



## Ireland – Clare & Connemara Self Guided Tour 2024

Moderate 7 nights



*A wonderful opportunity to take in the most beautiful and iconic spots of Irelands West Coast. A fantastic opportunity to walk by the Cliffs of Moher, on the Aran islands and then onto some of the great beauty spots of Connemara*

### TOUR ITINERARY

#### **Day 1 - Travel to Liscannor in Clare for the start of the holiday**

The tour starts in the seaside village of Liscannor where you spend the night. Taxi transfers available on request from Shannon Airport.

There should be plenty of time to relax, sample the fresh food of the Irish West Coast and enjoy traditional music in the local pubs which Clare is so famous for.

## Day 2 Walk the cliffs of Moher to Doolin

13km

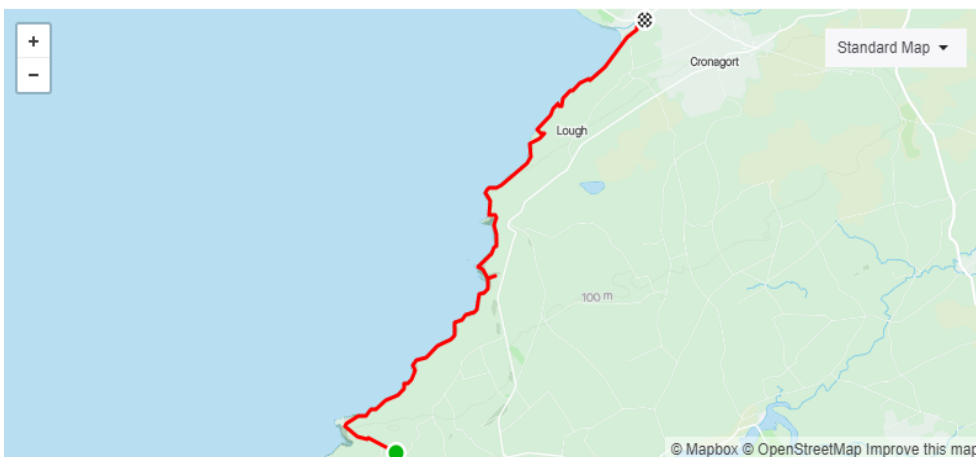
The walk brings you along a spectacular section of the cliffs, the so called hags head, as the rock formation resembles a ladies head looking out to sea.

You can then stop at the visitor centre after 4.75km where there is a short film, displays and café.



### ★ Cliff walk

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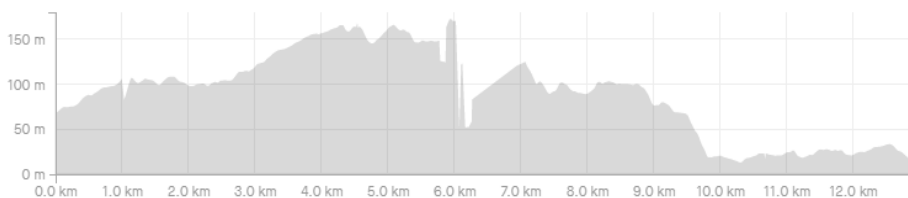


Subscriber  
By Danny McDermott  
Created on June 9, 2021

13.00km Distance 542m Elevation Gain Road Walk Type  
2:35:53 Est. Moving Time Public Route Visibility

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You continue walking (mostly down) the 7.5km to the village of Doolin. You stay overnight in Doolin, famous throughout Ireland for traditional music.

The day starts with a 40 minute ferry journey to Inis mor is the largest of the Aran islands.

Today's walk is a loop around the east of the island, starting at Kilronan. Here you will see many great examples of the famous stone dry walls while also visiting a seal colony and one of the most famous ring forts in all of Ireland, Dun Aonghasa. What makes Dun Aonghasa famous is that instead of being a traditional ring fort it is made of three defensive walls leading to a sheer 80 metre drop into the Atlantic Ocean. The fort dates back to the bronze age and was built as a deterrent for rival tribes on the island attacking. You will then walk back via the high road which is little more than a gravel track now overlooking the entire island with great views across to the mainland and out over the Atlantic ocean. As this is a circular route it can be shortened


Overnight on the Aran Islands



### ★ inis more walking tour

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- Edit
- Duplicate



 Subscriber  
By Danny McDermott  
Created on June 9, 2021

17.19km Distance    174m Elevation Gain    Road Ride Type  
48:24 Est. Moving Time    Public Route Visibility

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Segments



## Day 4 and 5: Maam to Leenaun

32km over two days

You will take an early morning ferry back to the mainland followed by a short transfer to Maam.

For the next two days you will be following the western way, starting at Maam and finishing in Leenaun with an overnight stay in the Inagh Valley. Along this trail you will have spectacular views of the Maumturk mountains and the twelve bens mountain range. You will be walking on a variety of terrain from old coach roads to small country lanes and open moor lands. You will also be in the heart of the Connemara sheep farming communities.



### ★ Maum to lough lough

Print Export GPX Export TCX Edit Duplicate

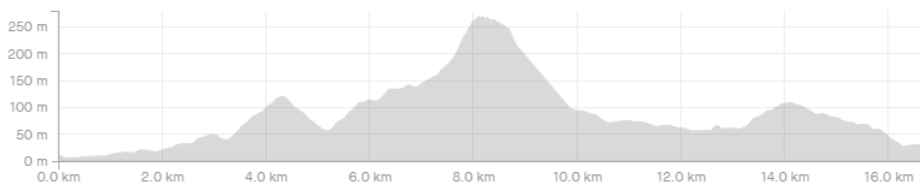


Subscriber  
By Danny McDermott  
Created on June 9, 2021

16.80km Distance 419m Elevation Gain Road Walk Type  
3:21:28 Est. Moving Time Public Route Visibility

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Your overnight stay will be in the beautiful Inagh Valley where you will experience authentic Connemara hospitality, before ending up on the shores of Killary Harbour and our wonderful hotel in the village of Leenane.



## ★ Lough Inagh to Leenaun

Print Export GPX Export TCX Edit Duplicate



 **Subscriber**  
**By Danny McDermott**  
Created on June 9, 2021

**16.91km** **269m** **Road**  
Distance Elevation Gain Walk Type  
**3:22:48** **Public**  
Est. Moving Time Route Visibility

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## Day 6 - Leenaun Hill Walk / Rest day in Leenane

12km

A chance to relax in this beautiful location for the day. You can take a walk up the wonderful Leenane Hill where you are rewarded with wonderful panoramic views over the Maamturk Mountains and Killary Harbour below.

### ★ Rest day option

Print Export GPX Export TCX Edit Duplicate



Subscriber  
By Danny McDermott  
Created on June 9, 2021

12.32km Distance 624m Elevation Gain Road Walk Type

2:27:43 Est. Moving Time Public Route Visibility

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You could even take in a wonderful 2 hour cruise of Killary Harbour today or simply relax in our hotel

Another option to include could be enjoying Connemara Seaweed Baths, the only salt water seaweed baths in the West of Ireland and a great way to pamper yourself!

## Day 7 - Diamond Hill ( Connemara National Park ) Overnight Clifden 8km - 12km

The day starts with a transfer ( about 30 minutes ) to the village of Letterfrack and Connemara National Park where you will climb one the most spectacular mountains in all of Connemara, with panoramic views of the twelve bens mountains.

After your walk we will meet you in the National Park and bring you to the bustling town of Clifden for your last night tour the tour



### ★ Dimond hill

[Print](#) [Export GPX](#) [Export TCX](#) [Edit](#) [Duplicate](#)



Subscriber

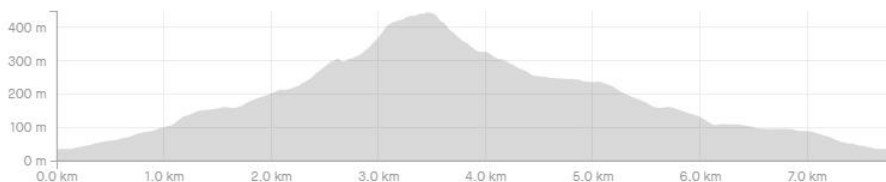
By Danny McDermott

Created on June 9, 2021

7.78km 428m Trail  
Distance Elevation Gain Walk Type

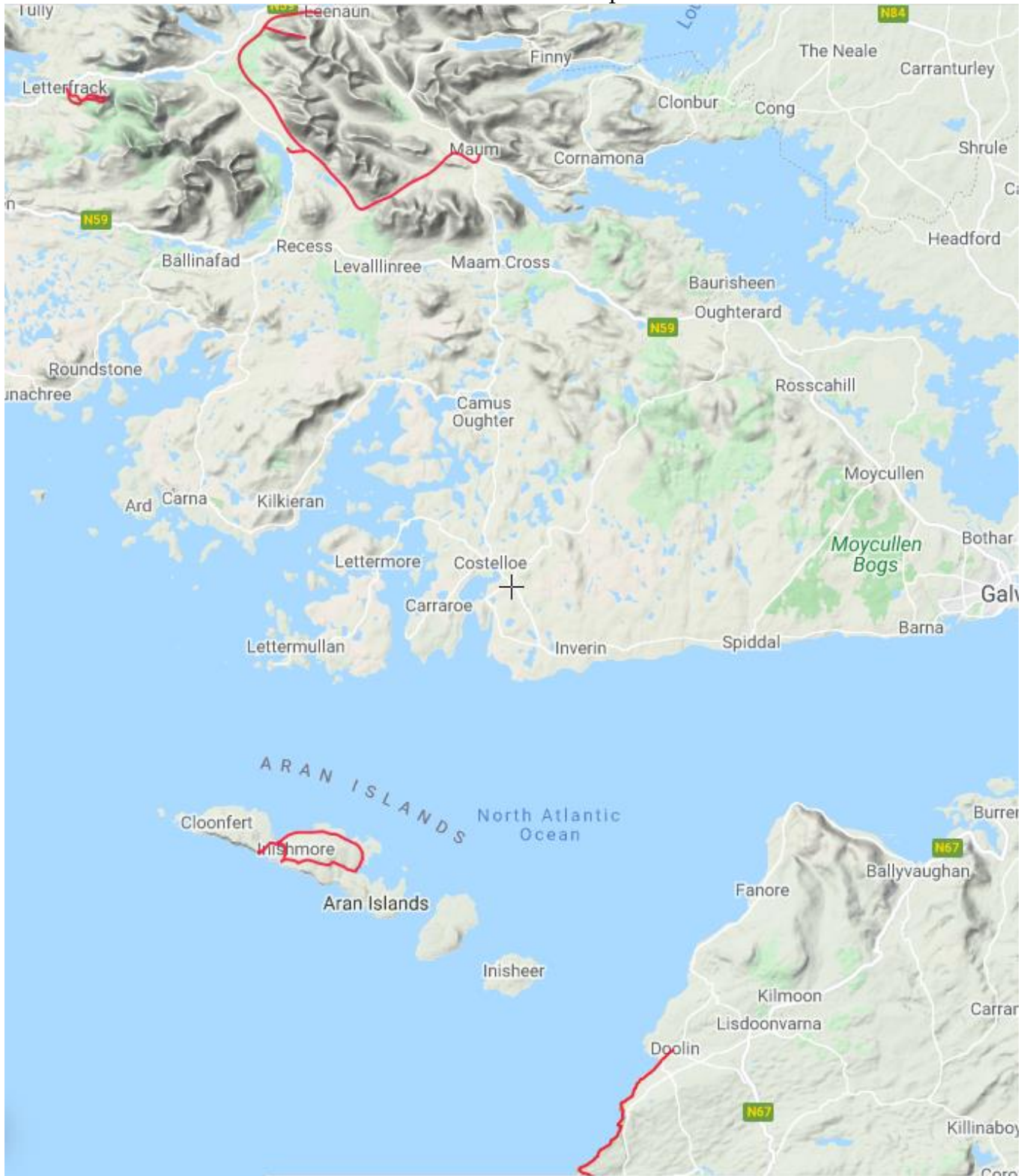
1:33:24 Public  
Est. Moving Time Route Visibility

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# Overview map





## 2024 TOUR DATES AND PRICE

Tour can start any day from 16<sup>th</sup> April until 1<sup>st</sup> October.

€865.00 per person sharing

€285.00 single room supplement (if travelling with others)

€ 50.00 High season supplement (July/August)

€425.00 Solo tour supplement (if travelling alone, incl. single room supplement)

### What does the tour price include?

- Seven nights accommodation: A mixture of guesthouses, farmhouses and country homes;
- All breakfasts
- Ferry from Doolin to the Aran Islands
- Ferry from Aran Islands to Rosseaveal harbour in Connemara
- Personal Transfers required on Day 4 . Rossaveal Harbour to the walk start at Maam Cross
- Personal Transfers on Day 7. Leenane to the National Park and collection after walk to Clifden
- Luggage transfer between your accommodation stops
- Full GPSroute details with a map of the tour

## ACCOMMODATION AND MEALS

### Accommodation

The accommodation is allocated on a twin sharing basis. We stay in a mixture of Hotel and bed & breakfast accommodation, where we hope to fuse the best standard we can get with the warmest welcome. We ensure en suite facilities.

We do reserve the right to change the accommodation around during the week, but we will always endeavour to provide a high standard.

## WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer -this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer - this layer should stop you from losing body heat - fleece is ideal
- Outer Layer - this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/“second skin” - ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Mobile phone

## GENERAL INFORMATION

### Weather

Because we are an island located near the Gulf Stream Ireland has a very mild climate making it ideal for walking. We recommend that you bring your rain gear as well as your sun hat as a day that starts with rain can end with glorious sunshine! The temperature range during the summer is between 15 and 22 degrees centigrade (60 to 72 degrees Fahrenheit).

**Money** - The Irish unit of currency is the Euro (€), 100 cent = € 1.

To help you budget, here are some common items that you might purchase during your holiday:

3 course evening meal:	€20 - €45 per person	Sandwich/filled roll	€3 - €4.50
Bottle wine:	€17 upwards	¼ bottle of wine	€5 - €6
Tea/coffee	€1.50 - €3.50	Pint of beer	€3.80 - €5.50

### Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines.

### Electrical current/Mobile Phone

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets. The mobile phone system in use is a digital GSM 900 system.

### Websites on Ireland

Some recommended websites on Ireland that might help you organize your trip if you are planning to spend more time in the country before or after your holiday with us.

[www.discoverireland.com](http://www.discoverireland.com) - Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites

If you plan to spend some extra time in **Dublin**, the following will give you some more ideas of things to see and do

[www.visitdublin.com](http://www.visitdublin.com) Dublin Tourism, Tourism Centre, Suffolk Street, Dublin 2

[www.dublinuncovered.net](http://www.dublinuncovered.net)      [www.indublin.ie](http://www.indublin.ie)      [www.irishfolktours.com](http://www.irishfolktours.com)

### Smoking

A no smoking ban has been operated in Ireland since spring 2004. You are not allowed to smoke in public places (i.e. pubs, hotels, restaurants, shops, trains and buses etc.). However, you may smoke outside in the open air.

### Electrical current

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets.



## **Travel**

**Arrival:** You should aim to arrive in Ireland either in the morning or early afternoon of the first day of your tour. If you wish to transfer to your first accommodation by public transport, bus/train timetables should be consulted before you book your flights. If you wish to transfer to your first accommodation by taxi, your arrival time is not as crucial.

**Departure:** Whether you transfer to the airport by train, bus or taxi, your departing flight should be from late-morning onwards. Please allow ample time for travel to the airport, plus 1 to 2 hours for checking-in your luggage. Again, if you wish to transfer to the airport by public transport, bus and train timetables should be consulted before you book your flights.

You will find the bus and train timetables on the internet.

Bus [www.buseireann.ie](http://www.buseireann.ie)

Train [www.irishrail.ie](http://www.irishrail.ie)

## **Visa requirements**

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay. You will need photo identification travelling between Britain and Ireland.

All other nationalities require a passport that is valid for 3 months beyond the intended length of stay. Most nationalities including the USA, Canada, Australia and New Zealand do not require visas for Ireland and receive an automatic 90 day visitor's visa on arrival. If your nationality is not mentioned here you should check with your travel agent or consular office.