

WALKING HOLIDAY IRELAND

WALKING AREA GUIDE

THE SHEEP'S HEAD WAY

Ireland's quietest waymarked trail — a 90 km loop around one of West Cork's most unspoilt peninsulas. Bantry Bay on one side, Dunmanus Bay on the other, and not a tour bus in sight.

TOURS	DURATION	DISTANCE	GRADE
4	5 to 8	42 to 75	Moderate
self-guided	days	km on foot	14 to 23 km a day

FAMILY-RUN SINCE 2012

Cliff & Louise, Dundalk, Co. Louth

We walk our routes. We answer the phone.

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One trail, four ways to walk it

The Sheep's Head Peninsula is a narrow finger of land pointing southwest into the Atlantic — barely 3 km wide at its narrowest point. The northern shore faces Bantry Bay, one of Ireland's deepest natural harbours, with views across to the Caha Mountains of the Beara Peninsula.



Shortest tour · Longer tours · Overnight village

HOW FAR EACH TOUR GOES

Walking km only · every tour adds an arrival and a departure day

TOUR	START · FINISH	GRADE	WALK DAYS	TOTAL	AVG PER DAY
5 days	Cahergal → Kilcrohane	Moderate	2	**41.6 km**	20.8 km
6 days	Bantry → Durrus	Moderate	4	**73.1 km**	18.3 km
7 days	Bantry → Bantry	Moderate	5	**75.3 km**	15.1 km
8 days	Bantry → Bantry	Moderate	5	**75.3 km**	15.1 km

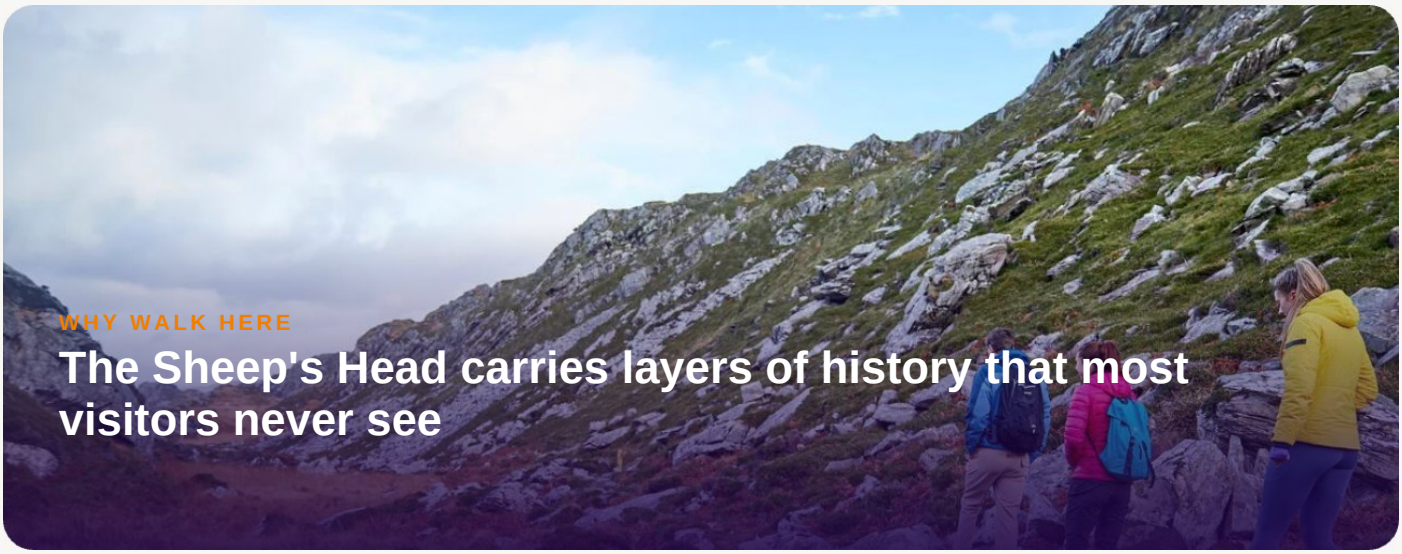
LANDMARKS ON THE WAY

Sheep's Head Lighthouse
One of Ireland's most photographed lighthouses, perched…

Seefin Summit
The highest point on the peninsula at 344 m…

Bantry House & Gardens
One of Ireland's finest Georgian mansions overlooking…

Kilcrohane Village
A tiny, atmospheric village at the heart of the peninsula with…



WHY WALK HERE

The Sheep's Head carries layers of history that most visitors never see

The landscape

The Sheep's Head Peninsula is a narrow finger of land pointing southwest into the Atlantic — barely 3 km wide at its narrowest point. The northern shore faces Bantry Bay, one of Ireland's deepest natural harbours, with views across to the Caha Mountains of the Beara Peninsula.

History & culture

Bronze Age standing stones and wedge tombs dot the peninsula — evidence of human settlement stretching back 4,000 years. The abandoned Caminches Copper Mines speak to 19th-century industrial ambition in this remote corner of Ireland, and the ruins reward…

Food & drink

Durrus farmhouse cheese: One of Ireland's most celebrated artisan cheeses, made on the Sheep's Head Peninsula from the milk of local cows. The washed-rind cheese has a rich, earthy flavour that perfectly captures the terroir of West Cork.

Is The Sheep's Head Way for you?

GENTLE — MODERATE — CHALLENGING

Graded **Moderate**

14 to 23	205 to 567	2 to 5
km a day	m climb a day	walking days

Who it suits

The Sheep's Head Way suits walkers who value solitude, authenticity, and a trail that hasn't been polished for tourism. If you've walked the Kerry Way or Dingle Way and want something quieter, less organised, and more genuinely remote, this is the right next step.

Terrain

The Sheep's Head Way is graded Easy to Moderate — one of Ireland's most accessible long-distance trails and an excellent choice for first-time multi-day walkers. Daily distances across our four tours range from 14 to 22 km, with typically 200–400 metres of ascent per day.

When to go

J	F	M	A	M	J	J	A	S	O	N	D
10°	10°	11°	12°	15°	17°	18°	18°	17°	14°	12°	10°
187	137	116	108	94	101	117	114	130	173	189	179

°C average daytime high — rain, mm a month

- **Best months.** May through October offers the best walking conditions. May and June bring the longest daylight hours, wildflowers carpeting the roadside hedges, and quiet trails.
- **Season.** Tours start between 15 April and 15 October.
- **Weather.** Mild all season, 12 to 18°C by day. Expect some rain on any trip and pack a good waterproof.

Met Éireann 1991–2020 averages, Valentia Observatory, the nearest long-term station.

Four walking holidays in The Sheep's Head Way

The further you go, the quieter the trail gets. Prices are per person sharing and include B&B, luggage transfers, route notes and our app.

5 DAYS

Four nights at Bridge View House Kilcrohane — the lighthouse, the…

Cahergal - Kilcrohane · 2 walking days · 41.6 km

FROM **€595** per person

6 DAYS

Bantry to Durrus — north coast outbound, lighthouse, south coast return

Bantry - Durrus · 4 walking days · 73.1 km

FROM **€645** per person

7 DAYS

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

Bantry - Bantry · 5 walking days · 75.3 km

FROM **€775** per person

8 DAYS

LONGEST

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

Bantry - Bantry · 5 walking days · 75.3 km

FROM **€885** per person

● Overnight village ● Where the tour ends Single travellers welcome, a…



Every tour includes

- ✓ En-suite B&B rooms, chosen…
- ✓ Full Irish breakfast every morning
- ✓ Daily luggage transfer
- ✓ Route notes and our GPS app
- ✓ Pre-departure pack
- ✓ 24/7 emergency support

Not sure which?

Tell us your fitness and your dates. We have walked these trails and will say honestly which version fits.

+353 42 932 3396

1
Choose your route
Pick a tour and your dates. We check availability.

2
We plan everything
B&Bs, transfers, route notes, app. A pack arrives before you travel.

3
You walk
At your own pace, with a daypack. We are a phone call away.

4
Bags waiting at your door
Your main bag moves while you walk and is there at the next B&B.

GETTING THERE & PRACTICAL

Cork Airport (ORK) is the closest international airport, approximately 1.5 hours' drive to Bantry. Dublin Airport (DUB) is 4–5 hours via the M7/N22. Shannon Airport (SNN) is 3 hours via Limerick. Bus Éireann operates services from Cork city to Bantry (2.5 hours). By car, take the N71 from Cork through Bandon and Skibbereen, or the scenic route via Macroom and the Pass of Keimaneigh.

Bantry has all services — supermarkets, ATMs, pharmacy, restaurants. Smaller villages along the trail (Kilcrohane, Durrus) have limited shops and pubs. Mobile phone signal is variable on the peninsula — carry downloaded GPS files and maps. Parking is available in Bantry town centre.

WHERE YOU'LL STAY



Most walkers are based in Bantry — a lively West Cork market town with an excellent range of hotels, guesthouses, and B&Bs. Bantry House, one of Ireland's finest Georgian mansions, offers accommodation in its east wing for those wanting the most memorable start or finish to their walk — breakfast with a view across the bay that has been here since the 18th…

Ready to walk The Sheep's Head Way?

See live availability, full daily itineraries and current rates on our website, or ask us anything first. A deposit holds your dates; the balance is due before you travel.

Scan to see dates

Check dates and book

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