Kerry & Cork, Guided Walking in Ireland



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Ireland	4 & 7	409kg CO2

HOLIDAY OVERVIEW

Walk in some of the wildest and most enchanting landscapes Western Ireland has to offer as you tick off two counties in one holiday. Not only will you trek the best sections of the Ring of Kerry, but you'll also visit Cork to walk along the Beara Peninsula where grassy slopes give way to distant mountain skylines stretching from Dursey to the colourful village of Allihies. There are plenty of big-name sights along the way, including Torc Waterfall and Killarney National Park – a huge outdoor playground that includes Ireland's highest mountain range, McGillycuddy's Reeks. There's also some superb lookout points over Bantry Bay plus a boat trip across Glengarriff Bay to visit the glorious gardens of Garnish Island.

WHAT YOU'LL LOVE

- Walking sections of the Kerry Way
- Walking in Killarney National Park
- Taking a boat trip to Garnish Island
- Spending time in Kenmare
- The coastal views on the Beara Peninsula
- Exploring the charming village of Sneem

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with HF Holidays Leaders (on walking days)
- 7 nights' accommodation in Kenmare
- 7 breakfasts and 7 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport

ITINERARY - 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)

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)

Ascent: 700 feet (210m)

In summary: This walk joins and follows the Kerry Way over moorland with views of the Beara Peninsula across the Kenmare River to the south and the MacGillycuddy's Reeks to the north. The walk then descends and takes us through charming woodland and farmland to Sneem.

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

Day 3 **The Kerry Way**

Today we walk along a scenic coastline to arrive at the beautiful gardens of Derrynane House, ancestral home of Daniel O'Connell known as Ireland's nineteenth century liberator.

Option 1 - High Route to Caherdaniel and Derrynane

Distance: 5½ miles (9km)

Ascent: 550 feet (160m)

Descent: 1,000 feet (300m)

In summary: From a viewpoint looking towards Waterville, we set off southwards on the Kerry Way. After reaching the high point of the route we swing eastwards and take a high level path with splendid views to Derrynane. We eventually drop to sea level where we can enjoy a cuppa at Derrynane House or wander in the beautiful grounds.

Highlight: A stunning walk with spectacular coastal views.

Option 2 - Butter Road and Mass Path to Derrynane

Distance: 7.5 miles (12km)

Ascent: 1,000 feet (320m)

In summary: Our walk on this part of the Kerry Way follows the old road which used to carry Kerry butter to Cork. After enjoying the views we cross the pass and descend to the little harbour at Bealtra and then follow rocky coastline, visiting the ruins of Ahamore Abbey before arriving at Derrynane House.

Highlight: A taste of Ireland's wild and dramatic Atlantic coastline.

Day 4 **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 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.

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 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.

Day 5 **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)

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)

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 6 Glengarriff

Today we walk in the Glengarriff Nature Reserve.

Option 1 - Glengarriff Nature Reserve & Garnish Island

Distance: 5 miles (8km)

Ascent: 500 feet (150m)

In summary: Today this group walks within the protected area of Glengariff 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: 7½ miles (12km)

Ascent: 2,050 feet (620m)

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)

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 (14.5km)

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.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) 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

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.

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.

FOOD & DRINK

Dining at the Kenmare Bay Hotel & Resort

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

Drinks

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

ROOMS

Your room at the Kenmare Bay Hotel & Resort

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

- Direct dial telephone
- Flat screen TV
- Hairdryer

ABOUT YOUR STAY

Facilities at the Kenmare Bay Hotel & Resort

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).

TRAVEL DETAILS

Address

Kenmare Bay Hotel
Kenmare
Co Kerry

Tel: 00353 64 664 9300

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

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

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 booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

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

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 prior to your holiday.

Telephone Code for kerry & Cork

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

Language Information for Kerry & Cork

The local language is English.

LOCAL CURRENCY

Local currency for Kerry & Cork

The local currency is the Euro.

ELECTRICITY

Electricity information for Kerry & Cork

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

ATM availability for Kerry & Cork

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

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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