



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Ireland – Ring of Kerry and Dingle Peninsula Bicycle Tour (2025)
Individual Self-Guided
8 Day/7 Nights



Our Safari starts and finishes in Killarney, shadowed by the MacGillikuddy Reeks and adjacent to the famous Muckross National Park. We head deep into the Iveragh Peninsula along quiet backroads toward the villages of Sneem and Glenbeigh. We then head to the Dingle Peninsula, the most westerly point in Europe, and see us cycling along the dramatic Sleat Head coast amongst Neolithic ruins with a wonderful view out to the Skellig and Blasket Islands. We rest amongst the great array of shops and restaurants that the town of Dingle has to offer. The weary may pause for a well-earned pint in the famous Dick Macs pub, which doubles up as a cobbler! After our rest day the Conor Pass stretches the legs again as we take in the stunning vistas of the peninsula from its lofty perch before enjoying the freewheel down to lunch. Our last day's cycle takes us through the Gap of Dunloe and Black Valley, a fitting finish to this dramatic tour, before we end up all too quickly back in Killarney.



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Itinerary Day to Day

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 rent a boat from here and row out to a 6th Century monastic site located on one of the nearby islands. Ross Castle is about 2 kilometers from the town.

Day 2: Killarney - Sneem 47 km

The tour starts off by following a cycle track into the beautiful 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 cycle along a quiet cycle path between two of the Killarney lakes before you return to the main road. A steady climb follows to your lunch stop at Molls Gap where you are rewarded with delicious food in the restaurant with its beautiful views of the surrounding mountains. In the afternoon you cycle to Sneem looking out over panoramic views of the surrounding landscape.



Day 3: Sneem - Glenbeigh 51 km

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 Ballaghbearn 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 west to the seaside village of Glenbeigh where you spend the night in a comfortable hotel.



Day 4: Glenbeigh - Dingle 47 km

You start the day with a short coach trip to Dingle where you are based for two nights. You follow the Sleah Head Route around the tip of the Dingle peninsula. This is one of the highlights of the tour with a wide variety of archaeological sites to visit along the route and some of the most breathtaking coastal scenery in the country.



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Day 5: Rest Day In Dingle

A variety of activities can be organized from the town. You can join an archaeological bus tour of the peninsula or you can 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 the most magnificent views of Dingle Bay or simply potter around the town with its many shops and aquarium.



Day 6: Dingle - Killorglin 65 km

The morning starts with a long steady climb up to the Conor Pass with its stunning views of Mount Brandon and the coastline in the distance. There follows a wonderful descent and then a nice flat cycle along the coast to the village of Camp where you can stop for lunch. In the afternoon you head straight into the mountains and 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. You then descend down the other side and cycle the final stretch to our night stop in Killorglin.

Day 7: Killorglin - Killarney 59 km

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 Dunloe, 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 return to Molls Gap where we had lunch on the first day. After lunch there is a wonderful freewheel back down to Killarney. That evening you have a final night on the town before heading home the following morning.



Day 8: Departure

Breakfast, followed by farewell and departure for your onward journey



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Route



Technical Characteristics:

Difficulty Rating: Easy to moderate. Mainly on quiet roads, some steep climbs, hilly terrain.

Distance: 278 km

Travel Season: Self-Guided Tours: Departures daily from May 1 – September 30 **minimum 2 riders**



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Price per Person:

Self-Guided

Double Occupancy Off Peak Season	€ 1250
Double Occupancy Peak Season (July and August)	€ 1325
Single Occupancy Supplement- on request	€ 380
Solo Traveler Surcharge	On request
Bike Rental	€ 125
E-bike Rental	€ 280
Extra Nights Killarney Double Occupancy	On request
Extra Nights Killarney Single Occupancy	On request

Accommodation:

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

Included:

Self-Guided Tour:

- Seven nights' accommodation with breakfast
- Route maps and details
- Transfer from Glengarriff to Dingle
- Luggage transfer each day
- 24 hour service hotline
- GPS tracks available

Not Included:

- Travel to and from start/finish of tour
- Meals other than breakfast

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