

Kerry & Cork Guided Walking Holiday

Tour Style: European Centre Based

Destination: Ireland

Trip code: KNLCL

2 & 3



HOLIDAY OVERVIEW

Walk on the famous Kerry Way and the Beara Peninsula, with spectacular views of colourful villages and the coast. Explore the Killarney National Park and the majestic lakes amidst the surrounds of the abbey castle and magnificent Victorian mansion of Muckross House. Take a boat to Garnish Island via Seal Island and then walk around this fabulous garden flourishing in its own micro-climate. Whether you're fascinated by the ancient relics and their accompanying legends of fairies and leprechauns, looking to uncover the past and discover the adversity faced by your ancestors, or simply want to enjoy great walking in this lush green land, Ireland has it all. Ireland is the third largest island in Europe after Great Britain and Iceland. The neighbouring counties of Kerry and Cork make up Ireland's wild southwest tip. Kerry is probably most famous for the beautiful Iveragh Peninsula and its circular tourist trail known as the 'Ring of Kerry'. However, this is only the tip of this county's offering and the abundance of lakes, mountains and beautiful peninsulas creates a varied landscape just waiting to be explored. To the east of Kerry lies County Cork, the largest Irish county, which features the sandstone Caha mountain range and part of the Beara Peninsula, which overlooks Bantry Bay. Our holiday is ideally situated in the beautiful harbour town of Kenmare which nestles between the Kerry Way and the Beara Peninsula. Just 5 minutes' stroll from our hotel takes you to the heart of the friendly town where colourful shops and pubs can be enjoyed. The town is peppered with a variety of cultural interests making it worth exploring.

HOLIDAYS HIGHLIGHTS

- Kerry & Cork – everyone's romantic dreams of Ireland come true
- Relax in the picturesque little town of Kenmare brimming with Irish character
- Join an Irish homecoming evening and boat to magical Garnish Island
- Spectacular views of the Killarney National Park from Ladies View
- Travel the Ring of Kerry or enjoy a seal-watching cruise on your free day

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) with some short, steep ascents and some sections on quiet country lanes. Up to 1,500 feet (450m) of ascent in a day. Harder walks: 7 to 9 miles (11 to 14½km) with some rough terrain and some short sections on country lanes. Up to 1,800 feet (540m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Kenmare Bay Hotel. Unpack and settle in.

Day 2: Sneem And Its Surroundings

The beautiful village of Sneem on the Ring of Kerry is a wonderful introduction to our week. Nestled between mountains and wild rugged coast it offers some of the best views of the country. Both walks explore the historical and geographical features in the area.

Option 1 - The Lomanagh Loop

Distance: 7 miles (11km)

Total ascent: 500 feet (150m)

In summary: Starting from Sneem we follow the Lomanagh Loop walking on minor roads, forest tracks and across fields until we join the Kerry Way to make our descent into Sneem where we can sample some Irish hospitality.

Highlight: The views of the Kerry Mountains and the Beara Peninsula.

Option 2 - Blackwater Bridge To Sneem

Distance: 9 miles (14½km)

Total ascent: 700 feet (210m)

In summary: This walk starts from Sneem too but follows the Fermoy Loop which covers a distance of 14km on minor roads, farm tracks and way marked paths across hillsides and through farmland. We pass features such as a Standing Stone, turf cutting and a cillin (unconsecrated graveyard). This walk also provides spectacular views of the mountains and the sea. We make our way into Sneem to meet up with the easier group.

Highlight: Spotting the Macgillycuddy's Reeks - Ireland's highest mountains.

Day 3: Gleninchaquin

Today's walks will take us through the rolling hills of the Gleninchaquin Park, offering great views over the Kenmare River. Along the way we will discover one of the many stone circles scattered around this area as we follow part of the famous long distance path, the Beara Way, back towards Kenmare

Option 1 - Gleninchaquin To Dunkerron

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

In summary: We start our walk near Red Trout Lake and, after climbing onto the Beara Way, we walk just below Knocknagoraveela Mountain enjoying views towards Dromoghty Lake and Kenmare River.

Highlight: Discover a neolithic stone circle overlooking Lough Inchiquin.

Option 2 - Drombohilly Upper To Dunkerron

Distance: 8 miles (13km)

Total ascent: 1,600 feet (480m)

In summary: This walk takes in the Beara Way but rises gently towards a gap on the northern side of Knockagarrane and an open valley with views back to the Kenmare River. Our route runs parallel with the river offering great views of the Cloonee Loughs, Lough Inchiquin and Gleninchaquin Park.

Highlight: The idyllic shores of the Cloonee Loughs make a wonderful sandwich stop.

Day 4: Beara Peninsula

Today both walks start at the tip of the Beara Peninsula, a stone's throw away from Dursey Island. It's mostly coastal walking, finishing at the old copper mining town of Allihies for a drink.

Option 1 - Garnish Pier To Allihies

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

In summary: This walk leaves the active fishing harbour of Garnish and goes along the shoreline of Ballydonegan Bay. We traverse below Lackacroghan where we can enjoy fabulous views back to Dursey before dropping back down towards Allihies and its beautiful beach ending in Allihies itself. The landscape has scattered remains of the once thriving copper mining industry.

Highlight: Taking in the scattered remains of the copper mining industry around Allihies.

Option 2 - Dursey To Allihies

Distance: 8 miles (13km)

Total ascent: 1,500 feet (450m)

In summary: Starting near the Dursey cable car station, we ascend Ballaghboy and straddle the ridge with fine views across the north and south of the peninsulas. We soon view lofty sea cliffs before we finally descend back to the Garnish Pier and finish with the easier walkers.

Highlight: On a clear day you can see out to the World Heritage Site of Skellig Michael.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Kenmare: Spend the morning visiting in the colourful town of Kenmare. Walk the Heritage Trail and visit the Lace & Design Centre. For the afternoon, relax in the hotel's swimming pool, sauna and spa facilities.

Seal watching: Join a seafari from the pier at Kenmare to view seals and sea eagles. Times vary according to the tides. Refreshments are served and included in the price.

Car hire: Local car hire is available to explore the surrounding areas including:

Derreen Gardens: Derreen Garden (60 acres) lies on a promontory in Kilmakilloge Harbour on the Beara Peninsula and is well worth a visit. There are a number of marked walks within this large area.

Killarney: Visit the interesting town of Killarney, located in the Killarney National Park. The town boasts many fine churches and art galleries.

Lakes of Killarney: Enjoy a boat trip from Ross Castle across the lakes to Lord Brandon's Cottage, lunch in the café there and take a short walk to Galway Bridge. Please consult your leaders who can pre-book transport to pick you up at this bridge to take you back to the hotel.

Local information website: For information on Ireland please visit www.discoverireland.com

Day 6: Glengarriff

Today we walk in the Glengarriff Nature Reserve.

Option 1 - Glengarriff Nature Reserve & Garnish Island

Distance: 5 miles (8km)

Total ascent: 500 feet (150m)

In summary: Today this group walks within the protected area of Glengarriff Nature Reserve, home to a multitude of wildlife, flora, fauna and ancient tales. We walk a short loop following the river and view some ancient oaks on the way. After crossing meadows, we ascend to "Lady Bantry's Look Out" point. After enjoying lunch in Glengarriff, we take a boat to Garnish Island via Seal Island and then walk around this fabulous garden flourishing in its own microclimate. We return to Glengarriff harbour by the same boat.

Highlight: Keep your eyes peeled for seals on the boat ride to Garnish Island.

Option 2 - Holy Well To Glengarriff

Distance: 7 miles (11km)

Total ascent: 1,500 feet (450m)

Total descent: 2,000ft (600m)

In summary: From the little town of Adrigole, the harder walk follows the Beara Way and heads up the north side of the lofty Sugar Loaf Mountain to 500m with great views of Bantry Bay and Sheeps Head peninsula. Our path then descends towards Glengarriff Nature Reserve before heading down into Glengarriff.

Highlight: Catch a glimpse of Ireland's highest waterfall, the Mare's Tail, as it tumbles down Hungry Hill.

Day 7: Killarney National Park

North of Kenmare takes us to the Killarney National Park and the majestic lakes amidst the surrounds of the abbey, castle and magnificent Victorian mansion of Muckross House.

Option 1 - Galway Bridge To Muckross

Distance: 7 miles (11km)

Total ascent: 1,000 feet (300m)

In summary: We walk from Galway Bridge along the Kerry Way passing through Esknamucky Glen and Cores Cascade to follow the Old Kenmare Road to Torc Waterfall and Muckross Estate. Here we will have time to explore the gardens and visit the café.

Highlight: We'll have plenty of time to explore the house, its fantastic gardens and - of course - the cafe!

Option 2 - Torc Mountain

Distance: 9 miles (14½km)

Total ascent: 2,000 feet (600m)

In summary: We walk along the Kerry Way from Galway Bridge passing through Esknamucky Glen and Cores Cascade on good tracks to Torc mountain. The ascent is rewarding with panoramic views across the lakes and up the Black Valley and beyond. We make our descent and follow the Old Kenmare Road to Torc Waterfall and Muckross Estate to join the easier group.

Highlight: Walk along the beautiful Kerry way.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Kenmare Bay Hotel & Resort - Kerry & Cork

The 3-star Kenmare Bay Hotel sits on the edge of the pretty little town of Kenmare, facing the hills of the Kerry Way. The hotel has a pleasant restaurant, cosy bar with outside seating, and a large indoor swimming pool with sauna and spa pool.

Accommodation Info

Rooms

The hotel has 127 bright and spacious en-suite bedrooms, all with:

- Direct dial telephone
- Flat screen TV
- Hairdryer

Facilities

The hotel has a range of facilities including the Courtyard Bar, which has a cosy atmosphere. The courtyard terrace is a decked area off the bar where you can relax with a drink.

There is also the Bay Health Club, which includes a spa pool and swimming pool, gymnasium and extensive selection of beauty and holistic treatments available (payable locally).

Food & Drink

Our holidays at Kenmare are on a Half Board basis and include breakfast and your evening meal. Two of your evening meals will be taken in local restaurants.

Breakfast

The hotel offers a self-service buffet breakfast each morning with tea, coffee and toast served at the table.

A typical Irish breakfast includes sausages, bacon, eggs, mushrooms, tomatoes, black & white pudding and soda bread. Should you prefer something a little lighter, you can choose from a selection of fresh fruit, croissants, cereal, and fruit juice.

Lunch (Payable Locally)

You can buy packed lunches from the hotel (order the night before). Alternatively ingredients for your picnic lunch can be bought from local shops; your leaders will advise you of the options.

Evening Meal

Dinner is served in the Bay Restaurant, which focuses on local Kerry produce combined with fine wines and attentive service whilst enjoying views of the Kerry Mountains. For vegetarian option and any other special dietary requirements we recommend that you spend a few minutes discussing these with the hotel staff.

On three evenings, meals will be taken in specially selected local restaurants.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits.

Your Evenings

Each evening your leaders will tell you about the next day's activities and answer any questions you may have.

During the evening you may like to join in an optional organised activity, such as a quiz.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Heathrow, Manchester and Birmingham flights to Cork airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 1 1/2 hours to the Kenmare Bay Hotel.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Cork airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £25.00.
- Why not let us book you a **private taxi transfer** at a cost of £140.00 per single taxi journey from Cork airport?
- If it would be more convenient we can also arrange **transfers from Shannon and Kerry airport**. Shannon taxi transfer: £184, Kerry taxi transfer: £75

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach under any circumstance.

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

The local language is English.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialing the number.

To dial a UK number 0044

To dial an Irish number 00353

Local Currency

The local currency is the Euro.

Electricity

220 Volt AC with the same 3-pin plugs as in the UK. In the older part of the hotel the pins are round (adaptors can be borrowed from the reception).

ATM Availability

There are several ATM machines in Kenmare where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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