

Biking

The Wild Atlantic Way

Trip Grade: Red 7




Wilderness Ireland

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The Wild Atlantic Way

A vacation, a challenge, an adventure: this is the trip of a lifetime! Following the best sections of Ireland's Wild Atlantic Way, a dramatic 2,500km coastal route following Ireland's massive west coast, this trip allows you to explore some of the best Ireland has to offer! We'll start at Mizen Head, Ireland's southernmost point, working our way up to Malin Head, Ireland's northernmost tip on this Wild Atlantic Way challenge!

For nearly 700km (over 400 miles), traverse wild mountain passes and spectacular coastlines while discovering the rich and varied history and culture of Ireland's differing regions. Our expert guides will interpret the storied landscape to let you focus on the road. Expect epic biking, fantastic food, magnificent scenery and cosy accommodations along the best of Ireland's Wild Atlantic Way.

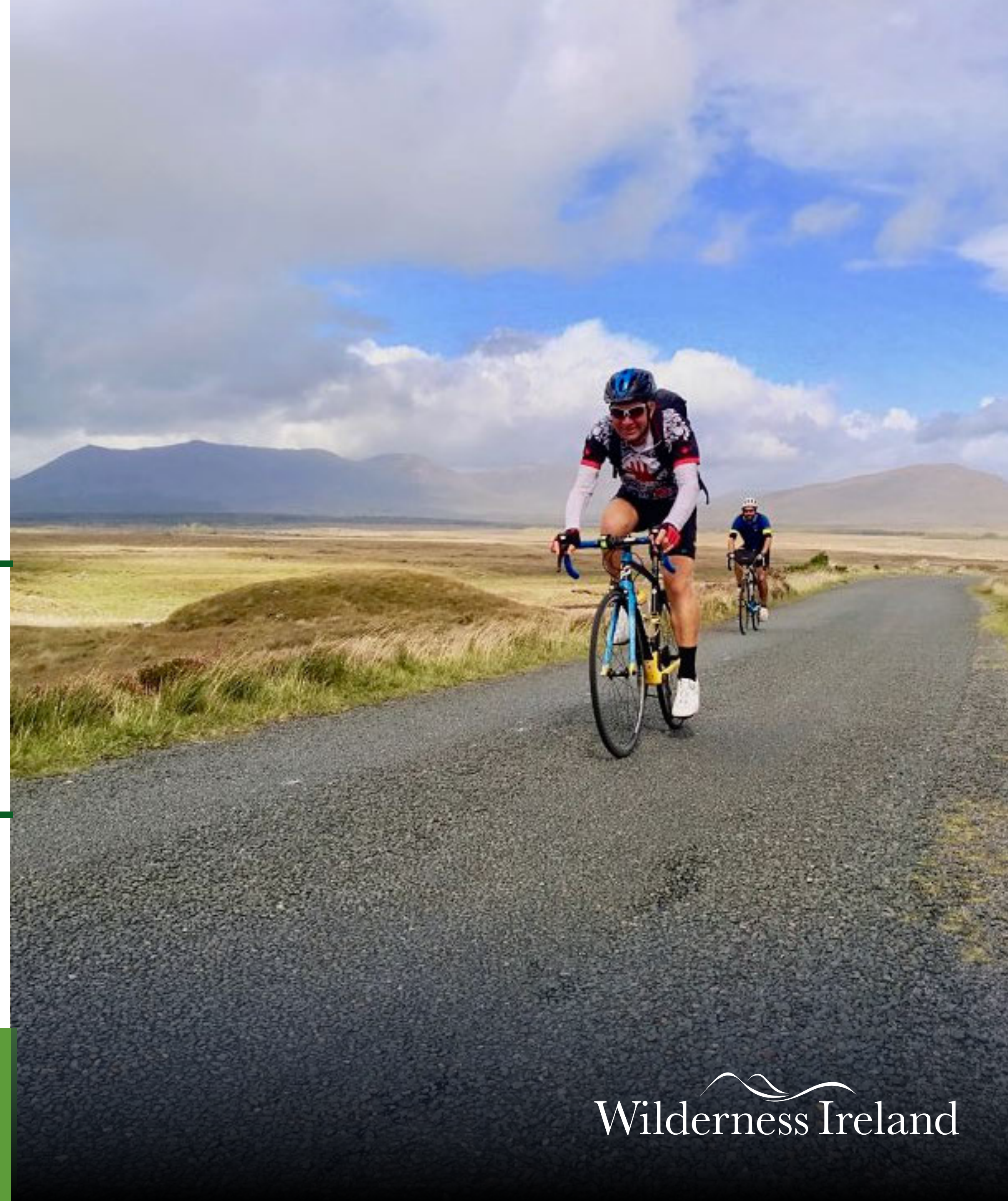
Highlights

- Cover 672 km/418 miles, traverse 8 counties, and bike through 3 of Ireland's National Parks
- Bike from Mizen Head, Ireland's most southern point, to Malin Head, its northernmost
- Tick off classic Irish biking routes Moll's Gap, Corkscrew Hill & Mamore Gap on the best 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.



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Planned Itinerary

Day 1 | [Mizen Head - Ireland's Southernmost Tip](#)

Day 2 | [Cork through the Ring of Kerry](#)

Day 3 | [The Black Valley & the Gap of Dunloe](#)

Day 4 | [Across the River Shannon](#)

Day 5 | [Cliffs of Moher & the Burren](#)

Day 6 | [Coasts of Connemara](#)

Day 7 | [Clifden to Westport](#)

Day 8 | [Rest Day in Westport](#)

Day 9 | [Sligo to Donegal](#)

Day 10 | [Bluestack Mountains & Lough Swilly](#)

Day 11 | [Malin Head - Ireland's Northernmost Tip](#)

Day 12 | [Creevykeel Neolithic Tomb](#)

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 Sligo Railway Station by
- **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 | Mizen Head - Ireland's Southernmost Tip

Our Wild Atlantic Way cycling journey begins at remote Mizen Head, Ireland's southernmost point. Ride past an idyllic crescent-shaped beach before meandering through the rocky coves and maritime villages of Cork's south coast, ending at the adorable fishing town of Schull. After dinner and a briefing with our guides, we retire to our comfy rooms to get some rest before our adventure really kicks off tomorrow! **(L, D)**

Bike details: 29km/ 18 miles | Ascent: 335m/ 1,099ft

Day 2 | Cork through the Ring of Kerry

Welcome to our first big day of our Wild Atlantic Way tour, where we'll cross three peninsulas and one mountain pass. Passing through lovely Cork villages as we overlook Bantry Bay, we enter a lush valley in the foothills of the Cahahoe Mountains before our first big climb. At the summit of the impressive Cahahoe Pass, we pass through a tunnel which emerges on the other side rewarding us with spectacular views down to Kenmare Bay. Time to enjoy nearly 20km of solid downhill! **(B,L)**

Bike details: 73km/ 45 miles | Ascent: 818m/ 2,684ft

Day 3 | The Black Valley & the Gap of Dunloe

Today, we'll cross two spectacular mountain passes: Moll's Gap and the famous Gap of Dunloe, meaning two climbs and two descents. Between the two gaps lies the remote and suitably-named Black Valley: the last place in Ireland to get electricity! The roads here are dramatically twisty and narrow with enormous boulders randomly deposited along the roadsides by the last ice age. After lunch, the route flattens out and leaves us with a gentle ride into the colourful town of Tralee. **(B,L)**

Bike details: 65km/ 40miles | Ascent: 560m/ 1,837ft



Day 4 | Across the River Shannon

After an initial climb, we bike through the fairly flat farmland of northern Kerry towards the mouth of Ireland's biggest river - the Shannon. A ferry takes us across the estuary and into County Clare. Crossing the quiet landscapes of Clare, we finish up on the Wild Atlantic coast in the charming seaside village of Kilkee, characterised by its huge crescent beach and its rock pools known locally as the pollock holes. **(B,L)**

Bike details: 80km/ 50 miles | Ascent: 335m/ 1,099ft

Day 5 | Cliffs of Moher & the Burren

Our journey takes us up the coast via the Cliffs of Moher and into the other-worldly limestone landscape of the Burren National Park, globally renowned as having one of the highest diversities of wildflowers in Europe. In spring and summer, the Burren transforms into a myriad of colour with flowers from both the Arctic and the southern Mediterranean naturally blanketing the ground here. Our ride includes some short climbs and rolling terrain. Easily one of the best descents of the whole tour, Corkscrew Hill sees us into the town of Ballyvaughan. **(B,L)**

Bike details: 86km/ 53 miles | Ascent: 543m/ 1,782ft



Day 6 | Coasts of Connemara

This morning, we leave Co. Clare behind and head into Galway to pedal along the gorgeous rocky shoreline of Connemara. This is what the Wild Atlantic Way is all about: shimmering mountains, remote coastal communities and idyllic biking routes. Tucked between land and sea, Connemara is one of Ireland's most spectacular regions offering great vistas and wild landscapes. In the evening, we get the option to bike the aptly-named Sky Road, one of Ireland's most iconic routes. **(B,L)**

Bike details: 56km/ 35 miles | Ascent: 178m/ 584ft

Day 7 | Clifden to Westport

Following the Wild Atlantic Way, we continue on past the magnificent shores of Killary Fjord under the shadow of Mweelrea Mountain, the highest peak in Connacht. This area has long been a mecca for outdoor enthusiasts due to its wild, windswept, remote landscapes. North of Connemara, this is perfect biking country with rolling hills and spectacular scenery. Passing under the mountainous cone of Croagh Patrick, known for its association with St Patrick, we roll into at the picturesque town of Westport, full of bustling shops and fun pubs. **(B,L)**

Bike details: Max. 80km/ 50 miles | Ascent: 629m/ 2,063ft



Day 8 | Rest Day in Westport

You've just completed seven days biking on some of the wildest and most breathtaking roads of Ireland's Wild Atlantic Way, so it's time for a well earned rest! Westport is a busy country town full of great pubs, restaurants and shops, and is a great place to kick back and relax at your accommodation or set out on foot to explore its adorable alleys and quirky shops. (B,L)

Day 9 | Sligo to Donegal

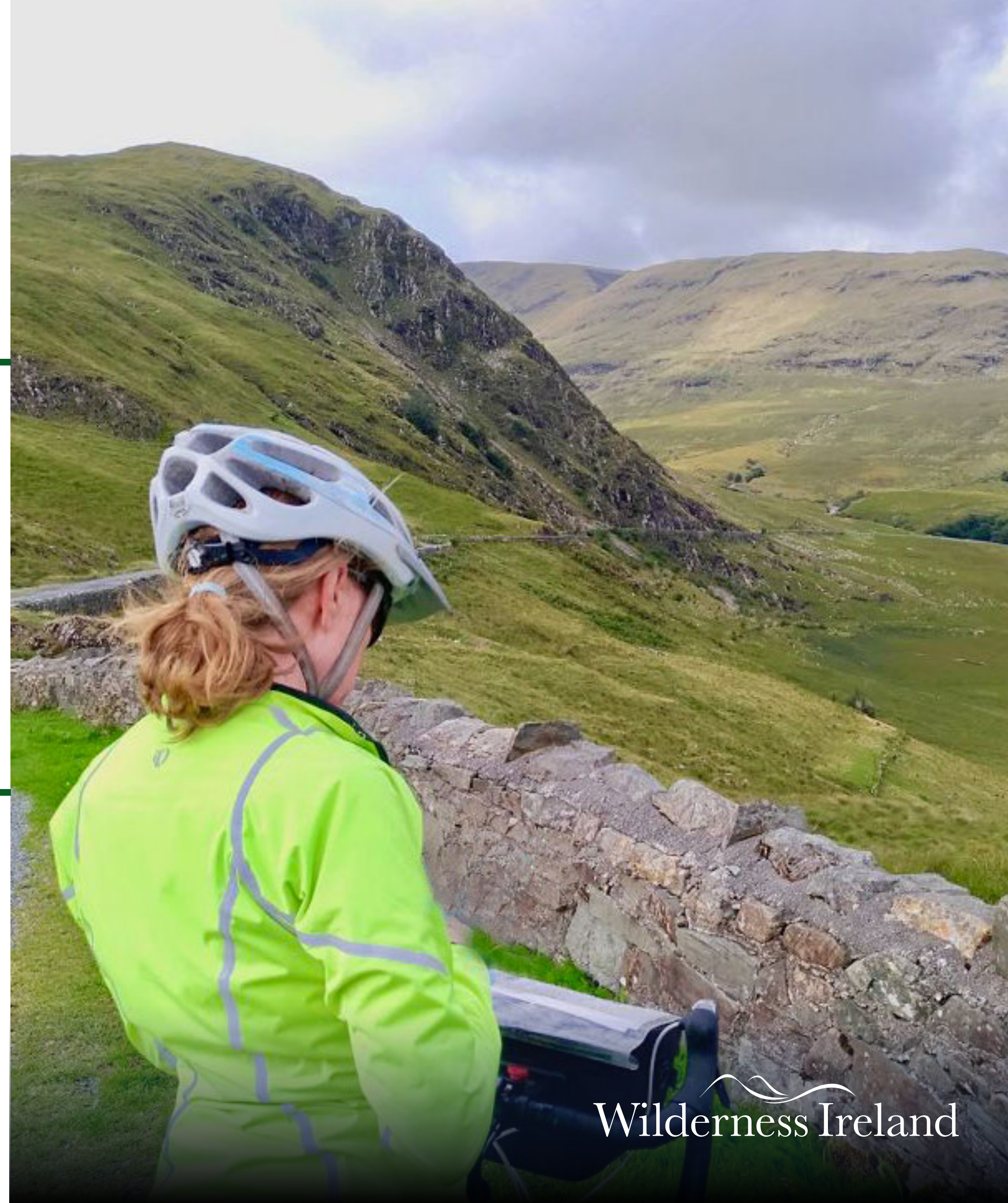
Starting out from Sligo, we bike into Yeats Country, the stunningly beautiful landscape that fed the famous Irish poet's imagination. The narrow lanes that meander through the foothills of the Dartry Mountains make for some easy biking and it's not long before you find yourself in County Donegal. There's time for an afternoon stop at Rossnowlagh Beach, a Blue Flag surfing beach, before reaching our accommodation in the quaint Donegal Town! (B,L)

Bike details: 769km/ 43 miles | Ascent: 473m/1552ft

Day 10 | Bluestack Mountains & Lough Swilly

Leaving the coast we pass through the Barnsmore Gap, still the only passage through the Bluestack Mountains, to northern Donegal. After a challenging day in the saddle through the vast landscapes of the Donegal interior we reach Lough Swilly, a glacial fjord that separates the Inishowen Peninsula from the Fanad Peninsula. To cross this massive expansive, we'll hop on a boat into Buncrana for a good night's rest before the final push along the Wild Atlantic Way. (B,L)

Bike details: 83km/ 52miles | Ascent: 620m/ 2,034ft



Day 11 | Malin Head - Ireland's Northernmost Tip

The final leg of our Wild Atlantic Way bike journey begins with another Irish classic: the steep climb to the top of the Mamore Gap. The road then descends towards the Atlantic Coast before winding around to Ireland's most northerly point. Malin Head is an exposed headland with near 360 views of the Atlantic and known as a filming location for the 2017 *Star Wars*. You get an idea of the region's wild and rugged nature through names such as Hell's Hole and the Devil's Bridge. Malin Head, at the very top of Ireland, is the perfect place to finish this epic bike trip! Now - time for a very well-earned celebratory dinner. **(B,L)**

Bike details: 51km/ 31 miles | Ascent: 640m/ 2,099ft

Day 12 | Neolithic Tombs & Departure

After breakfast at your accommodation, it's time to say goodbye to the Wild Atlantic Way. A short transfer takes us to Sligo Railway Station where there are regular trains back to Dublin. On the way, we take the time to visit an ancient Neolithic tomb older than the pyramids. In fact, Creevykeel Tomb is one of Ireland's best preserved court tombs, dating to the 3rd century BC. **(B,L)**



Trip Grading | Red 7 | ●●●●●●●●●●

Red graded trips are suitable only for very fit and experienced riders who love biking and enjoy the challenge of longer days on the bike and riding for many consecutive days.

- Biking distances range from 40 - 70 miles (65 - 110 km) each day through a variety of terrain from rolling countryside to hilly and mountainous areas.
- The entire trip length may be longer, and most days will be challenging
- The trip will include some of the more testing climbs in Ireland including high mountain passes.
- These harder climbs are rewarded with fast and exciting descents.
- We will often be on the bike for 7 hours each day with the possibility of the odd longer day.
- There is also time each day for breaks and lunches plus visits to some 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.



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Accommodation and Meals

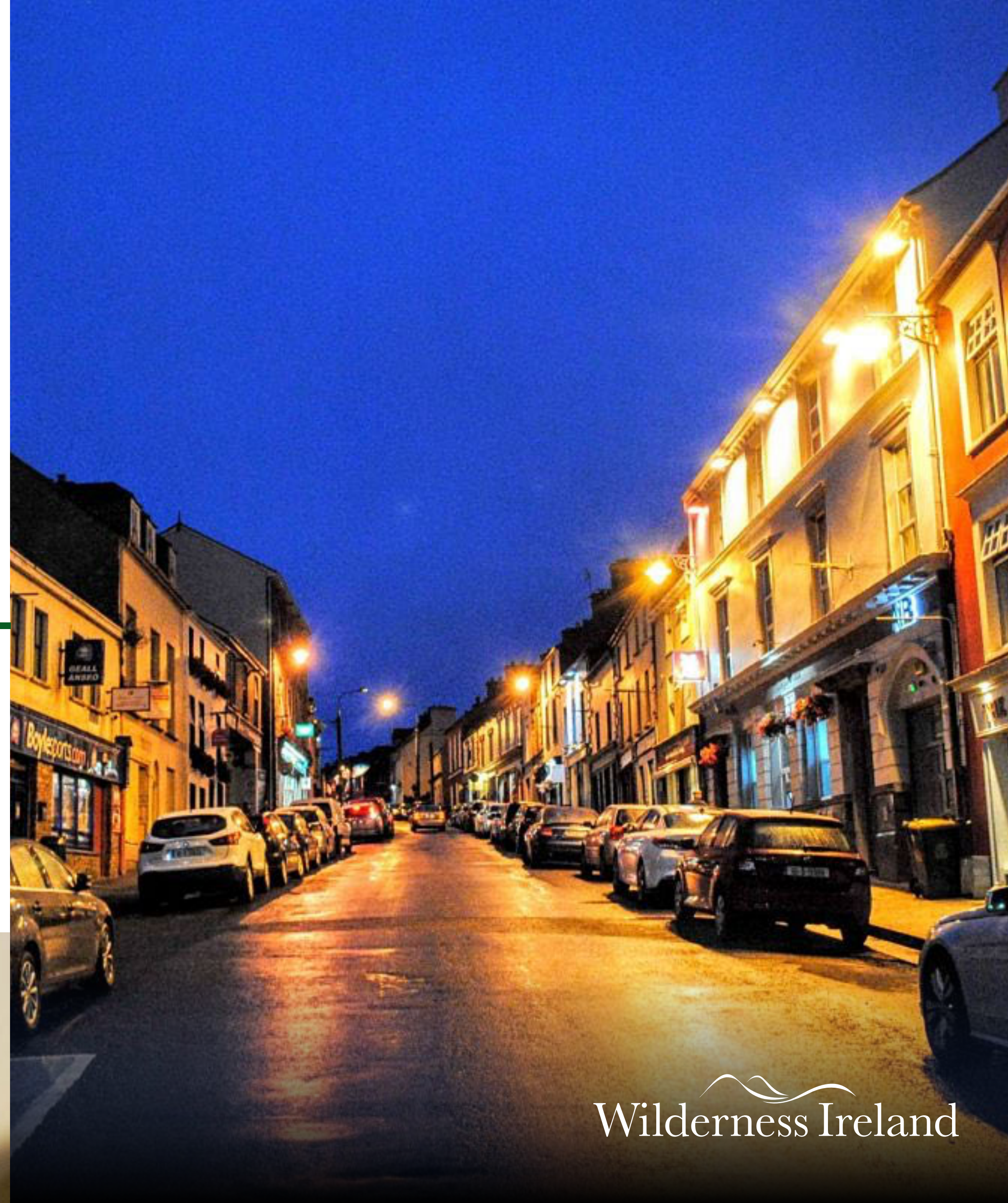
This hiking trip features accommodations chosen for their excellent location, service and comfort along or near the Wild Atlantic Way. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in towns as well as in rural communities on the Wild Atlantic Way. Accommodation is a choice of double or twin rooms, which are en-suite with a shower. Evening meals will be taken in Irish towns, which offer a good choice of restaurants to suit every taste, or perhaps in a different location along the Wild Atlantic Way 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 **€450** 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:

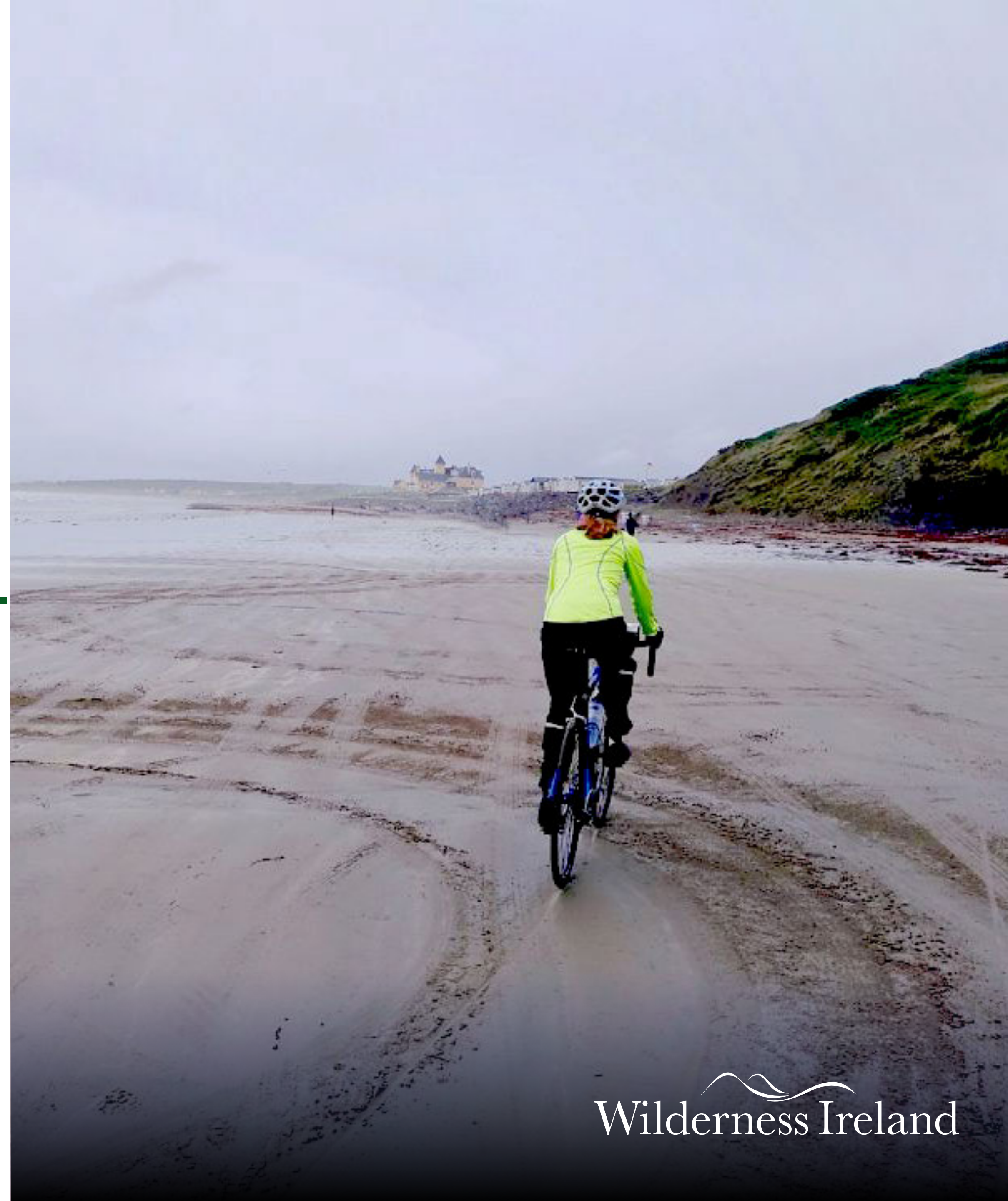
- 11 nights accommodation in a hand-picked, family-run guesthouses, B&Bs & boutique hotels
- Most meals, incl. all Breakfasts, Lunches on Days 1-11, and Dinner on Day 1 and Day 11 (**Meals included indicated as B=Breakfast, L=Lunch, D=Dinner**)
- The services of an experienced and knowledgeable hiking guide / driver throughout
- All transport throughout the trip starting in Cork and finishing in Sligo
- 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.

However if you would prefer to hire a bike from us please check out the options [here](#)

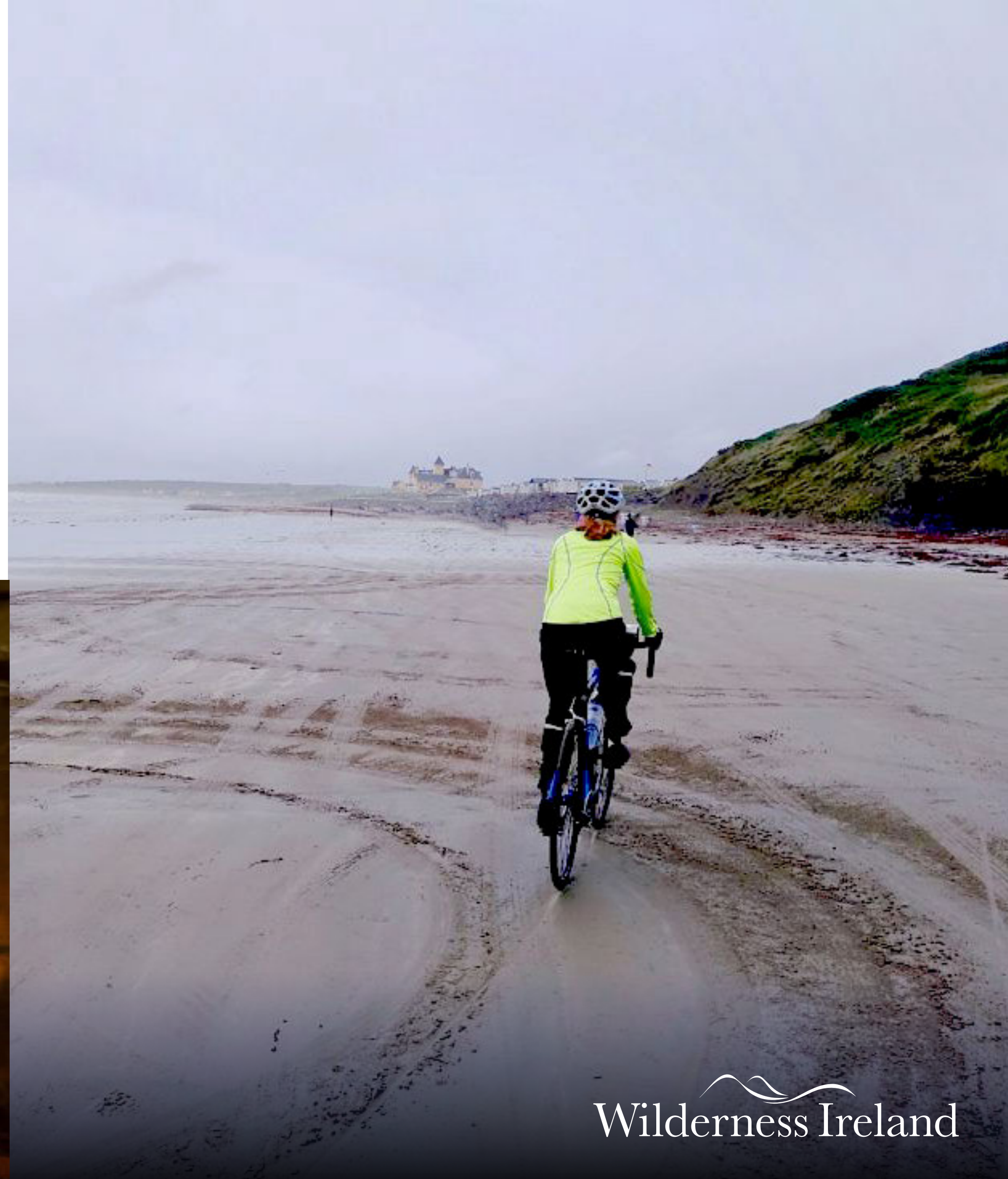


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Our holidays reviewed in your words...

“ *The whole concept of south to north and along the Wild Atlantic Way was excellent. Accommodation was outstanding. Guides and personnel were fabulous. In general I would highly recommend this trip to others.*

Geoff Hastings - Bike Tour - The Wild Atlantic Way - 28/09/2018

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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/>

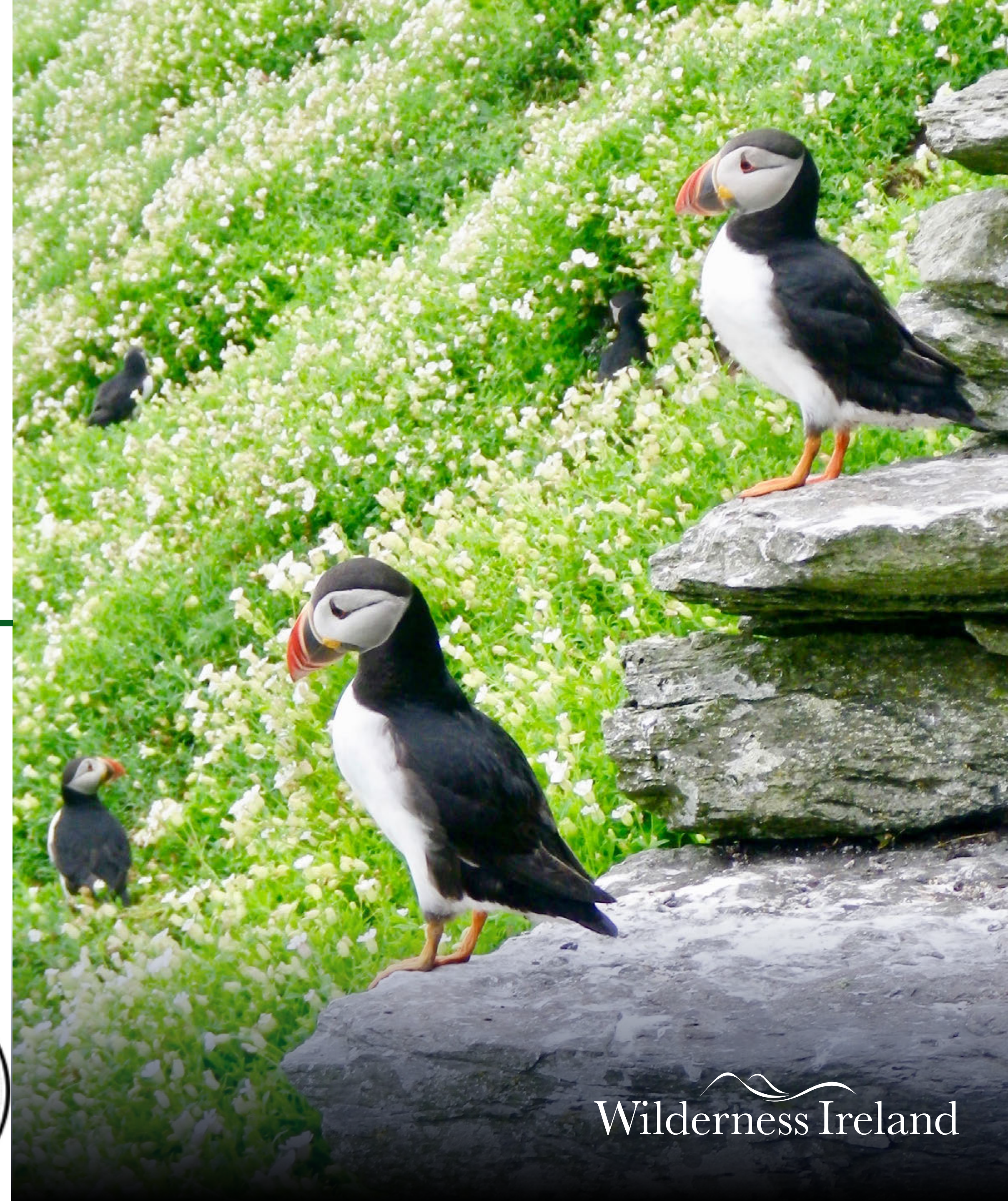
Your Satisfaction, Guaranteed

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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