



Along the trail — Sleat Head Co. Kerry,

Sheep's Head Way Walking Holiday — 8 Days (Moderate)

The full loop with a proper rest day in Kilcrohane after the lighthouse star walk

DURATION

8 days

WALKING DAYS

6

TOTAL DISTANCE

75.3 km

GRADE

Easy

From

€845

per person

Book or enquire at

walkingholidayireland.com/walking-tours

[See website for current rates](#)

About This Tour

The full Sheep's Head Way loop over 7 days, with a proper rest day in Kilcrohane between the lighthouse star walk and the south coast return. Four walking days, three rest/travel days — the most relaxed pace we offer for the full circuit.

Tour Highlights

- **A Proper Rest Day in Kilcrohane**

Day 4 is yours — coffee at the Sheep's Head Centre, a kayak in Bantry Bay, a walk down to Dooneen Pier, or just a book in the B&B garden. The kind of day that makes the rest of the trip feel longer.

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

Day 3 — the dramatic ridge out to the Napoleonic signal tower, the blowhole, and the small white lighthouse at the end of the world. 360-degree Atlantic views, both bays in sight.

- **Seefin Ridge — Signature Climb**

Day 6 takes you up over the 345 m Seefin ridge — highest point on the peninsula — with sweeping views across Sheep's Head, Mizen and Beara before the descent to Bantry.

- **Three Visits to West Cork's Food Belt**

Lunch and dinner stops at Good Things Café in Durrus, dinners at O'Callaghan's in Kilcrohane and Fish Kitchen in Bantry. The artisan-food spine of West Cork running underneath the whole trip.

Who Is It For?

Walkers who want time, not just distance.

Seven days, four walking days, one full rest day. The full Sheep's Head Way loop walked at the most relaxed pace we offer — every important section covered, with breathing room built in.

Couples and friends who want depth.

The pace lets you arrive in each place rather than passing through it. Two consecutive nights in Kilcrohane, one in Durrus, two in Bantry — the houses are properly inhabited rather than just slept in.

People who like options on a rest day.

Day 4 in Kilcrohane flexes around what you want — kayak in the bay, the Sheep's Head Centre, a long lunch, an extra coastal walk if you're feeling ambitious. The flexibility is the whole point.

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, 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 — or talk to us about private transfer options from Cork Airport.

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 four nights.

Dinner at Bridge View House restaurant, 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. The last short section walks 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 Napoleonic signal tower, the blowhole and the small white lighthouse at the very tip. 360-degree Atlantic views. Return on the lower coastal path to the same Kilcrohane B&B — bag already there, no packing.

DAY

5

Rest Day in Kilcrohane

Overnight: Kilcrohane

A full day with no luggage to pack and no schedule to keep. A few popular ways to spend it:

Kayak in Bantry Bay. Carbery Kayaks operate from Kilcrohane harbour with morning and afternoon trips on calm water. Easy to arrange on the day.

Sheep's Head Centre in Kilcrohane. Good little heritage centre with coffee, books on the trail, and the kind of slow afternoon that you can't engineer.

Walk down to Dooneen Pier. Short flat coastal stroll if you'd like to keep your legs moving — a working pier with fishing boats and the kind of view that earns its keep.

Long lunch at Eileen's. Or just sit in the B&B garden with a book and let the day go. Many guests do exactly this.

DAY

6

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, through stone circles and standing stones to Ahakista (Arundel's by the Pier for lunch) and on to Durrus. Good Things Café for dinner.

DAY

7

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 over the Seefin ridge at 345 metres — highest point on the peninsula — with 360-degree views across three peninsulas. Descent into Bantry to close the loop. Celebration dinner tonight at Fish Kitchen or the Brick Oven.

DAY

8

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.



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

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Web: walkingholidayireland.com

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FROM

€845

per person

See website for current rates