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Self Guided *Plus+* Cycling

Connemara & The Burren



16 reviews


Wilderness
IRELAND

Connemara & The Burren

Two of Ireland's wildest and most iconic landscapes are the Burren and Connemara. The Burren is a striking limestone plateau where exposed rock is punctuated each spring and summer by a burst of vibrant wildflowers. In contrast, Connemara is raw and elemental — a remote region of mountains, bogland and Atlantic coastline, where narrow country lanes thread between rugged, heather-cloaked peaks and quietly charming villages.

Both regions are home to Ireland's Gaeltacht communities, and attentive travellers may hear the Irish language spoken as part of everyday life. Exploring by bike is the perfect way to experience this landscape — travelling at your own pace, immersed in the rhythm of the west coast. Pedalling sections of the Wild Atlantic Way, you'll follow coastal roads and inland lanes that reveal Ireland at its most evocative.

This is a self guided+ supported cycling tour. You will have a soigneur (support guide) to transport you to/from the start/end of your day's bike ride, deliver your luggage each day and act as a mechanic on call if you require assistance. This means you can enjoy linear routes and more flexibility. Ride at your own pace with lots of support but without a guide on the road with you while you're cycling.

Road bike hire/rental is included in this itinerary, and an E-bike upgrade is available for an additional supplement. For more details, see our [bike rental](#) page.

Please note, all of our Self-Guided+ cycling trips are designed for two or more travellers. Travelling solo? Check out our small group [guided biking tours](#)—perfect for meeting like-minded explorers. All daily routes may be adjusted at the guide's discretion, depending on weather conditions and other factors.

Arrival and Departure Info

Meet your guide at **the foyer of the Hardiman Hotel at 12:00** on Day 1 of your trip. At the end of your trip, your guide will drop you off at **Galway Ceannt Train Station at 12:00** where you can continue your onward journey. If you'd like to arrange an extension before or after your trip, don't hesitate to get in touch.

Book with confidence

We guarantee this trip will run as soon as **2** people have booked.

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 by Day Itinerary



Day 1 - The Cliffs of Moher

Meeting you in Galway, your soigneur (support guide) for the week will whisk you into the wild. After checking in at your hotel, meet your bike for the week – one of our top-class Trek bikes. After a quick fitting, it's time to hit the road! Following an ocean-side route along the swirling Atlantic Coast, this afternoon loop will sweep you past the mystical Cliffs of Moher, one of Ireland's most iconic sites. The picturesque Doolin village is your home for the next few days. Famous throughout Ireland for its traditional pubs, fantastic trad music and colourful facades. The best way to recover after your afternoon ride is by a roaring fire with a pint in hand, while your soigneur takes care of the bikes.

Ride Details: 28 km / 17 miles | 360 m / 1181 ft

Meals Included: None



Day 2 - The Wild Burren National Park

Having explored the coastline yesterday, today's route takes in the wild rolling interior of the Burren National Park. It's easy to see how this exposed limestone landscape fed inspired JRR Tolkien's Middle Earth in his fantasy masterpiece, The Lord of the Rings. As you pedal along quiet roads lined with quaint limestone walls that weave through this limestone expanse, marvel at the stony crevices dotted with pockets of rare wildflowers. There are holy well sites here as well as mysterious neolithic tombs including one of Ireland's largest dolmens. Want to learn more about this unique region? We recommend making time to stop at a perfumery that uses the landscape to inspire their fragrances as well as create the most delicious freshly-baked organic goodies. After all that cycling, you've earned a treat!

Ride Details: 59 km / 37 miles | 557 m / 1827 ft

Meals Included: Breakfast



Day 3 - The Clare Coast

One of our favourite biking routes in the west of Ireland takes you from the village of Doolin along winding coastal roads and past the wild and windswept headland of Black Head. Here, the highest peaks of the Burren flank one side and the crashing waves of the Atlantic fall off to the other. For some of the Wild Atlantic Way's best and uninterrupted views, stop at the historical lighthouse, manned until the 1970s. The village of Ballyvaughan is a perfect spot for a cosy picnic lunch with a view and after taking on the switchbacks at the short but accurately named 'Corkscrew Hill,' your day finishes with a long and gentle descent into Doolin town. Wrap up your day with a traditional music session at one of the local pubs for which Doolin is famous.

Ride Details: 55 km / 34 miles | 360 m / 1181 ft

Meals Included: Breakfast



Day 4 - The Spectacular Sky Road

This morning, your soigneur will transfer you northwards along the Wild Atlantic Way. If you're looking for a little cosmopolitan liveliness, you have the option to stop in the famous west coast city of Galway. Soak up its vibrant atmosphere and spend a few hours wandering Galway's cobbled streets. Part of the magic of Ireland is the sheer variety of landscapes – north of Galway, you'll leave the windswept rocky expanses of the Burren behind for the heather-clad hills and craggy granite peaks of Connemara. Today's route is a short local classic that is a favourite with cyclists. Cycling along Sky Road, expect a blast of fresh air and stunning sea views as you follow this rewarding loop. You'll finish up back in the fantastic village of Clifden, your home for the next few nights.

Ride Details: 17 km / 11 miles | 160 m / 525 ft

Meals Included: Breakfast



Day 5 - Connemara's Southern Shores

A bike route around Connemara's most picturesque coastline awaits you today. Pedal along the beautiful Coral Beach and Dog's Bay and into the picturesque fishing village of Roundstone. Enjoy amazing views and a seaside lunch in Roundstone before heading back towards Clifden town via the 'bog road' – a long stretch that traverses the heart of the blanket boglands that are an ever-present feature of the Connemara landscape. In the distance, the peaks of the Twelve Bens and the Mamturks make an evocative backdrop to your Connemara route. We recommend dinner in one of Ireland's best seafood spots that sources some of the best local Connemara produce.

Ride Details: 43 km / 27 miles | 115 m / 377 ft

Meals Included: Breakfast



Day 6 - Connemara National Park

Circumnavigating Connemara National Park, wild and empty scenery awaits. History lovers may like to stop at the dramatic Kylemore Abbey to admire its fantastic neo-Gothic facade, dazzling interior and idyllic Victorian walled gardens. Continuing onwards, pedal along Connemara's myriad of tiny lakes, heading for the pass between the region's two prominent mountain ranges. Turn for home through the picturesque Inagh Valley where a Victorian fishing lodge makes for an epic rest stop. Sheep and the occasional fly fisherman are usually all you have for company on this stretch but keep an eye out for golden eagles that are enjoying a resurgence here. Finish the day with a final pint of Guinness in one of Clifden's lively pubs.

Ride Details: 65 km / 40 miles | 230 m / 755 ft

Meals Included: Breakfast



Day 7 - Depart

This morning, your soigneur will drop you at Galway Train Station where you can choose to explore this colourful city or continue onwards with your travel plans.

Meals Included: Breakfast



Trip Essentials

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.

[Stay | See | Galway](#)

General Info – Ireland

From food and drink to customs and culture, our General Info for Ireland guide has got you covered for all your need to know facts.

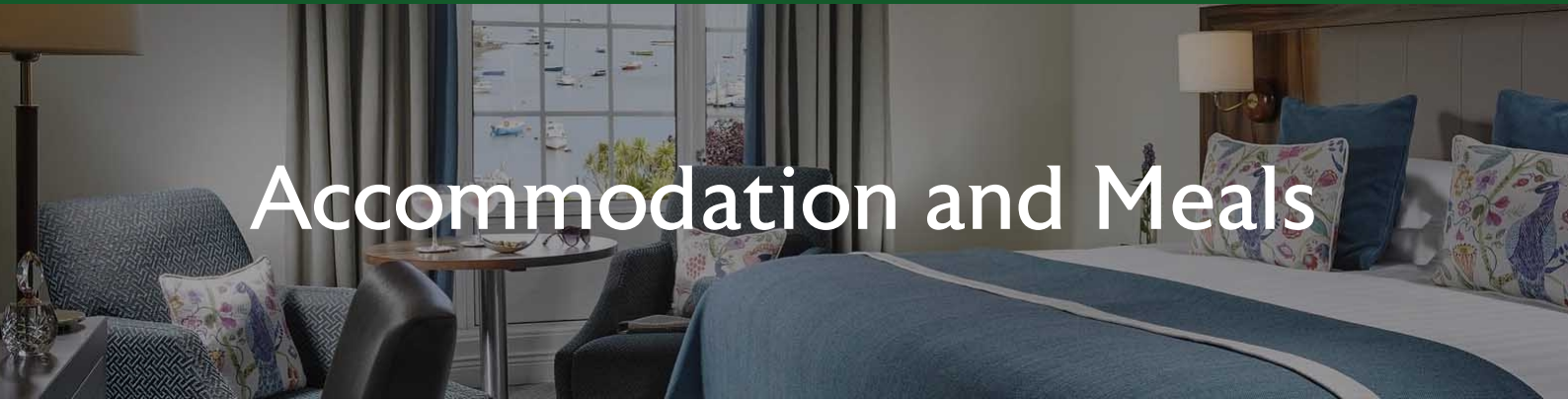
[General-Info-Ireland](#)

At Your Own Pace

Self-guided trips can be taken at your own pace, meaning that you can travel whenever and at whatever pace you feel comfortable, leaving time for optional extra activities, explorations or relaxing.

On this self-guided cycling adventure, you will have detailed route notes to follow each day. On most days, you will also have the option to extend your cycling routes with optimal extensions ranging from 5 to 25 miles.

It is your responsibility to ensure that you are appropriately fit and capable for the grade of the trip you wish to join. The weather in Ireland can be unpredictable at times which can make activities more challenging, so please bear this in mind when booking. If our guides at any point feel you cannot complete a scheduled activity, they may ask you not to join that day; this would be for your safety and the well-being of the group. If you are unsure about your ability, please don't hesitate to give our Adventure Consultants a call.



Accommodation and Meals

Accommodation

This self guided cycling trip features accommodations chosen for their excellent location, service and comfort. Expect small, comfortable and characterful lodgings. You will have the choice between cosy B&Bs or 3-star family-run hotels or guesthouses, with options in towns or rural communities. Accommodation rooming is a choice of double or twin rooms, which are en-suite with a shower.

Meals

Each morning, enjoy a homemade breakfast of your choice at your accommodation. We will provide local suggestions for lunches and dinners, to be taken according to your own preferences.

What's Included

Inclusions

This trip includes the following:

- 6 nights in classic graded accommodations- 3-4 star locally-owned small hotels and guesthouses
- Meals as indicated in the itinerary
- Trek road bike (E-bike available for a supplement)
- Soigneur/support guide (who is also a bike mechanic and first aider) available 24/7 while on the trip
- A support vehicle throughout the trip who will offer guidance, local insights, snacks, change of clothes, navigation and a boost if needed
- Essential equipment: helmet, GPS device with pre-loaded daily routes, bike lock, bike tool and on-road puncture repair kit
- Bike fitting and welcome briefing on day one
- All luggage transfers
- Local maps, cycling route notes and a local area guide
- Bike cleaning and maintenance throughout the trip

This trip includes all accommodation as well as some meals. It does not include drinks or any gratuities you may choose to leave.

“ This was one of our best cycle trips ever - the service from Wilderness Ireland was excellent from start to finish. „

Tracy Brand ★★★★★

[Read More Trip Reviews](#)

Sustainable Travel

Making the Right Choices

Wilderness Ireland is committed to working decisively towards a sustainable future. With an industry leading position on climate change, we are committed to achieving true net zero by 2030.

Working alongside [eCollective](#), we have developed and implemented one of the world's first [carbon-labelling schemes](#). This allows us to measure the carbon impact of the entire business, as well as each and every trip. By identifying how many kilograms of carbon can be attributed to each traveller, we can work effectively and efficiently to mitigate its impact. We are also working on providing our clients with various opportunities to directly reduce or entirely offset their own carbon footprint – therefore allowing adventure without compromise.

By consistently developing our innovative and proactive approach, we are fully committed to world-class [sustainable travel](#).



Your Guide

Our guides are among the most highly qualified and experienced in the country. Defined by their passion for Ireland, they possess extensive knowledge of the country's natural and social history as well as being accomplished in various outdoor fields. For more information about the team, please see our [Guide Pages](#).



Get Travel Ready

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 cycling), 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 holiday charges will apply. Please see section two of our terms and conditions for a breakdown:

wildernessireland.com/make-a-booking/booking-conditions

FAQs

Looking for more information? Check out our frequently asked 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 76 days before departure. If booking less than 76 days before the trip start date, full payment of the trip price is required immediately.

Please refer to our full terms and conditions for all the relevant information on booking a trip with Wilderness Ireland.

wildernessireland.com/make-a-booking/booking-conditions

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

Looking for your next adventure?

With a range of small group, private and custom trips, explore the UK and Ireland with our Wilderness family.

Want to speak to someone?

Book a call with our expert in-country adventure consultants.

[Book a Call](#)

Wilderness
SCOTLAND

In a country known for its epic scenery and ancient traditions, get whisked away in the romance and drama of rugged mountains, impressive castles and local hospitality on a Wilderness Scotland holiday.

[Explore Now](#)

Wilderness
ENGLAND

From mountains, lakes and dales to chocolate-box villages and fascinating history, explore the diverse and engaging landscape on a Wilderness England trip.

[Explore Now](#)