

Sheep's Head Cook & Walk Guided 4-Day Programme



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.

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!

Join that with the most magnificent food you can imagine – grown locally – lots of it organic, and learn how to cook a variety of dishes with expert Carmel Somers in her restaurant overlooking the shores of the Sheep's Head Peninsula – and you have a taste of heaven on earth. This trip is a real immersion into what is good in Ireland – good food, good walking, good scenery, good accommodation – all adding up to a GREAT holiday.

Trip Outline

Day 1 Arrive in Bantry and meet your guide at 18.00hrs. Briefing session on what to expect over the coming days. Settle into your accommodation base & eat locally near Bantry.

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.

Day 2 Starting from the village of Ahakista – today's walk gives us a taste of everything – wonderful coastal views, mountain walking, with tracks and road stretches along the way. We walk from the south of the Peninsula to the north and back again to complete our circuit. At the end of the walk we return to our accommodation for a quick change of clothes before introducing ourselves to our Chef – Carmel who will feed us tonight & introduce us to her wonderful cooking.

Walk Details - Distance: 13kms. Duration: 6 hours. Max. Height: 270m. Mountain tracks and open off track mountain, green roads/tracks and road walking. Can be wet – boots essential.

Day 3 After breakfast we drive back to the cookery school to learn about breakfast and dinner options. Immerse ourselves in “hand’s on” cooking and prepare our own dinner. Then – when all is prepared – we leave & transfer to the tip of the Sheep’s Head Peninsula to enjoy a wonderful walk around the tip. Return to our accommodation for a change of clothes and then back to our restaurant to enjoy what we prepared earlier as our own dinner.

Walk Details - Distance: 4 or 7kms. Duration: 2 to 3 hours. Max. Height: 230m. Mountain tracks and open off track mountain, green roads/tracks and road walking. Can be wet – boots essential.

Day 4 Starting our morning with a visit to our Chef – we plan and prepare lunch. Enjoying all the tuition and tips that Carmel can give us – we then leave for the hills again. A short drive from the Restaurant takes us to the spine of the Sheep's Head Peninsula where we walk along the mountains in the centre of this glorious peninsula. With views north over Bantry Bay and south over Dunmanus Bay we soak in the stunning views before returning to eat our lunch. Our final meal together celebrates our success at mastering some wonderful cooking & enjoying some fantastic walking. Returning to our accommodation later that afternoon, we collect our bags and prepare for our onward journeys.

Walk Details - Distance: 4kms. Duration: 2 hours. Max. Height: 225m. Mountain tracks and open off track mountain, green roads/tracks and road walking. Can be wet – boots essential.

Recommended Arrival Airports: Cork

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.

Please refer to the accompanying “General Holiday Information” document to assist in your holiday preparation.