

Biking

Connemara & the Aran Islands

Trip Grade: **Green 3**



Connemara & the Aran Islands

The westernmost regions of Ireland have always been remote and wild, holding on to their own distinct culture and traditions. These Gaelic-speaking kingdoms are defined by the spirit of the people as much as by the wild topography. In the 21st century, they are also known for quiet backroads and wonderful scenery.

The coast will be an ever-present companion on this biking journey, from the white-sand beaches of Connemara to the dramatic Cliffs of Moher. Cosy pubs and warm conversation are natural compliments to the exhilaration of riding through these majestic landscapes. Looking for the perfect first-time bike trip in Ireland? You've just found it. ``.

Highlights

- Stand at the edge of the Cliffs of Moher & ride along Connemara's famed Sky Road
- Spend two nights on the largest of the Aran Islands in an island retreat
- Discover why the Burren National Park is the hidden treasure of the Wild Atlantic Way

Book With Confidence

- We guarantee this trip will run as soon as **3** people have booked
- Maximum of **8** places available per departure

PLEASE NOTE – The itinerary may be subject to change at the discretion of the Wilderness Ireland Guide with regard to weather conditions and other factors.



Wilderness Ireland

Planned Itinerary

Day 1 | [Welcome to Ireland - Sky Road](#)

Day 2 | [Connemara National Park](#)

Day 3 | [Connemara to the Aran Islands](#)

Day 4 | [The Aran Islands: Inishmore](#)

Day 5 | [Cliffs of Moher & Corkscrew Hill](#)

Day 6 | [The Burren National Park](#)

Day 7 | [Corcomroe Abbey](#)

Arrival Info

- Your Guide will meet you in Galway Railway Station by the ticket machines
- **12.00pm** on Day 1 of your trip

Departure Info

- You will be returned to Galway Railway Station
- **1:00pm** on the final day of your trip

PLEASE NOTE – The itinerary may be subject to change at the discretion of the Wilderness Ireland Guide with regard to weather conditions and other factors.



Wilderness Ireland

Day 1 | Welcome to Ireland - Sky Road

After meeting in Galway, we head to Clifden, a small but bustling village at the heart of Connemara. After settling getting fitted on our bikes, it's time for a warm-up ride - and what a ride it is as we head out along the aptly-named Sky Road! There's just enough climbing to get us warmed up for the trip ahead. But the climbs reward us with incredible, elevated views over the spectacular Connemara Wild Atlantic Way coastline. Back in Clifden, discuss the journey which lies ahead over a delicious dinner. **(L, D)**

Bike details: 16km/ 9.9miles | Ascent: 170m/ 558ft

Day 2 | Connemara National Park

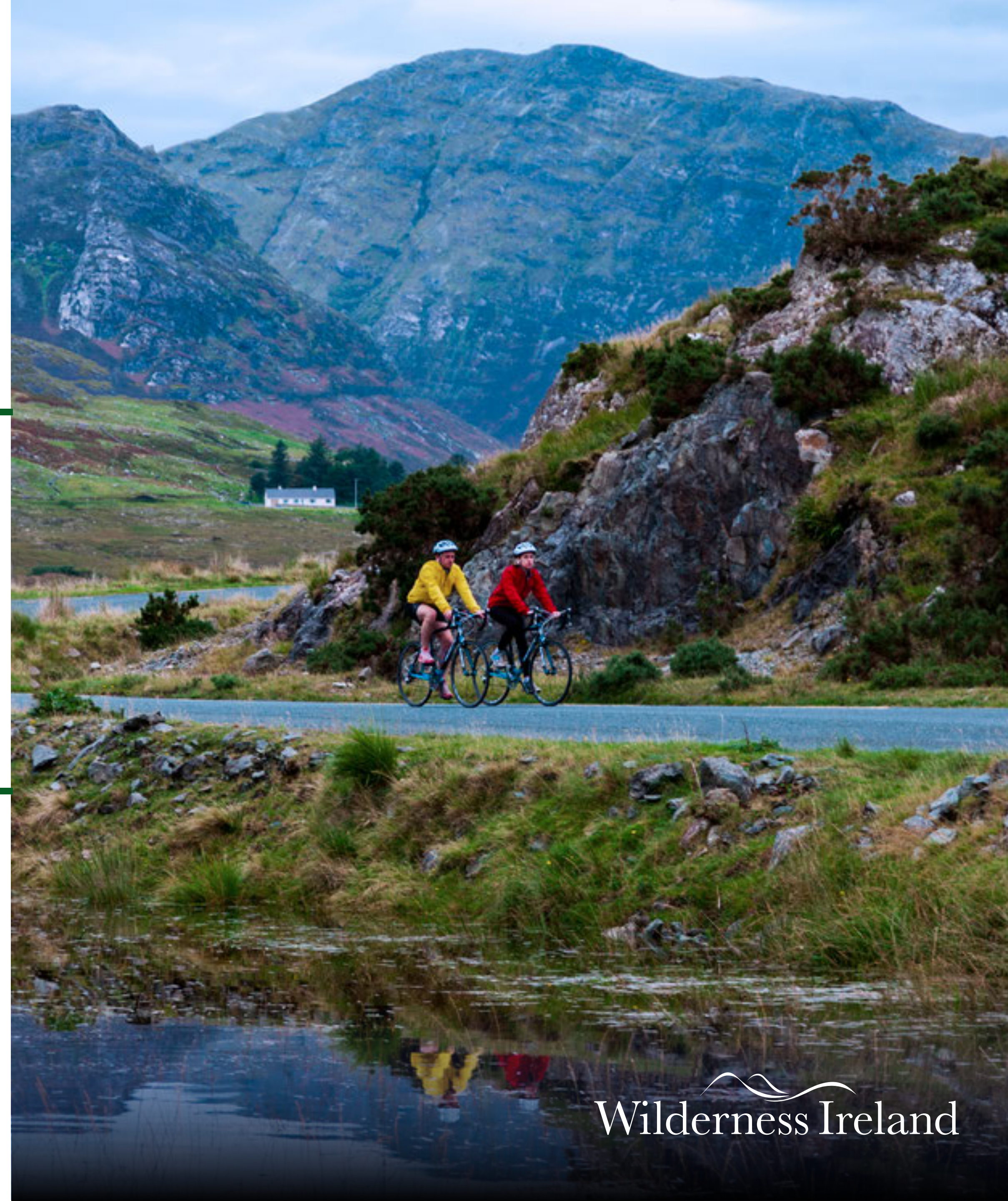
We begin our day at a local sheep farmer's place in northern Connemara where we watch his talented dogs round up sheep against a backdrop of the northern Connemara wilderness. Continuing on our journey, we bike on towards Lough Inagh, where we enjoy lunch at a traditional fishing lodge. The final stage of our day in the saddle follows the 'Bog Road', an undulating country road that sweeps its way through the lowlands of Connemara's bogs and brings us back to Clifden. **(B,L)**

Bike details: 40km/ 25miles | Ascent: 124m/ 207ft

Day 3 | Connemara to the Aran Islands

Our day starts with a bike ride around Connemara's most picturesque coastline, pedalling along the beautiful Coral Beach and Dog's Bay. After arriving at the charming fishing village of Roundstone, we'll have time to stroll around it's lovely centre before hopping on to a ferry across Galway Bay to Inis Mór - the largest of the Aran Islands and our island retreat for the next two nights. **(B,L)**

Bike details: 23km / 14miles | Ascent: 67m / 220ft



Day 4 | The Aran Islands: Inishmore

Waking up at our little island retreat, we hop on our bikes to visit the ancient cliff-top fort of Dun Aenghus. Those with a head for heights can descend onto a limestone shelf on the southwest edge of the island to view the worm-hole, an enormous rectangular blow-hole where the World Cliff Diving Championship was recently held. After lunch, we have free time to explore the fascinating island by bike or on foot, perhaps digging deeper into its history or trying to learn some Gaelic from a local in one of the island's pubs. **(B,L)**

Bike details: 28km / 17miles | Ascent: 100m / 330ft

Day 5 | Cliffs of Moher & Corkscrew Hill

Returning to the mainland at Doolin, our first stop is the famous Cliffs of Moher, following a walking trail along the cliff tops to gaze out across the Atlantic and the Aran Islands. Afterwards, it's back to our bikes to begin the journey into the Burren. We ride via a series of backroads to the top of Corkscrew Hill. From here, it's a gentle cruise into the village of Ballyvaughan where a pre-dinner drink in a whiskey bar is highly recommended. **(B,L)**

Hike details: 18km/ 11miles | Ascent: 110m/ 360ft



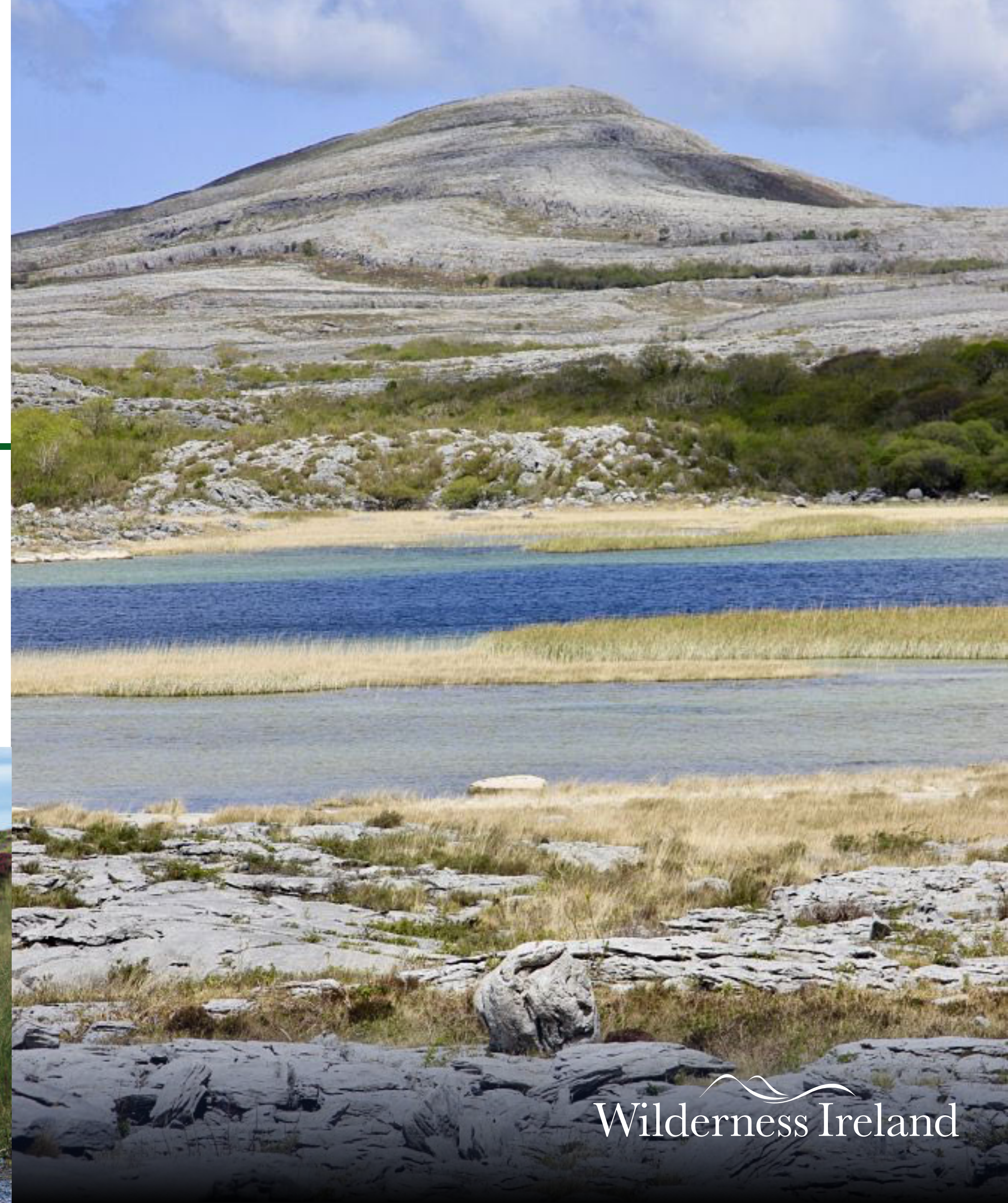
Day 6 | The Burren National Park

The Burren National Park may just be Ireland's secret jewel in the crown. Its other-worldly limestone landscape contains a fascinating mix of unusual flora, fauna, geology and ancient tombs alongside thriving farming communities. Our ride includes short climbs and rolling terrain, and is full of intrigue as we admire sights such as Poul nabrone Dolmen, a conspicuous megalithic monument. We save the most exciting stage for the end: descending Corkscrew Hill back to Ballyvaughan. This twisting descent provides panoramic views across the Burren and right out to Galway Bay and is the perfect finale to our trip! A celebratory dinner ends the trip in style. **(B,L)**

Hike details: 50km / 31miles | Ascent: 400m / 1312ft

Day 7 | Corcomroe Abbey & Depart

After breakfast, we say goodbye to Connemara and start making our way back to Galway. On the way, we'll have the chance to stop at the ruins of a lovely 13th century Cistercian abbey or perhaps stretch our legs on the fascinating Flaggy Shore, home to rocks left behind by the Ice Age and a 19th century Martello tower. **(B)**



Trip Grading | Green 3 | ●●●●●●●●

Green graded trips are suitable for people with a reasonable level of fitness who enjoy biking and are looking for an active but relaxed trip. They are also suitable for active people new to biking and looking for a new way to explore the countryside.

- Distances each day will be between 25 - 40 miles, cycling at an average speed of around 12mph.
- We ride on mostly straightforward rolling terrain with one or two notable climbs during the trip, where some riders may opt to ride in the support vehicle.
- We will be in the saddle for 4-6 hours each day plus the odd longer day.
- There is also time each day for breaks and lunches, plus visits to sites of interest.



It is your responsibility to ensure you are appropriately fit and capable of doing the described hikes in the expected times. Please refer to the [grading section](#) on our website for more details. If you are unsure we encourage you to speak to us first.



Accommodation and Meals

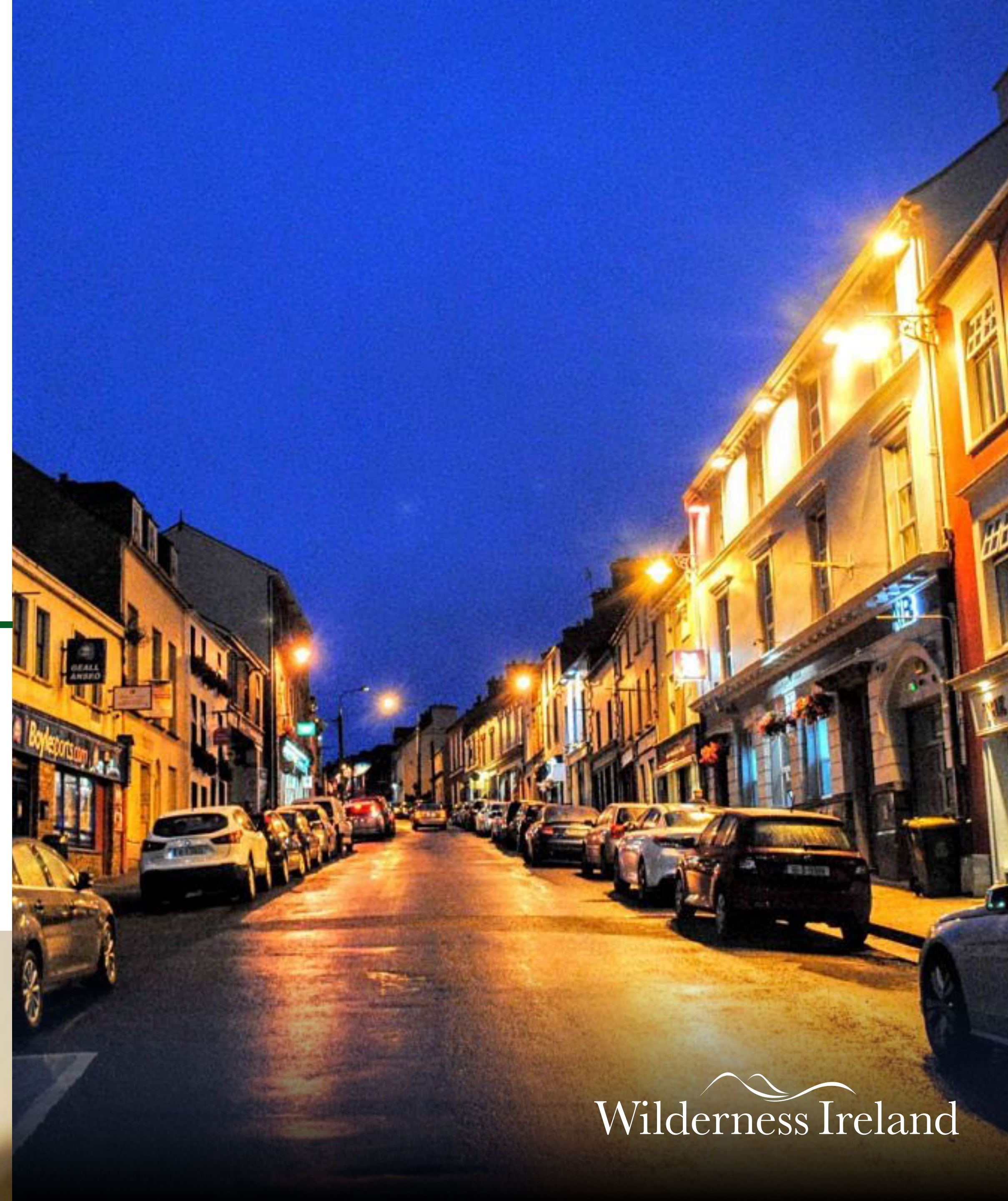
This hiking trip features accommodations chosen for their excellent location, service and comfort in Connemara, the Aran Islands and the Burren. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in towns as well as in rural communities. Accommodation is a choice of double or twin rooms, which are en-suite with a shower. Evening meals will be taken either in towns, which offers a good choice of restaurants to suit every taste, or perhaps in a different location in Connemara depending on the day's cycle.

Each morning, enjoy a homemade breakfast of your choice at your accommodation. Lunch will be taken in a cafe in day 1, and a Wilderness Picnic along route. Throughout the day, your guide will provide water and tasty, Irish snacks. Evening meals are included on the first and last nights only. For all other evenings, your Wilderness Guide can provide expert recommendations.

Single Rooms

There is no supplement charged to solo travellers, however you will be required to share a room with **another person of the same sex**. If you request a double room for single occupancy, a supplement of **€250** is charged.

Due to the nature of the accommodations we use, single supplement are limited and are allocated on a first come first served basis.



Inclusions

This trip includes the following:

- 6 nights accommodation in a hand-picked, family-run guesthouses, B&Bs & boutique hotels
- Most meals, incl. all Breakfasts, Lunches on Days 1-6, and Dinner on Day 1 and Day 7 (**Meals included indicated as B=Breakfast, L=Lunch, D=Dinner**)
- The services of an experienced and knowledgeable hiking guide / driver throughout
- All transport throughout the trip starting and finishing in Galway
- Activities stated in itinerary, incl. ferries, etc.

This trip includes all accommodation, guiding and travel, as well as mosts meals. It does not include drinks or any gratuities you may choose to leave.



Our holidays reviewed in your words...

“

Cycling along the Irish coastline and visiting the Irish country side with no decisions to make except how much cake or coffee to have at the next stop. It's the ultimate escape. Wilderness Ireland and its guides gave me my perfect vacation.

Doreen Cantrell - Biking Connemara & the Aran Islands - 24/07/2018

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[All Trip Reviews Here](#)

Your Guide

During this trip you will be accompanied and led by one of our professional guides. Our guides are among the most highly experienced and qualified in the country. Defined by their passion for Scotland's wild places, they have an intimate knowledge of the natural and social history of this land which they will be delighted to share with you. For more info and to meet the team please see our [Guide Pages](#).



Sustainable Travel

Wilderness Ireland is committed to the development of Ireland's sustainable tourism sector. We focus on developing sustainable operational practices and we endeavour to support the local tourism economy in each of the areas in which we work.

We are a proud partner of the Burren Beo, which enhances our commitment to responsible activity in Ireland's wild lands, particularly in the Burren region of County Clare.

Wilderness Ireland is an active, participating member of Leave No Trace Ireland, an outdoor ethics programme designed to inspire responsible outdoor recreation through education, research and partnerships.

Thanks in part to the generosity of our clients by participating in our voluntary Conservation Contribution Scheme, we are able to provide financial support to a range of environmental and nature conservation charities and rural communities.



Equipment List

Check out our guide on what to wear when adventuring in Ireland.

[Hiking-Kit-List-What-to-wear.pdf](#)



Eat | Stay | See

Looking for accommodation for before or after your adventure with us?
Check out our list of where to stay and what to do

[Eat – Stay – See – Dublin.pdf](#)



Getting Around Ireland

From airports to trains to buses, read our Getting Around Ireland document for more information.

[Getting-Around-Ireland.pdf](#)



Wilderness Ireland

Travel Insurance

It is your responsibility to take out appropriate travel insurance to cover you during your trip. This should include cover for cancellation prior to the trip*, the activities undertaken (i.e hiking), curtailment, and adequate medical insurance for sickness/ injury and medical repatriation. We also strongly recommend you have cover for your other travel arrangements such as flights, and your personal possessions.

If you cancel your trip, charges will apply. Please see section 2 of our terms and conditions for a breakdown:

<https://www.wildernessireland.com/make-a-booking/booking-conditions/>

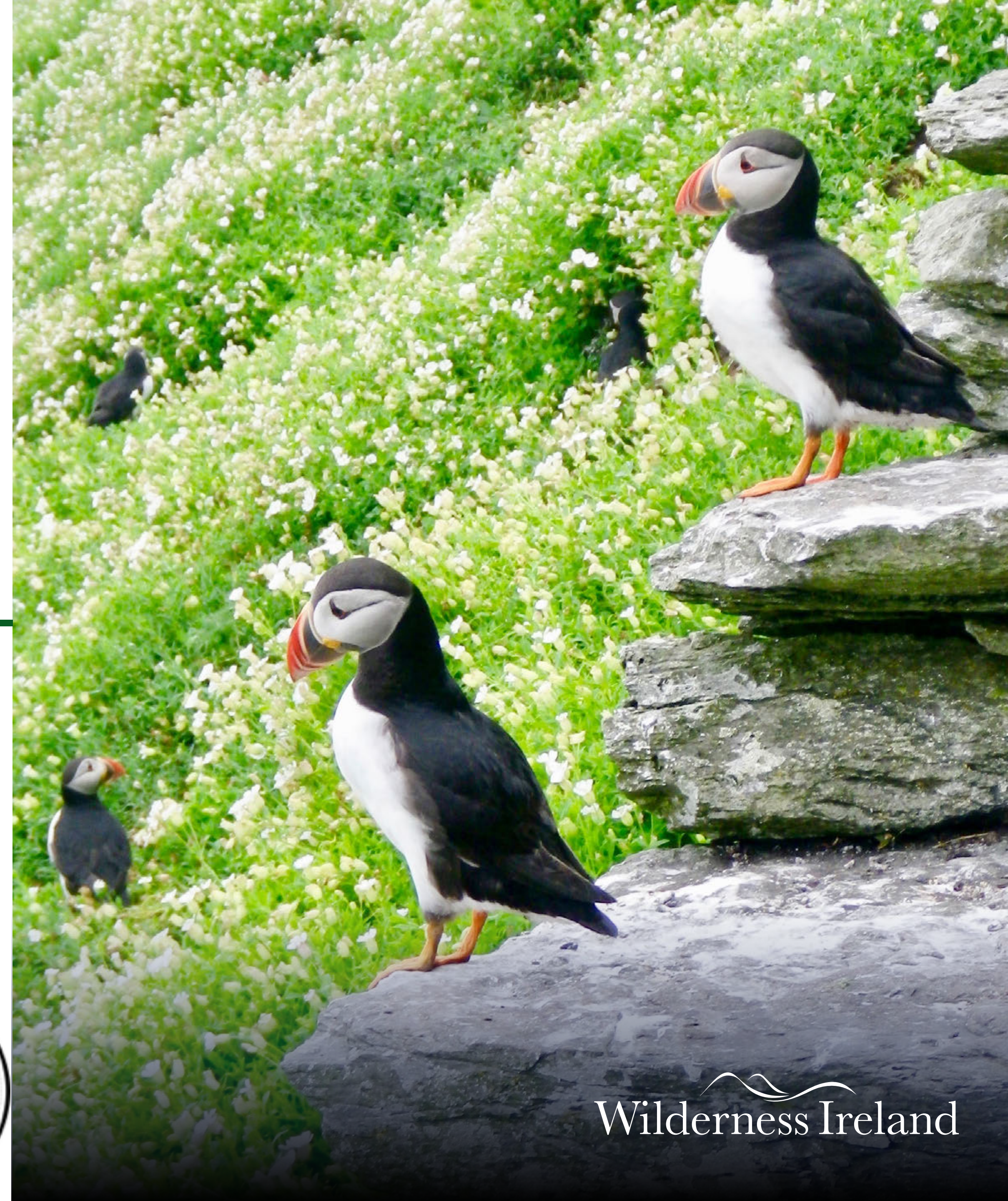
Your Satisfaction, Guaranteed

At Wilderness Ireland, we believe our tours are top notch. To back that up, we're the only Irish travel company offering a no-strings-attached 100% Satisfaction Guarantee.

If you're not completely satisfied with any aspect of your trip, then let us know. If the issue was not resolved by Wilderness Ireland during your trip, then we'll invite you back to experience another Wilderness Ireland tour of similar value, FREE OF CHARGE to prove you can have a world class vacation in Ireland. See details more here.



Wilderness Ireland



FAQs

Looking for more information? Check out our frequently ask questions page.

wildernessireland.com/faq

Questions To Ask? Ready to Book?

If you want to get in touch please send us an email or give us a call. We accept bookings online, by email, or over the phone. A deposit of 25% is required at the time of booking to secure the trip with the balance payable 8 weeks (56 days) before departure. If booking less than 56 days before the trip start date, full payment of the trip price is required immediately.

We accept payment by credit or debit card, or bank transfer.

email: info@wildernessireland.com

Tel (EU): +353 (0) 91 457 898

Tel (US and Canada): 844-235-6240

[View Trip Dates](#)
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