



**A self-guided tour in the beautiful Cork and Kerry mountains (8 days / 7 nights).**



and then descend to the small town of Adrigole.

**Day 3 (20km).**

Leave Adrigole in the morning and follow the old coach road. You initially track the scenic Ring Of Beara road before turning to contour along the slopes of Hungry Hill. Walk above the farmland and then skirt Hungry Hill before you descend toward the shore of Park Lough.

From Hollyhill onwards, follow a network of bog roads. On the approach to Castletownbere pass a wedge grave where you can take a minor detour to see some boulder burial sites. Then descend to the coast and the lively town of Castletownbere.

**Day 4 (23km).**

Take a small ferry in the morning from Castletownbere across to Bere Island. Follow a circular walk around the island with a number of different as outlined in your notes.

Take the time to explore the history of this strategic island – from wedge

graves and standing stones to signal towers and defensive towers. Pass along above the sea cliffs and enjoy the views back to the mainland and the mountains of the Beara Peninsula.



The Cork / Kerry Mountains are to be found on the Beara Peninsula - part of the south-west coastal region of Ireland that was formed as the sea level rose between 4000-7000 years ago. This split the region into a number of mountainous peninsulas. Beara is one of the three largest of these peninsulas and the wonderful Beara Way winds through the mountains of the beautiful counties of Cork and Kerry.

Rocky promontories, sheltered beaches, hills, mountains, archaeological sites, castles – the Beara Peninsula has them all. Visit this remarkable piece of Ireland and you won't be disappointed.

**Day 1.**

Arriving at airport or station, you are met by our transport. Transfer to your first night's accommodation at Glengarriff.

Take the time to acclimatise. Enjoy a walk through the Glengarriff Nature Reserve or see some of the town before your evening meal.

**Day 2 (18km).**

Starting from your base you join the Beara Way. Climb out of Glengarriff to take in the superb views over Bantry Bay. Visit some sites of archaeological interest, such as standing stones and a wedge tomb.

Cross peat bogs and pass through state forests as you ascend between the Gowlbeg and Sugarloaf mountains. Follow the old Castletownbere to Glengarriff coach road

## **Day 5 (24km /13km).**

Your destination this evening is the town of Eyeries, and you have the option of a 13km or 24km walk today. Leave Castletownbere in the morning and once again walk along the Beara Way. Visit the Derrintaggart stone circle, a large ringfort, and a megalithic wedge grave.

Turn off the Beara Way, and cross across the centre of the Peninsula to Aughbrack and rejoin the Allihies-Eyeries section of the Beara Way. Continue to walk on the Way to the colourful little village of Eyeries.

## **Day 6 (24km).**

Drop down from the village to the coast, and follow the Beara Way along the shoreline toward Tranimod and the Ballycrovane Ogham stone. Continue along the shore before turning inland and head over open hillside toward Lough Fadda (the Long Lake).

Ascend to the hill above, and follow the ridge to drop down to the village of Ardgroom. Carry on past a stone circle at Cashelkeelty before you descend to the tiny village of



Lauragh where you can enjoy a well-earned drink.

## **Day 7 (19km).**

Start from the lovely harbour of Lauragh and ascend past Knockatee Hill where you join the central spine of the Beara Peninsula. Enjoy the view down to the coast and across Kenmare Bay to Ireland's highest peaks on the Iveragh Peninsula. Pass Clonee Loughs and then head into the scenic valley of Gleninchiquin.

Turn away from Lough Inchiquin to follow a back-road uphill and then down again to Dromoughty Lake and stone circle. Drop down to the coast again and follow the Beara Way as it runs parallel to the coast into Kenmare.

Spend your final night in lovely Kenmare town - overlooked by the imposing MacGillycuddy Reeks.

## **Day 8.**

Transfer back to airport or station for your return journey.



## **Overview**

**Grade B / C**  
**Hills / Mountain walking**

**8 Days (7 Nights)**  
Bed & Breakfast.  
Dinner and packed lunch (7).

**Prices and Dates**  
Please see separate Pricing Sheet.

## **Included**

7 nights' accommodation, based on two adults sharing.

Meals consist of a full breakfast each day, packed lunch on walking days, and a two/three course meal each evening. Drinks are not included.

Luggage transfer each day, detailed daily route notes and maps.

Transfers to and from Shannon Airport, Kerry Airport, Cork Airport, Killarney or Tralee train stations.