

Hiking

Trip Grade: **Blue 5**



The Mountains of Connemara & Mayo



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From a tiny shrine set on a remote hilltop in south Connemara to the summit of Ireland's most famous pilgrimage mountain, your route follows in the footsteps of Ireland's patron saint, St Patrick. En route, we shall tackle three of the highest mountains in western Ireland while breathing in the some of the freshest air in Europe as we drink in stunning Atlantic views at every turn.

Described by Oscar Wilde as 'a savage beauty,' the spectacular mountainous and boggy wilderness of Connemara is best experienced on foot. Over seven days, experience some of the best hiking in Ireland, learning of the archaeology, geology and natural history of this fascinating landscape.

Highlights

- Challenge yourself by summiting three of western Ireland's highest peaks
- Follow St Patrick's footsteps along ancient pilgrimage routes that date to pre-Christian times
- Explore the wildest and most sparsely-populated area of Ireland before retiring to some of Connemara's relaxing accommodation

Book With Confidence

- We guarantee this trip will run as soon as **2** 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 | [Roundstone Village & Errisbeg Hill](#)
- Day 2 | [Hiking in the Twelve Ben Mountains](#)
- Day 3 | [The Pilgrimage of Mám Éan](#)
- Day 4 | [Mweelrea Mountain - Highest of Connacht](#)
- Day 5 | [The Magic of Killary Fjord](#)
- Day 6 | [The Holy Mountain of Croagh Patrick](#)
- Day 7 | [Westport Town & Departure](#)

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 Westport 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 | Roundstone Village & Errisbeg Hill

From the vibrant city of Galway we travel west to the mythical landscapes of Connemara. Heading straight to Connemara's wilder regions, we climb the small but rugged Errisbeg Peak for spectacular views of the Wild Atlantic Way's white sand beaches and the layers of mountains through which our journey will take us. The best way to enjoy the adorable fishing village of Roundstone? Dinner and a pint in a traditional pub - and a bit of traditional Irish music if you're lucky! **(L,D)**

Hike details: 6km/ 4 miles | approx. 3 hours

Day 2 | Hiking in the Twelve Ben Mountains

The sharp quartzite peaks of the Twelve Bens (or in Irish *Na Beanna Beola*) are an ever-present feature of Connemara. Though part of Connemara National Park, few travellers ever venture into these wild mountains. Today's hike will take you to the summit of one of these amazing peaks, enjoying a view that few are privy to. On the way, keep an eye out for peregrine falcons, wild mountain goats and native red deer. **(B,L)**

Hike details: 13km/ 8 miles | approx. 4-5 hours

Day 3 | The Pilgrimage of Mám Éan

Today our journey takes us to the second of Connemara's famous mountain ranges, the Maumturks. Mám Éan, or the Pass of the Birds, is an ancient path through these mountains. The quiet path is lined with the Signs of the Cross and later, a shrine and statue to St Patrick, patron saint of Ireland - simple reminders of the region's religious past. This sacred spot has been revered by local communities for thousands of years. Pre-Christianity, it was associated with the Gaelic harvest festival of Lughnasa, a Celtic harvest festival held August 1st. We shall take time to appreciate this ancient pilgrimage site before descending to a cosy local pub. **(B,L)**

Hike details: 16km/ 10miles | approx. 5 hours



Day 4 | Mweelrea Mountain - Highest of Connacht

At 814m (2,700 feet), Mweelrea is the highest mountain in the region of Connacht. Mweelrea's allure is not only in its height but also in its magnificent setting. To the south, Mweelrea falls steeply to the waters of Killary Harbour, Ireland's largest fjord. To the east, stretches the sprawling Sheeffry Hills and the mountain of Ben Gorm. Finally, to the west lies white sandy Atlantic shores and the distant horizon beyond. **(B,L)**

Hike details: 13km/ 8 miles | approx. 7 hours

Day 5 | Killary Fjord

Certainly one of Ireland's most spectacular coastal hikes, this gentle hike along the Atlantic coastline is a great way to stretch out the legs after yesterday's exertions. Our trail takes us along the shores of the dazzling Killary Fjord, past rocky outcroppings of sheep-shorn grass on a canvas of Atlantic views. This area is rich in heritage - delve into Irish history as you pass a famine-era abandoned villages and storied landscapes. Along the way, you'll be see signs of the aquaculture - oysters, mussels and other shellfish - that is the bread and butter of this Connemara community today. **(B,L)**

Hike details: 8km/ 5 miles | approx. 4 hours



Day 6 | The Holy Mountain of Croagh Patrick

The pilgrimage up the rocky sides of Croagh Patrick is a tradition stretching back over 5,000 years from the Stone Age to the present day, where pilgrims gather to climb to the summit barefoot at the end of each July in honour of St Patrick, who legend has it once fasted at the summit. Our hike takes us on a less-travelled route from the west, following the ridge to the tiny white church at the summit. From there, we'll take in the spectacular vista of Clew Bay where it's said there are 365 drumlin islands (one for each day of the year!) **(B,L,D)**

Hike details: 12km/ 8.5 miles | approx. 6 hours

Day 7 | Westport Town & Departure

This morning, we say goodbye to the Wild Atlantic Way, but before we do, we'll have the chance to enjoy a final hearty breakfast and a walk around the bustling market town of Westport. Crowned by the iconic peak of Croagh Patrick that we conquered earlier this week, you'll have time for a bit of last-minute souvenir shopping or have a peek at Westport's many historical sites before we say goodbye at Westport Train Station. **(B)**



Trip Grading | Blue 5 | ●●●●●●●●

Blue graded hiking trips are suitable for fit and experienced hikers.

- We hike at a good pace and you can expect to be out for 6-8 hours a day.
- You will not always be on a path and the terrain underfoot can be rough and boggy, including boulder fields and mountain tops.
- Some of the daily hikes will involve a mountain ascent of over 3000ft/900m high.
- Daily distances will be typically up to 16km but may be longer occasionally. Daily hike details are available in the itinerary.
- The weather in Ireland can be unpredictable and at times can make activities more challenging. Please do bear this in mind when thinking about what trip to join.

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

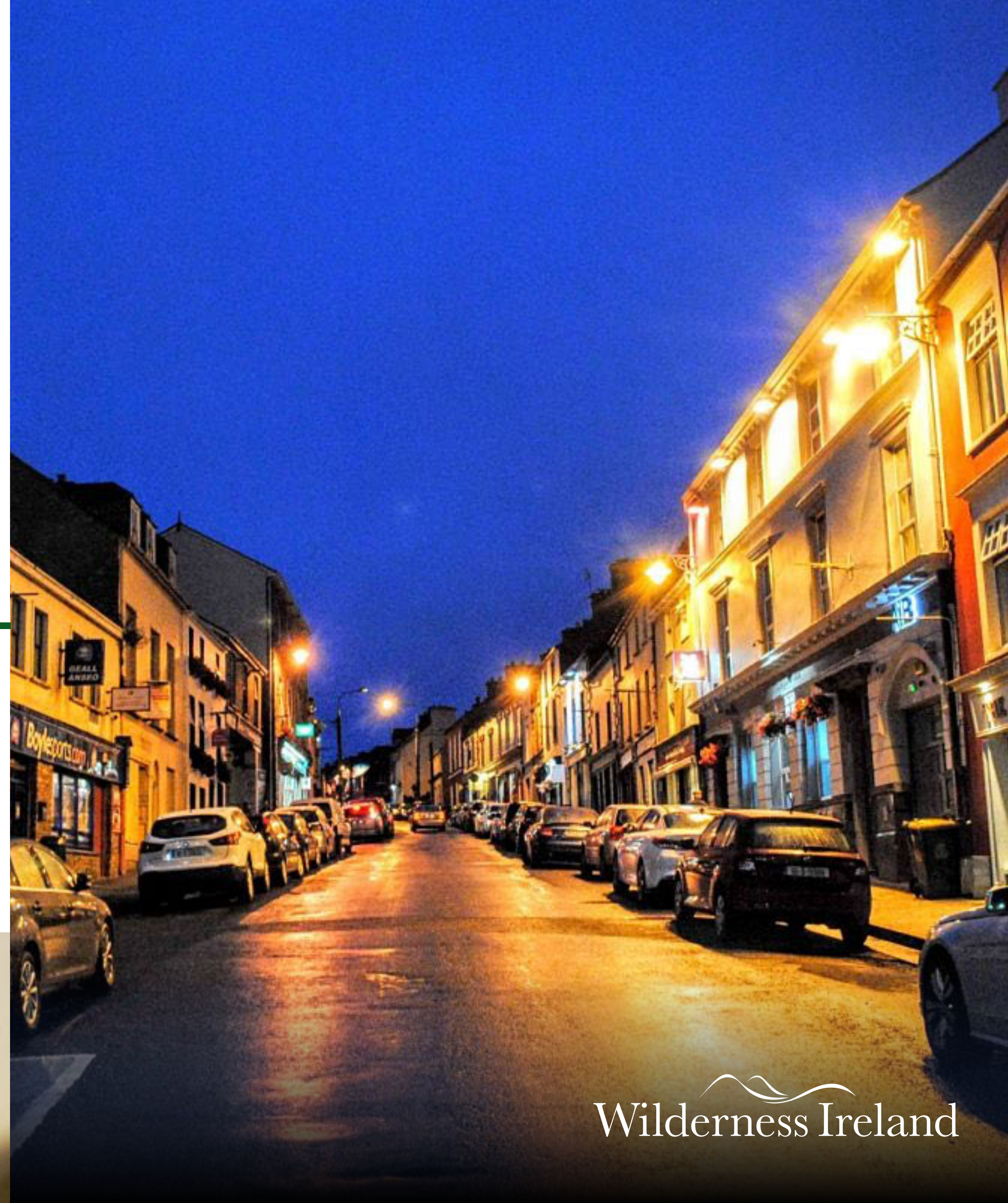
This hiking trip features accommodations chosen for their excellent and exceptional location, service and comfort in Connemara and Mayo. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in small towns as well as in rural communities. Accommodation is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

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.

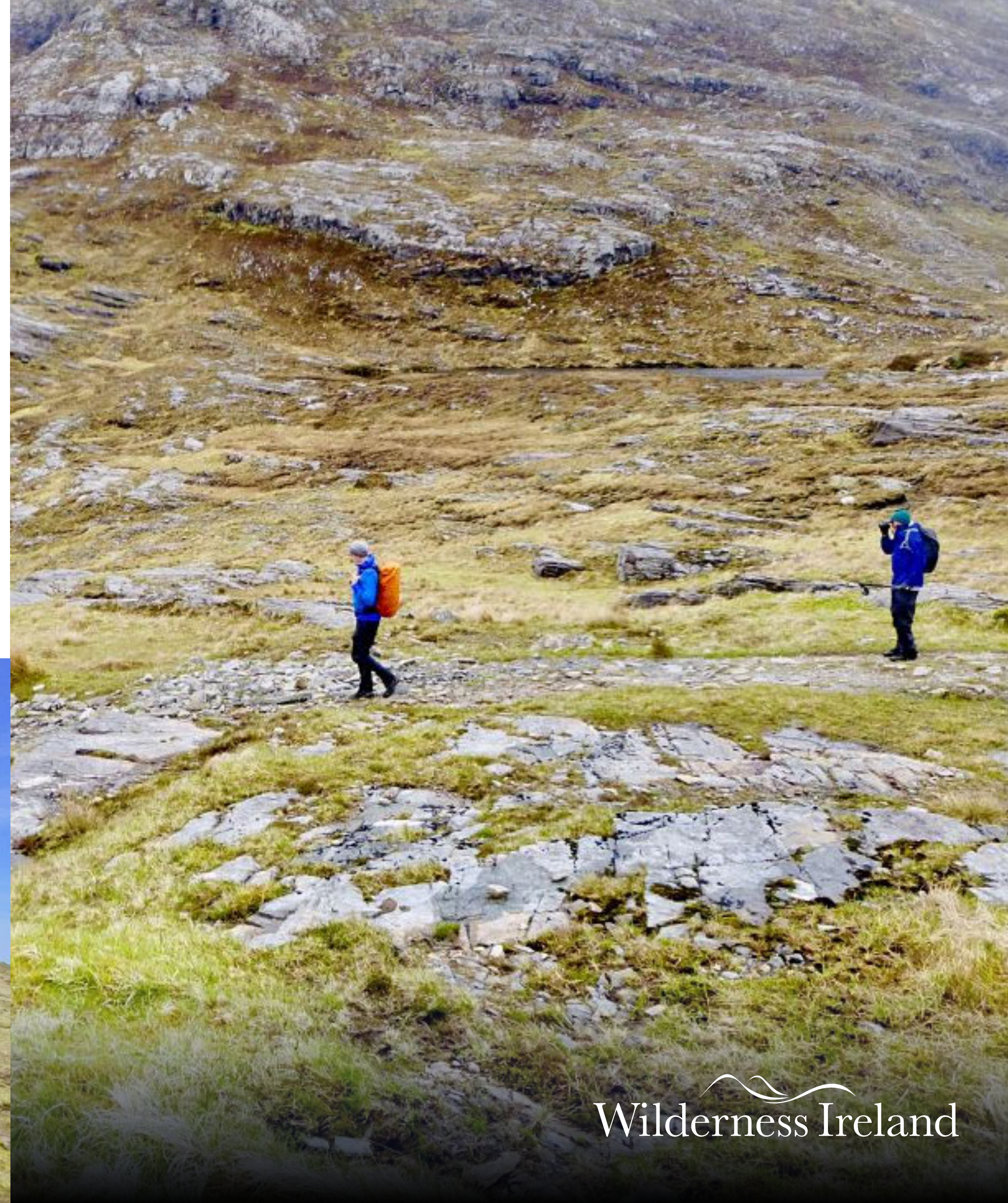
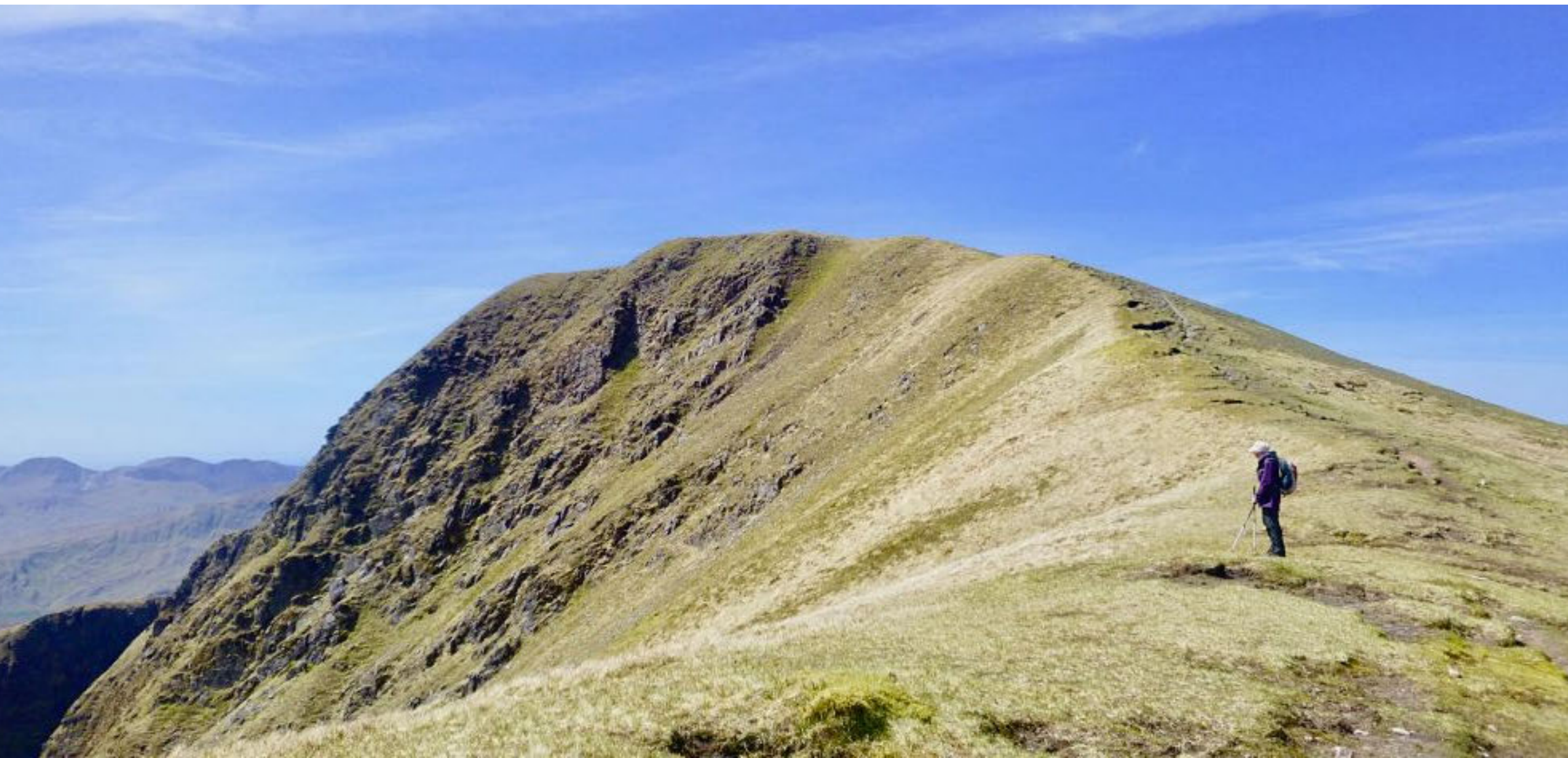


Inclusions

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 in Galway and finishing in Westport
- Activities stated in itinerary

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



Our holidays reviewed in your words...

“

The hikes up the hills were strenuous, but exhilarating. The best hike was the one up Mweelrea [Mountain] where the wind and rain whipped up as we approached the summit. Our guide, Duncan, was brilliant in every respect, including telling stories. My fellow travelers were very enjoyable. The seafood and Guinness were delicious!

”

Kevin Mawe - Hiking the Mountains of Connemara & Mayo 04/09/2018



[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 – 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/>

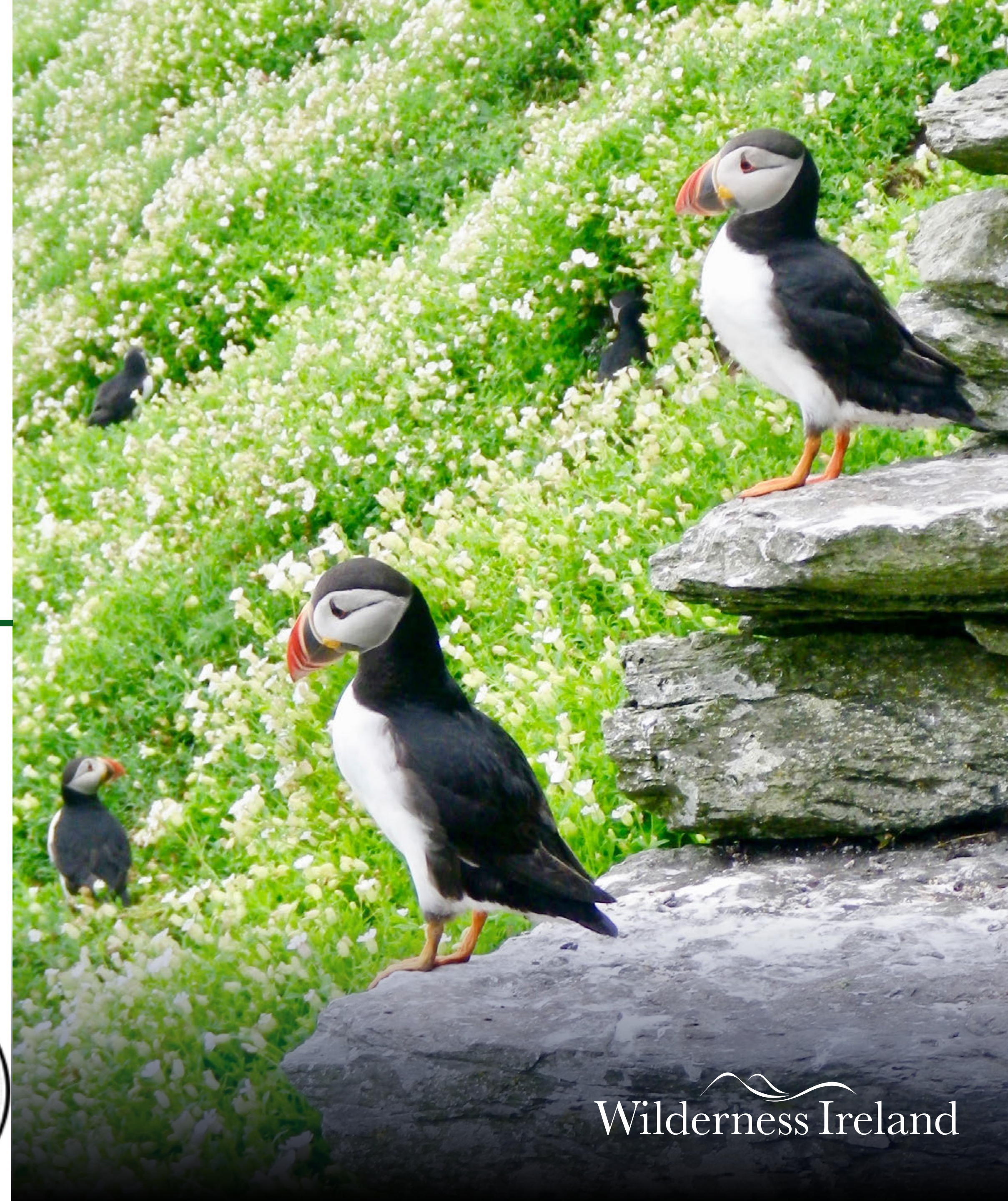
Your Satisfaction, Guaranteed

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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 Wilderness Ireland

