



West Cork & Kerry – 4 or 7 nights

‘See some of Ireland’s most spectacular scenery – a wonderful combination of sea, lakes and mountains’



Killarney Lake



Road with a view, Kerry

- **Stunning scenery: Killarney Lakes, Kenmare Bay and the Beara peninsula**
- **Choice of itineraries**
- **Staying in small hotels or friendly B&B's**
- **Bed & breakfast accommodation with 1 evening meal on 7 night tour**
- **Easily accessible from the UK**

The wonderful and dramatic scenery in this part of Ireland has been drawing visitors for centuries. The combination of beautiful coastline, lakes and mountains makes this cycling holiday irresistible. Highlights are the Lakes of Killarney, Kenmare, one of Ireland’s most picturesque towns, the Beara peninsula with its stunning vistas, Castletownbere, the fishing village where Pete MacCarthy tracked down the famous MacCarthy’s Bar, and Glengarriff with Garnish Island at the head of Bantry Bay.

Both the 4 and 7 night tours allow you to see the wonderful mixture of landscapes which define this region. Shortly after leaving your start point of Killarney you are amongst the world famous lakes of Killarney. A climb to Moll’s Gap reveals marvellous views of Macgillycuddy’s Reeks, the highest mountain range in Ireland. Both routes feature the wonderful coastal rides along Kenmare Bay and Bantry Bay. Be sure to pack your camera!

The end of both routes passes through the enchanting Coolea region on remote, peaceful mountain roads. You return to Killarney at the end of the tour, reflecting on some sensational scenery and wonderful cycling.

4 and 7 night self-guided tour options give you flexibility. Choose your favoured itinerary and enjoy a holiday to remember!

ITINERARY

4 nights: Arr ✈ Kerry

- Day 1 Killarney**
Arrive Killarney. Make your own way to your bed & breakfast accommodation. If you have time perhaps visit Ross Castle overlooking Lough Leane.
- Day 2 Killarney – Kenmare ■ Cycling 23m; 37km**
Cycle through the beautiful grounds of Muckross House and then on a quiet path between two of the Killarney lakes. A climb up to Moll’s Gap is rewarded by spectacular views of the surrounding mountains. You then drop down to the picturesque seaside town of Kenmare.
- Day 3 Kenmare – Castletownbere ■ Cycling 31m; 50km**
Follow the coast road hugging Kenmare Bay with breathtaking views of Macgillycuddy’s Reeks to the north. A variety of routes around the Beara peninsula will be one of the highlights of the tour, allowing you to see some of Ireland’s finest coastal scenery.
- Day 4 Castletownbere – Gougane Barra ■ Cycling 41m; 65km**
Cycle along Bantry Bay to Glengarriff, and then inland through the Keimanagh Pass to the beautiful lakeside retreat of Gougane Barra. Stay in a family-run hotel overlooking the lake.
- Day 5 Gougane Barra – Killarney ■ Cycling 35m; 57km**
Cycle up to the Coolea region on peaceful mountain roads before descending back down to Killarney. You should be back in Killarney by mid-afternoon. Either head back home or spend an additional night in Killarney.

7 nights: Arr ✈ Kerry

- Days 1 to 3: Same as 4 night itinerary
- Day 4 Castletownbere Circuit ■ Cycling 25m; 40km**
A suggested optional ride will take you on a circuit round Beara to Eyeries, Allihies, and to the end of the peninsula, where you will find Ireland’s only cable car which can take you across to remote Durse Island.
- Day 5 Castletownbere – Glengarriff ■ Cycling 22m; 35km**
Cycle along Bantry Bay to Glengarriff, famous for its near sub-tropical climate and the gardens on Garnish Island, accessible by local ferry.
- Day 6 Glengarriff – Gougane Barra ■ Cycling 21m; 34km**
Head inland, cycling along quiet country roads to the lakeside retreat of Gougane Barra. You are in Ireland’s first National Park in peaceful surroundings.
- Day 7 Gougane Barra to Killarney ■ Cycling 35m; 57km**
Cycle up to the Coolea region where you can enjoy a cuppa in Creedon’s, Ireland’s highest pub before descending to Killarney and the final night of the tour.
- Day 8 Return home**
Make your way to your chosen departure point to return home.



Ballydonegan Bay, Beara



Drink with a view



Open road in Kerry

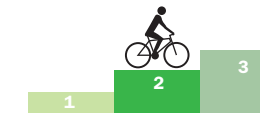
TOUR & TRAVEL INFORMATION

Terrain

The terrain is hilly in parts so the two itineraries are not recommended for children under 14 or for cyclists who are not reasonably fit. The tours use mainly small country roads with little traffic.

Daily Mileage

21-41m (34-65km)



Climate

The west of Ireland has a mild climate due to its proximity to the Gulf Stream. Summer daytime temperatures range between 15°C and 22°C (60°F to 72°F). Please bring waterproofs as well as your sun cream as rainfall is not unknown in this part of the world!

Travel Information

Flights to Kerry: Available from the UK with Ryanair from a variety of airports.

Ferry/drive: Ferries available into Cork and Rosslare – please check online for details.

Transfer Information

Local bus or taxi service from Kerry Airport to Killarney.

“The ‘Black Stuff’ is always welcome.”



MacCarthy’s Bar, Castletownbere

PRICES

Prices are per person and exclude flights. Board basis is bed & breakfast for 4 or 7 nights, with one evening meal on the 7 night tour. Prices are based on two people sharing a room.

	MAY, JUNE, SEP	JULY, AUG
ADULT		
4 nights	£ 399	£ 419
7 nights	£ 599	£ 649

Single room supplement £25 per night.

DEPARTURE DATES 2010

Any day 1 May to 30 September 2010