



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE



Day Hiking Ireland's Spectacular Southwest Coastline
Beara and Dingle Peninsulas
September 12 – 22, 2020 (Trip # 2052)

"May the road rise up to meet you. May the wind be always at your back."



Pre-historic stone circle near Eyeries



Coastal settlements

Trip Summary

Join us for eight days of day-hiking Ireland's Beara Way—a magical world of mountains and lakes surrounded by a picturesque seacoast.

The Beara Way is a long-distance walking route around the spectacular Beara Peninsula that stretches out into the Atlantic Ocean. Quite remote, it has remained perhaps the most unspoiled part of Ireland with active fishing villages, bucolic farmlands, and a large concentration of historical and archaeological sites.

The main towns along our route are Castletown-Berehaven, Eyeries, Kenmare, Killarney and Tralee. We will visit colorful villages along our route and explore two islands. Our last day will be a bus tour and walking exploration of Dingle Peninsula.



Southwest Ireland: Beara and Dingle Peninsulas

Itinerary

Note: The exact itinerary may require changes based on safety factors, transportation logistics, or lodging availability, and other unforeseeable circumstances such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies. The leaders reserve the right to make such changes as necessary, both before and during the trip.

Day 1, Saturday, September 12: Flights from US depart.

Day 2, Sunday, September 13: Arrive at Shannon Airport. (Flights from US depart previous day.) Transfer to Castletownbere on the Beara Peninsular.

Overnight in Castletownbere

Day 3, Monday, September 14: Beara Island (ferry to and from the island). A charming island that offers a haven of peace and tranquility on a walk that winds you along old abandoned roads and grassy tracks, through a rocky wilderness to a picturesque lighthouse and a ruined signal tower. From here, you will have magnificent panoramic views of Bantry Bay, Berehaven Harbour.

Overnight in Castletownbere

Hike: 12 km/7.5 mi, ascent 420 m/1260 ft, 3-4 hrs



Dursey Island

Day 4, Tuesday, September 15: Dursey Island – The Sanctuary of Bear. You will be transported from Castletownbere to Dursey Sound, where you will take a cable car across to the island, the only cable car which crosses sea water anywhere in Ireland, the journey is only 200m. The island is only 6.5 km/4.6 mi long and 1.5 km/1mi wide, with a population of only six, with no shops, pubs or restaurants. Dursey is famous for its magnificent variety of bird species and is a birdwatchers' heaven. The island offers a barren and charming beauty, with a rugged coastline, cliffs

and a patchwork of fields divided by dry stone walls and ditches. Dursey was awarded one of the top 10 walks in Ireland for 2010. Transfer in the afternoon to Allihies.

Overnight in Allihies

Hike: 14 km/8.7 mi, ascent 240 m/720 ft, ~4 hrs

Day 5, Wednesday, September 16: Allihies to Eyeries. This may be a short walk day but the views along the way are incredibly beautiful. You will leave the village and walk through what remains of an old copper mine, which was once the largest producer of copper in Europe. The trail follows an old disused road that offers you views across Clough Bay, the Kenmare River and beyond to the Kerry Coastline. If you arrive into the village early you can relax by exploring the small colourful village, by taking a walk to the beach, or sitting back and doing some reading.

Overnight in Eyeries

Hike: 12 km/7.5 mi, ascent 160 m/480 ft, ~3.5 hrs

Day 6, Thursday, September 17: Eyeries to Lauragh. After leaving Eyeries, the trail takes you down to Eyeries Point to follow a beautiful coastal path by Coulagh Bay to reach Ballycrovane Harbour, near which is the site of a magnificent 14-foot high prehistoric standing stone, with an inscription in ancient Ogham writing. From here, the trail turns inland to pass a charming lake called Lough Fadda (Long Lake) and on to follow a small ridge that offers a new panorama of the Kenmare River. The trail takes you through the quaint village of Ardgroom, walking parallel to the Ring of Beara road to cross the border in county Kerry and the village of Lauragh. Pickup and transfer to Kenmare (25 km, 30 min)

Overnight in Kenmare

Hike: 24 km/15 mi, ascent 290 m/870 ft, ~6.5 hrs

Day 7, Friday, September 18: Lauragh to Kenmare. Pickup and transfer back to Lauragh. The



Eyeries and Coulagh Bay

trail takes you out of Lauragh on a small country road to ascent steadily passing Knockatee and Drombohilly Mountains and the picturesque and lonesome Gowlaun Lough, skirting around the base of Knockagarrane Mountain to join a small track and country road that leads you to your final ascent onto the saddle of Derrysallagh. From here, you start your descent into the charming and colorful town of Kenmare.

Overnight in Kenmare

Hike: 19 km/11.8 mi, ascent 275 m/825 ft, 5-6 hrs

Day 8, Saturday, September 19: Kenmare to Killarney. Transfer from Kenmare to the start of the walk. A super walk along the “Old Kenmare Road” a delightful pass between Peakeen & Knockanaguish Mountains. Descend through Killarney National Park, old oak forests, lichens, red deer, with views over the Lakes of Killarney. The end of the Way passes 18th century Muckross House and Gardens and into the tourist town of Killarney.

Overnight in Killarney

Hike: 20 km/12.5 mi, ascent 550 m/1650 ft, 7-8 hours



The Beara coastline

Day 9, Sunday, September 20: Killarney. Spend day in historic Killarney, exploring the town. Tour the 15th century Ross Castle on the shore of Lough Leane and the 18th century stately residence, Killarney House & Gardens, in Killarney National Park.

Overnight in Killarney

Although we will not be “hiking,” we expect to walk several miles.

Day 10, Monday, September 21: Bus tour of Dingle Peninsula. Pickup in Tralee for a bus tour of Dingle, with stops along the way that includes Inch Beach, where part of a movie, Ryan’s Daughter, was filmed, Minard Castle, Dingle Town, Sleah Head & The Blasket Island Visitors Centre, and Tralee Town. We will walk about and explore at each stop along the way.

Overnight in Tralee

Although we will not be “hiking,” we expect to walk a few miles.

Day 11, Tuesday, September 22: Pickup in Tralee and transfer to Shannon Airport for final departure.

Hiking Overview

This hiking trip is rated [4 \(moderate\)](#). We will hike 7-15 miles per day. Elevation ascents per day vary from 330 ft to 1650 ft. Hikes will range from easy/moderate to moderate/strenuous throughout the week. There may be some water crossings and spots with exposure to wind and steep drop-offs.



Typical Beara village

Participants should be in good shape and able to hike up to 8 hours per day over irregular terrain. The average high temperature will be in the low 60s, and nighttime temperatures will be about mid-40s. September is one of the best months to visit Ireland. There are never any promises when it comes to Irish weather, but autumns tend to be relatively mild and have fewer crowds. We should be prepared just in case for rain (and rainbows) every day.

Possible Itinerary Changes

Weather conditions, delayed planes, or automotive breakdowns can change our daily plans. Everyone is expected to “roll with the punches,” be cooperative, abide by leaders’ decisions, assist leaders as requested and add to the total group

experience while enjoying themselves. Foremost, while leaders will try to offer options and solicit participant preferences, the decision of the leaders will always be final as they are ultimately responsible for the safety of the group.

Accommodations, Meals, and Transportation

The group will stay two-to-a-room in family-owned and operated B&B’s in Castletown-Berehaven, Allihies, Eyeries, Kenmare, Killarney, and Tralee.

Each morning we will enjoy a traditional Irish breakfast and buy a trail lunch for the day. Each evening (but one) the group will dine together at local restaurants where we will experience traditional fare. All breakfasts and all dinners (but one) are included in the trip price. Lunches, trail snacks, and all alcoholic beverages are not included.

Ground transportation will be provided by a locally owned transportation service.

Arriving and Departing

Plan to arrive in Shannon on the morning of Sunday, September 13, 2020. (Leave the US on Saturday, September 12.) The trip leaders can assist you with information on flights from the East Coast or other points. At the airport, we will gather for our transport to Castletown.

This trip ends in Shannon at 9 AM on Tuesday, September 22, 2020. Due to this ending time, we

will leave Tralee by 7 AM and you will want to plan your departure from Shannon any time after 11 AM. Of course, you may arrive early or extend your trip.

Price, Registration and Cancellations

The trip price is \$2495 for AMC members, and \$2595 for non-members. Non-members can [join](#) AMC for \$50, and pay the same trip price. The price includes double-occupancy lodging, ground transportation, and all breakfasts and dinners all dinners but one. It does not include airfare (~\$900-\$1100), lunches, one dinner, alcohol, extra snacks, or tips for B&B housekeeping, and personal expenses. Our group will comprise up to 14 participants and two leaders.

Each applicant must submit three required forms posted at www.bit.ly/Ireland2020App:

1. Application form
2. Confidential health form
3. Acknowledgement and assumption of risk and release (waiver) form

The forms may be downloaded and completed electronically (preferably), or printed and completed by hand. All forms must be signed and dated electronically or by hand. Completed forms must be submitted to Mike Darzi either by email (Mike.Darzi@Gmail.com) or by regular mail (PO Box 2308, Rockville, MD 20847). A deposit check of \$1000/applicant payable to the Appalachian Mountain Club must also be mailed to Mike when the forms are submitted.



Drombohilly

To be offered a spot on the trip, the leaders must determine that you and the trip are a good match, a process that may require a telephone conversation with you and reference checks. Your deposit check will not be cashed until you are offered an actual spot and you accept. Deposit checks from waitlisted applicants will not be cashed until a spot is available, the applicant is accepted for the trip, and he/she accepts the offer to participate.

For those accepted, a second and final payment of \$1495 will be due May 1, 2020.

The final trip price is based on the actual costs incurred. Any savings or cost increases will be passed back to the participants. The cost estimates in this prospectus are conservative, so a refund is considerably more likely than a price increase.

AMC Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for costs associated with the trip. The trip price covers the leaders' costs, as

well as the administrative expenses of the AMC Adventure Travel program.

Cancellations received before the trip is confirmed to run will receive a full refund. Cancellations after that date will lose a minimum of \$200 of their deposit. Any additional refunds will only be made if it does not raise the cost of the trip to the other participants or leaders. If your spot is filled from a waiting list, then you may be entitled to a full refund, less the cancellation fee. There is a possibility that participants will not receive any refund. Participants are encouraged to purchase trip cancellation insurance. If the trip is cancelled by AMC, you will receive a full refund for all payments.



Blasket Island

Insurance

The basic policy that is included with your trip fee is through TripMate™ and includes \$200,000 for emergency medical evacuation. It also includes \$5000 for accident and sickness medical expense. Participants should have their own medical insurance. We will provide participants with information about purchasing optional travel insurance that would cover your cancellation cost, lost baggage, etc.

Experience, Risks, and Being a Team Player

Participants on this trip must have previous hiking experience at the intermediate level or higher. Although hikes will be moderately paced over moderate terrain, this is not a trip for beginners or for anyone who does not hike on a regular basis. Prior to acceptance on this trip, you will have a phone call with one of the trip leaders to discuss and ensure that you meet the trip criteria.

Adventure travel involves risk. As a participant, you are expected to be aware of the risks involved, assume personal responsibility, and conduct yourself accordingly. By the time you arrive in Shannon you should be physically conditioned, mentally prepared, and equipped with fully functional travel and hiking gear.

Trip leaders will play many roles during our group adventure: guide, host, caretaker, troubleshooter, and fellow club member. Our goal is to make you feel comfortable, smooth the way with trip logistics, and help you navigate through unexpected situations. Your role is to be a good team player, stay flexible, and support the overall group experience of your fellow club members.

Expectations

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders, in their sole judgment, have the right and obligation to refuse participation in any activity to any group member for reasons of group or individual safety. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that may result in a participant's inability to perform one or more activity. Leaders

may try to find a substitute activity for the trip member, but this may not always be possible.

Safety is paramount for all AMC-sponsored events. Participants should be aware that there are risks associated with outdoor adventure activities, including, but not limited to, adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles or on foot.



Berehaven Harbour

Participant responsibilities: You must be equipped with appropriate gear. Always be aware of the risks involved and conduct yourself accordingly. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sunburn and other heat or cold related problems. You should use sunscreen regularly, and be sure to bring enough water to be adequately hydrated on all day trips. There is a risk of tick-borne disease, so you may wish to use insect repellent as appropriate. You are ultimately responsible for your own safety.

AMC Mission: AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

Leaders



Mike Darzi, Leader: I have been leading outings for the Appalachian Mountain Club and the Sierra Club for over 20 years, and is a former Chair of the AMC Potomac Chapter. I led numerous multi-day trips (hiking, backpacking, kayaking) in the northeast and mid-Atlantic U.S., including the Berkshires, Acadia National Park, the White Mountains, Pine Creek Gorge, the Adirondacks, and Shenandoah National Park.

For AMC Adventure Travel, I co-led/led trekking trips to Morocco, Italy (Dolomite), and Germany, and hiking trips to France, Switzerland, Italy, Bulgaria, southwest US, Hawaii, and Canadian Rockies.

Claudine Kos, Co-Leader: I participated in a 6-week hiking adventure in the Pacific Northwest during my sophomore year of high school and have been hiking ever since! I lead hiking & multi-day hut trips for the AMC Boston and Delaware Valley Chapters. In 2019, I became an Adventure Travel leader after co-leading an AT trip to the Matterhorn region of Switzerland.

I hold an Irish passport and visited Ireland over a dozen times. The southwest coast is my favorite part of Ireland – raw, tranquil and unspoiled. I look forward to exploring this beautiful country, drinking a pint of Murphy's and having a bit of craic!



If you have any questions or concerns, please contact one of the leaders to discuss.

Mike Darzi: Mike.Darzi@Gmail.com, 301-580-9387

Claudine Kos: claudinekamc@gmail.com, 617-999-9759

What To Bring

Below is a list of the required and recommended items for the trip. If your personal equipment philosophy is different in significant ways, please consult with the leaders. Please pack light and bring one suitcase and one daypack with you.

Required/Essential:

- Suitcase or duffle big enough for all your personal clothing and gear
- Daypack large enough for the clothes, gear, food, and water you will need for each hike
- Broken-in hiking shoes/boots, preferably with good ankle support
- Rain gear (a poncho works) and wind-protection outerwear
- Synthetic pile/fleece jacket, or wool sweater
- Non-cotton shorts (1 or more) and long pants (1 or more) for hiking
- Non-cotton shirts (at least 2-3) for hiking
- At least 2-3 pairs of hiking socks with liners
- Long underwear, top and bottom (for outside in evening)
- Synthetic extra-layer clothing
- Hat for warmth, and gloves or mittens
- Comfortable clothing for evenings and in town
- At least two quart/liter water bottles or equivalent hydration system
- Waterproof pack cover, or garbage bags for pack liner
- A lightweight flashlight or headlamp with extra batteries
- Toilet paper and Ziplock bags to pack out waste; liquid hand gel
- Personal toiletries and prescription medications (extra pair of prescription glasses)
- Hat, visor, sunglasses, sunscreen, and/or bandana for sun protection

Recommended or Optional Gear

- Hiking poles (airline may require them to be checked in)
- Personal first-aid kit with moleskin, etc. (leaders will have group first aid kits)
- OTC medications such as for digestive problems (Imodium) and pain relief
- Whistle
- Small knife (in checked bag)
- High-energy trail snacks
- Sandals and/or sneakers for towns and time off the trail
- Earplugs
- Binoculars
- Insect repellent
- Camera, batteries, recharger
- Field guides, reading material
- Cell phone, tablet, and or laptop, with charger
- Ankle gaiters