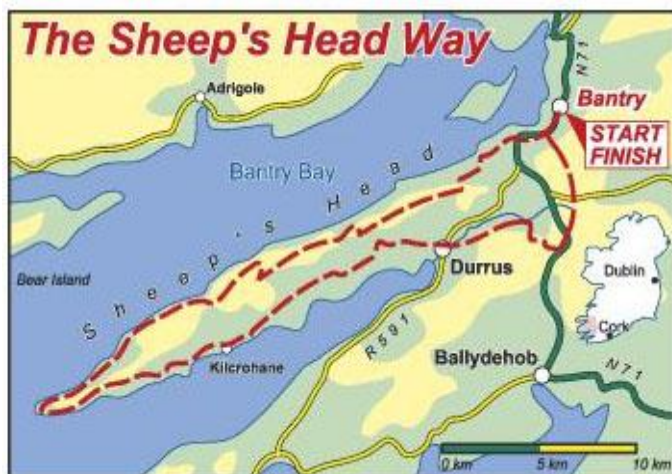


Sheep's Head Way Self-Guided Tours



The Sheep's Head Peninsula is a peaceful and unchanged corner of southwest Ireland offering a variety of terrain, all with beautiful views. It takes in a superb moorland crest and rugged cliffs as well as easy lowland terrain. The Sheep's Head Way is a long distance walk encompassing The Sheep's Head Peninsula and the general Bantry area. In keeping with the special beauty of the Peninsula, the Way is signposted differently from that of most other walks, utilising local stone and Irish Oak for 'walking man' markers. The 17th Century Book of Survey and Distribution has described much of this Peninsula as "being all rocky and frequented only by eagles and birds – never to be inhabited by reason of the rough incommodities"... sounds like the perfect walking terrain!



Trip Outline 5-day

Day 1: Arrive in Bantry and collect "Walk Information Pack" from your first house accommodation.

Bantry is a busy, bustling market town at the head of the famous and beautiful Bantry Bay is the heart of West Cork. It has a population of approximately 5,000. The main industries are tourism and mari-culture (Bantry Bay mussels are exported worldwide and the annual Mussel Festival held each May attracts thousands of visitors). Historic Bantry House and gardens are open to the public and the annual music festivals held in Bantry House bring thousands to the town each year. Your first night is spent 5km from Bantry at the start of the Sheep's Head Way in order to you allow you get the best from the first days walking. Overnight near Bantry.

Day 2: Walk from the start of the Sheep's Head Way to Glanlough. Overnight in the village of Kilcrohane which lies under the shadow of 'Seefin', the Peninsula's highest point. Kilcrohane has an all year round population of approximately 300 persons but this number more than doubles during the busy summer season and takes its name from the Church of St. Crohan founded in the 8th century.

Day 3: You will be transferred to Cahergal from where you walk out along to the Lighthouse (look out for the Dolphin and Whale viewpoint), continuing back the Sheep's Head route on the southern side of the Peninsula to Kilcrohane. Overnight in Kilcrohane.

Day 4: Walk from nearby Ahakista to Durrus along the Sheep's Head route. Overnight at Durrus which is a very pleasant village located at the head of Dunmanus Bay. Ahakista is the site for a Memorial to those who lost their lives off this coast in the Air India air crash in 1985.

Day 5: After breakfast your host will arrange to get a taxi to take you back to Bantry, but we understand that there is a "local" bus service ... he will give you full details.

Trip Outline 6-day

Day 1: Arrive in Bantry and collect "Walk Information Pack" from your first house accommodation.

Bantry is a busy, bustling market town at the head of the famous and beautiful Bantry Bay is the heart of West Cork. It has a population of approximately 5,000. The main industries are tourism and mari-culture (Bantry Bay mussels are exported worldwide and the annual Mussel Festival held each May attracts thousands of visitors). Historic Bantry House and gardens are open to the public and the annual music festivals held in Bantry House bring thousands to the town each year. Your first night is spent 5km from Bantry at the start of the Sheep's Head Way in order to you allow you get the best from the first days walking. Overnight near Bantry.

Day 2: Walk from the start of the Sheep's Head Way to Glanlough. Overnight in the village of Kilcrohane which lies under the shadow of 'Seefin', the Peninsula's highest point. Kilcrohane has an all year round population of approximately 300 persons but this number more than doubles during the busy summer season.

Day 3: Walk from Glanlough along the Northern shores of the Peninsula to Cahergal. Overnight again in Kilcrohane which takes its name from the Church of St. Crohan founded in the 8th century.

Day 4: You will be transferred back to Cahergal from where you walk out along to the Lighthouse (look out for the Dolphin and Whale viewpoint), continuing back the Sheep's Head route on the southern side of the Peninsula to Kilcrohane. Overnight in Kilcrohane.

Day 5: Walk from nearby Ahakista to Durrus along the Sheep's Head route. Overnight at Durrus which is a very pleasant village located at the head of Dunmanus Bay. Ahakista is the site for a Memorial to those who lost their lives off this coast in the Air India air crash in 1985.

Day 6: After breakfast your host will arrange to get a taxi to take you back to Bantry, but we understand that there is a "local" bus service ... he will give you full details.

Trip Outline 7-day

Day 1: Arrive in Bantry and collect "Walk Information Pack" from your first house accommodation.

Bantry is a busy, bustling market town at the head of the famous and beautiful Bantry Bay is the heart of West Cork. It has a population of approximately 5,000. The main industries are tourism and mari-culture (Bantry Bay mussels are exported worldwide and the annual Mussel Festival held each May attracts thousands of visitors). Historic Bantry House and gardens are open to the public and the annual music festivals held in Bantry House bring thousands to the town each year. Your first night is spent 5km from Bantry at the start of the Sheep's Head Way in order to you allow you get the best from the first days walking. Overnight near Bantry.

Day 2: Walk from the start of the Sheep's Head Way to Glanlough. Overnight in the village of Kilcrohane which lies under the shadow of 'Seefin', the Peninsula's highest point. Kilcrohane has an all year round population of approximately 300 persons but this number more than doubles during the busy summer season.

Day 3: Walk from Glanlough along the Northern shores of the Peninsula to Cahergal. Overnight again in Kilcrohane which takes its name from the Church of St. Crohan founded in the 8th century.

Day 4: You will be transferred back to Cahergal from where you walk out along to the Lighthouse (look out for the Dolphin and Whale viewpoint), continuing back the Sheep's Head route on the southern side of the Peninsula to Kilcrohane. Overnight in Kilcrohane.

Day 5: Walk from nearby Ahakista to Durrus along the Sheep's Head route. Overnight at Durrus which is a very pleasant village located at the head of Dunmanus Bay. Ahakista is the site for a Memorial to those who lost their lives off this coast in the Air India air crash in 1985.

Day 6: Walk from Durrus back to Bantry for your overnight.

Day 7: From Bantry you can return by bus to Cork city and by bus from there to the airport. Alternatively, you can make your way from Bantry to Killarney by bus, and from Killarney a bus or train to Cork, Limerick, Shannon or Dublin.

Total walking distance approximately 93 kms

On our Self-guided tours we offer....

- 4, 5 or 6 night's Bed and Breakfast. Full Irish Breakfast. Private bathrooms
 - 3, 4 or 5 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.
 - 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.
-
- Public transport details, www.buseireann.ie and www.irishrail.ie.
 - Weather Details, www.met.ie

We reserve the right to alter this itinerary due to weather conditions, the conditions of the walks, or the ability of clients. We have given the above Walk Details as 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 roadwalking on self-guided holidays.

Some parts of the walks in Ireland are very remote in places. This is especially true of the Sheeps' Head Peninsula. Very often there are no opportunities to purchase a mid-day lunch - a packed lunch is required in such locations.

