Kerry & Cork, Guided Walking with Sightseeing in Ireland



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Ireland	3	397kg CO2

HOLIDAY OVERVIEW

Experience the wild beauty and wonderful charm of Western Ireland on this walking with sightseeing holiday. Enjoy short, guided walks of 3–5 miles that explore the best of the Beara Peninsula and the Ring of Kerry combined with visits to highlights such as Killarney National Park, Muckross, and Torc Waterfall. We'll also visit Glengarriff Bay, and Derrynane Beach, take a boat trip to the glorious gardens of Garinish Island, and stop by a working farm for a taste of rural life. And to round off your adventure, enjoy an evening of traditional Irish music, song, and storytelling.

WHAT YOU'LL LOVE

- Exploring the wild west coast landscapes
- Admiring the beauty of some fabulous gardens
- Learning about rural life with visits to a working farm
- Snapping shots of Torc waterfall & Killarney National Park
- Boat trips out into the bay in search of wildlife

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation
- Cooked or continental breakfast every morning
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Return flights from London Heathrow, including baggage and transfers
- All sightseeing and entrance fees (as per itinerary)

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to Kenmare Bay Hotel. Unpack and settle in.

Day 2 **Killarney National Park**

Distance: 5 miles (8km)

Ascent: 570 feet (175m)

We travel north from Kenmare to Killarney National Park, to explore its impressive lakes and the grounds of Victorian Muckross House. Have your camera at the ready from the off for views of "the Meeting of the Waters" – the spot where magnificent Muckross Lake and Muckross House & gardens meet.

We'll have free time to explore Muckross. There are many options to choose from – stroll a bit further and enjoy the spectacular scenery, walk the plentiful marked trails, or sit and enjoy the view. Alternatively, pay a visit to the farm, the house or it's gardens. Keep a lookout for the traditional Irish jaunting cars (horse-drawn carts) here, too.

Please note - Entrance to the grounds of Muckross House is free, if you wish to visit the house itself, the gardens or the farms, entrance is payable locally.

From Muckross and majestic Torc waterfall, we'll head to Moll's Gap, for an insight into life on a working farm.

Day 3 **Kenmare**

Distance: 4 miles (6km)

Ascent: little ascent

Today we'll take a boat trip out into Kenmare Bay to admire its beautiful scenery, and hopefully sight some of its wildlife, too. In the afternoon, our walk is a fabulous induction to the area. We'll be led on a walking tour that introduces us to the stories and histories of the town, from its stone circles and Georgian architecture to its lace-making industry. We'll also learn of some of the town's famous characters including Antarctic explorer Tom Crean.

Day 4 **Glengarrif & Garinish Island**

Distance: 3 miles (5km)

Ascent: 200 feet (60m)

Today we visit Glengarriff Nature Reserve, home to myriad flora, fauna and ancient tales. We walk a short loop following the river and view some ancient oaks on the way. Our coach then takes us to Glengarrif where we've time to get our lunch or explore the Bamboo Park (payable locally), before we take the boat over to Garinish Island. Keep your eyes open for seals, they often make an appearance on the way. A short walk on the island takes us on a discovery of its fabulous gardens, which flourish in this microclimate.

Day 5 **Free Day**

Day 6 **Caherdaniel & Derrynane**

Distance: 4 miles (7km)

Ascent: 500 feet (150m)

We'll explore wild and dramatic coastline today as we follow the rocky Atlantic shores to the beautiful gardens of Derrynane House, ancestral home of Daniel O'Connell – Ireland's 19th-century liberator. After the walk we enjoy a guided tour of his former home (included) and relax with free time to explore the gardens and Abbey Island. From Derrynane we'll make a brief stop in Sneem to explore its craft & coffee shops before heading back to Kenmare.

Day 7 **Gleninchaquin Park & Derreen Gardens**

Distance: 2.5miles (4km)

Ascent: 320 feet (100m)

Waterfalls, woodland and a wealth of history, are the highlight today as we follow the Heritage Trail within Gleninchaquin Park. Our walk will take us past the "Famine Cottage" – renovated and thatched in recent years, the cottage has become a popular setting for films based in Ireland – see if you recognise the scene.

From Gleninchaquin, we travel along the Beara Peninsula and out to the beautiful 19th century woodland - Dereen Gardens (entrance included). We've 60acres to explore – subtropical plants and sublime views of mountains, sea and shore.

Day 8 **Departure Day**

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) 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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