning a real week.

The pace is moderate but the variety is genuine — north coast on Day 2, lighthouse on Day 3, south coast on Day 4, mountain ridge on Day 5. Four completely different days of walking on one quiet peninsula.

People who want Atlantic drama and proper food.

Two visits to Good Things Café, dinners in Bantry, Kilcrohane and Durrus, the artisan-food spine of West Cork running underneath the whole trip. And the Seefin ridge climb is the kind of day you remember for years.

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, with Bantry House and Gardens, a Friday market, and Fish Kitchen and the Brick Oven for dinner.

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

West out of Bantry along quiet coastal lanes onto the peninsula proper, with Bantry Bay opening to your right and the Caha Mountains rising across the water. About 14 km of rolling north-coast country to Glanlough, where Bridge View House transfer you the short distance south to your accommodation in Kilcrohane for the next three nights.

Dinner at Bridge View House — restaurant on site, 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

Short transfer back to Glanlough after breakfast and the trail picks up. About 17.5 km of north-coast walking with views opening west toward the lighthouse, finishing near Kilcrohane village. Walk the last short section to Bridge View House for your second night here.

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 along the dramatic ridge to the very tip — the Napoleonic signal tower, the famous blowhole, and the small white lighthouse at the end of the world. 360-degree Atlantic views: Bantry Bay to your right, Dunmanus Bay to your left.

Return on the lower coastal path to the same Kilcrohane B&B. Bag already there, no packing.

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 along the quieter shore of Dunmanus Bay, with the Mizen Head visible across the water. The trail passes stone circles, standing stones and a Bronze Age copper-mining heritage.

Lunch in Ahakista at Arundel's by the Pier, then on through pastoral country to Durrus. Tonight, Good Things Café for dinner.

DAY

6

Durrus to Bantry (via Seefin Ridge)

Walk: SHW Stages 5+6: Durrus to Bantry (via Seefin Ridge) (19.7 km) · Overnight: Bantry

ROUTE 19.7 km · Moderate · Durrus to Bantry

The signature climb. Up out of Durrus onto the high spine of the peninsula and over the Seefin ridge at 345 metres — the highest point on the entire Sheep's Head Way. 360-degree views across three peninsulas: Sheep's Head, Mizen and Beara, plus the open Atlantic.

The descent brings you down through pasture and woodland to close the loop in Bantry. Tonight is your celebration dinner — Fish Kitchen or the Brick Oven, the choice is yours.

DAY

7

Departure from Bantry

A leisurely morning. A last full Irish breakfast.

Bantry is roughly 90 minutes by road from Cork Airport / Cork Kent station. We can arrange a private transfer for the morning if you'd prefer. Many guests add a night in Kinsale or Kenmare on the way out — both well worth the detour.



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-7M

FROM

€745

per person

See website for current rates