

IRELAND – KERRY & THE DINGLE PENINSULA

8-days / 7-nights SELF GUIDED inn-to-inn cycling



Our most popular cycling holiday in Ireland, this tour offers arguably the most spectacular land and seascapes and views across to Ireland's highest mountain range. Starting and finishing at Killarney, shadowing the magnificent and colourful MacGillicuddy Reeks and adjacent to the famous Muckross National Park, the route heads deep into the Iveragh Peninsula along quiet roads to the picturesque villages of Sneem and Glenbeigh. But it's not just about the scenery – Gaelic culture is alive here, and the western end of the Dingle Peninsula is part of the Gaeltacht, where the Irish language is still spoken as the primary language.

The tour allows time to visit several highlights of County Kerry. Your cycling route takes you right through the expansive grounds of Muckross House, a Victorian mansion in the heart of Killarney National Park. You may like to stop in at Kate Kearney's Cottage, a traditional Irish pub in a photogenic, white-washed building where Kate once distilled her own (illegal) poitin, sometimes known as 'Irish moonshine'. And on the Dingle peninsula there is a plethora of Iron Age, Bronze Age and medieval archaeological sites, including standing stones and Ogham stones, ring forts, rock art, burial barrows and 'beehive' huts.

The cycling route offers an interesting choice of terrain, be it the hills that make up the spine of the peninsula or the coastal rides past the many bays, inlets and sandy beaches. To avoid the main roads on the busy and very popular tourist driving routes on the Ring of Kerry we have sought out some beautiful and quiet country roads that intersect the Iveragh and Dingle Peninsulas. There are several hills on this cycling route and much of the ride can be described as 'undulating'. But you can travel at your own pace to explore the tranquil rural countryside with all the time in the world to stop, have a coffee, take a photograph or a detour. E-Bikes are available, at additional cost, to help take the sting out of the hills.

Departs: Daily departures from 1 May to 30 September 2026

Cost from: **\$2775** per person, twin share Single supplement on request – very limited availability
High season supplement from \$135 per person in July and August.

Includes: 7 nights' twin share accommodation in hotels, guesthouses and B&Bs with ensuite bathrooms; 7 breakfasts, hire of multi-geared bicycle with pannier; maps and route notes (one set per group), GPS tracks; luggage transfers, transfer from Glenbeigh to Dingle; 24-hour telephone assistance.

Not included: Lunches, dinners, drinks, optional sightseeing and transport and any personal expenses. Bike helmets are supplied but we strongly recommend you bring or buy your own bicycle helmet.

E-Bikes available for hire at extra cost - ask for details.

Grading: Moderate – daily cycling distances of 45-70km over undulating and sometimes hilly terrain.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested itinerary:

Day 1: Arrive Killarney

You can check into your guesthouse from 3pm. If you arrive in Killarney early, leave your luggage with hotel reception and explore the town including Ross Castle, a wonderfully restored 16th Century Norman tower house overlooking Lough Leane. You can even hire a boat from here and row out to a 6th Century monastic site located on one of the nearby islands. Ross Castle is about 3km from the town.

Day 2: Killarney to Sneem

cycling @ 50km

Begin by following a cycle track into the impressive grounds of Muckross House. Located on the grounds is a Franciscan Abbey founded in the 15th Century. It is now in ruins but is beautifully situated with a large yew tree rising up through the cloisters. After a stroll around the celebrated Muckross gardens there follows a wonderful ride along a quiet cycle path between two of the Killarney lakes before you return to the main road. Then a steady climb to Molls Gap where you can stop for lunch in the restaurant with its views of the surrounding mountains. After lunch cycle to Sneem with far-reaching views of the mountains and rugged coastline.

Day 3: Sneem to Glenbeigh

cycling @ 55km

Avoiding the main Ring of Kerry road, you cycle across the peninsula. Passing along quiet country roads with stunning mountain views, climb up to the beautiful Gap of Ballaghbearn and descend the other side into another valley overlooking Carrauntoohil, Ireland's highest mountain. In the afternoon there is a wonderful cycle through quiet fields and over old stone bridges before coming to Caragh Lake. Follow the lakeside, then head west to the seaside village of Glenbeigh and spend the night in a comfortable hotel.

Day 4: Glenbeigh to Dingle

cycling @ 50km

Start the day with a short transfer to Dingle where you are based for two nights. From Dingle you cycle the Sleat Head Route around the tip of the Dingle peninsula. This is one of the highlights of the tour with a variety of archaeological sites to visit along the route and some of the most breathtaking coastal scenery in the country.

Day 5: Dingle - Rest Day

no cycling

A variety of activities can be organised from the town. You can join an archaeological bus tour of the peninsula or swap your bike saddle for a horse saddle and go horse riding. There are boat trips to the largest of the Blasket Islands with its wonderful walking trails offering magnificent views of Dingle Bay. Or, take a boat trip to see *Fungi*, the Dingle Dolphin, or simply potter around the town with its many shops and aquarium. Finally, for those with stiff limbs there is also a massage centre in which to pamper yourself.

Day 6: Dingle to Killorglin

cycling @ 65km

The morning starts with a long steady climb up to the Conor Pass with views of Mount Brandon and the coastline in the distance. There follows a free-wheeling descent and then a nice flat cycle along the coast to the village of Camp which makes an excellent lunch stop. In the afternoon you traverse the peninsula, heading up over one side of the mountains to magnificent views of the other side of the peninsula with Dingle Bay and Ireland's highest mountain range stretching out in front of you. Cycle down the other side and the final stretch to our night stop in Killorglin.

Day 7: Killorglin to Killarney

cycling @ 60km

After breakfast, cycle on quiet back roads to Kate Kearney's Cottage where you may like to stop for refreshments and a photo. Then to the final highlight of the tour, the unforgettable Gap of Dunloe. Coming out of the gap you have an incredible view looking down the Black Valley. Your route takes you through a peaceful valley surrounded by green fields and grazing sheep. Ascend out of the valley to Molls Gap (where you may have stopped for lunch on the first day). Then coast back down to Killarney, where you can spend your last evening of the tour in one of the many traditional Irish pubs.

Day 8: Departure day

Tour ends in Killarney after breakfast. Killarney is connected by train to Tralee, Cork and Dublin, or by bus to other parts of western Ireland including Limerick and Galway.

Outdoor Travel offers walking or cycling holidays in Ireland and the UK including the **Wicklow Way**, the **English Coast to Coast** or **South Downs Way**. Cycling holidays are offered in France, Italy, Spain, Germany, Austria, Czech Republic, Switzerland, Poland, in Romania, South Africa, in New Zealand, Canada, the USA and Japan.

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