

Biking

# The Kerry Peninsulas

Trip Grade: **Blue 5**



  
Wilderness Ireland

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# The Kerry Peninsulas

On Biking the Kerry Peninsulas, you'll traverse the three peninsulas of Kerry - Beara, Iveragh and Dingle - and discover the magic of the Kingdom of Kerry from the seat of a bicycle. The southwest of Ireland - and Kerry - in particular, has long been one of Ireland's most beloved regions. Though the region is popular, this bike trip will bring you on a backstage tour of Kerry's wild side.

From classic climbs to coastal cycles, explore Dingle's beehive huts, Beara's rugged landscapes, Killarney's sparkling lakes, and the Ring of Kerry's soaring mountains. By day, enjoy the spectacular landscapes overlooked by road-trippers and by evening, rub shoulders with the locals in traditional pubs for a bit of music. Maybe even pick up a little Gaelic while in Dingle's Gaeltacht regions!

## Highlights

- Traverse the 3 wild and diverse peninsulas of Kerry: the Beara, Iveragh & Dingle
- Explore classic cycling routes like Molls Gap, the Gap of Dunloe & the Healy Pass
- Pedal through Ireland's highest mountain range & Killarney National Park

## 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.



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# Planned Itinerary

- Day 1 | [Explore Kenmare](#)
- Day 2 | [Coast to Coast on the Beara Peninsula](#)
- Day 3 | [MacGillycuddy's Reeks Mountains](#)
- Day 4 | [Killarney National Park & Gap of Dunloe](#)
- Day 5 | [The Dingle Peninsula](#)
- Day 6 | [Slea Head - Ireland's Westernmost Tip](#)
- Day 7 | [Onwards to Limerick](#)

## Arrival Info

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

## Departure Info

- You will be returned to Limerick 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.



## Day 1 | Explore Kenmare

After meeting your guide in Limerick, we head south into the magical landscapes of Kerry. Explore villages adorned with thatched cottages, marvel at rolling emerald hills, and catch a glimpse of Kenmare Bay as it stretches out to the Atlantic. After a bike fitting, we'll hop on the bikes for a warm up ride through the charming and brightly-painted village of Kenmare, one of Ireland's foodie hubs, to the surrounding hills and wooded country lanes - with a fun downhill finish! **(L, D)**

**Bike details:** 23km/ 14 miles | Ascent: 293m/ 691 ft

## Day 2 | Coast to Coast on the Beara Peninsula

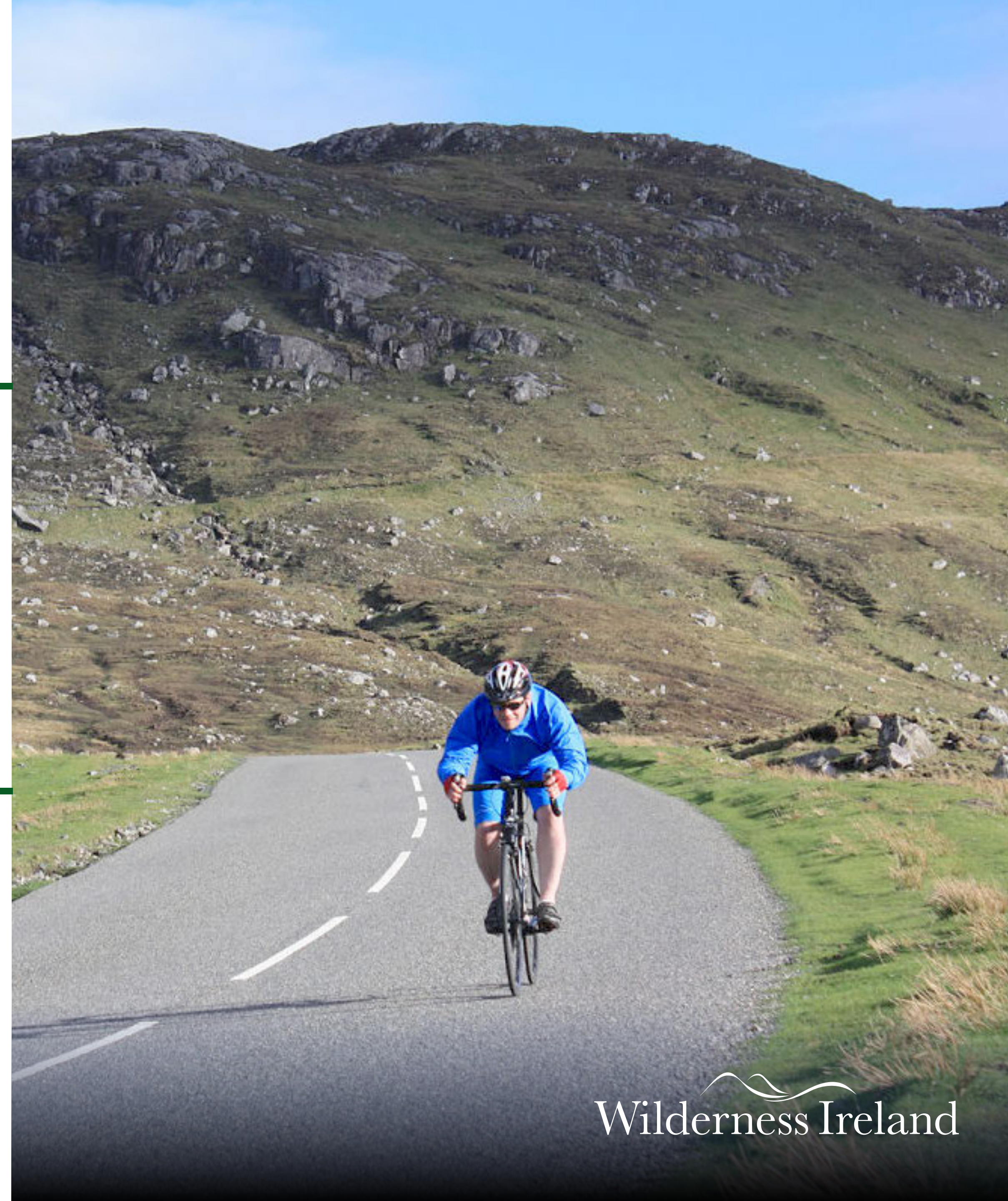
Experience all the best parts of the Beara Peninsula! The quietest and least-known peninsula in Kerry, Beara is a cycling heaven. From the Beara Peninsula's rugged southern coast to its northern side, we'll climb the classic Healy Pass and enjoy stunning views first over Bantry Bay and then over Kenmare Bay, where we finish the day along one of the most spectacular and least known coastal cycling routes in Ireland. **(B,L)**

**Bike details:** 66km/ 41 miles | Ascent: 744m/ 2,440 ft

## Day 3 | MacGillycuddy's Reeks Mountains

Leaving Kenmare behind, we're off to our next peninsula, the Iveragh Peninsula. Pedalling into the fantastically-named MacGillcuddy's Reeks mountains, we'll explore Ireland's highest mountain range. Looping around the giant mountain Carrantuohill, Ireland's highest peak, we'll follow Oisín's Way, named for a poet and warrior in Irish legend. In the afternoon, we'll sweep into Killarney National Park along the glittering shores of Lake Leane, with views over the mountains and wooded shores sheltering the iconic Ross Castle. **(B,L)**

**Bike details:** 68 km/ 42 miles | Ascent: 504m/ 1,653 ft



## Day 4 | Killarney National Park & Gap of Dunloe

Today we're in for a treat! This classic Kerry cycle will take us through Moll's Gap, where we'll be rewarded with panoramic views over the Macgillycuddy's Reeks, the mountains we conquered yesterday. Then, we'll sweep through the rocky pass of the famous Gap of Dunloe and its quaint Wishing Bridge. Drink in spectacular views of the Lakes of Killarney and Killarney National Park - keep an eye out for the iconic horse and carts!. **(B,L)**

**Bike details:** 60km/ 37 miles | Ascent: 647m/ 2,122 ft

## Day 5 | The Dingle Peninsula

Off to our final peninsula, the Dingle Peninsula! After mastering the classic climbs along the Ring of Kerry, we'll say good bye to the Iveragh Peninsula's peaks and enjoy Dingle's gentle coastal roads. Stroll along the white sand Inch Beach and enjoy some of Dingle's live music - home to some of Ireland's best traditional Irish music. **(B,L)**

**Bike details:** 27km/ 17 miles | Ascent: 528m/ 1,732 ft



## Day 6 | Sleat Head - Ireland's Westernmost Tip

Slea Head is about as far west as we can go - the next stop west is North America! On our bikes, we'll loop around this amazing headland, where we'll be rewarded with fantastic views of the remote Blasket Islands, not to mention the ancient monastic beehive huts and stone oratories. We'll explore Slea Head's hidden coves and rocky shores - and maybe even have time to taste some local whiskey! In the evening, we'll celebrate the end of our trip with a splendid feast! **(B,L,D)**

**Bike details:** 50km/ 30 miles | Ascent: 332m/ 1,089 ft

## Day 7 | Onwards to Limerick & Departure

After a leisurely morning, we start making our way north to Limerick. We'll take time to appreciate the region with stops along the way - perhaps at a quiet and picturesque beach or maybe we'll have time to discover some of Kerry and Limerick's cultural heritage, such as a visit to historic monasteries or medieval sites. **(B)**



## Trip Grading | Blue 5 | ●●●●●●●●

Blue graded trips are suitable for people with a good level of bike fitness, who regularly enjoy biking and may have joined a multi-day bike trip before.

- Distances each day will be between 35 - 45 miles (55 - 75 km), biking at around 12/13mph (19/20 kph).
- Each day will be rolling and hilly terrain and there will be notable climbs most days. Some of these will be more testing and some riders may opt to push or ride in the support vehicle.
- Some climbs are also followed by exciting descents. We will be in the saddle for 5 - 7 hours each day plus the odd longer day.
- There is also time each day for breaks and lunches, plus some visits to sites of interest.

If you have any questions about the grading, then please do give our Adventure Consultants a call to chat through your experience and suitability for this trip.



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

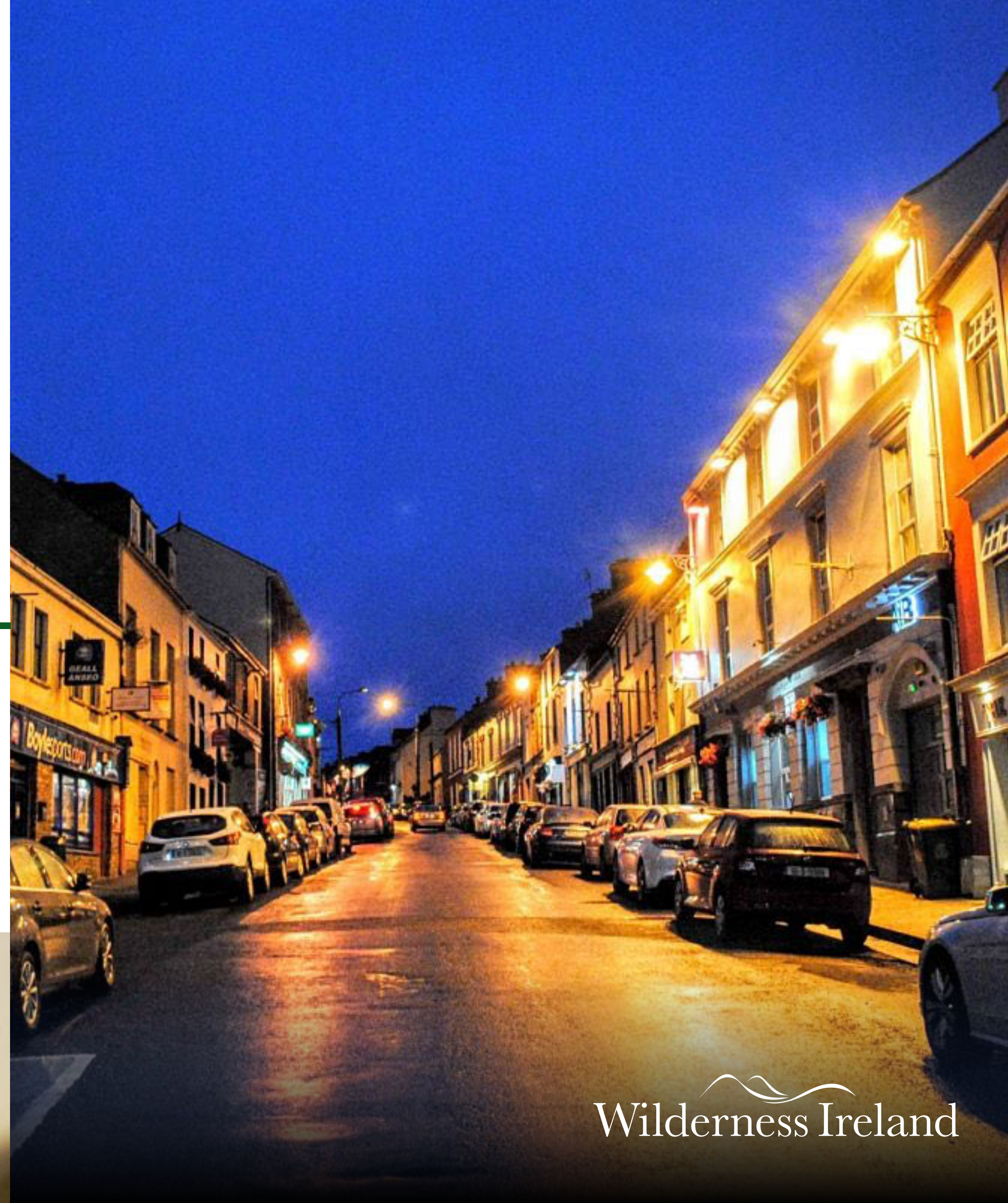
This biking trip features accommodations chosen for their excellent location, service and comfort on the Beara, Iveragh, and Dingle Peninsulas. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in places like Kenmare or Dingle town as well as in rural communities. Accommodation is a choice of double or twin rooms, which are en-suite with a shower. Evening meals will be taken either in Dingle town, which offers a good choice of restaurants to suit every taste, or perhaps in a different location on Kerry's Peninsulas depending on the day's bike ride.

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 6 (**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 in Cork and finishing in Limerick
- Activities stated in itinerary

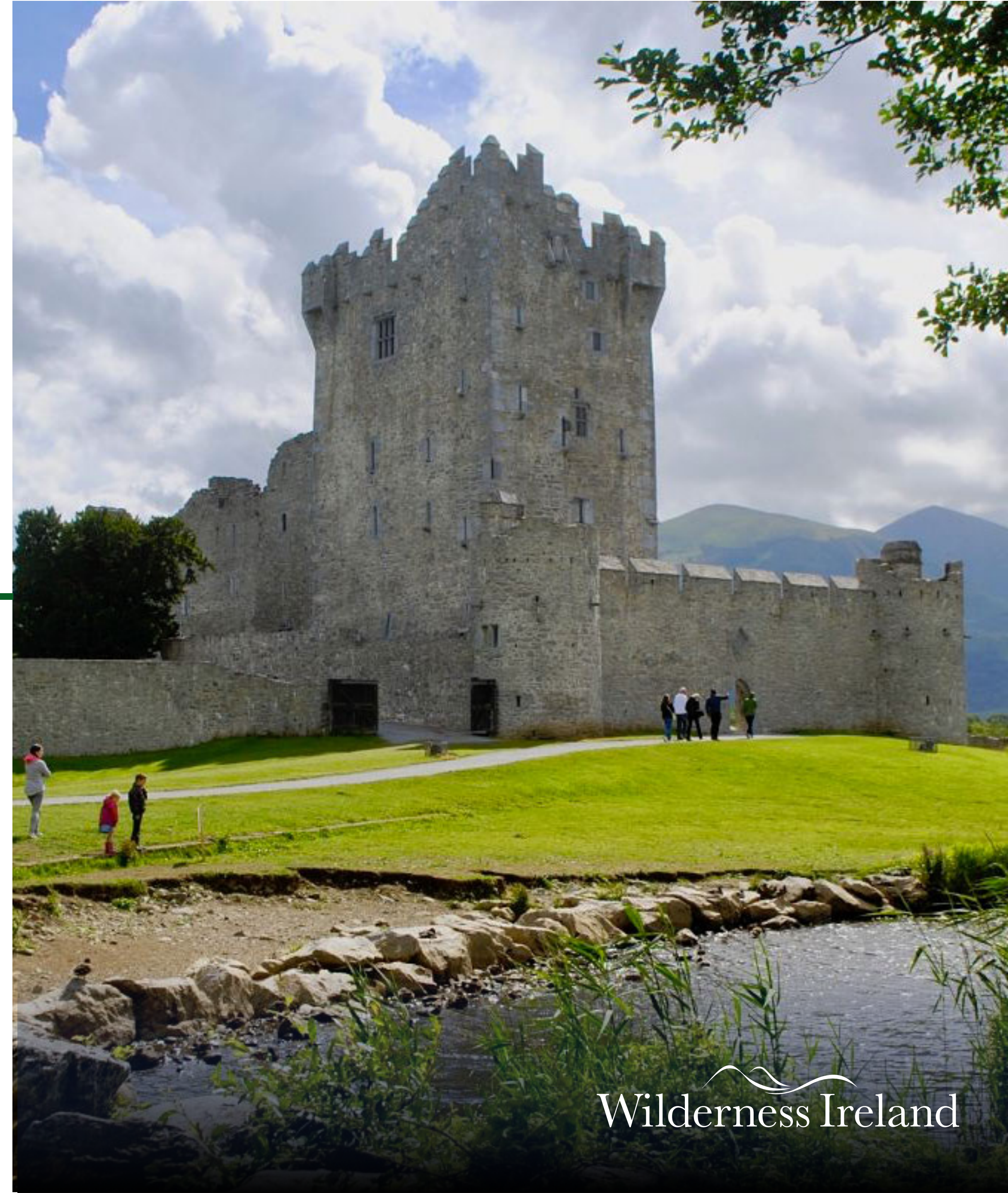
**This trip includes all accommodation, guiding and travel, as well as mosts meals. It does not include drinks or any gratuities you may choose to leave.**

## Bike Rental

You are very welcome to bring along your own bike for this trip.

If instead you would prefer to rent one of Wilderness Ireland's bikes, please check out the bike rental options here:

<https://www.wildernessireland.com/faq/bike-rental/>



# Our holidays reviewed in your words...

“

*This is one of the best trips we have ever taken. I am already recommending Wilderness Ireland to everyone that asks about our trip. We were very well supported from the guides taking care of us, the bikes, the food, the accommodations, the company we had during the trip. We absolutely would do it again. The scenery was unbelievable. Just beautiful! Just remember, stay to the left on the road!*

”

**Veronica Lile - 07/09/2018**



[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 – Inverness.pdf](#)



## Getting Around Ireland

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

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



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## 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/>

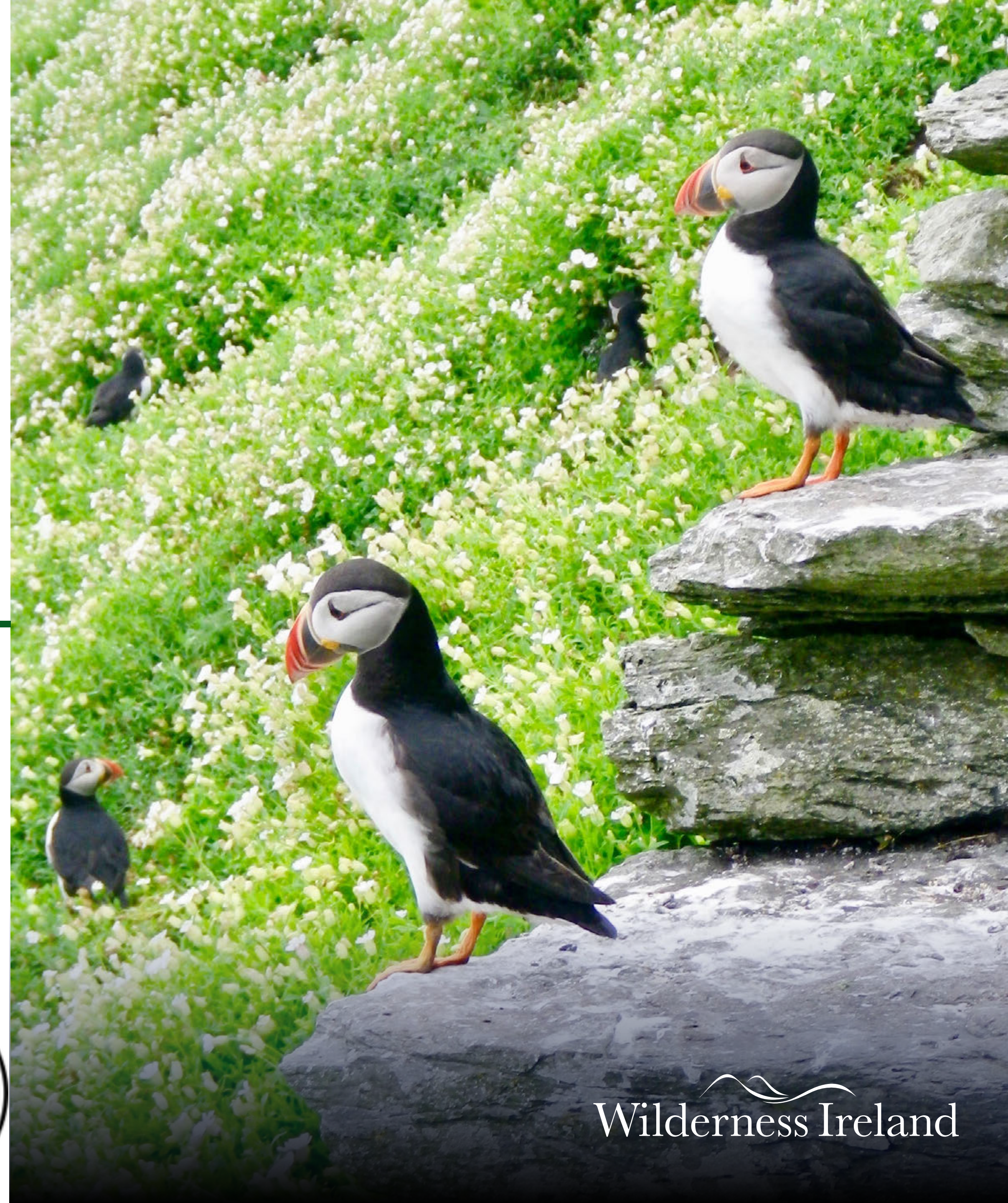
## Your Satisfaction, Guaranteed

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.



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## FAQs

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

[wildernessireland.com/faq](http://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](mailto:info@wildernessireland.com)

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

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

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