

# Western Ireland Guided Walking

**Trip style:** Guided Walking Holidays

**Destination:**  Ireland

**Trip code:** KNM07-LCL09

**Grades:** 1, 2 & 3

**Carbon Footprint:**  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, McGillicuddy'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

## 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.

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### **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.

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### **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.

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### **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 safari 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.

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### **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.

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### **Day 6:** Glengarriff

Today we walk in the Glengarriff Nature Reserve.

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### **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.

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**Day 8:** Departure Day

We hope to see you again soon.

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## 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.

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).

### **Vaccinations & health information - SHARED WITH ALL EU NEW 2026**

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](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

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### **Passport & Visa information - SHARED FOR ALL EU NEW 2026**

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>

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### **Packing list - Overseas Guided Walking**

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) 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)

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