

## Ireland

### Beara Way - Self Guided Tour 2010

**Moderate 7 night tour**

*The trek starts in the colourful bustling town of Kenmare, yet within minutes you are alone in the wild beauty of Beara. You walk past loughs and rivers with views across the fjord-like Kenmare River to the mountains of Iveragh. As you penetrate the peninsula, the rugged rocky mountains that make up the spine of Beara vie for your attention with the ever-widening seascapes. The villages of Lauragh, Eyeries and Allihies provide overnight stops. From Allihies you trek through the old copper mines across the mountains to Castletownbere, an attractive fishing port overlooking Bear Island and Bantry Bay. You can take the ferry out to Bear Island and enjoy walking out to the lighthouse and past disused fortifications including the Napoleonic signal tower with great views to the mainland on both sides of Bantry Bay.*



#### TOUR ITINERARY

##### **Day 1 - Travel to Kenmare for the start of the holiday**

Taxi transfers can be arranged from Killarney, Kerry Airport or Cork Airport.

**B&B in Kenmare**

##### **Day 2 - Kenmare to Tuosist**

The walk begins with a short road walk before climbing through some of the hills for your first glimpses of the landscape of the southwest, across bog land, crossing stiles and walking back down the valley and along a quiet lane leading to your guesthouse accommodation. *(Approximately 17.5 km, 440m ascent)*

**Pub B&B in Tuosist (non ensuite rooms)**

##### **Day 3 - Tuosist to Lauragh**

After retracing your steps up past the Cloonee Loughs (Cloonee Lakes) you cross over the flanks of the Caha Mountains with fine views across the Kenmare River inlet. Most of the afternoon is along quiet lanes passing through the hills to Lauragh. *(Approximately 15 km, 260m ascent)*

**B&B just outside Lauragh, dinner included tonight**

#### **Day 4 - Lauragh to Eyeries**

A long but fairly low level route. The first section climbs around the edge of the hills before following the road into Ardgroom. In the afternoon you skirt up to join a low ridge before tracing the waters edge around to Eyeries. *(more strenuous day – approximately 23 km, 360m ascent)*

**B&B in Eyeries, dinner included tonight**

#### **Day 5 - Eyeries to Allihies**

The route follows an old miner's road up through the edge of the Slieve Miskish Mountains to the village of Allihies. It is an easy day and if the weather is fine it is worth clambering up one of the hills for some of the spectacular views across the Atlantic ocean. In the afternoon you can enjoy a sandy beach, situated only a couple of minutes walking from the village. *(Approximately 11 km, 200m ascent)*

**B&B in Allihies**

#### **Day 6 - Allihies to Castletownbere**

You climb up the southern side of Slieve Miskish Mountains along lanes and forest tracks revealing views of Bantry Bay and the Sheep's Head Peninsula. There is an easy diversion up to the summit of Knockgour where there are fine views across both sides of the peninsula. *(Approximately 14 km, 400m ascent)*

**B&B in Castletownbere**

#### **Day 7 - Bear Island**

Take the morning ferry out across to Bear Island and follow paths out to the southern shore and up to the Signal Tower with superb views overlooking Bantry Bay. *(Approximately 11 km )*

**B&B in Castletownbere**

#### **Day 8 - Return home**

### **TOUR DATES AND PRICE 2010**

#### **What does the tour price of €675.00 per person include?**

- Seven nights accommodation: A mixture of guesthouses, farmhouses and country homes.
- All rooms have a bathroom en suite, except for the second night on the tour
- Two dinners in Lauragh & Eyeries
- Three packed lunches
- Luggage transfer between your accommodation stops
- Full route details with a map of the tour

**Tour can start any day from April until October.**

## WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Mobile phone

## ACCOMMODATION AND MEALS

### Accommodation

The accommodation is allocated on a twin sharing basis. We stay in bed & breakfast accommodation, where we hope to fuse the best standard we can get with the warmest welcome. We ensure en suite facilities almost all of the time however in some of the more remote spots one might occasionally have to share a bathroom.

We do reserve the right to change the accommodation around during the week, but we will always endeavour to provide a high standard.

**Meals:** A picnic lunch is provided on most walking days. Your lunch will normally comprise of sandwiches, a chocolate bar or piece of cake, and a piece of fruit. If you bring a thermos flask, this will be filled with tea or coffee. You should bring a water bottle for drinks during the day. You will be able to buy additional snacks and drinks from local shops for during your walk. Two dinners are included in the tour price.

## What if someone needs to contact me during the week?

If you have a mobile phone which operates on the GSM 900 system, this will be compatible with the Irish system. Alternatively someone can call our office during the day and we will be able to contact anyone on the tour.

## GENERAL INFORMATION

### Weather

Because we are an island located near the gulf stream Ireland has a very mild climate making it ideal for walking. We recommend that you bring your rain gear as well as your sun hat as a day that starts with rain can end with glorious sunshine! The temperature range during the summer is between 15 and 22 degrees centigrade (60 to 72 degrees Fahrenheit).

### Visa requirements

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay. You will need photo identification travelling between Britain and Ireland.

All other nationalities require a passport that is valid for 3 months beyond the intended length of stay. Most nationalities including the USA, Canada, Australia and New Zealand do not require visas for Ireland and receive an automatic 90 day visitor's visa on arrival. If your nationality is not mentioned here you should check with your travel agent or consular office.

**Money** - The Irish unit of currency is the Euro (€), 100 cent = €1.

To help you budget, here are some common items that you might purchase during your holiday:

|                        |                      |                      |               |
|------------------------|----------------------|----------------------|---------------|
| 3 course evening meal: | €20 - €45 per person | Sandwich/filled roll | €3 - €4.50    |
| Bottle wine:           | €7 upwards           | ¼ bottle of wine     | €5 - €6       |
| Tea/coffee             | €1.50 - €3.50        | Pint of beer         | €3.50 - €4.50 |

### Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines; we can also offer you a week long package for €35.00.

### Electrical current/Mobile Phone

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets. The mobile phone system in use is a digital GSM 900 system.

### Websites on Ireland

Some recommended websites on Ireland that might help you organise your trip if you are planning to spend more time in the country before or after your holiday with us.

[www.discoverireland.com](http://www.discoverireland.com) – Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.enniswalkingtours.com](http://www.enniswalkingtours.com) - guided walking tours of Ennis that give a lively and entertaining way to appreciate this historic medieval town.

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites

If you plan to spend some extra time in **Dublin**, the following will give you some more ideas of things to see and do

[www.visitdublin.com](http://www.visitdublin.com) Dublin Tourism, Tourism Centre, Suffolk Street, Dublin 2  
**Calling within Ireland - 1850 230 330      Calling within the U.K. - 0800 039 7000**  
**Calling from any other country - 00353 66 979 2083**

[www.dublinuncovered.net](http://www.dublinuncovered.net)    [www.indublin.ie](http://www.indublin.ie)      [www.irishfolktours.com](http://www.irishfolktours.com)

### **Recommended Reading & Listening**

Ireland has a rich literary and musical heritage, some of which you will experience first hand on our tours. Should you like to do a little advance research the following websites should help you...

[www.kennys.ie](http://www.kennys.ie) is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

[www.celticnote.com](http://www.celticnote.com) is the perfect place to carry out your acoustic research!

### **If you are looking for extra accommodation at the beginning or end of the tour.**

We would be happy to help you organise extra accommodation outside of Dublin for the start or the end of the week. If you would prefer to organise it yourself please see the websites below.

If you are planning to spend a few days in Dublin at the end of the tour, we recommend that you book accommodation well in advance as the Capital is very busy on weekends. We do not actually organise accommodation in Dublin but can recommend Gulliver Services who are very efficient with regard to this. They do charge a small commission for this service.

Gulliver Services website

[www.goireland.com](http://www.goireland.com)

Phoning from USA    1800 3984376

Phoning from Europe 00800 36987412

Phoning from UK     0800 7838359

Other accommodation websites

[www.taaireland.com](http://www.taaireland.com)

[www.irelandhotels.com](http://www.irelandhotels.com)

[www.dublinhotels.com](http://www.dublinhotels.com)

[www.hiddenireland.com](http://www.hiddenireland.com)

### **Travel**

**Arrival :** You should aim to arrive in Ireland either in the morning or early afternoon of the first day of your tour. If you wish to transfer to your first accommodation by public transport, bus/train timetables should be consulted before you book your flights. If you wish to transfer to your first accommodation by taxi, your arrival time is not as crucial.

**Departure :** Whether you transfer to the airport by train, bus or taxi, your departing flight should be from late-morning onwards. Please allow ample time for travel to the airport, plus 1 to 2 hours for checking-in your luggage. Again, if you wish to transfer to the airport by public transport, bus and train timetables should be consulted before you book your flights.

**The tour starts in the village of Kenmare** in Kerry. Kenmare does not have a railway station but is serviced by buses. The nearest railway station is in Killarney which is 30 miles away ( approx €40 taxi journey ).

### Arriving in Kerry Airport

This is the most convenient for the tour as the airport is located 12 miles North of Killarney town. From the airport you can take a taxi all the way to Kenmare or else a taxi to Killarney and a bus down to Kenmare.

### Arriving in Shannon

If you are arriving in Shannon you have the option of taking the bus all the way to Kenmare but a better idea might be to take a train from Limerick ( the city beside Shannon airport ) to Killarney and from here take a taxi or a bus to Kenmare.

### Arriving in Cork

If you are arriving in Cork City again you can take a bus all the way to Kenmare or alternatively a train to Killarney and from here take a taxi or a bus to Kenmare

### Arriving in Dublin

The best option would be to take a train to Killarney and from here a bus or taxi down to Kenmare

The tour finishes up in Castletownbere from here you can take a bus back to Killarney and then connect onto a train to the various stations around the country

You will find the bus and train timetables on the internet.

Bus [www.buseireann.ie](http://www.buseireann.ie)

Train [www.irishrail.ie](http://www.irishrail.ie)

### Tour Grading

Walking in Ireland ranges from gentle to very challenging. Our holidays are graded so that you can choose the most suitable for you. Obviously we cannot be precise about grading as weather conditions also affect the difficulty of a walk and the descriptions below are intended as a guide only.

|                          |  |
|--------------------------|--|
| Grade 2 – moderate       | A mixture of glen, coastal and moderate hill walking. Much of the walking is on existing tracks and trails, with some open moor land. Up to 1,500 feet (500 m) ascent, 8 miles (13 km). Walking time – up to 7 hours a day, including rests. For most moderately fit people of all ages. |
| Grade 3 – strenuous      | Mainly hill walking on open moor land, with some steep ascent and descents. Up to 3,000 feet (1,000m) ascent, 10 miles (16 km). Walking time – up to 8 hours a day. For hill walkers with some experience.   |
| Grade 4 – very strenuous | All walks are mountain climb up to 4,000 feet (1,300 m) ascent, 12 miles (20 km) each day. Some routes involve crossing steep terrain where a good head for heights is essential. Walking time – up to 9 hours each day. For strong hill walkers.  |