



# Ireland - Kerry Way - Self Guided Tour 2019

Moderate 7 nights



*The Kerry Way trek combines the stately MacGillycuddy's Reeks mountain range scenery with stunning coastal views out across Dingle Bay. Starting in the west of Kerry you have an opportunity to walk on the beautiful Valentia Island before following old turf and coaching roads through the villages of Glenbeigh and Glencar to the MacGillycuddy's Reeks. Walk over passes to the Black Valley, around the Killarney Lakes and through the National Park to Muckross House and Killarney.*

## TOUR ITINERARY

### **Day 1 - Travel to Cahersiveen for the start of the holiday**

Taxi transfers available on request from Killarney, Kerry Airport or Cork Airport. The guest house we normally use enjoys superb views across to Valentia Island and there are many short walks in the vicinity to instantly sweep aside your journey.

**Accommodation - B&B in Cahersiveen**

### **Day 2 - Valentia Island**

Walk down to the pier from the B&B and take the ferry out to Valentia Island with its many standing stones and ruined forts, Skelling Experience Visitor centre and walk out to Bray Head Signal tower; you will enjoy glorious coastal views. Alternatively, you may hire a bike and cycle around the island.

**Accommodation - B&B in Cahersiveen**

### **Day 3 - Filemore to Glenbeigh** (17 km, 420m ascent)

You will be transferred to Filemore for today's walk. Follow an old coaching road through as the route heads east and cuts high across the hillside, offering views across Dingle Bay to the mountains of Dingle. As you walk over the hill of Rosbeigh Strand a sand bar projecting far into Dingle Bay. Descend to the village of Glenbeigh. There are opportunities to follow over the top of the hill or take an easier option around. **Accommodation - B&B in Glenbeigh**

### **Day 4 - Rest day in Glenbeigh**

Enjoy a day doing nothing if that is what you wish. That may be difficult, however, with so many tempting activities so close at hand. Enjoy a beach walk out to the sand spit, an important nature reserve and an International SSI; walk up to the Coomsaharn Lake, fine mountain scenery; take a pony trek for a canter along the beach or a gentle trek through the hills; or enjoy a round of golf at the nearby Dooks golf course with its wonderful setting.

**Accommodation - B&B in Glenbeigh**

### **Day 5 - Glenbeigh to Lough Acoose / Glencar** (19km, 410m ascent)

An easy walk leads along a quiet lane high above the beautiful Caragh Lake. It descends down to the Blackstones Bridge then through the woods to Glencar, a tiny settlement nestled in the middle of the peninsula besides the MacGillycuddy's Reeks. Walk a little further to Lough Acoose.

**Accommodation - B&B at Lough Acoose**

### **Day 6 - Lough Acoose / Glencar to Black Valley** (20 km, 430m ascent)

Walk past Lough Acoose, the starting point for a memorable circuit of Ireland's highest mountain, Carrauntuohill. Continue past the lough and isolated farms to walk up through the Reeks on the old lack road and into the isolated Bridia Valley. Climb out of the valley via a second mountain pass through wild and gugged hills descending into the Black Valley directly underneath Ireland's highest mountains.

**Accommodation - Farm B&B in the Black Valley**

### **Day 7 - Black Valley to Killarney** (22.5 km, 360 ascent)

On this final day you have the option of taking a boat trip from Lord Brandon's Cottage to Ross Castle, or walking the full route. The walk leads out of the Black Valley and back into the Killarney National Park. You walk past the Upper Lake of Killarney, a site of one of Ireland's unusual flora, the Strawberry Tree. Continue to Lord Brandon's Cottage, where you may take a boat trip through the lakes down to Ross to shorten the walk. If you choose to walk on to Killarney, you walk past Lord Brandon's Cottage and into the Derrycunihy Forest, ancient oak woodland that is currently fighting a battle with the Rhododendron that is threatening to choke out the indigenous flora. The route back joins up with your outward journey at Galway's Bridge; you then follow the old Kenmare road back pas Muckross house to Killarney.

**Accommodation - B&B in Killarney**

### **Day 8 - Journey home**

## 2019 TOUR DATES AND PRICE

### What does the tour price of €785.00 per person include?

- Seven nights accommodation: A mixture of guesthouses, farmhouses and country homes; all rooms have WC and shower ensuite.
- All breakfast
- Two dinners (in Lough Acoose and Black Valley)
- Three packed lunches ( Cahirsivee, Lough Acoose & Black Valley )
- Luggage transfer between your accommodation stops
- Full route details with a map of the tour

**Single room supplement €225 (if travelling with others)**

**High season supplement (July/August) +€30 per person**

**Solo tour supplement €350 (if travelling alone)**

**Tour can start any day from April until October.**

## ACCOMMODATION AND MEALS

### Accommodation

The accommodation is allocated on a twin sharing basis. We stay in bed & breakfast accommodation, where we hope to fuse the best standard we can get with the warmest welcome. We ensure en suite facilities almost all of the time however in some of the more remote spots one might occasionally have to share a bathroom.

We do reserve the right to change the accommodation around during the week, but we will always Endeavour to provide a high standard.

**Meals:** A picnic lunch is provided on most walking days. Your lunch will normally comprise of sandwiches, a chocolate bar or piece of cake, and a piece of fruit. If you bring a thermos flask, this will be filled with tea or coffee. You should bring a water bottle for drinks during the day. You will be able to buy additional snacks and drinks from local shops for during your walk. Two dinners are included in the tour price. An evening meal each night costs somewhere between €20 and €30.

## WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/“second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Mobile phone

## GENERAL INFORMATION

### Weather

Because we are an island located near the Gulf Stream Ireland has a very mild climate making it ideal for walking. We recommend that you bring your rain gear as well as your sun hat as a day that starts with rain can end with glorious sunshine! The temperature range during the summer is between 15 and 22 degrees centigrade (60 to 72 degrees Fahrenheit).

**Money** - The Irish unit of currency is the Euro (€), 100 cent = € 1.

To help you budget, here are some common items that you might purchase during your holiday:

3 course evening meal:	€20 - €45 per person	Sandwich/filled roll	€3 - €4.50
Bottle wine:	€17 upwards	¼ bottle of wine	€5 - €6
Tea/coffee	€1.50 - €3.50	Pint of beer	€3.50 - €4.50

### Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines.

### Electrical current/Mobile Phone

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets. The mobile phone system in use is a digital GSM 900 system.

### Websites on Ireland

Some recommended websites on Ireland that might help you organize your trip if you are planning to spend more time in the country before or after your holiday with us.

[www.discoverireland.com](http://www.discoverireland.com) - Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites

If you plan to spend some extra time in **Dublin**, the following will give you some more ideas of things to see and do

[www.visitdublin.com](http://www.visitdublin.com) Dublin Tourism, Tourism Centre, Suffolk Street, Dublin 2

[www.dublinuncovered.net](http://www.dublinuncovered.net)      [www.indublin.ie](http://www.indublin.ie)      [www.irishfolktours.com](http://www.irishfolktours.com)

### Smoking

A no smoking ban has been operated in Ireland since spring 2004. You are not allowed to smoke in public places (i.e. pubs, hotels, restaurants, shops, trains and buses etc.). However, you may smoke outside in the open air.

## Electrical current

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets.

## Travel

**Arrival:** You should aim to arrive in Ireland either in the morning or early afternoon of the first day of your tour. If you wish to transfer to your first accommodation by public transport, bus/train timetables should be consulted before you book your flights. If you wish to transfer to your first accommodation by taxi, your arrival time is not as crucial.

**Departure:** Whether you transfer to the airport by train, bus or taxi, your departing flight should be from late-morning onwards. Please allow ample time for travel to the airport, plus 1 to 2 hours for checking-in your luggage. Again, if you wish to transfer to the airport by public transport, bus and train timetables should be consulted before you book your flights.

You will find the bus and train timetables on the internet.

Bus [www.buseireann.ie](http://www.buseireann.ie)

Train [www.irishrail.ie](http://www.irishrail.ie)

## Visa requirements

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay. You will need photo identification travelling between Britain and Ireland.

All other nationalities require a passport that is valid for 3 months beyond the intended length of stay. Most nationalities including the USA, Canada, Australia and New Zealand do not require visas for Ireland and receive an automatic 90 day visitor's visa on arrival. If your nationality is not mentioned here you should check with your travel agent or consular office.

## Tour Grading

Walking in Ireland ranges from gentle to very challenging. Our holidays are graded so that you can choose the most suitable for you. Obviously we cannot be precise about grading as weather conditions also affect the difficulty of a walk and the descriptions below are intended as a guide only.

<b>Grade 2 - moderate</b>	A mixture of glen, coastal and moderate hill walking. Much of the walking is on existing tracks and trails, with some open moor land. Up to 1,500 feet (500 m) ascent, 8 miles (13 km). Walking time - up to 7 hours a day, including rests. For most moderately fit people of all ages.
<b>Grade 3 - strenuous</b>	Mainly hill walking on open moor land, with some steep ascent and descents. Up to 3,000 feet (1,000m) ascent, 10 miles (16 km). Walking time - up to 8 hours a day. For hill walkers with some experience.
<b>Grade 4 - very strenuous</b>	All walks are mountain climb up to 4,000 feet (1,300 m) ascent, 12 miles (20 km) each day. Some routes involve crossing steep terrain where a good head for heights is essential. Walking time - up to 9 hours each day. For strong hill walkers.