Cycling Safaris

THE WILD ATLANTIC CYCLING COLLECTION

WEST CORK & KERRY

Self Guided Premium tour 2027



Experience the very best of Ireland's south-west through some of the country's most breathtaking landscapes. From the tranquil mountain setting of Gougane Barra and the welcoming atmosphere of its family-run hotel to the spectacular coastal scenery of Bantry Bay and the dramatic Caha Mountains, every day brings something special. Enjoy a well-earned stop at Ireland's highest pub, the Top of Coom, before discovering the enchanting lakeside setting of Gougane Barra. Explore colourful Kenmare, with its charming boutiques, traditional pubs and excellent restaurants, and perhaps discover the beautiful woodland paradise of Derreen Gardens or take a boat trip across Kenmare Bay.

Indulge in a little luxury at the spectacular Parknasilla Resort & Spa, where beautiful coastal views, woodland walks and relaxing spa facilities provide the perfect treat.

The journey continues to beautiful Caragh Lake, before a spectacular finale through the unforgettable Gap of Dunloe, past Ladies View and Torc Waterfall, and into Killarney National Park.

On this tour we have picked the premium hotels in the region, so you can relax in the best of what area has to offer, an opportunity to discover the real magic of Ireland..

2027 TOUR ITINERARY

DAY 1 ARRIVE IN KILLARNEY



On arrival in Killarney you should make your way to your accommodation.

If you have time you could visit 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.

Overnight : 4* Hotel
Dromhall Hotel
Killarney Avenue Hotel

DAY 2 KILLARNEY TO GOUGANE BARRA (57kms / 35 miles)

Your journey starts on quiet backroads towards Lough Guitane, a beautiful spot, with the mountains providing a wonderful backdrop. You continue towards Morley's Bridge, crossing the Roughty River, where the countryside becomes increasingly remote, with rolling hills, farmland and narrow winding roads. Your cycle continues southwards into the hills of the Kerry-Cork border. A sustained climb through open countryside and increasingly dramatic mountain scenery brings you to the Top of Coom – Ireland's Highest Pub.
It's an ideal place to stop for refreshments, something to eat and a breather before continuing into West Cork.

After your pub stop, continue westwards crossing into the county of Cork with spectacular mountain scenery.
The road eventually brings you down towards Ballingeary, with the landscape opening up into the beautiful Gougane Barra valley.



The final arrival at Gougane Barra is a real highlight.

The lake, mountains and little island chapel of St Finbarr make it one of the most beautiful places in Ireland. This is a wonderful unspoilt part of Ireland where you stay in a small family run hotel the lake.

Although officially a 3 star hotel it punches well above its weight in terms of service, comfort and amazing food!

Overnight: Gougane Barra Hotel



DAY 3 GOUGANE BARRA TO KENMARE (58 kms / 36 miles)

Our route today takes us to the coast and the beautiful Bantry Bay. Initally the cycle takes you through wooded valleys, mountain streams and rolling farmland. The vistas start to open up as you cycle mainly downhill to the coast .



You arrive at the coast on the northern shores of Bantry Bay. An ideal place to pause, enjoy a coffee and take in the coastal atmosphere before continuing on your journey. The road hugs the northern side of Bantry Bay, with wonderful views across the water towards the Beara Peninsula. The scenery becomes increasingly dramatic as the mountains close in around the bay.

Continue along the coastal road towards Glengarriff, an excellent place for a pit stop.



The Caha Pass is the challenge before you! The climb is steady rather than brutally steep, but it will make you work in sections. However you can take your time as you are well rewarded with the most magnificent views. A rugged mountain scenery with some short tunnels cut directly through the mountainside, a memorable feature of the route.

You are rewarded at every turn with the views and then a spectacular downhill run towards Kenmare, with views of Barley Lake and the surrounding countryside

Your nights destination is the pretty and colourful village of Kenmare where you are based for two nights.

Overnight : 4* Hotel
Brook Lane Hotel



DAY 4 DAY IN KENMARE

Nestled between the spectacular Caha Mountains and the beautiful Kenmare Bay, Kenmare is one of Ireland's most charming and welcoming towns. Known for its colourful streets, friendly atmosphere, excellent restaurants and traditional Irish pubs, it is the perfect place to relax and unwind after a couple of days already exploring the magnificent scenery of the south-west.

You can spend the day enjoying your comfortable accommodation, delicious local food in one of its restaurants , a well-earned drink in one of its welcoming pubs or just wandering through its small boutique shops.

If you would like to cycle today Kenmare is also perfectly positioned for a cycle along the coast to Dereen Gardens. A magnificent 60-acre woodland garden, 25kms from Kenmare located on the Bay

Another option would be to take a trip on Kenmare Bay Boat Tours exploring the wildlife, marine life, and the breath taking scenery of Kenmare Bay!

DAY 5 KENMARE TO PARKNASILLA (25kms / 15 miles)

Todays cycle is short so that you have as much time as possible to enjoy your overnight location.

The cycle itself is very straightforward and is one road from Kenmare to Parknasilla. It meanders alongside the coast, sometimes with views of the bay and other times you are cycling in forested areas

Your destination is Parknailla Spa Hotel, set in a spectacular location overlooking the beautiful Kenmare Bay Surrounded by breathtaking mountain scenery, wooded walks and stunning coastal views, this exceptional resort is the epitome of luxury and hospitality. A chance to treat yourself to a little indulgence. Enjoy the spa, swimming pools, thermal facilities and delicious dining, all set against one of Ireland's most beautiful backdrops.



DAY 6 PARKNASILLA TO CARAGH LAKE (45 kms /28 miles)



Avoiding the main Ring of Kerry road you cycle across the peninsula.

Passing along quiet country roads with stunning views of the surrounding mountains, you climb up to the beautiful Gap of Ballaghbearna and descend the other side into another valley with views of Carrauntoohil, Ireland's highest mountain.

After lunch there is a wonderful cycle through quiet fields and over old stone bridges before coming to Caragh Lake. Following the lakeside you then head to Carrig Country House where you are spending the night.

Overnight 4 * hotel
Carrig Country House.



It is hard to believe that you are in the middle of the busy and bustling Ring of Kerry peninsula as you enjoy the tranquilty of your surroundings



DAY 7 CARAGH LAKE TO KILLARNEY (60 kms /38 miles)

The last day is long but you should hopefully have your cycling legs now!
In the morning you cycle on quiet back roads to Kate Kearney's Cottage where you can stop for a cup of tea.

You then enter the final highlight of the tour, the Gap of Dungloe, a place you will never forget.

Coming out of the gap you have an incredible view looking down the Black Valley before following a small quiet route through a peaceful valley surrounded by green fields full of grazing sheep.



You climb out of the valley to Molls Gap where you can have your lunch in the beautiful café here. From here it is downhill all the way to Killarney. You are rewareded with beautiful views passing "Ladies View", so called as Queen Victorias ladies in waiting were enthralled by the views when they visited.



The cycle brings you past Torc Waterfall and then a final stretch through the National Park back into the town of Killarney

A fitting end to a beautiful week!

2027 TOUR DATES

Our Self guided tours can start any day from April to October.

2027 TOUR PRICE

- €2180.00 per person sharing off peak
- € 250.00 per person high season supplement July & August
- € 980.00 single occupancy (on request only)

Solo travel surcharge on request (if you are traveling on your own).

Note bike hire is separated out of the tour price

- €140.00 24 speed touring bike with water bottle cage, lock, helmet and a small pannier bag
- €280.00 E-bike

WHAT THE PRICE INCLUDES

- Six nights in 4 star hotels with full Irish breakfast.
- One night (Gougane Barra) in a 3 star hotel with full Irish breakfast
- Route details in the form of GPS Tracks plus one set of printed details and maps per booking
- Luggage transfer each day
- 24 Hour service hotline

Meal expenses

All breakfasts are included in the tour price. Clients buy their own lunches and dinner throughout the trip. You should budget between €15 and €25 for lunch each day and an evening meal each night costing somewhere between €25 and €45.

Are there facilities to change money?

There are banks and cash machines in Killarney and Kenmare
Banks are open on Monday – Friday: 10.00am - 4.00pm. Credit cards are also widely accepted.

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

You will be given a mobile number which you can phone if you have any queries or issues on the cycle

Our bikes are serviced before each tour so they should be humming perfectly! If you experience small problems with the bike (i.e., a puncture) you will have a spare tube, pump and tyre lever. You can of course phone our office if you experience any major problems (+353 1 2600749).

WHAT TO BRING

*We would seriously recommend that you bring **padded cycling shorts and / or a gel saddle cover** which will definitely make your days cycling more comfortable. Cycling gloves are also a good investment. You can also bring your own saddle which should be possible to attach to our bikes.

*We provide small **pannier bags** (not waterproof) in which you can keep your day-to-day items. Otherwise you may prefer to use a daypack and there are back carriers on each bike for this purpose.

*We do not provide **rain gear** so be sure to bring your own light weight waterproofs.

*Don't forget **sun cream, sunglasses , sun hat** as well as a bathing suit for that refreshing dip in the Atlantic Ocean.

*Our rental bikes don't have **lights** – no problem on the long summer evenings, but if you are travelling in May or September, please bring your own lights or high-visibility vest.

*Finally if you wish to use **toe clips** please bring your own pedals with toe clips (and spanner) which you can attach to our bikes (the pedals on our bikes do not accommodate toe clips).

BIKE RENTAL

We will be renting Merida bicycles for our tours starting in Killarney.



Bikes come in different sizes and in gents and ladies style frames.
It is very important you give us your height on booking so that we can allocate the correct bike to you.

There are a number of hills to climb on this tour so we would recommend that you do try to do some cycling before the tour in order to make your week more enjoyable, if possible do it on varied terrain and include some hill climbing.

ACCOMMODATION

Accommodation typically used – subject to availability

Day 1 & 7: Killarney
Dromhall Hotel



Day 1 & 7: Killarney
Killarney Avenue Hotel



Day 2: Gougane Barra
Gougane Barra Hotel



Day 3 & 4 : Kenmare
Brook Lane Hotel



Day 5: Parknasilla
Parknailla Spa Hotel



Day 6: Caragh Lake
Carrig Country House.



GENERAL INFORMATION

Weather

Because we are an island located near the gulf stream Ireland has a very mild climate making it ideal for cycling. 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)

Visa requirements

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay.

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.

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 organise your trip if you are planning to spend more time in the country before or after your holiday with us.

www.discoverireland.com – Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

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 do
www.visitdublin.com (Dublin Tourism)

Recommended Reading & Listening

Ireland has a rich literary and musical heritage, some of which you will experience first hand on our tours. Should you like to do a little advance research the following websites should help you…
www.kennys.ie is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.
www.celticnote.com is the perfect place to carry out your acoustic research!