There is no better way to experience Ireland’s rugged southwestern coast than by bicycle. You’ll explore all that is truly Eire, like weathered stone remains of ancient Celtic ruins, velvety pastures speckled with flocks of grazing sheep, and the timeless charm of traditional Irish pubs. The grandeur of County Kerry will come alive, from the rugged beauty of the Wild Atlantic Way to the glacier-carved Glencar Valley to the peaks of the Macgillycuddy’s Reeks mountain range. Have your camera ready for the unspoiled terrain of the Beara Peninsula, steeped in myths and legends and rich in archaeological history. Then, settle into the warmth of our outstanding accommodations, share in jovial banter over a pint, and absorb the undying spirit of the enchanting Emerald Isle on your bicycle vacation of a lifetime.

See the self-guided version of this trip »

TRIP WOWS
The wild, pale grey mountains and stunning patchwork of peat bogs provide a truly unique backdrop for cycling
Enjoy a fresh pint of Guinness or a glass of Irish Whiskey in the pub with friends. They call this cherished part of culture the “craic”
Out here, the only traffic is the sheep wandering between pastures
The spectacular beauty of the Ring of Kerry provides an amazing insight into the ancient heritage of Ireland
The people embody the truest sense of Ireland, their lives are focused on sharing stories and laughs with friends
TODAY'S RIDE:
The Dunloe to Caragh Lake Loop
Approximately 27 miles with 1,350 feet of climbing

DESCRIPTION:
Your Trek Travel guides will meet you at Killarney Station at 11:00 AM on the first day of the trip. After a quick 20 minute shuttle you’ll arrive at our stunning 5-star hotel, where you’ll enjoy a gourmet picnic lunch. You’ll then have some time to explore the magnificent grounds before your Trek Travel guides familiarize you with your Trek bicycle, ensuring that you and your bike are the perfect fit. Your warm-up ride will take you through the surrounding countryside, providing a small taste of the delights that are in store for the week, and concludes back at the Dunloe, your home for the next two nights. This evening, you’ll gather with the rest of the group for cocktails, introductions and a discussion of the wonderful week ahead. Then, you and your traveling companions will enjoy a delicious welcome dinner surrounded by the mountainous Kerry countryside.

HOTEL:
The Dunloe Hotel and Gardens

INCLUDED MEALS:
Lunch | Social Hour | Dinner
TODAY'S RIDE:
Rossbeigh Beach to Cahersiveen to Ballaghisheen Pass Loop
Approximately 50 miles with 3,390 feet of climbing

DESCRIPTION:
This morning you will explore the famous Ring of Kerry, along the most beautiful parts of the Iveragh Peninsula. We'll shuttle approximately 30 minutes to the ideal starting point in order to make the most of the day's spectacular scenery; or, if you're feeling avid you can choose to ride straight from the hotel! Today's ride will take you along the northern coast of the peninsula, to a medieval stone fort with beautiful views of the surrounding countryside. You'll stop in the fishing village of Cahersiveen for a relaxing lunch of your choice, whether it's pub-style or at a cozy café. After lunch the ride back takes you through the Glencar Valley, a popular forested birding site in the shadow of the Macgillicuddy Reeks, Ireland's tallest mountain range. At day's end, you'll retire to your stately country hotel and enjoy a pre-dinner stroll through the grounds or a pint in the vaulted library. This evening, you'll savor local specialties at our hotel's restaurant.

HOTEL:
The Dunloe Hotel and Gardens

INCLUDED MEALS:
• Breakfast | Dinner

SHORT OPTION:
Rossbeigh Beach to Ballaghisheen Pass with Shuttle
Approximately 30 miles with 2,100 feet of climbing

AVID OPTION:
Europe to Cahersiveen to Ballaghisheen Pass Loop
Approximately 70 miles with 3,950 feet of climbing

TODAY'S RIDE AND ACTIVITY:
Gap of Dunloe to Kenmare | Walking Tour of Kenmare
Approximately 26 miles with 2,095 feet of climbing

DESCRIPTION:
You head south this morning, following the winding road that leads to the Gap of Dunloe, the most famous and picturesque pass in the Ring of Kerry. Be sure to capture the panorama of Macgillycuddy’s Reeks before enjoying a well-earned descent, passing the Killarney National Park on your left. Before stopping for lunch at a local Kerry favorite, master one final climb up through the Black Valley and up Moll’s Gap. After lunch, enjoy a long, rolling descent into Kenmare, or choose to loop out and around to the coast and over Blackwater Bridge. Cradled in the heart of Kenmare Bay, the bustling town of Kenmare will be your home for the next three nights. Enjoy a historic and hilarious walking tour with one of the few true Kenmare locals. Our tour culminates with a pint at a pub, naturally, and we may get a few special stories from our guide in exchange for a few pints of Guinness. Afterward, you are free to explore Kenmare for dinner. Your guides can provide recommendations for excellent dining in this delightful town.

HOTEL:
Sheen Falls Lodge

INCLUDED MEALS:
• Breakfast | Lunch

TODAY'S RIDE AND ACTIVITY:
Kenmare to Castletownbere | Ireland Beyond Guinness Tasting
Approximately 32 miles with 2,350 feet of climbing

DESCRIPTION:
This morning's ride will take you through the vast countryside along the Beara Peninsula. You'll follow winding roads alongside weathered stone walls, past quiet bays and stellar views of the dramatic coastline. For a short option, follow the rolling country roads back to Kenmare for a delightful bistro lunch on your own. Meanwhile, Today's Ride continues on to Castletownbere where riders will pause for a lunch of your choosing: options are sure to include some of the freshest seafood you've ever tasted. Shuttle back from there, or tackle Healy Pass where the high country will lead you to rocky peaks and gorgeous lakes, offering spectacular views of the Bantry Bay. This evening, freshen up and prepare for an entertaining education of the lesser-known drinks of Ireland. Your bike guides will swap hats to become your Irish beverage guides, and will take you on an "Ireland Beyond Guinness" tasting journey of locally favored beers, gins, and whiskys. This evening, the group will follow the tasting with a wonderful dinner at one of Kenmare's best restaurants.

HOTEL:
Sheen Falls Lodge

INCLUDED MEALS:
• Breakfast | Social Hour | Dinner
Day 5

TODAY’S RIDE: Kenmare to Bantry Bay
Approximately 26 miles with 1,735 feet of climbing

SHORT OPTION: Kenmare to Glengarriff with Shuttle
Approximately 21 miles with 1,500 feet of climbing

AVID OPTION: Kenmare Bay to Bantry Bay
Approximately 29 miles with 2,350 feet of climbing

DESCRIPTION:
Your morning begins with a short ride to Lorge Chocolatier, where you'll indulge in an authentic European chocolate tasting and learn the fine art of ganache and truffles under the tutelage of our host, Master Chocolatier Benoit Lorge. Resist the temptation to overindulge, though, as the jaw-dropping views of the Bonane Valley call you to pedal up the twisting, turning roads to Caha Pass. Watch out for sheep blocking the road as you make your well-earned descent. Today's excursion finishes at the maritime town of Bantry where we hop on a rib (a modern, inflatable boat) with a local guide to explore the bay. We'll pull up some lobster pots, try catching some fish and land on Whiddy Island for a cozy, celebratory Guinness and seafood snack before returning to the hotel. Here, your group will raise a glass to toast an incredible week of riding before enjoying a last sumptuous supper together.

HOTEL:
Sheen Falls Lodge
VISIT WEBSITE

INCLUDED MEALS:
Breakfast | Lunch | Social Hour | Dinner

Day 6

TODAY’S RIDE: Kenmare to Loughbarfinnhy with Molls Gap Climb Return
Approximately 14 miles with 1,100 feet of climbing

DESCRIPTION:
It's time to say goodbye to our magical vacation in the hills of Ireland. This morning is yours to explore as you wish. Go for one last early morning ride to a highland lake, stroll into town for a last-minute purchase, or perhaps linger over a relaxing Irish breakfast. You'll say farewell to your guides at 11:00 AM at Sheen Falls Lodge. You'll then board a 1-hour private shuttle to the Killarney Train Station, arriving in time for afternoon departures to other cities. Please do not book train tickets for departure prior to 12:00 PM. If you're flying out of Kerry Airport on this day, please do not schedule a flight prior to 3:00 PM.

INCLUDED MEALS:
Breakfast

WHAT'S INCLUDED

For us, the details matter most
Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What's Included

• 5 nights of accommodation at handpicked hotels
• Two experienced guides to provide local knowledge, support, and camaraderie
• Daily route support with both guides and our support van
• Daily breakfast, 3 lunches and 4 dinners
• 3 social hours of drinks and hors d'oeuvres
• Ride a Trek Checkpoint ALR 5 road bike or Trek Electric-Assist Verve+
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel Bontrager cycling jersey to keep
• Trek Travel water bottles to keep
• Cinch sack day bag to keep
• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
• Bontrager WaveCel helmets
• All gratuities for drivers, local experts and hospitality staff
• All luggage transfers and transportation during your trip
• A personalized photobook of your trip
• Entrance fees for all activities, private tours and events
Gear
• Trek Checkpoint ALR 5 road bike or Trek Electric-Assist Verve+, available in a limited quantity
• Trek Travel Bontrager cycling jersey to keep
• Trek Travel water bottles to keep
• Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
• Bontrager WaveCel helmet
• Bontrager men’s and women’s specific saddles
• Bontrager front and rear Flare R lights and a flat pack
• Garmin Edge 1030 GPS computer
• Cinch sack day bag to keep
• Upgrade your bike to include carbon wheels (+$200)
• Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
• For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING
Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What’s Not Included
• Airfare and transportation to and from the trip pick-up/drop-off locations
• Lodging before and after the trip
• Personal items purchased during the trip
• Optional activities not scheduled by Trek Travel
• On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

THE DUNLOE HOTEL AND GARDENS
KILLARNEY, IRELAND
The Dunloe Hotel & Gardens is one of the finest 5-star hotels in Ireland. Set on its own 64-acre estate, it overlooks the Gap of Dunloe and features manicured paths that lead to the ruins of a 12-century castle. The hotel restaurant offers the pinnacle of fine dining in Killarney.

SHEEN FALLS LODGE
KENMARE, IRELAND
Overlooking the picturesque Sheen Falls, this five-star Relais & Châteaux hotel is renowned for its award-winning restaurant and luxurious yet decidedly comfortable rooms and suites.

MEETING & DEPARTING
How To Get There
We suggest that you arrive at least
Meeting Time And Location
Your Trek Travel guides will meet you at the Killarney Station (East Ave, Killarney,
one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Cork Airport (ORK) or Dublin Airport (DUB), and then take a train to Killarney. The train from Cork takes approximately 1.5 hours, and from Dublin it takes approximately 3.5 hours. Train schedules can be found at www.irishrail.ie. A taxi from Cork Airport to the first night’s hotel, The Dunloe Hotel and Gardens, would cost approximately 150 euros.

Before: Killarney, Ireland

We recommend spending some time in Ireland either before or after your trip. While there is an endless amount of things to see in this country as a whole, here is a brief list of suggestions that you may enjoy in the city of Killarney. One of the town’s most popular attractions is in fact the town itself. Killarney meaning “church of the sloes”. Killarney is located at the Gateway to Killarney National Parklands. It is the largest town in county Kerry with a population of over 14,000 inhabitants. Although in saying this, the town centre is compact and easily manageable on foot for the best experience with a choice of Art Galleries, Traditional Craft shops, Elegant Boutiques, Award Winning Restaurants and Lively Pubs there is plenty to experience. Visit www.discoverireland.com/us/ to search upcoming events. We recommend the following accommodations for your pre-trip hotel:

Killeen House

Championship golf, incredible angling, unparalleled scenery and leisure facilities are all on our doorstep. Just a 10-minute drive from the centre of Killarney town and a 3-minute drive from Killeen and Mahony’s Point Golf courses. History in unclear as to whether Conrad Hilton had Aghadoe in mind when he declared the three most important criteria for any hotel - location, location, location! All 23 bedrooms are all furnished impeccably, ensuring you will experience comfort like never before.

www.killeenhousehotel.com | ~$200

Loch Lein Country House

A gateway to the Ring of Kerry, it is an oasis on this splendidly spectacular route – the ideal location to explore and experience local hills, National parks, world renowned golf courses and the magic and beauty of the Kerry landscape.

www.LochLein.com | ~$180

The Ross

Whether your visit is for work or for pleasure, The Ross Hotel in Killarney boasts luxury accommodation in Killarney, providing superb facilities with a touch of Irish luxury and all with a warm, friendly Irish welcome. Your room at one of the most luxurious Killarney Hotels, The Ross Hotel in Killarney is your home away from home.

www.TheRoss.ie | ~$250

After: Dublin, Ireland

If you are able to spend some time in Dublin either before or after your trip, there are countless things to see, but here is a brief list of suggestions that you may enjoy: spend a few extra days in downtown Dublin listening to live music in the thriving Temple Bar district; visit Trinity College’s Old Library, which houses the famous Book of Kells; view Ireland’s visual

Departing Time And Location

You will say farewell to your guides at 11:00 AM at Sheen Falls Lodge. You’ll then board a 1-hour private shuttle to the Killarney Train Station, arriving in time for afternoon departures to other cities. Please do not book train tickets for departure prior to 12:00 PM. If you’re flying out of Cork Airport on this day, please do not schedule a flight prior to 4:00 PM. If you’re planning to fly out of Dublin, we recommend booking a flight for the following day.
history at the National Photographic Archives; enjoy distillery tours, such as the Guinness Storehouse and the Old Jameson Distillery. Tours to the Burren region and the Cliffs of Moher make for a superb day trip out of Galway City. Include a visit to the seaside village of Doolin, a musical hotspot in the west. We recommend the following accommodations for your post-trip hotel:

This hotel is comprised of five Georgian townhouses and is tucked away on a quiet side street, across from the National Museum. It is a short walk away from Dublin’s famous Grafton Street, St. Stephen’s Green, and Temple Bar. Each charming room is large and period-furnished.

www.Buswells.ie | ~$200

* Hotels listed above are local properties we love. We do not have special rates available.

FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 28
- Terrain | Hilly
- Average Daily Elevation | 2,088 feet
- Total Miles | 168
- Total Elevation | 12,530 feet

Averages and totals are calculated from our “Today’s Ride” options.

The terrain is varied with sustained ascents and somewhat challenging climbs, if you opt for the more difficult routes. Ireland is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Walk the ‘Kerry Way’ - a trail that closely follows the Ring of Kerry
- Enjoy a whisky tasting
- Golfing options in Kenmare
- Private hands-on chocolate making class
- Boat ride with local fishermen

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.