

Hiking Ireland Coast to Coast

Trip Code: WHI

Version: WHI Hiking Ireland Coast to Coast



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Bag the highest mountain in 3 of Ireland's provinces, including Ireland's highest mountain
- Discover the wild landscapes of 3 of Ireland's national parks: Wicklow, Connemara & Killarney
- Enjoy traditional Irish music in any one of Killarney's lively local pubs
- Fantastic value for money with most meals, accommodation, baggage transfer and expert local guide included

AT A GLANCE

- 5 days walking
- Join at Galway

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 Lunches
- 2 Dinners
- 6 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The ideal trip for peak-bagging enthusiasts who want to discover hidden Ireland, this holiday explores three of Ireland's most spectacular national parks – the Wicklow Mountains National Park, Connemara National Park and Killarney National Park. Not only that, but you'll summit the highest peaks in all three parks, including Carruntuohil, Ireland's highest mountain at 1040m. As with all our Irish trips, we'll combine our exploration of its wild landscapes with the best Irish cuisine and what better way to celebrate our hiking achievements than with a traditional Irish music session in one of the great local pubs in lively downtown Killarney? This is a holiday designed for hikers who want a challenge but who also want to explore the stunning wilderness of Ireland as widely as possible.

Is this holiday for you?

This holiday is suitable for fit and experienced hikers. We hike at a good pace and you can expect to be out for 6-8 hours a day. You will not always be on a path and the terrain underfoot can be rough and boggy, including boulder fields and mountain tops. Some of the daily hikes will involve a mountain ascent of over 3000ft/900m high. Daily distances will be typically up to 16km but may be longer occasionally. Daily hike details are available in the itinerary. The weather in Ireland can be unpredictable and at times can make activities more challenging.

Itinerary

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DAY 1

Meet the group at Galway Kent Railway Station. Walk in Connemara National Park.

From the vibrant Galway City, we start our hiking journey in Connemara National Park. The famous Irish playwright and wit Oscar Wilde once described the region as a 'savage beauty.' It's easy to see why as gentle green fields give way to the rugged west coast. It's time to put our boots to test this afternoon on our hike into the sweeping hills of this rugged region. Characterised by its glittering quartzite rocks and boggy slopes, Connemara's peaks contrast sharply with the gentler Wicklow Mountains.

Meals: **L D**



Accommodation
Guesthouse



Time
4 - 5 hrs walking



Distance
10KM

DAY 2

Walk to the summit of Mweelrea, Connemara's Highest Mountain - breathtaking views await.

Mweelrea, the highest mountain in the west of Ireland, is best known for its breathtaking panoramic views. The distance is relatively short but the terrain is challenging and the summit is hard-earned but well worth it. The south falls steeply to the waters of Killary Harbour, Ireland's largest fjord. To the east stretches the sprawling Sheffry Hills and the mountain Ben Gorm, and to the west lie the white sandy Atlantic shores.

Meals: **B L**



Accommodation
Guesthouse



Time
7 hrs walking



Distance
13KM

DAY 3

Transfer south to the Kingdom of Kerry and discover the green valleys and wild hills of Killarney National Park.

Leaving behind the remote mountains of Connemara, we head southwards to the Kingdom of Kerry. In

the afternoon, you'll discover the lush green valleys and wild hills of Killarney National Park, Ireland's first established national park. Away from the more popular parts of the park, instead our hike heads up into the quiet hills where a fantastic view of the Magillicuddy's Reeks Mountains spreads out before us, our first glimpse of tomorrow's challenge.

Meals: **B L**



Accommodation
Guesthouse



Time
3 hrs walking



Distance
7KM

DAY 4

Summit Ireland's highest peak; Carrauntouhil. Traditional Irish music session in the evening.

Carrantuohil is Ireland's highest peak and the jewel in the crown of our high points hiking tour. At 1,040m, its jagged summit presents an enticing challenge for today! There are many paths to the summit: the cliff-sides of O'Shea's Gully or the aptly named Devil's Ladder are just two options. As we hike, we'll take time to admire the wildflowers, spot raptors soaring on the mountain thermals and keep a lookout for Irish mountain hares. This evening, we'll celebrate our high points hiking trip accomplishments with a traditional Irish music session in one of the great local pubs in lively downtown Killarney.

Meals: **B L**



Accommodation
Guesthouse



Time
7 hrs walking



Distance
12KM

DAY 5

Walk in the Wicklow Mountains National Park.

From wild Kerry we head east to our next destination, Wicklow Mountains National Park. Full of emerald hills topped with purple heather and framed by lush forests, Wicklow is a special place. In the 6th century, the monk St Kevin sought solace and contemplation. He found it here in the idyllic surroundings of Glendalough's lakes and valley. Today's hike explores the quiet hills beyond Glendalough's ancient monastery and follows the Glenealo River through a stunning glaciated valley.

Meals: **B L**



Accommodation
Guesthouse



Time
4 hrs walking



Distance
9KM

DAY 6**Walk to the summit of Lugnaquilla Mountain. The highest peak in the Wicklow Mountains.**

Our goal for today is reaching the summit of Lugnaquilla Mountain. The highest peak in the Wicklow Mountains, one of Ireland's six national parks, as well as in the entire province of Leinster, majestic Lugnaquilla proudly overlooks the glittering green valley of Glenmalur. We follow an exceptionally scenic route to the top of Lugnaquilla via a cliff-fringed hanging valley to arrive at the plateau summit named after a 17th century local character.

Meals: **B L D**



Accommodation
Guesthouse



Time
8 hrs walking



Distance
17KM

DAY 7**A last walk on the Wicklow Way. Travel to Dublin.**

After an epic Irish hiking adventure covering an incredible variety of landscapes, some of Ireland's bucket list hikes and tastiest pints of Guinness, it's time to head to the capital where you can start your onwards journey or take a few days to explore, but not before you'll get one last opportunity to stretch your legs on part of the country's oldest and most venerable long distance trails, the Wicklow Way.

Meals: **B**



Time
2 hrs walking



Distance
5KM

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers involved in the itinerary
- All accommodation as described
- Meals as listed in the meal plan

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- Drinks
- Miscellaneous personal expenses

Important Notice

This holiday is operated in association with Wilderness Scotland, and they sell their own customers directly on to this trip also. KE acts as an agent for Wilderness Scotland and by booking this holiday you are entering into an agreement directly with Wilderness Scotland under the terms of their [booking conditions](#).

Joining Arrangements & Transfers

On Day 1 your Guide will meet you in Galway Kent Railway Station by the ticket machines at 11:00 am on Day 1 of your trip.

On Day 7 you will be returned to Dublin City Centre by 12:00 pm on the final day of your trip.

Meal Plan

All breakfasts. Lunches on Days 1-6. Dinner on Days 1 and 6 are included.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This hiking trip features accommodations chosen for their excellent location, service and comfort. Expect small, comfortable and characterful lodging in B&Bs, family-run hotels or guesthouses, both in town as well as in rural communities. Accommodation is a choice of double or twin rooms, which are en-suite with a shower.

Group Leader & Support Staff

The group will be led by an experienced and qualified leader.

Baggage Allowance

There is no weight limit for your luggage on this holiday, however you will need to be able to lift and move your own luggage easily. There is also limited room in the transfer vehicles, and so one bag to be transferred and one day pack per person is ideal.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in the UK is Sterling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Galway Kent Railway Station by the ticket machines at 11:00 am on Day 1 of the itinerary.

Travel arrangements should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run'.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

On our Irish holidays we pride ourselves on the quality of our meals, the excellence of our local expert guides, and our attention to organisational detail, meaning that you can have a world-class experience in some of the world's most majestic scenery.

Please Note This document was downloaded on 30/06/2025 and the trip is subject to change