

WALKING HOLIDAY IRELAND

FROM
€885
per person sharing

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

SHEEP'S HEAD WAY
8 DAYS

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.

DURATION	WALKING DAYS	DISTANCE	GRADE
8 days	**5**	**75.3 km**	**Moderate**
7 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-8M

Your route at a glance

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.



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 — Rest Day in Kilcrohane
A full day with no luggage to pack and no schedule to keep. A few popular ways…

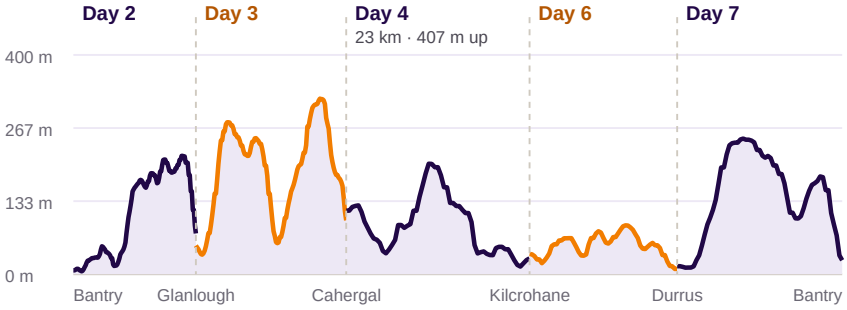
DAY 6 — Kilcrohane to Durrus (via Ahakista)
18.6 km · 205 m ascent · Moderate

DAY 7 — Durrus to Bantry (via Seefin Ridge)
19.7 km · 373 m ascent · Moderate

DAY 8 — Departure from Bantry
A leisurely morning. A last full Irish breakfast. Bantry is roughly 90 minutes by road…

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%

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, Fish Kitchen and the Brick Oven for dinner. **Overnight Bantry**

DAY 2



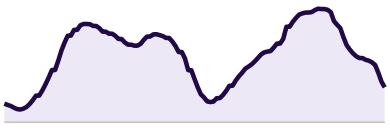
14.1 km · 256 m up · Gentle

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 four nights. Dinner at Bridge View House restaurant, packed lunch already booked for tomorrow.

Overnight Kilcrohane · back to Kilcrohane for the night

DAY 3



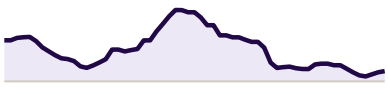
17.5 km · 567 m up · Moderate

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. The last short section walks 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 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.

Overnight Kilcrohane

5 **Rest Day in 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… **Overnight Kilcrohane**

DAY 6



18.6 km | 205 m up

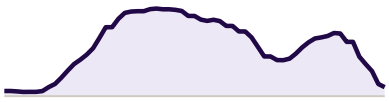
Moderate

Kilcrohane to Durrus (via Ahakista)

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.

Overnight Durrus

DAY 7



19.7 km | 373 m up

Moderate

Durrus to Bantry (via Seefin Ridge)

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.

Overnight Bantry

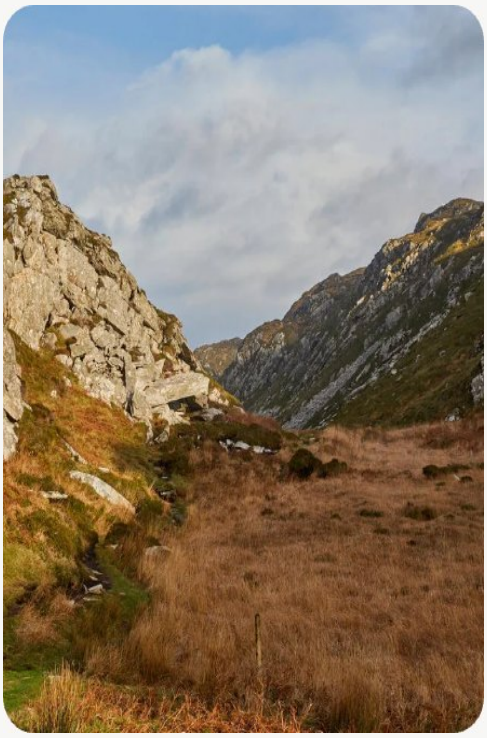
8 **Departure from Bantry.** A leisurely morning. A last full Irish breakfast. Bantry is roughly 90 minutes by road from Cork Airport / Cork Kent station. We can arrange a private transfer for the morning if you'd prefer.

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 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.



INCLUDED

- ✓ **Accommodation.** 7 nights in en-suite B&B or guesthouse rooms (Bantry, Kilcrohane × 4…
- ✓ **Breakfast.** Full Irish or continental breakfast every morning
- ✓ **Luggage Transfer.** Daily door-to-door transfer of your main bag (no transfer needed on lighthouse day or…
- ✓ **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)
- ✗ **Optional Day-4 Activities.** Kayak hire from Carbery Kayaks, Sheep's Head Centre entry, or any other…
- ✗ **Departure Transfer.** Day-7 transfer from Bantry to Cork Airport / Kent Station (extra fee)

FROM

€885

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.