

WALKING HOLIDAY IRELAND

FROM
€775
per person sharing

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

SHEEP'S HEAD WAY
7 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
7 days	**5**	**75.3 km**	**Moderate**
6 nights B&B	14 to 23 km each	about 1,800 m of ascent	

Family-run since 2012 · Cliff & Louise

walkingholidayireland.com
Tour code SWA-SH-7M

Your route at a glance

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.



Overnight · Days 2, 4 and 6 · Days 3 and 5

DAY 1 — **Arrival in Bantry**
Arrive in Bantry and settle into your…

DAY 2 — **Bantry to Glanlough — north coast**
14.1 km · 256 m ascent · Gentle · back…

DAY 3 — **Glanlough to Kilcrohane — north**
17.5 km · 567 m ascent · Moderate · back…

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

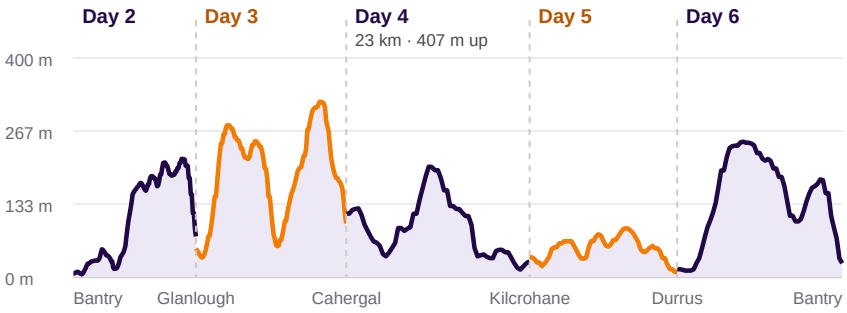
DAY 5 — **Kilcrohane to Durrus (via Ahakista)**
18.6 km · 205 m ascent · Moderate

DAY 6 — **Durrus to Bantry (via Seefin Ridge)**
19.7 km · 373 m ascent · Moderate

DAY 7 — **Departure from Bantry**
A leisurely morning. A last full Irish…

The whole walk in one line

75.3 km · 1,808 m of climbing over five days · from our GPS tracks



What's underfoot

Surface across the five walking days



Road and lane	36%
Footpath and trail	56%
Gravel and forest track	8%

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.

The Seefin Ridge — Signature Climb

Day 5 takes you up over the Seefin ridge at 345 metres, the highest point on the…

The Lighthouse Tip Walk

Day 3 — out from Kilcrohane along the dramatic ridge to the Napoleonic signal tower, the blowhole, and the small…

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…

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

DAY 2



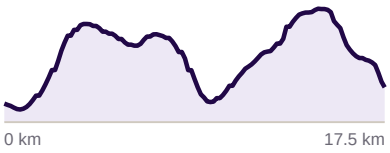
14.1 km · 256 m up · Gentle

Bantry to Glanlough — north coast

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.

Overnight Kilcrohane · back to Kilcrohane for the night

DAY 3



17.5 km · 567 m up · Moderate

Glanlough to Kilcrohane — north coast

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.

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 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.

Overnight Kilcrohane

DAY 5



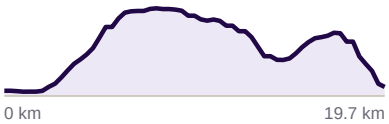
18.6 km · 205 m up · Moderate

Kilcrohane to Durrus (via Ahakista)

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.

Overnight Durrus

DAY **6**



19.7 km **373 m up**

Moderate

Durrus to Bantry (via Seefin Ridge)

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.

Overnight Bantry

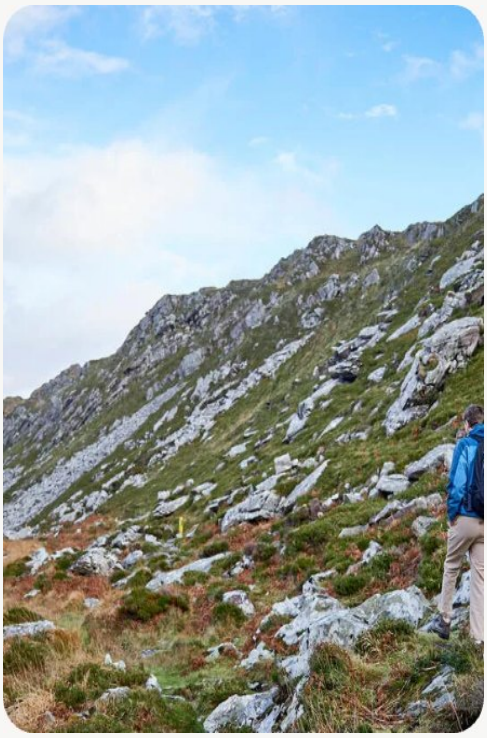
7 **Departure from Bantry.** A leisurely morning. A last full Irish breakfast. Bantry is roughly 90 minutes by road from Cork Airport / Cork Kent station. We can arrange a private transfer for the morning if you'd prefer. Many guests add a night in Kinsale or Kenmare on the way out — both well worth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

Is this walk for you?

GENTLE — MODERATE — CHALLENGING

14 to 23 km	1,808	5
a day	m of climbing in total	walking days

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.



INCLUDED

- ✓ **Accommodation.** 6 nights in en-suite B&B or guesthouse rooms (Bantry, Kilcrohane × 3…
- ✓ **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-6 transfer from Bantry (we can arrange a private transfer to Cork Airport or Cork…

Want to walk further?
8 days to Bantry from €885

FROM

€775

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

Scan for live dates

info@walkingholidayireland.com · +353 42 932 3396

Cliff & Louise · Family-run since 2012 · We walk our routes. We answer the phone.