Connemara and Mayo Guided Walking in Ireland



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Ireland & Europe	5 & 7	437kg CO2

HOLIDAY OVERVIEW

With the Atlantic Ocean to the west and the watery border of Lough Corrib cutting it off from the rest of Ireland to the east, Connemara feels wonderfully wild and remote. The rugged peaks of the Maumturks and Twelve Bens rise above a landscape of sparkling lakes, bogland and purple-hued moors, while the coastline forms a jigsaw-like puzzle of peninsulas, estuaries and tiny islands. It's an outstanding region for variety and on this guided walking holiday through the counties of Galway and Mayo, you'll have the choice to take on everything from rewarding mountain climbs and gentle coastal strolls to a pilgrimage along part of the Croagh Patrick Heritage trail.

WHAT YOU'LL LOVE

- A choice of two walks each walking day
- Exploring sections of the Wild Atlantic Way
- Admiring the wild beauty of Connemara & County Mayo
- Winding your way through landscapes that have inspired writers such as Oscar Wilde & W.B.Yeats
- Joining the pilgrimage route passing Ireland's holy mountain, Croagh Patrick

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation
- Entrance to Kylemore Abbey
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with experienced HF Holidays Leaders
- All transport to and from walks where necessary
- Return flights from London Heathrow, including baggage and transfers

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Day 1 **Arrival Day**

Welcome to Delphi Resort. Unpack, settle in and meet your fellow group members and leader before dinner.

Day 2 **Killary Fjord**

Forming a spectacular natural boundary between counties Galway and Mayo, Killary Fjord – An Caoláire Rua – stretches beneath the towering slopes of Mweelrea. Today's walks follow its southern shoreline along a rocky trail originally built as a famine relief road during the 19th century.

Created to provide employment for local communities during the Great Famine, this historic route offers a moving connection to Ireland's past. It also rewards walkers with magnificent views across the fjord and surrounding mountains.

Please note that some sections are rough and uneven underfoot.

Day 3 **Connemara National Park and Kylemore Abbey**

Today's walks begin at the Connemara National Park Visitor Centre and explores Diamond Hill, named for the quartzite that sparkles in the sunlight, particularly after rain.

Both options are relatively short, although the upper route provides a much tougher challenge. This leaves plenty of time in the afternoon to visit Kylemore Abbey, with entrance included.

Originally built as a romantic gift, Kylemore later became a Benedictine monastery. Explore its Victorian Walled Garden and beautiful Gothic church, or simply relax and admire the abbey's reflections in Pollacapall Lough.

Day 4 **Free Day**

Enjoy a free day to relax at Delphi Resort or explore more of the surrounding area at your own pace.

Day 5 Clare Island

Lying around 6km off the Mayo coast, Clare Island is known for its towering cliffs, rugged hills, sweeping sea views and unspoilt landscapes. We take the ferry from Roonagh and spend the day exploring on foot.

Situated at the entrance to Clew Bay, the island has a rich natural and cultural heritage. Discover stories of the legendary Pirate Queen, Grace O'Malley, look out for abundant birdlife and pass some of Clare Island's many archaeological sites.

Day 6 The Western Way

Experience a memorable section of the Western Way as it crosses Connemara's open bogland. With the Maumturks on one side and the Twelve Bens on the other, both routes lead towards the village of Leenane.

Day 7 Croagh Patrick Heritage Trail

The Croagh Patrick Heritage Trail stretches from Balla in central Mayo to Murrisk, a small coastal village at the foot of Croagh Patrick.

Ireland's patron saint, St Patrick, is believed to have fasted on the mountain's summit for 40 days. It has since become an important pilgrimage site, with some pilgrims traditionally making the challenging ascent barefoot.

We won't be heading to the summit – or walking barefoot – but instead explore the mountain's scenic foothills before finishing in Murrisk, where there will be time to relax and take in the coastal surroundings.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

Delphi Resort

The 4-star Delphi Resort is perfectly located for our walking holidays. Surrounded by rugged mountains in 300 acres of magnificent scenery, it sits in the heart of the Delphi Valley, near Leenane, Connemara. Comfortable rooms each feature tea & coffee making facilities, iron & ironing board, flat screen tv, telephone, hairdryer and toiletries. Elsewhere, the hotel has a Spa & Wellness resort complete with hot tub, steam room, sauna and treatments available, perfect for unwinding after a good day's walk (all payable locally).

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are travelling independently to join us at Delphi Resort, please see their website for details of how to get here: https://delphiadventureresort.com/plan-your-visit/

USEFUL INFORMATION

Safety Information

Walking Safety

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

In the event of a problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our walk leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

We advise you carry a copy of these trip notes or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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