



## IRELAND

### IRELAND, CYCLING THE WILD ATLANTIC WAY

BY BIKE

8-DAYS

Cycling Ireland's Wild Atlantic Way is an absolutely epic ride as you experience the country's dramatic scenery while engaging with Ireland's spirited local culture. Ireland is known as Europe's 'Emerald Isle,' a nod to its spectacularly green landscapes. Ireland's countless peninsulas, lakes and rivers are natural wonders just beckoning you to explore them. Anywhere you ride in this country, fresh landscapes unfold before your eyes. This riding itinerary covers 342km/213mi over six continuous days of riding, mostly along backcountry paved and dirt roads with little traffic. This epic riding adventure offers world class riding each day through the most spectacular Irish scenery.

## Day 1

### CORK/KERRY

#### ARRIVAL

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Either fly into the Cork or Kerry airport today. The Cork airport is a much busier airport with a wide variety of international flights whereas Kerry Airport has international flights from England and Germany. Make your way to our welcome hotel in Kerry upon arrival. If you fly into Cork, you'll need to take a train to Kerry and there are nine departures per day. From Kerry Airport you can take a taxi to the welcome hotel. The remainder of the day is at leisure to explore. Overnight in a comfortable 3-star hotel in Killarney.

**Accommodation:** Hotel

**Meals:** none



## Day 2

### KERRY - DINGLE

#### BIKING

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We'll start our Irish adventure with a hearty breakfast and then transfer by vehicle to the Maharees; a 5km long spit of white sand that stretches out from the Dingle Peninsula. Here we'll stop for a fresh seafood lunch at a local pub here overlooking the ocean. From here we get fitted with our bikes, and then we're off on our first ride, cycling along the coast and up over the Conor Pass – Ireland's highest mountain road. While the climbing is modest, the scenery is dramatic and the views from the top across the west coast are superb. From here it is downhill all the way to the town of Dingle, arguably one of the strongest bastions of traditional Irish music. Overnight at a comfortable 3-star hotel in Dingle.

**Biking Distance:** 30 km / 19 mi

**Ascent:** +455m / 1,500ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



### Day 3

#### DINGLE PENINSULA

##### BIKING

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Following a relaxed Irish breakfast, we hit the road exploring the beautiful Dingle Peninsula. The Dingle Peninsula is a Gaeltacht region where Gaelic is still widely spoken as a first language and culture and traditions remain strong. Our route today leads us west passing a fascinating array of ancient sites including iron-age forts, beehive huts, inscribed stones and historical churches. The Peninsula culminates at the dramatic Sleat Head. Before stopping off for a pub lunch in Ballyferriter, we visit the fascinating Gallarus Oratory. This evening we'll join the locals in one of the pubs to experience some real 'craic agus ceoil' (music and fun in Gaelic). Overnight at the same comfortable hotel in Dingle.

**Biking Distance:** 58 km / 36 mi

**Ascent:** +367m / 1,200 ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

### Day 4

#### DINGLE - SNEEM

##### BIKING

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As long as the weather God's are on our side today's ride will start with a boat across Dingle Bay (or in Gaelic Bá an Daingin) to the Iveragh Peninsula and The Ring of Kerry. This stretch of water is rich in marine life including Fungie – Dingle's resident and celebrity dolphin! We land on Valentia Island and then ride via a causeway to the mainland at Portmagee. From here, the riding really begins with some steep climbs and wild descents around the Ring of Skellig. The effort is more than compensated by the magnificent coastal views and the equally magnificent delights of the Skellig Chocolate Factory. We pass through the villages of Waterville and Caherdaniel winding along the coastline before reaching the bright pink façade of D O'Shea's pub in Sneem where you can enjoy a well-earned glass of Guinness, by an open peat fire. Overnight at a comfortable 3-star hotel in Sneem.

**Biking Distance:** 75 km / 47 mi

**Ascent:** +915m / 2,950ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 5

### SNEEM - KENMARE

#### BIKING

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The Beara Peninsula, is a remote finger of land stretching into the Atlantic Ocean, and one of Ireland's lesser known treasures. Our ride today is out to this Peninsula. The relentless energy of the Atlantic has formed this rocky stretch of land; carved out white sand beaches and windswept hills where tiny brightly coloured villages shelter. We continue east along the northern side of Kenmare Bay before turning south in the town of Kenmare and crossing the river onto the Beara Peninsula. We'll ride over the Caha Pass up and over the Cork and Kerry border. We'll stop at the fascinating Ewe Sculpture Gardens to see some of the most unique outdoor sculptures you'll likely ever encountered. Before descending to the village of Glengarriff, on the edge of Bantry Bay. We'll meet the van for a shuttle right back to the village of Kenmare. For the hearty riders in the lot, there is the option to extend the cycle to climb the Healy Pass, a spectacular route with awesome views across the Beara Peninsula. Overnight at a comfortable 3-star hotel in Kenmare.

**Biking Distance:** 54 km / 33 mi

**Ascent:** 462m / 1,520ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 6

### KENMARE - KILLARNEY

#### BIKING

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Today our ride is an ascent, climbing to the top of Molls Gap, overlooking the swath of the MacGillycuddy Reeks. Then it's a fun downhill into the Black Valley to Brandon's Cottage in Killarney National Park. From here we climb again, through the narrow Gap of Dunloe pass. This route is traffic free but keep an eye out for the traditional jaunting cars which ply their trade here. The Gap is 11km/7mi long and passes by five beautiful lakes. Here is where we'll break for lunch. The final section of our ride is along Lough Leanne to Ross Castle in the heart of Killarney National Park. In the company of an expert local guide, we will explore this fascinating 15th century fortress, spectacularly situated on the lakeshore. Overnight in a comfortable hotel in Killarney.

**Biking Distance:** 62 km / 39 mi

**Ascent:** 695m / 2,265ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



## Day 7

### KILLARNEY - BEALACH OISIN - KILLARNEY

#### HIKING

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Our final ride is arguably the most spectacular and is through the centre of the Iveragh Peninsula. Bealach Óisín is named after the son of Fionn Mac Cumhaill, the legendary leader of the Fianna, Ireland's famous warriors. According to legend Óisín fell in love with Niamh Cinn a beautiful princess from Tir na Nog, the land of youth. Having spent some time in Tir na Nog, Óisín was homesick and wanted to see his homeland. Niamh lent him her great white horse on which to return, with a dire warning to stay on the horse and not to set foot on the land of Ireland. When Óisín came back, hundreds of years had gone by, the Fianna were long gone, the people of Ireland had grown small and weak and St Patrick was spreading Christianity. As he was crossing the pass that now bears his name, Óisín saw a group of men struggling with a stone that he could move with one hand. Óisín leaned down from the saddle to move the stone, but as he did so the girth broke and he fell to the ground. As soon as he hit the ground he turned into an old

man. We'll aim to avoid such dangers and skirt below the MacGillycuddy Reeks, climbing over Ballaghisheen Pass and finishing up with celebratory pints in the village of Cahersiveen. We transfer back to Killarney for our final dinner together. Overnight in the same comfortable hotel in Killarney.

**Biking Distance:** 63 km / 40 mi

**Ascent:** +542 / 1,778ft

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 8

### KILLARNEY

#### DEPARTURE

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This morning explore the Killarney town or the adjoining National Park. We will then transfer you to the rail station or airport for your journey back home.

**Meals:** Breakfast

## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin shared), meals as indicated, all internal transportation excluding airport transfers, equipment and English-speaking guides.

### Not Included

International airfare, airport departure taxes, gratuities, meals not included, airport transfers and items of a personal nature.

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