

## IRELAND – THE RING OF KERRY & WILD ATLANTIC COAST

8-day / 7-night or 12-day / 11-night **SELF-GUIDED** inn-to-inn walking from Killarney



Walking the Kerry Way is the ideal way to explore the Ring of Kerry on the spectacular and scenic West Coast of Ireland. Warmed by the Gulf Stream sea currents it is one of Ireland's premier and most popular walking routes and offers mild – if sometimes inclement – weather all year round. Starting and finishing in the picturesque and bustling market town of Killarney, our walking routes offer an interesting and varied selection of vistas including national parks, woodland and valleys, rural farmland and the dramatic, rugged Atlantic coast.

Discover too Ireland's long and storied history. Explore the ruins of the 15<sup>th</sup> Century Muckross Abbey and visit the traditional farms at Muckross House where Irish farm life in the 1930s and 1940s is recreated. Spend time at the remnants of a mysterious Iron Age stone ring fort, Staigue Fort. Walk along ancient coach roads following in the footsteps of medieval drovers, and pass by ancient churches, old graveyards and abandoned cottages.

We offer a 7 or 11-night independent inn-to-inn itinerary where we take care of accommodation and luggage transfers – you carry just a small pack with the day's essentials. Inn-to-inn self-guided walking holidays are perfect for exploring the iconic landscapes of Europe. Travelling on foot gives you the freedom to see more of the countryside and offers an unforgettable active holiday experience. You have the flexibility to travel at your own pace, to stop and relax or explore, secure in the knowledge that your room is waiting for you, your bags have gone ahead and the day is your own.

The walking is easy to moderate, with an average walking time of five to seven hours per day, at a leisurely pace with plenty of time to stop in villages and places of interest along the way. The shorter walk covers 88 kilometres. The 12-day (11-night) circular route is 216km and designed for regular walkers, with several days of 20-25km and one longer day. Both itineraries allow for a rest day in the peaceful seaside village of Glenbeigh.

**Duration:** 8-days / 7-nights or 12-days / 11-nights

**Cost from:** 7-nights: \$1265 per person, twin share. 11-nights: \$1820 per person, twin share.

High season supplement July & August: \$120 per person (7 nights) or \$200 per person (11 nights)

Single room and Solo Traveller supplements for both walks are on request.

**Departs:** Daily on demand year-round – starts & ends in Killarney

**Includes:** Twin share accommodation in Irish Tourist Board Approved accommodation with ensuite bathrooms or private facilities, hot cooked *Irish* breakfasts each day (on 7 or 11-days), luggage transfers, full route information, itinerary notes & map, 24 hour telephone assistance.

**Not included:** Other meals, drinks, personal expenses, travel to/from the start/end of the tour.

Extra nights can be added at extra cost – ask when making your booking.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Suggested itinerary:** *Depending on availability of accommodation this itinerary may operate in reverse.*

### **Day 1 Arrival in Killarney**

Plan to arrive at your first hotel by mid-afternoon. Killarney is a major tourism centre for County Kerry and has a number of excellent restaurants and traditional pubs, many featuring live music. There are regular rail services to Killarney from Cork and Dublin, or buses from many places in Ireland, including Cork, Galway or Dublin.

### **Day 2 Killarney to Black Valley**

**walking @ 21km (ascent @ 350m)**

Walk through Killarney National Park passing the ruins of Muckross Friary, Muckross House and its gardens, beside Torc Waterfall and The Old Kenmare Road to the ancient oak woods beside Killarney's Upper Lake.

### **Day 3 Black Valley to Glencar**

**walking @ 21km (ascent @ 575m)**

Walk through the rugged, lonely ice carved glens of Mid Kerry (Black Valley and Bridia Valley) to Glencar.

### **Day 4 Glencar to Glenbeigh**

**walking @ 17km (ascent @ 350m)**

You walk from Glencar, with magical views of Caragh Lake, to the village of Glenbeigh, with its sandy beaches. This peaceful village has great views of the Seefin Mountains and the peaks of the Dingle peninsula.

### **Day 5 Glenbeigh**

**Rest day**

Free day to relax or to explore. Options can include local walks (with notes provided), bicycle hire or canoeing, windsurfing, orienteering at Cappanalea Outdoor Education Centre (at extra cost).

### **Day 6 Glenbeigh to Foilmore**

**walking @ 13km (ascent @ 320m)**

You walk on the first coastal stretch of the Kerry Way, on the line of a Middle-Ages coach road, with spectacular views over Dingle Bay. Stay tonight in the tranquil and hospitable village of Foilmore.

### **Day 7 Foilmore to Cahersiveen to Killarney (on the 7 night tour)**

**walking @ 10km (ascent @ 90m)**

A short walk, perhaps a morning one, completes the journey along the northern side of Iveragh Peninsula to the coastal, and ancient, settlement of Cahersiveen. From here transfer to Killarney for your final night.

### **Day 8 Depart Killarney (on the 7 night tour)**

Tour ends after breakfast.

### **For those taking the 12-day / 11-night tour....**

### **Day 7 Foilmore to Waterville**

**walking @ 20km (ascent @ 300m)**

If you are continuing on the 11-night tour, today's journey is mainly inland, on ridgelines giving views of land and sea, finishing at the angling centre of Waterville on the shore of Ballinskelligs Bay.

### **Day 8 Waterville to Caherdaniel**

**walking @ 12km (ascent @ 270m)**

Walk from one seaside village to the next, connecting Waterville to Caherdaniel – this section of the Kerry Way is on a Middle Ages coach road and offers wonderful views of bay, sea, islands and archaeological sites.

### **Day 9 Caherdaniel to Sneem**

**walking @ 17km (ascent @ 350m)**

Walk mainly on an old coach road, used for droving cattle up till the 1930s, and pass through peat beds close to the 2,000-year-old Staigue Fort. Stay in tiny Sneem with its sheltered harbour and brightly painted houses.

### **Day 10 Sneem to Kenmare**

**walking @ 32km (ascent @ 520m)**

This is an attractive stage through woodland sections and close to the shoreline of Kenmare Bay. There are splendid views along the way. Stay tonight in Kenmare at the head of the bay.

### **Day 11 Kenmare to Killarney**

**walking @ 23km (ascent @ 560m)**

The last leg of the Kerry Way takes us from the sea via mountain and lake through oak woods and back to Killarney National Park. Watch for white-tailed eagles above the lakes.

### **Day 12 Depart Killarney**

Tour ends after breakfast – Killarney bus and train stations provide several options for you to continue onwards.

**Outdoor Travel** offer other small group guided walking or cycling holidays in Ireland, including the **Dingle Way** and the **Wicklow Way**, and self-skipped or hotel barge boating holidays on the **River Shannon**. Other guided or self-guided walking holidays include the **Camino de Santiago** and **Wainwright's Coast to Coast** walk.

### **Contact Outdoor Travel for more details and reservations:**

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