

# Hiking the Mountains of Connemara and Mayo

Trip Code: WCM

Version: WCM Hiking the Mountains of Connemara and Mayo



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Reach the summit of three of the west of Ireland's highest peaks.
- Follow the ancient pilgrimage route of St Patrick in the Connemara Hills.
- Discover the most unspoilt and sparsely populated region of Ireland.

- Enjoy expert local guides who will bring this western region to life.
- Most meals, accommodation, transfers and your guide are included in the cost.

#### AT A GLANCE

- 5 days walking
- Join at Galway

#### ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 Lunches
- 5 Dinners
- 6 nights Guesthouse

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

## Introduction

Oscar Wilde described Connemara and Mayo as ‘a savage beauty’ and even today the region retains its unspoilt wildness. On this seven day hiking trip we’ll summit three of the highest mountains in west of Ireland including the highest peak in west Ireland, Mweelrea and we’ll tackle Ireland’s most famous pilgrimage mountain, Croagh Patrick, in the remotest hills of Connemara. This really is the edge of the western world with stunning views across the Atlantic and the freshest breezes in Europe. Away from the touristy spots, you can immerse yourself in Ireland’s folklore, geology, archaeology and natural history as you experience the wildernesses of western Ireland.

### 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 Train Station. Walk to the summit of Connemara's most iconic hilltop, Diamond Hill.**

Leaving the busy city of Galway behind, we head west into rural Connemara. Climbing to the summit of Diamond Hill, arguably the finest of all hilltops in the Connemara area, is a great way to start your weeks explorations of this wild coastline. From the summit, there are views out into the Atlantic and in to the brooding hills and mountains beyond. Below the inland skyline, you may be able to pick out the gothic style turrets and towers of Kylemore Abbey, or look out to sea for huge views of the wild Atlantic Ocean. This evening we'll share dinner together in a local pub, rounding the day off perhaps with a perfect pint and if we're lucky, the traditional music of an Irish folk band.

Meals: **L D**



**Accommodation**  
Guesthouse



**Time**  
4 hrs walking



**Distance**  
6KM

## DAY 2

**Walk through Connemara National Park and amongst the Twelve Bens mountain range.**

Today, we'll take the path less travelled through Connemara National Park and hike amongst the Twelve Bens mountain range - sharp, quartzite peaks that are an ever present feature of hiking in Connemara. These beautiful mountains offer some of Western Ireland's wildest (and boggiest!) landscapes, with sweeping views over Kylemore Abbey, Connemara and the shimmering Atlantic.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Time**  
6 hrs walking



**Distance**  
13KM

## DAY 3

## Walk up Leenane Hill, with 360 degree views over the rugged MaamTurks Mountains and out across the fjord to the Atlantic Ocean.

Today, we're in for a treat! Following a small trail up Leenane Hill, we explore a little-known part of Mayo that few other hikers get to experience. On the way up, beautiful views of Killary Fjord spill out on one side, while the wild bogs of Mayo extend out on the other. A fast-disappearing terrain, learn a little about the importance of Irish bogs from an ecological as well as historical perspective. From the top of Leenane Hill, enjoy 360 degree views over the beautiful and rugged MaamTurks Mountains, Mweelrea Mountain, and out across the fjord to the Atlantic Ocean.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Time**  
4 - 5 hrs walking



**Distance**  
13KM

### DAY 4

## Spectacular coastal walk along Killary Fjord.

Certainly one of Ireland's most spectacular coastal hikes, this gentle walk along Killary Fjord takes us past rocky outcroppings of sheep-shorn grass with the distant Atlantic spreading out before us. Overlooking a necklace of powdery white beaches along the Atlantic shoreline, sharp eyes can spot pods of dolphins on the surface of a seascape dotted with islands. Delve into Irish history as we pass a famine-era abandoned village while your guide explains the rich ancient histories of this little-changing landscape.

Meals: **B L**



**Accommodation**  
Guesthouse



**Time**  
3 hrs walking



**Distance**  
12KM

### DAY 5

## Mweelrea Mountain, Connacht's Highest Peak

Mweelrea, the highest mountain in the west of Ireland, is a great place to hike with breathtaking panoramic views. The south falls steeply to the waters of Killary Harbour, Ireland's largest fjord. To the east stretches the sprawling Sheffry Hills and Ben Gorm mountain, and to the west lies sandy, white Atlantic shores. In the evening, enjoy some Irish traditional music in the pubs of the colourful coastal village of Westport.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Time**  
7 hrs walking



**Distance**  
13KM

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**DAY 6****Walk up the Holy Mountain of Croagh Patrick. Free time in the afternoon in Westport town.**

The pilgrimage up the rocky sides of Croagh Patrick is a 5,000-year-old tradition where barefoot pilgrims gather to summit Croagh Patrick at the end of each July. Our hike takes us on a less-travelled route, following the ridge to the tiny church clinging to the summit. From here, we'll drink in the spectacular vista of Clew Bay and its 365 drumlin islands one for each day of the year! Ask your guide about the 16th century pirate queen, Grace O'Malley, who once reigned these waters. After the hike, head into Westport town to enjoy Westport's lovely cafes, pubs and shops.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Time**  
6 hrs walking



**Distance**  
12KM

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**DAY 7****Free time in Westport town and transfer to Westport train station.**

This morning, it's time to say goodbye to the Wild Atlantic Way, but before you do so, you'll have the chance to tuck into a final hearty breakfast and enjoy the bustling market town of Westport. Crowned by the iconic peak of Croagh Patrick that we conquered earlier this week, you'll have time for a bit of last-minute souvenir shopping, a walk around the colourful streets or have a peek at Westport's many historical sites before we part ways at Westport Train Station.

Meals: **B**

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## Holiday Information

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

## Joining Arrangements & Transfers

On Day 1 of the itinerary your guide will meet you at Galway Ceannt Railway Station by the ticket machines at 12:00pm.

On Day 7 of the itinerary you will be transferred to Westport Railway Station for 1:00pm.

## Meal Plan

All breakfasts, lunches on Days 1 - 6 and dinner on Days 1 and 6 are included.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Evening meals will be taken either in the local villages, which offer a good choice of restaurants to suit every taste, or perhaps in a different location along the our route depending on the day's hike. Each morning, enjoy a homemade breakfast of your choice at your accommodation. Lunch will be taken in a cafe in day 1, and a Picnic along route. Throughout the day, your guide will provide water and tasty, Irish snacks. Evening meals are included on the first and last nights only. For all other evenings, your guide can provide expert recommendations.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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 and exceptional location, service and comfort in Connemara and Mayo. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in small towns 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

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 currency for part or all of this holiday is the Euro.

## 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 prior to 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 direct 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.

## Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Galway Ceannt Railway Station at 12:00am 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'.

# 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 18/05/2024 and the trip is subject to change