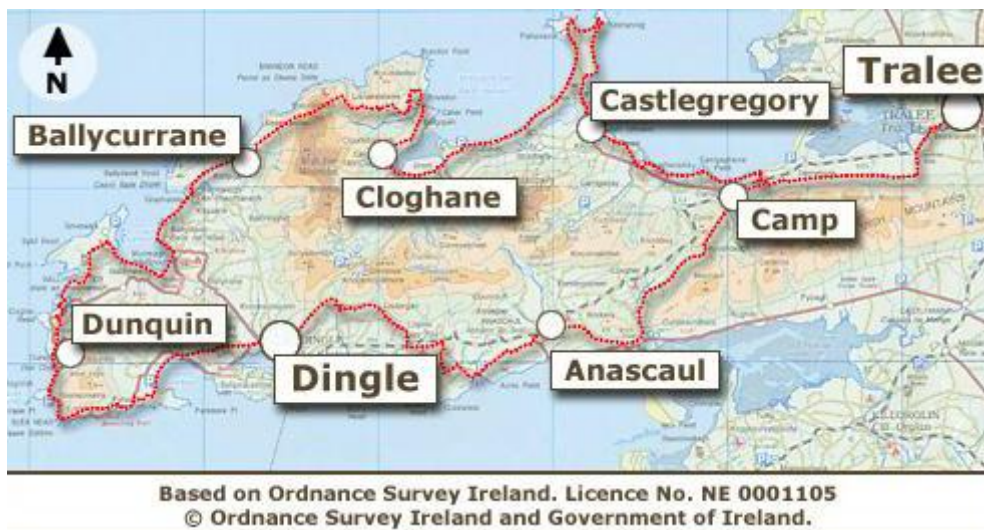


## ***Dingle Peninsula Self-Guiding 8 Day Programme***



The Dingle Peninsula is one of the most spectacular regions on Ireland's West Coast. Moreover it is steeped in history, mythology and traditional Irish culture. There is no other landscape in Western Europe with the same density and variety of archaeological monuments. This mountainous finger of land, jutting into the Atlantic Ocean, has supported various tribes and populations for at least 6,000 years. Because of its remote location - and lack of specialised agriculture - there is a remarkable preservation of over 2000 monuments. It is impossible to visit the Dingle Peninsula and not be impressed by its archaeological heritage, which ranges from prehistoric times through the Early Christian period to the Middle Ages.

Throughout the region there are magnificent views in all directions. Incredibly green pastures stretch as far as the eye can see, completely empty save for small herds of sheep or goats. At almost every turn there are spectacular views of mist-covered mountains and wild stretches of uninhabitable coastline where deep fissures have been carved, over the centuries, by the pounding waves of the Atlantic Ocean. The tip of the peninsula, west of Dingle town, is a stronghold of the Irish language and many traditions and customs have been preserved here along with the language. This is a delightful one-week walk and along the way you'll enjoy plenty of good Irish cheer.



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### ***Trip Outline***

This trip begins at Tralee, an excellent starting point for our exploration of the Dingle Peninsula. Walking west along the foot of the Slieve Mish Mountains, your next night is spent in the village of Camp. You then head south-west, crossing the peninsula to arrive at the village of Annascaul on Dingle Bay. Your third day's walking brings you to the pretty fishing port of Dingle, where you stay for two nights.

From here you explore the spectacular promontory at Slea Head, with views towards the Blasket Islands at the western extremity of Europe. From Dingle you then cut back to the secluded village of Cloghane at the foot of Mount Brandon on the northern side of the peninsula.

The final walk brings you along the sandy shores of Brandon Bay back to the village of Annascaul. The daily stages take you cross-country, through landscapes that are hilly - and boggy at times. During the week you'll experience wild mountain scenery along with picturesque coastal villages.

**Day 1:** Arrive in Tralee - the administrative capital of County Kerry. On arrival at your first guesthouse, your hostess will give you your full detailed information pack. She will also be able to suggest some of the many local restaurants or pubs for food and possibly music.

*Access for this holiday can be from Kerry, Dublin, Cork or Shannon Airports with bus and/or train connections available to Tralee all year round.*

**Day 2:** Leave your guesthouse, and walk from there along back country roads to join the Dingle Way. You follow this route under the Slieve Mish Mountains before joining what was once an old road to Dingle. Passing a fascinating 12th century oratory, you then continue to the village of Camp.

*Walk Details: Distance: 16kms. Duration: 5 hours. Max. Height: 250m. Rocky and muddy mountain and grass tracks. Can be wet underfoot - boots essential.*

**Day 3:** Walk from Camp to the lively little village of Annascaul. This walk takes you through a fascinating area of bog where many people still come to cut their winter fuel. Crossing to the south side of the peninsula, you arrive at the magnificent Inch Beach, before continuing inland to Annascaul village for your overnight stop.

*Walk Details: Distance: 17kms. Duration: 5 hours. Max. Height: 200m. Road walking on quiet back country roads, then onto grassy tracks and finishing on road. Boots recommended.*

**Day 4:** Leaving the village of Annascaul, you head for the town of Dingle. The route passes through Minard, with its 16th century castle, and the village of Lispole. It then takes old, narrow country lanes through Lisdargan and Ballingarraun before joining the old military road below the Connor Pass, and on into Dingle. Overnight in Dingle.

*Walk Details: Distance: 21kms. Duration: 6 hours. Max. Height: 300m. Country lanes, grass tracks and some road walking. Boots essential.*

**Day 5:** Your route today starts just outside Dingle, passing the Early Christian site of Kilcolman and continuing to the glorious sweep of Ventry beach. From here it takes you on a beautiful and very historic walk around Slea Head, finishing Dunquin. This walk offers an opportunity to see 'beehive huts' at close quarters, and also a full view of the Blasket Islands. Overnight in Dingle.

*Walk Details: Distance: 19kms. Duration: 5.5 hours. Max. Height: 350m. Rocky and grass tracks, beach walking and some road walking. Boots essential.*

**Day 6:** Transfer to the tiny hamlet of Tiduff. Walk from here along an old military road to the eastern side of the Brandon massif, finishing in the village of Cloghane. This is a remote but spectacular walk - full of history and through country only accessible on foot. Overnight in Cloghane.

*Walk Details: Distance: 22kms. Duration: 6.5 hours. Max. Height: 650m. Grass mountain tracks with some rocky sections. Gravel tracks and some road walking. Boots essential.*

**Day 7:** A wonderful walk along the Dingle Peninsula from North to South, following a spectacular old farmer's track. You walk over the plateau, passing a deserted famine village and Annascaul Lake on the way. You descend into the village of Annascaul. Overnight in Annascaul.

*Walk Details: Distance: 14kms. Duration: 5 hours. Max. Height: 375m. Grass mountain tracks with some rocky sections; can be damp. Boots recommended.*

**Day 8:** Departure from Annascaul to Tralee town by public or private transport. From Tralee, connections by bus and train are frequent to Cork, Limerick, Shannon or Dublin.

## ***Dingle Peninsula Self-Guiding 5 Day Programme***

### ***Trip Outline***

**Day 1:** Arrive in the lovely fishing village of Dingle on the western tip of the Dingle peninsula for the first night. This is a “lively” village, with plenty of excellent restaurants and good pubs.

Irish music sessions are available most nights of the week throughout the year.

Access to Dingle is via a bus service from either Tralee or Killarney, with all details available on [www.buseireann.ie](http://www.buseireann.ie) or from SouthWestWalks Ireland. Overnight in Dingle.

**Day 2-3:** as Days 5 & 6 on the 8-day tour

**Day 4:** A wonderful beach walk to give your legs an opportunity to rest as you enjoy the backdrop of mountains, but the sea all around you. Passing the historic Illauntannig Island with its 10th century monastery now in ruins, you continue along the Maherees Peninsula to finish your walking in the village of Castlegregory. Overnight in Castlegregory.

Walk Details: Distance: 21kms. Duration: 5 hours. Max. Ascent: 100m. Beach walking and some road walking. Boots recommended.

**Day 5** After Breakfast in Castlegregory you will have the opportunity to return to Tralee either by local transport which will have you at the Bus/Rail Station for about 0855 or Taxi service. On Sundays and Public Holidays you will have to use a taxi service as the local transfers do not work and is not in operation. Details of the transfer information can be provided to you at the time of booking. From Tralee, connections by bus and train are frequent to Cork, Limerick, Shannon or Dublin.

## ***Dingle Peninsula Self-Guiding 10 Day Programme***

**Day 1-4:** as the 8-day tour

**Day 5:** Your walk today starts just outside Dingle, passing the Early Christian site of Kilcolman and continuing to the glorious sweep of Ventry beach. From here it takes you on a beautiful and very historic walk around Sleah Head, finishing Dunquin. This walk offers an opportunity to see ‘beehive huts’ at close quarters, and also a full view of the Blasket Islands. Overnight in Dunquin.

Walk Details: Distance: 18kms. Duration: 5.5 hours. Max. Height: 350m. Rocky and grass tracks, beach walking and some road walking. Boots essential.

**Day 6:** Walk from Dunquin, following the coast to Clogher and on to the fort of Dún an Óir, scene of a notorious massacre, situated on Smerwick Harbour. This sheltered bay is dominated by the jagged peaks of Sybil Head, the Three Sisters and Ballydavid Head. You finish your walk in the Irish-speaking village of Ballyferriter.

Walk Details: Distance: 15kms. Duration: 4 hours. Max. Height: 150m. Quiet back roads, grass and muddy tracks - boots recommended.

**Day 7:** Walk from Ballyferriter and continue along the coast to Ballydavid with glorious coastal scenery all the way. If desired, you can walk along the cliffs of Ballydavid Head. Descend to the hidden cove of Brandon Creek, where St. Brendan is said to have begun his epic boat journey, and finish at the Bóthar Pub.

Walk Details: Distance: 16kms (Option is 22kms). Duration: 4.5 hours (Option is 6 hours). Max.

Height: 100m (Option is 250m). Quiet country roads, beach walking and grass tracks, the option taking in rocky mountain. Boots essential.

**Day 8-10:** as Day 6-8 on the 8-day tour

### **OPTIONS:**

Should you wish to extend your holiday we recommend the following extra days which are suitable for rest days or to add a little more walking to your holiday: -

Day 1 Remain in Tralee for an extra night and enjoy some of the many interesting and historic sights in this area - and take this opportunity to enjoy a visit to our National Folk Theatre "Siamsa Tire".

Day 3 Remain in Annascaul and do some of the glorious mountain walks in this area - over to Maghanaboe, or across Acres Hill. Spend a relaxing day in the birthplace of Tom Crean, the Antarctic Explorer.

Day 4 Stay on for an extra day in Dingle to enjoy this thriving little fishing port and enjoy some of the excellent Irish music found in many of the pubs throughout the summer.

Day 5 Stay in Dunquin for an extra day and take a boat-trip across to the Great Blasket Island. This trip depends on the weather and sea conditions prevailing at the time.

Day 8 Stay on in Cloghane for one or two extra nights and make the most of the waymarked walks in this area:- follow in the footsteps of pilgrims to climb the holy Mt. Brandon, or explore the wealth of archaeological sites in the valley of Lough Adoon.

Make enquiries when booking and we can organise the extra reservations and transport necessary to do these options.

We reserve the right to alter this itinerary due to weather conditions, the conditions of the walks, or the ability of clients. The above Walk Details are only a guideline - these may not be accurate on the day due to weather or individual walking pace.

Please note that Ireland can be a wet country both underfoot and overhead. Irish weather is unpredictable, that's one of the "joys" of walking in Ireland, and the nature of walks can change quickly and dramatically because of the weather. For all self-guided holidays you must be able to map read and navigate with a compass. There is some road walking on self-guided holidays. Some parts of the walks in Ireland are very remote in places. This is especially true of the Dingle Peninsula. Very often there are no opportunities to purchase a mid-day lunch – a packed lunch is required in such locations.

### ***On our Self-guided programmes we offer....***

- 4, 7 or 9 nights Bed and Breakfast. Full Irish Breakfast. Private bathrooms
- 3, 6 or 8 days walking. Varied and interesting each day.
- Move your luggage each walking day.
- Give you full walking details and maps of the area.
- Full walking descriptions of each walking day.
- 24 hrs Emergency/Information contact number.
- Airport transfers arranged/booked if required.
- Public transport details, [www.buseireann.ie](http://www.buseireann.ie) and [www.irishrail.ie](http://www.irishrail.ie).
- Weather Details, [www.met.ie](http://www.met.ie)
- Full pre-departure information pack to allow you to fully plan for your holiday and so get the most from this Irish walking experience.
- Extra days/nights booking with Travel/Tourism advice service.
- A "mighty" holiday guaranteed.