

# CO. KERRY VISITOR GUIDE

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Welcome! We will take you on a journey of **The Kindom of Kerry**, from Glengarriff, clockwise round each peninsula, visiting villages and towns on the way. Cast your votes for your Favourite Things to do and Places to Go throughout the guide.

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Enjoy your trip!



## TASTE THE BEST OF WEST CORK

A location like no other with a view to die for. Culinary magic by renowned Chef Eddie Attwell, that celebrates the very best of what's fresh, local and in season. A sense of classic welcoming charm that wraps you in its warm embrace from the moment you arrive. All at the gateway to the beautiful Beara Peninsula, right on the water's edge.

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+353 (0)27 63003 • [reservations@eccleshotel.com](mailto:reservations@eccleshotel.com) • [eccleshotel.com](http://eccleshotel.com)

### A Taste of Summer at the Eccles

Situated on the waterfront in picturesque Glengarriff village, Eccles Hotel & Spa, the only 4\* hotel in Glengarriff, commands panoramic views of Bantry Bay.

Under the direction of Award Winning Chef Eddie Attwell, the hotel has established a reputation for its excellent food, with most of it's produce freshly picked daily from the hotel garden and polytunnels, foraged locally or supplied by the best of West Cork's artisan food and drink suppliers.

Eccles Hotel offers a range of dining options to suit all your needs, explore more at [www.eccleshotel.com](http://www.eccleshotel.com)



## The Ring of Beara 137km - loop drive

### Beara Way – loop walk/cycle

Glengarriff 220km / Kenmare | Walking 9 days (2 in Co Kerry, 7 in Co Cork)


Relatively strenuous | \*\*\*fitness - No Dogs

#### Sleep


Eccles Hotel: 027 63003 | [www.eccleshotel.com](http://www.eccleshotel.com) 

Harbour, Reenmeen East, Glengarriff, Co. Cork. | [Hotel](#)


Hungry Hill Lodge & Camping: 083 119 6659 | [www.hungryhilllodgeandcampsite.com](http://www.hungryhilllodgeandcampsite.com)

Adrigole, Beara Peninsula | [Lodge & Campsite](#) 

Coppermines Lodge: 083 013 0336 | [www.allihiescoppermineslodge.com](http://www.allihiescoppermineslodge.com)

Allihies, Beara Peninsula | [Hostel](#) 

Creveen Lodge Camping: 064 668 3131 | [www.creeveenlodge.com](http://www.creeveenlodge.com)


Healy Pass Road, Lauragh | [Camp site](#) 

#### Do

Sunset Sauna (Coorna Café): 087 2238 211 | [www.sunsetsaunabeara.com](http://www.sunsetsaunabeara.com)

Tuosist | [Sauna](#) 

Helen's Bar: 064 668 3104 | Facebook: Helens Bar Killmackogue 

Killmackogue, Lauragh, Beara Peninsula | [Bar](#) 

## The Ring of Kerry 179km - Loop drive

### The Kerry Way - loop walk/cycle

Stage 1 Killarney Flesk Bridge 214km | Walking 9 days

Physically demanding with steep climbs and rough ground

\*\*\*\* fitness | No dogs

#### Sleep

Carraig Laith House: 066 947 6344 | [www.carraiglaithhouse.com](http://www.carraiglaithhouse.com)

Portmagee village, Valencia Island | [SC Apartment/Hostel](#) 

#### Do

Cill Rialaig: 066 947 9277 | [www.cillrialaigartcentre.com](http://www.cillrialaigartcentre.com)


Dun Ceagan, Ballinskelligs | [Art Centre and Residency](#) 

Samhradh's Sauna: | [www.samhradhssauna.com](http://www.samhradhssauna.com)

Gloscha, Cromane | [Sauna](#) 

#### Eat

Café Cois Trá: 083 187 1643 | [cafecoistra](http://cafecoistra.com) 

Ballinskelligs Beach, Castletcross | [Café](#) 



## Dingle Way – loop

### Kerry County Museum 179km

Walking 8 days - Moderate to Strenuous | \*\*\*fitness | No Dogs

#### Sleep

Brook Manor Lodge: 066 712 0406 | [www.brookmanorlodge.com](http://www.brookmanorlodge.com)


Tralee V92 YX21 | [Bed & Breakfast](#) 

Tralee Town Centre Apartments: 066 712 3456 | [www.ttca.ie](http://www.ttca.ie)


Maine St, Balloonagh, Tralee | [Holiday rentals](#) 

#### Do

Sona Sauna: 085 750 2205 | .

Ventry Bay Beach | [Sauna](#) 

Acumeen Farm: 085 207 7387 | [www.acumeenfarm.ie](http://www.acumeenfarm.ie)

Keelballyahive, Castlegregory | [Sauna](#) 

Béal Geal Sauna & Coffee: 087 277 8236 | [www.splashsports.ie](http://www.splashsports.ie)

Magherabeg, Castlegregory | [Sauna](#) 

## North Kerry Way – linear

### Tralee to Ballyheigue 48km

Walking 3 days | \*\*fitness | Dogs allowed

#### Eat

The Village Pantry: 066 915 0600 | [thevillagepantryardfert@gmail.com](mailto:thevillagepantryardfert@gmail.com)

The Village, Ardfert | [Café](#) 

#### Do

Collins' Seaweed Baths & Café: 068 27469 | .

Ladies Strand, Ballybunion | [Sauna](#) 



## Glengarriff

Glengarriff has been famous as a holiday destination since the 1700s. The Bamboo Park can be seen just before you enter the town itself, with wonderful walks down to the waters edge.

The magnificent Eccles Hotel & Spa dominates, but also belongs to the woodland it nestles into.



The Blue Pool, Glengarriff

Evidence of human occupation of Glengarriff dates 3,500 years ago, right back to the Bronze Age and you can see traces of this fascinating past all around the village. Glengarriff Tidy Towns created a fairy walk in a woodland area between the Blue Pool and Glengarriff Pier.



You'll find many festival dates at [www.visitglengarriff.ie](http://www.visitglengarriff.ie)

Apart from the well kept shops, hotels, restaurants, cafés and bars, there is also the fabulous Blue Pool, where you can see herons and relax at the cool water.

Car Parking for the ferry to World Famous Garinish island can be found near the Blue Pool at Quills Famous Irish Woollen Gift shop, selling everything from woollen jumpers, scarves and cosy gloves to that special jacket or coat you were craving. Stock up on your Irish caps, Irish gifts and postcards.

You can also find public toilets here, which can be a handy pit-stop! The Black Cat is a local Café, which serves really tasty locally sourced fresh fish and fresh coffee to eat in or take away.

## BAMBOO PARK

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## Castletownbere

There is a market square in Castletownbere which holds a traditional and spacious market, held every Thursday with a selection of top quality food and bric-a-brac and on the first Thursday of each month there is a larger market, which is really worth a look! Castletownbere has one of the best harbours in Ireland, sheltered by Bere Island and the two mountains, Caha and Slieve Miskish.



Any time you visit, you will see huge fishing trawlers dwarfing smaller creel boats, bobbing gently at the harbour wall.

There is a car park on the left as you enter the town, which is handy to walk from, to the pier and shops. The Bere Island ferry leaves from near here, just a 15 minute ferry crossing.



Wander along the main street, local shops are varied and quaint, with amazing fresh food available from various restaurants and delis. There are several side streets and many nooks and crannies to explore.

Castletownbere Festival of the Sea is a week long festival full of fun & entertainment.

It takes place the week of August Bank Holiday each year.

[www.facebook.com/CastletownbereFestivaloftheSea](http://www.facebook.com/CastletownbereFestivaloftheSea)

## Gardens

**Derreen Garden:** Lauragh, Beara Peninsula  
Tel: 064 668 3103 | [www.derreengarden.com](http://www.derreengarden.com)

**Derrynane National History Park:** Caherdaniel  
[www.derrynanehouse.ie](http://www.derrynanehouse.ie)

**Dhu Varren Garden:** Knockreigh, Milltown  
Tel: 066 976 7770 | [www.dhuvarrengarden.com](http://www.dhuvarrengarden.com)

**Dunloe Castle Gardens:** Beaufort | [www.thedunloe.com](http://www.thedunloe.com)

**Garden of Europe:** Listowel - Tel: 068 50900

**Garden of the Senses:** Tralee

**Glanleam Gardens:** Glanleam Estate, Valentia Island  
Tel: 066 9476176

**Kells Bay Gardens:** Kells House, Kells | [www.kellsbay.ie](http://www.kellsbay.ie)

**Knockreer House and Gardens:** Killarney National Park, Killarney  
Tel: 064 6631633

**Muckross House, Gardens and Traditional Farms:**  
Killarney National Park, Killarney - Tel: 064 6670144

**The Way The Fairies Went, Sneem:**  
Also referred to as "The Pyramids".

Derreenies are about 2 inches tall but are much rarer than fairies as they have only ever been seen on the Derreen Estate. The last sighting of a Derreeny was in 1855. In 2012 some clearing was done



along the walks and 20 very small houses were discovered. All the houses are vacant but look like they have recently been lived in. Children in the garden have reported hearing movements in the rhododendrons as they walk along the paths.

## Adrigole

Looming over Adrigole is Hungry Hill, the highest of the Caha range. The beautiful Caha mountains offer fantastic hill-walking, discovery of the hidden lakes and the fabulous Mares Tail Waterfall, the highest in Ireland. Other nearby attractions include the Tim Healy Pass that meanders over the mountains into South Kerry. With lodges and a campsite at Hungry Hill, it is the perfect place to stay in Adrigole.

We are a family run campsite and next to camping pitches, we have self-catering rooms and glamping accommodation available.

[www.hungryhillodgeandcampsite.com](http://www.hungryhillodgeandcampsite.com)

[info@hungryhillodgeandcampsite.com](mailto:info@hungryhillodgeandcampsite.com)

+353 (0)83 119 6659

Open: 01 March till

30 November



Adrigole, Beara Peninsula, Co. Cork, P75 CY62, Ireland

## Bere Island



Bere Island lies at the entrance to the magnificent Bantry Bay and guards the deep water harbour of Berehaven. It has a strong and vibrant community who continually strive to protect their island's heritage, landscape and island way of life.

Despite its proximity to the mainland, Bere Island retains that distinct, easy charm of rural places distant from cities and crowds. It's a quiet paradise, of a size that is manageable for walkers and cyclists.

Bird watchers and plant lovers will delight at the many species to be found on land and at the water's edge.

Bere Island is a 2 hour drive from Cork City and is only accessible by a ferry ride. The island is served by two car ferry services.

Please note that you cannot book the ferry in advance.

Both ferries operate a first come first served policy and you might have to queue at peak times. However you won't be left behind, if the ferry is full, they will come back for you!

Murphy's Ferry leaves The Pontoon, which is 29 miles from Glengarriff on the left (30' ferry journey). Bere Island Ferries is in Castletownbere on the left at the entrance to the town (15' ferry journey).



In 1798, the British authorities were worried that Napoleon was planning a major offensive via Ireland after the attempted invasion of Bantry Bay, so gave it protection by erecting four Martello Towers on Bere Island, two of which remain, on Cloughland and Ardach hills.

## Dursey Island

Situated at the very tip of the Beara peninsula, lies Dursey island, which is 6.5km long and 1.5km wide, reached across a very strong tidal race, called the Dursey Sound. 250 metres above this, is the island's cable car, originally opened in 1969 it is Ireland's only cable car, upgraded in 2023, and the only one in Europe to cross open sea water. Travel to the very end of the R572 to Ballaghboy, turning left after Cahermore.

The island itself is wonderfully tranquil, with stunning views all the way round a great, well marked, walking loop trail, starting to the right up the mountain route and returning on the lower path, with very few houses, just a few clusters here and there. Bring binoculars, there are seabirds aplenty. Also bring food and water, there are no shops on the island. The trail is easily doable in a day, but do check cable car times to go back to the mainland!

Often, you'll be lucky enough to spot dolphins, porpoises and seals. The craggy Bull, cow calf rocks just in sight from the viewpoint at the far end of the island, see our feature for more information about the islands on page 12.



Listen to Dursey  
Island Discs [HERE](#)



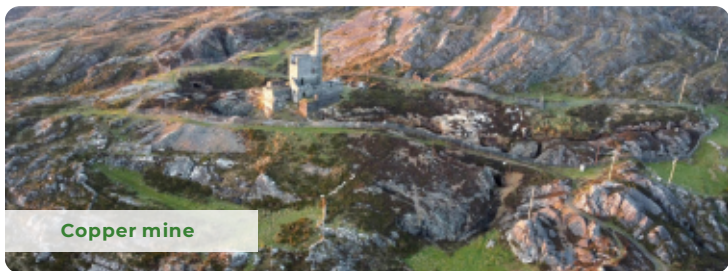
BAOI offers an informative, history packed guided tour – contact Carina Mc Nally on 087 646 1627 for more details.

Carina also takes tours round Allihies and the ancient coppermines, maybe you could make the wonderful Coppermines Lodge your base for travelling over to Dursey Island and taking in the coppermines on this rugged peninsula.

## Allihies

Bronze Age people already knew that Beara's crystal bedrock held precious copper ore but in 1812 mining began on an industrial scale. Allihies' post-industrial landscape shows some of the best evidence of 19th century mining in the world today.

The remains of mine related buildings litter the landscape; discover disused mines, a gun powder house, dressing floors and man made reservoirs. The engine houses that tower over the landscape once housed giant steam engines that pumped water from the mines, drove winding gear and lowered the miners far below sea level.



Take the boat trip which circumnavigates Dursey Island, then goes on to the Bull, Cow, Calf rocks. An amazing quartz beach has been left behind by the Allihies coppermines, which supplied copper ore 200 years ago. Nowadays the village boasts a thriving artistic community. You can fish, horse-ride and walk in the area.

In Allihies is a museum, bars and a shop. Coppermines Lodge is at the top of the village, fairly near the bars.

Coppermines Lodge is a self-catering accommodation in Allihies, a small vibrant village found on the edge of the Beara Peninsula, West Cork, in Ireland.



**Allihies**  
Credit Ritchie Hodges

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Email: coppermineslodge@gmail.com

Instagram: allihies\_coppermines\_lodge



## Bull, Cow, Calf & Heifer



These imposing rocks stand majestically out of the sea just off the Beara Peninsula. So named because of the Cow's (also known as the Elephant Rock) shape, as her trunk dips into the water at certain angles as you approach.



On the Bull rock, stands a lighthouse, first lit in 1901 and was then powered by gas. The gas was obtained from the long low building on the rock by burning anthracite coal, which was winched from ships from far below

at the tunnel, which goes completely through the rock. This light had a 340 degree beam, you couldn't see it between Ballinskelligs to Castle

Cove. Ten years ago LED replaced this magnificent light but at least now it can be seen 360 degrees! There are still steps leading from the tunnel up to the buildings, but they are almost just pegs, very steep and almost impossible to climb back down!! You can see the lighthouse in the second photo.

The first lighthouse was built on

Calf Rock, you can still see the remaining rusty structure.

In the late 1800s, during a huge storm, part of the structure was destroyed – leaving three poor lighthouse keepers stranded on the rock for three weeks! British ships tried and failed to rescue them but finally, a boat from Dursey Island managed to take them off the rock.



Immediately, a temporary light was built in a timber tower on Dursey Island until the one was built on Bull rock. You can still see the wall built round this to protect it from seas and animals.

## Lauragh

Lauragh is a mostly forested area on the north side of the Beara Peninsula between the beautiful Glanmore Lake and Kilmackilloge harbour. You see it spread out before you as you come over the Healy Pass entering the Kerry side. An enchanting area enticing those who like to walk and take pictures of mountains and water.

Healy Pass has an elevation of 334 metres, and offers a unique experience along its winding track from beginning to end. Travelling through quiet countryside, it lays just off the beaten track, so is rarely crowded.



Just a 7 minute drive from Lauragh, at Coolownig, Beara Gallery can supply you with your artist and painting needs. Strictly by appointment only, please phone 083 129 2571 to make an appointment.

Crossing the Capell Bridge over the river inlet, you approach the National school then turn left for Derreen Gardens, and further on that road to Helen's Bar. Take a right for An Síbín, who open for evening meals. At An Síbín take the right hand turn to Creveen Lodge

### TO DO

#### Helen's Bar - Killmackogue, Lauragh

Tel: +353 (0) 64 668 3104 | Facebook: Helens Bar Killmackogue

### Creveen Lodge Caravan and Camping Park

We look forward to welcoming:

- ✓ Caravans
- ✓ Tents
- ✓ Motorhomes

Cottages for rent,  
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✉ info@creveenlodge.com

☎ 064 668 3131

www.creeveenlodge.com



#### Lauragh, Ring of Beara, Co Kerry

Right in the heart of the Ring of Beara, by the Healy Pass, overlooking Kenmare Bay, a perfect place to stop and unwind at our personally supervised campsite

## Sipping the perfect Amber

We're named the Emerald Isle for a reason, our grass is a rich green - and that pesky rain we all love to complain about, actually feeds our wells and reservoirs with some of the tastiest water you could drink, as a pure form, or in all the different Whiskeys available.

Irish whiskey is known for its smooth, mellow taste, with notes of honey, caramel and vanilla, from light and floral through to smokey and peaty. And County Kerry is home to several well established distilleries, which supply Ireland and have wonderful, interactive visitor attractions to show the history and production of Irish Whiskey.





### Beara Distillery


Experience the essence of Beara Distillery with a guided gin and whiskey tasting at The Fisherman's Loft. Set against a backdrop of maritime heritage, this refined experience offers insight into traditional distilling methods and the distinctive coastal character of our award-winning spirits. Surrounded by nautical artefacts, guests are invited to savour exceptional flavours in an atmosphere that blends craftsmanship, history, and a true sense of place.



#### Contact:

 [www.thebearadistillery.ie](http://www.thebearadistillery.ie)

 (027) 70861

 Castletownbere Commercial Park, Castletown-Bearhaven, P75 AX79




### Celtic Whiskey Bar

The Celtic Whiskey Bar & Larder offers Ireland's largest whiskey collection alongside fantastic food. Guests can explore rare drams, classic pours and local favourites in a welcoming setting. With expert staff and a menu that complements every glass, it's an essential stop for whiskey lovers.



#### Contact:

 [www.celticwhiskeybar.com](http://www.celticwhiskeybar.com)

 064 663 5700

 93 New St, Killarney, V93 KXD4



Portmagee Domes

### Portmagee Visitor Centre

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Whiskey Tasting Lesson

#### Contact:

 [www.portmageewhiskey.com](http://www.portmageewhiskey.com)

 087 701 5479

 Barrack Hill, Doory, Portmagee, V23 V295





# Pet Friendly Kerry



When we go away, whether it be for one night or a week, those of us with furry friends worry about where to stay with them, where to eat and where to walk them. I know I always have to double/ treble check that they will be welcome when booking online.



## Cleo Gallery

*Cosy basement and first floor apartments.*

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**0 87 272 0387**

**cleogallery@gmail.com**

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Book Direct

0646635333 or email  
info@randlehotel.com

## What walks welcome dogs, which beaches?

The following are just a few walks that may suit you and your dogs.

Short walks are Ballydavid Cliff Walk at Dingle/ Derrynane House / Lickeen Woods, Glencar / Glanteenassig Forest Loop / Glenbeigh Fairy Trail (see page 59) / Waterville, great beach walks.

A more challenging, and with many steps, route is Torc Mountain, so only for the energetic dogs and humans.

Muckcross Lake loop with Reenadinna Woods – leads on all the way but is a beautiful lush wood.

A great 5km loop walk (take your lead as there are some horses and cattle on the way) is at Glenageenty, Ballymacelligott, with a varied terrain, picnic spots, streams and superb views.

The North Kerry Way, from Tralee to Ballyheigue. Banna beach is an absolute must at 10km long!



## Ring of Kerry

People come here from far and wide to see the rolling hills and glistening lakes, sheep and cows grazing in patchwork fields of green. Pristine golden beaches giving way to awesome cliffs. This scene-stealing route around the Iveragh Peninsula, beginning and ending in Killarney, takes in Moll's Gap, Torc Waterfall and the Gap of Dunloe. From lakes, rivers and waterfalls to grand houses and castles, the Ring of Kerry cycling, walking and driving routes are some of Ireland's most famous, you will enjoy wonderful fresh sea air as you tour.



“The Druid” looks across the valley from Molly Gullivan’s car park, to the highest peak “Barra-Bui”, where a Cairn on the summit marks the resting- place of an ancient Chieftain. This imposing figure represents the first settlers in the Sheen Valley more than 6000 years ago. These people had a great devotion to their Gods and their dead. They had an advanced knowledge of astronomy which is evident from the vast legacy of burial and ritual sites that they have left us. One such site is a Neolithic Stone Row which you can visit on Molly’s farm, consisting of two large flag stones that are arranged to align with the sunrise position on the Summer Solstice.



The Druid

## PEDAL THE KINGDOM 1

### Ballinskelligs back to Killarney

We all agree, County Kerry is beautiful, rugged and with glorious beaches, history and hills. Driving it is wonderful, but imagine the magical places you are whooshing past on four wheels, where if you were cycling, or hiking you would see so much more. Of course, most of these places can be reached by car too, maybe you'd like a slower pace to discover all Kerry has to offer.

That's where we come in, to take you to little-known destinations, show you safer tracks and cycle paths and let you know where you can have emergency repairs done and hire fantastic electric and leg powered bikes.

#### **FREE Charging docks**

Killarney – Mission Road

Kenmare – the Library on Shelbourne Street

#### **Proposed Locations for Charging Docks (as of summer 2026):**

Fenit as part of the Water-Based Activity Centre

Listowel at the Greenway Trailhead Facility

Glenbeigh, Cahersiveen, Waterville and Sneem are all being considered by Kerry County Council

Starting in Killarney or Kenmare, if you travel from a Cork direction, there are plenty of buses which can bring you from Cork, Skibbereen or Glengarriff. Kenmare is a busy town in the summer, very popular with tourists and is geared up to both accommodate and feed you. Bike hire is available.



I must make a quick mention for this fabulous restaurant we found on our travels, The Kerry Way restaurant at Glenflesk.

I had the Vegan Super Salad - I'm not a vegan but it looked delicious - and was!!

**EXPERIENCE KILLARNEY...**  
ITS BEAUTY, ITS PEOPLE, ITS CULTURE, ITS HEART



## Killarney

Killarney (Cill Airne in Irish) promotes itself as the gateway to the Ring of Kerry and has been Ireland's top town for tourism for many years.



**FALCONRY  
KERRY**

Inchicullane, Killarney,  
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\*Pre-booking is essential



The town, although attractive, is outshone by the surrounding countryside with its mountains, lakes, woods, and overall beauty which attracts visitors worldwide.

The name Jaunting Car describes the pleasure trip, 'off on a jaunt' and these became popular in the 1860s. You can hire a jaunting car to see the sights in Killarney or take one along with a guided boat and bus tour with lunch included.



**Jaunting Car**



**A genuine Irish welcome awaits**

The Gleneagle Hotel, Killarney, Co. Kerry, Ireland | 064 6671550  
www.gleneaglehotel.com | www.inec.ie

## KILLARNEY NATIONAL PARK

South and west of the town of Killarney in Co. Kerry is an expanse of rugged mountainous countryside. This includes the McGillicuddy's Reeks, the highest mountain range in Ireland. Here where the mountains sweep down to the lake shores, their lower slopes covered in woodlands, lies the Killarney National Park.

The distinctive combination of mountains, lakes, woods and waterfalls under ever changing skies gives the area a special scenic beauty.

Killarney National Park contains many features of national and international importance such as the native oakwoods and yew woods together with an abundance of evergreen trees and shrubs and a profusion of bryophytes and lichens which thrive in the mild Killarney climate. The native red deer are unique in Ireland with a presence in the country since the last Ice Age.



## Gleneagle, Killarney | One World for Your Worlds

When it comes to unforgettable Irish getaways, few places rival Gleneagle, Killarney. A cornerstone of hospitality in Ireland, it's more than just a hotel - it's a destination in itself.

Gleneagle, Killarney is the perfect base for exploring Ireland's stunning landscapes. It neighbours Killarney National Park and is at the gateway to renowned routes like the Wild Atlantic Way, the Ring of Kerry, and Dingle & Slea Head.



But it's not just about the location. Gleneagle is a hub of live entertainment, boasting three incredible venues - Gleneagle Arena, Gleneagle Club, and Gleneagle Ballroom - where top-class performances light up the stage all year round. Whether you're a music lover, a dance enthusiast, or simply looking for an unforgettable night out, this is the place to be.

Accommodation at Gleneagle is as diverse as its guests. From classic hotel rooms to self-catering apartments and the uniquely stylish Hotel67, there's an option to suit everyone. Accessible rooms and apartments ensure comfort for all, while spacious family rooms cater to those bringing loved ones along.

Onsite, guests can enjoy a wealth of leisure facilities, including a 25m swimming pool, kiddies' splash pool, gym, tennis, squash, pitch & putt, and an activity-packed Spraoi Kids Club during school holidays. Need a moment to unwind? Skin & Beauty at Gleneagle offers a selection of facials, massages and beauty treatments.

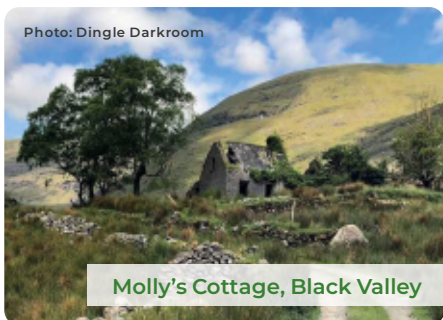
For added convenience, free parking, a daily shuttle service to Killarney town, an ATM, an extensive newsagent, and electric car charging stations are all available.

Whether you're a first-time visitor or a longtime fan, Gleneagle, Killarney is a place where memories are made.

Discover more at [www.gleneaglekillarney.ie](http://www.gleneaglekillarney.ie)

**Molly's Cottage** is a famous abandoned house, tucked into the Black Valley near Lough Reagh. Head north from the Lough along the stream, until the path divides into two.

Take the right hand fork and it is less than 1km further on. It is quite difficult to find, but you should try, as it attracts visitors from everywhere, thanks to its presence on media platforms.



Navigating the lovely winding roads, seeing the nearby waterfall and just relaxing in this place from bygone days is a must do. Pop 51.975336, -9.714495 into Google Maps to pinpoint where to find it.

Killarney has a trails walk of 40 to 50 minutes round the town, incorporating the Old Town Hall, St Mary's Cathedral, the Town Hall, Bishop's Palace, Deenagh Cottage, the Friary and the Golden Gates of Killarney House. All well worth seeing, walking from Kenmare Place along Mission road, turning right at the cathedral and right again at the top, then right again onto Main street.

Muckross House and Gardens is a 19th century Victorian mansion with beautiful gardens overlooking Muckross lake. Guided tours are available of the sixty-five room building.

Coffee is available in their in-house café which you can sip and enjoy the beautiful surroundings.

The walk to the waterfall is only a few hundred metres up a slight incline so is suitable for all. From the waterfall one can continue up a steepening path around the side of Torc mountain and a path and boardwalk way will lead you to the top of the mountain.

Cardiac Hill is a nearby trail and is quite steep with a step after step climb, and is not for everybody.



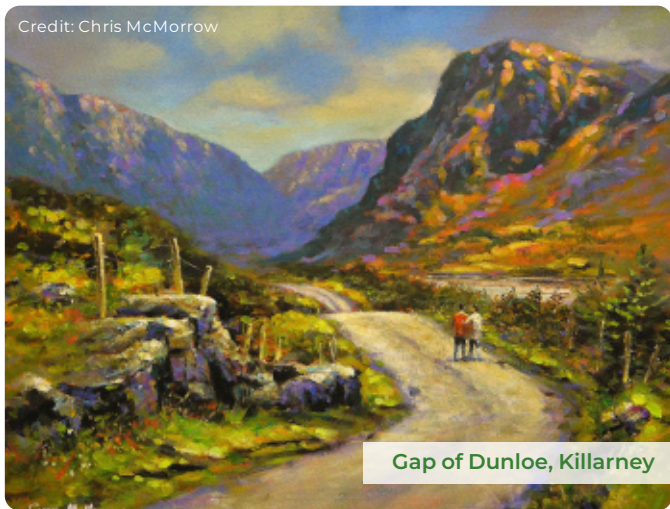
You can cycle, run or walk around the National Park, or Stand Up Paddle Board on the lake or rivers and sunset kayak on the lake. Hire bikes in town and cycle on to Ross Castle to meet the boats that will transport you through the lakes to Lord Brandon's cottage, take a picnic and make a day of it.

## The Gap of Dunloe

Situated between the MacGillycuddy Reeks and Purple Mountain, the end point is Lord Brandon's cottage, the start-point is Kate Kearney's Cottage 12km west of Killarney town and there is ample parking here if you are walking.

It gets incredibly busy in the summer if you are driving, so it is recommended to start early in the morning!

Credit: Chris McMorrow



Gap of Dunloe, Killarney

The Gap of Dunloe was created naturally about 25,000 years ago during the last ice age. A glacier broke off into the Head of the Gap, slowly pushing northward which eventually resulted in a carved out U-shaped valley.



**Chris McMorrow Artist**

Paintings & Art Prints

*Welcome to the world of Chris Mc Morrow,  
an artist based in Dublin.*

*Specializing in vibrant oil and acrylic  
paintings of street scenes, cafes and pubs.*



Chris' work captures the nostalgic romanticism of the city's evening and nighttime atmosphere.

Often featuring a couple as the focal point, his paintings evoke a sense of warmth and intimacy that resonates with viewers.

His museum quality art prints use archival inks created from his original canvas oil and acrylic paintings

## PEDAL THE KINGDOM 2

### Killarney to Ballinskelligs

#### **Beach/Coastal route** 6 -7 hours by bike

....If you are feeling fit, you could attempt the 170km Ring of Kerry loop, with its majestic cliffs and coastal towns. It can be hilly and there are some challenging climbs. Most people break this into sections, either camping, staying in a B&B or having a little luxury to ease the aches! It is a busy route with cars and tour buses in the summer, and clockwise is recommended as the tour buses drive in an anti-clockwise direction, you have to be very alert for others using the road, as some places are quite narrow. Try to plan in advance, where would you like to stop, what would you like to see and visit. All the towns are covered in their own sections through the guide.

### From Killarney to Kenmare

Don't miss Ladies View, around 10km from Torc Waterfall (which is 5 minutes from the road), just outside Killarney National Park.

The road to Kenmare along the N71 then takes you along the coast past Dunkerron castle ruin.

Credit: Emerald Outdoors



Ladies View

On-going, there are hills round Moll's Gap, which is a narrow, steep mountain pass but oh, so worth it, as the views are amazing, looking over to lakes, bogs and Macgillycuddy's Reeks mountains. Maybe take time to picnic here on a clear day, you'll deserve the break. On to Kenmare, then along the coastal road.

Or, from Molls Gap, across to Sneem on a more inland and quieter route the R568, past the beautiful Lough Barfinnihy and stopping at Strawberry Field, 4km from Moll's Gap for huge, awesome pancakes instead of a picnic!

This is roughly 75km and you may like to stop at Sneem for the day, then head to Ballinskelligs the next day, about 50km.

## Kenmare

---

An amazing way to experience Kerry is, of course, from the water and there is no better company to help you discover the joys of the coastline than Emerald Outdoors. Emerald Outdoors offer guided tours of the magnificent Kenmare Bay by kayak; but if you don't like the idea of kayaking on the Atlantic Ocean there is no need to worry.

This trip is a little bit different...

The first thing that sets Emerald Outdoors apart is the equipment that they use, believe it or not there is no need for wetsuits during this water-based exploration of the Bay. Instead Emerald Outdoors provides every guest with excellent water proof equipment to wear over your regular clothes and, unusually in the kayaking world, they promise to keep you dry with their sea specific tandem kayaks. You don't need any experience to join one of their tours either, they specialise in complete beginners and each tour takes in the marine biology of the bay, the history of the area and some close encounters with wildlife including birds, seals and more.



Jamie and Colin, with 30+ years of professional kayak guiding between them, created the idea of Emerald Outdoors while chatting on the banks of the Nile river in Uganda, while working as whitewater kayak guides there when they met.

Now they run award-winning experiences on Kenmare Bay. The business has grown and now has a core team of local guides who are ready to make a kayak tour of the Bay the absolute highlight of your visit to the Kingdom.

Explore the historic islands of the bay accompanied by their expert guides by day on a relaxing daytime tour or experience magical bioluminescence in the waters on their signature night kayak adventure. From wildlife encounters to mythological stories, there truly is something for everyone to enjoy on these unforgettable 'stay-dry' tours.

Don't delay, experience it for yourself! Emerald Outdoors is open from April until November and bookings for any of their trips can be made via their website: [www.emeraldoutdoors.ie](http://www.emeraldoutdoors.ie)



**EMERALD**  
OUTDOORS  
KENMARE



ENCHANTED PADDLE EXPERIENCES BY DAY AND BY NIGHT



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**#1**  
Rated Tour  
and Activity  
in Kenmare

- Experienced & Qualified Guides
- Bioluminescent Night Trips
- No Need for Wetsuits – Stay Dry Experiences
- Multi-Award Winning Kayak Tours
- Explore Historic Islands
- Relaxing Day Tours
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**BOOK NOW**

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Colin brought Jamie over to Ireland when he happened upon the Greenane islands in Kenmare Bay and saw the potential to introduce people to this incredible place by kayak.

In the years since, the business has grown and now has a core team of local guides who are ready to make a kayak tour of Kenmare Bay the absolute highlight of your visit to the Kingdom, don't delay, just book it and experience it for yourself.

Emerald Outdoors is open from April until November and bookings for any of their trips can be made via their website:

[www.emeraldoutdoors.ie](http://www.emeraldoutdoors.ie)

Originally constructed in the mid-1800s as the Kenmare Butter Market, this iconic building underwent a transformation in the 1960s, evolving into a vibrant dance hall. Now it has become much more than just a relic of the past; it's a thriving hub of cultural activity in the heart of Kenmare town.

The Butter Market has transformed into an exceptional art gallery, showcasing a diverse range of works from local and international artists alike. It's also a dynamic music venue that offers something for every taste and has the capacity to host an array of musical events, from intimate acoustic performances to electrifying rock concerts.

Kenmare Butter Market houses contemporary art exhibitions and many events such as concerts and live acts.



See here for upcoming happenings!



## THE LANSDOWNE KENMARE



The Lansdowne Kenmare has been a favourite destination for guests travelling to Kenmare since it first opened its door in 1790. This gracious Georgian building offers stylish townhouse bedrooms, sophisticated cocktails, award winning food – from breakfast in its stylish café through to dinner in the Shelburne Street Restaurant.

The Lansdowne Kenmare is home to warm colours, bold art, and decadent detail, welcoming open fires and a personalised attention to detail that makes it a real destination hotel.

The Lansdowne Kenmare is the jewel in the crown of 'The Kingdom' of Kerry and owners Patrick and Aileen look forward to giving you a warm welcome.

Main St, Kenmare, V93 YRC8  
Tel: +353 (0)64 664 0200  
hello@lansdownekenmare.com  
www.lansdownekenmare.com

f @ Lansdowne Kenmare 



Kenmare is a haven of tranquillity, gourmet food, superb accommodation, and breath-taking scenery in one of the most natural, unspoilt environments in Europe. Cradled in the heart of Kenmare Bay, the picturesque town of Kenmare is the perfect location from which to discover the South West of Ireland, linking the rugged Ring of Beara with the famous Ring of Kerry. The unique charm and inherent beauty of the town remains unchanged. It is officially recognised as Kerry's first Heritage Town.

Originally constructed in the mid-1800s as the **Kenmare Butter Market**, this iconic building underwent a transformation in the 1960s, evolving into a vibrant dance hall. Now it has become much more than just a relic of the past; it's a thriving hub of cultural activity in the heart of Kenmare town.

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**PIZZA  
ROMA**  
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**Collection Hours**  
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4pm - 11pm

**Order Online Now**



**Order Here!**

The largest stone circle in the southwest of Ireland can be found in Kenmare, measuring over 17metres x almost 16metres and has an unusual egg shape made up of 13 standing stones and 2 lying prostrate.

A burial boulder with a capstone of 2metres is in the centre. It would have needed at least 30 men to move this stone as it weighs around 7 tonnes.

You can find the stone on Maps here:, there is a small gate and sign leading to it: 51.8791961,-9.586121

# BONANE

HERITAGE PARK



Listen!

**Bonane Heritage Park boasts one of the most significant archaeological sites in Ireland as well as making the perfect setting for amateur and professional photographers and walkers.**

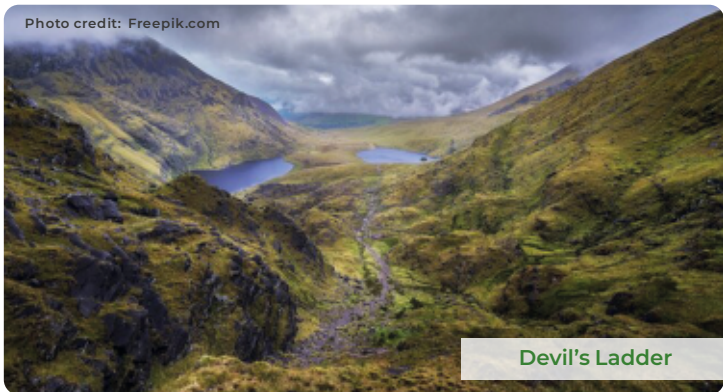
Whether you're interested in history and heritage or just looking to embrace all that makes Ireland truly special, a visit won't disappoint. Nestled at the point where the Ring of Beara meets the Ring of Kerry, it's the perfect place to start your exploration of the area.

## Iveragh Peninsula

The Iveragh Peninsula in Gaelic, Uíbh Ráthach, which is roughly translated to among the descendants of Ráthach, is the largest peninsula in southwestern Ireland.

The MacGillycuddy mountain range lies in the centre of the peninsula. Carrauntoohil, its highest mountain, is also the highest peak in Ireland.

Photo credit: Freepik.com



Devil's Ladder

## Dromquinna

Dromquinna Manor Estate, set on 46 acres of parkland planted in the 1800s offers facilities for weddings and events, with Kenmare's only waterfront restaurant set on the grounds.

Further west of Drumquinna is the village of Templenoe, home to the Ring of Kerry golf club, traditional fish and chips, an old burial ground, an art gallery and some accommodation. There's a lovely wide beach here, Coss Strand. After a sharp inlet at Blackwater, you'll see the 2km long Rossmore island, connected to the mainland by a road. Then the craggy, rocky outcrop of Brackcross.

Parknasilla resort and golf club is next, with woodland villas, motorized kayaking and a treasure trail.

Sneem is home to a campervan park, seaweed baths and just outside the town is a digital hub.

The Pyramids (or 'The Way The Fairies Went') are conical shaped stone pillars created by sculptor James Scanlon with local



stoneworkers in 1987, winning the National Tidy Towns competition. There are several other sculptures, dedicated to Sneem from Egypt, the statue of Isis and from China the Peaceful Panda. South square has the statue of Steve 'Crusher' Casey, the green holds the John Egan and Charles de Gaulle Memorials. The salmon weathervane can be seen on the church. The Millenium seat and the Steel Tree at North Square.

Passing the Scottish garden, is the sandy Killeen beach with rock pools then Castlecove which also has a beach. Westcove has a couple of 'almost' islands, accessible by foot. There is a large camping park after this, set on a large sandy beach.

Before you get to Derrynane GAA club, take Lambs Head Road to your left, which takes you right out to the head of the peninsula, Bunavalla and Ballyvohane, where you'll find a spectacular outlook to the ocean.

Based at Derrynane on the Ring of Kerry, Atlantic Irish Seaweed has been running Coastal Food Tours for over a decade.

On a leisurely stroll along the beach visitors learn how to find, identify and sustainably harvest a range of delicious seaweeds and taste them fresh from the rocks. Some edible coastal plants will also be sampled. We will visit a "Shell Midden" which could date back up to 10,000 years. Guests will explore the rich history of seaweed use; from the ancient monks to the viking invaders, from gunpowder to ice-cream! We discover the amazing health benefits that earn seaweeds their "Superfood " status.

"Come Graze the Wild Atlantic Way"

ATLANTIC IRISH  
**SEAWEED**



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**Atlantic Irish Seaweed**

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Seaweed walks: +353 86 1062110 | Kelp Cutlery: +353 87 6551485

## Derrynane

Turning left in the village of Caherdaniel brings you to Derrynane, with a wide sweeping beach, watersports, swimming and with huge expanses of sand where it has encroached on the land.

You can go horse riding on the beach from the equestrian centre in Caherdaniel.

Photo credit: Roaring Water Journal



[View to Derrynane](#)

Abbey Island, where numerous ancient treasures can be found, such as the ruins of a former monastery and cemetery, lies on the western edge of beautiful Derrynane Bay, which is reached by walking across the beach. Derrynane House, a former mansion surrounded by diverse gardens, is the other direction, where Daniel O'Connell, a politician who fought for equal rights for the oppressed Catholics in the 19th century, grew up.

The Derrynane Seashore Nature trail was conceived, created, developed, written, photographed and filmed by Vincent Hyland of Wild Derrynane. This also included the development of a smart phone app for exploring the trail.

This comprehensive natural heritage looped walk is Ireland's first Seashore Nature Trail. It concentrates on the biodiversity of the site and introduces the visitor to the highlights of the wildlife calendar year.



**Visit this trail here:**



**Watch the video:**

Or download the App.



The research of site biodiversity, geology and coastal ecology took Vincent 3 years to complete. In 2015 he approached the Office of Public Works with a view to creating a new nature trail. Together they worked on a plan with Vincent designing and producing signage, a booklet and a smart phone app with the OPW undertaking environmental impact studies, installing signage and markers along the trail. Completed in 2015 the Derrynane Seashore Nature Trail was featured on RTE's Tracks and Trails TV  
<https://www.vincenthylandartist.com/seashoreapp>



## Waterville

After staying in the wonderfully hosted Thidwick B&B, Caherdaniel, stopping of course at Com an Chiste, Ring of Kerry lookout and car park to wonder at the vast expanse of Kerry coast stretched out before you, you reach Waterville, which is the only seafront village on the Ring of Kerry.

Watch the sunsets on the water from a comfortable seat while dining (weather permitting, al fresco!) in one of the many eateries. Walking along the seafront or beach, you will see the Mike Dwyer statue (a Waterville football player and coach), the famous Charlie Chaplin statue, the incredible Áirthach Dána Sculpture & Sundial and the Dr Thomas George Millerick monument.

Waterville is a picturesque little village overlooking stunning Ballinskelligs Bay and nestled on the beautiful Lake Currane which has some of the best salmon & sea trout angling in Europe.

It has some of the most spectacular scenery, with friendly bars, cafes, restaurants, giftshops, golf courses, accommodation and a Village Market.

The beach is rocky at high tide but sandy at low tide. You can book a guided walk along the beach with Sea Synergy, the local Marine Awareness, Research, and Activity Centre.





## Sea Synergy Marine Awareness and Activity Centre

Southwest Ireland is one of the best places to experience Ireland's marine life, from crabs and starfish to whales and sharks and everything in between.

Join us at Sea Synergy and immerse yourself in the world that lies beneath the Wild Atlantic Way.



Scan me!



Our outdoor adventures, led by marine biologists and local specialists, aim to provide you with wonderful sea-tastic experiences for all the family from snorkelling to kayaking to seashore safaris for the kids! All our experiences are tailored to your group's needs and ability and showcase the rich diversity of Kerry's wildlife and cultural heritage in a fun and memorable way.

### SEA SYNERGY MARINE AWARENESS & ACTIVITY CENTRE

Fun for all discovering what lies beneath the Wild Atlantic Way

We have something for everyone!

- Seashore Safaris
- Kayak & Paddleboard Adventures
- Guided Snorkel Tours
- Guided Coastal Walks



[seasynergy.org](https://seasynergy.org) [info@seasynergy.org](mailto:info@seasynergy.org)

Waterville and Cahersiveen

Follow us [@seasynergyireland](https://www.instagram.com/seasynergyireland) +353 (087) 455-4034

Co. Kerry

## Ballinskelligs

Home of the famous Skellig Monks, when they settled in the area and turned it into the spiritual centre of early Christian Ireland. A beautiful Blue flag beach nestled at the western edge of a gorgeous, sheltered bay, right at the centre of the Kerry Dark-sky Reserve.

A beloved haven for artists and regular craft fairs.

Part of the Wild Atlantic Way, the longest coastal driving/walking route in Europe, McCarthy Moll Tower, The famous "Castle on the Beach" and the 12th Century Abbey are just two of Ballinskellig's iconic sights to visit in this area's steeped in heritage.

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COFFEE	LUNCH
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## CILL RIALAIG ARTS CENTRE

Cill Rialaig Arts Centre is the coolest art gallery you'll find.

Located in beautiful Ballinskelligs it's easy to find if only by its circular thatched roof. And when you do find it you'll be surprised to see the works of artists not only from Co Kerry and Ireland but paintings and sculptures by artists from all over the world.



Related to the very famous but somewhat hidden Cill Rialaig Artist Village the arts centre features the best of ceramics (some just out of 'the oven' or kiln) as well as glass sculptures and all by artists who have been awarded rent free residencies by the CILL RIALAIG Project.

There is always an exhibition of paintings in one of the rooms.

There's a Cafe there and a room which acts as a special attraction for youngsters who are directed by artists as they learn how to paint or how to use their own imagination to create colourful pictures to bring home for hanging.

Regarded as the best place to shop for beautiful glass and ceramic this is where you can find that wedding or birthday gift all made specially by artists visiting the retreat for their residency.

## 'The Glen' at St Finans Bay

Known as 'The Glen', this area stretches from Duchalla Head up to Puffin Island, and encompasses Skellig Rocks. St Finan lived in the 10th century and travelled here to say mass from the monastery at Keel. Inhabited since the Bronze Age, the area shows ancient habitation in the form of galtans, an earth fort at Rathkerin and subterrains.

There are strong rip tides in the bay itself, which is a joy for surfers with a small beach and great waves – only for more experienced surfers though, check out the area if you are new to surfing, the rip tides can be dangerous. After your water adventures, try a delicious meal at the Driftwood Surf Café two minutes from the beach.

Near the site of St Finans Monastery was a medieval church, the ruins of both can still be seen and a lovely old graveyard. To the south are standing stones, a 'Pagan's Grave' and to the west is Templecashel Oratory, said to be used by nuns.

You can park at the beach and walks are signposted to the south, north and east, with superb views across to the Skelligs. The area is coated in wild flowers, watch the large seabirds from the diving gannets to heron and curlew. Plenty of fish in the seas round here, and crustaceans.

Puffin Island is a bird sanctuary, you can spy them when on a tour boat trip, such as the Skellig Falcon.



Skelligs from The Glen

The famous Skellig Chocolate Factory is also a café and is a must while travelling through The Glen. A superb tour of the factory, with tastings, then a sit down and coffee or choosing from the multitude of delicious gifts on offer.



# Skellig Michael Landing tours Daily departures on Skellig Falcon

From Glen Pier  
St Finan's Bay

Book online or call

[www.skellig-falcon.com](http://www.skellig-falcon.com)

066 940 1014



Skellig Falcon provides landing trips to Skellig Michael as well as eco tours around the Skelligs and Puffin Island.

Operating from Glen Pier in scenic St Finan's bay they provide the shortest/fastest route to the Skelligs, convenient parking at the pier and a knowledgeable local skipper and crew.



## PEDAL THE KINGDOM 3

About 18km from Kenmare, you can swim in Lough Fada. Further on is a small road leading to Rosdohan island, but unfortunately this is now private land. More swimming though, to cool down at Carroll's Cove, on the left before the huge beach at Derrynane. Maybe stop for the night at one of the two large camping parks here, Glenbeg or Wave Crest. Further on from Derrynane are some small, hidden beaches, at Bealtra, then at Toor beach, which you would get to by turning left at Ardkeragh and a 10 minute cycle.

Over the bridge at the huge Lough Currane to Waterville, which has beaches, accommodation and food!

Take a detour after Waterville, a left turn onto the R567 towards Ballinskelligs, passing the Cill Rialaig Arts Centre – art exhibitions in a beautiful conical-roofed building. Then Ballinskelligs itself, with the lovely Café Cois Trá, a big beach, and tours out to the Skelligs.

Inland Route – 4 hours, 70km

This route has moderate hills, and is a more direct, quieter route, straight from Killarney, missing out all of the coastal route, but you can catch the coast on the next leg of your journey. Just outside Killarney, you will see Killarney Golf Club, which serves superb food, right on the shore of Lough Leane. There's a lovely viewpoint about 30km from Killarney of the small Lough Acoose but you can't get down to the lough unfortunately.



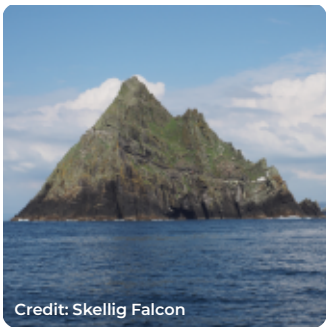
Not far from here, you will find The Climbers Inn at Glencar, the food looks amazing and it has great reviews. After nearly 2 hours cycle, this makes a great stop. Contact them on 066 976 0101

After this stop, you have some moderate hills, but lovely hilly scenery with plenty of photo opportunities, don't miss Ballaghasheen Pass view point after a tight right hand bend, with laybys each side.

About 16km before Ballinskelligs, you will cross a small, picturesque bridge over the River Rinny, just before you join the L4010, which takes you down to join the N70 Ring of Kerry again, turning right here, then left in 1.5km towards Ballinskelligs.

## The Skelligs

Between the 6th and 11th century, a group of extraordinary monks inhabited Skellig Michael, with all the difficulties this entailed. Can you imagine how they sailed and rowed across turbulent seas either 7 miles to Bolus Head or 8 miles to Glen Pier in their



Credit: Skellig Falcon

Currachs for any supplies they might need! They had a very good vegetable garden and they would have eaten fish, birds and eggs for protein, but were they the pioneers of sushi? ...as they had no means of cooking, there is no timber on this windswept isle and they would hardly have had enough room for wood on their small boats.

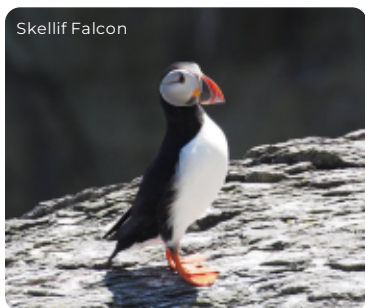
The beautifully constructed bee hive stone huts made from stone from the island were their living quarters and they even had one as a lavatory to the north east – you can see way down to the water if you look into it now – a primitive but effective system to keep the island clean!



Photo courtesy of Skellig Tours & Fishing trips - see back page

They also had a church, an oratory. The monks had three different paths leading up from landings to the north, south and east, you can still see traces of these today. They would have had to pull their small crafts a long way up to keep them from the wild Atlantic weather which could bring waves 150ft above sea level! A few years ago, one such wave caught the guide's hut, a portacabin, and almost swept it away apart from the fact that it got wedged lower down.

Irish Light brought stone from nearby Valentia Island and made a large path from Blind Man's Cove up along the south and west sides of the islands.



Skellig Falcon

The Skellig Islands are home to a wide variety of birdlife. Skellig Beag, or little Skellig, is home to over 23,000 pairs of Gannets, making it the largest colony in Ireland. Arriving in late spring, the Puffin occupies Skellig Michael until the end of July.

# Skellig Michael Boat Trips Landing Tours

Departs Ballinskelligs on the  WILD ATLANTIC WAY

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## THE ATLANTIC GRILL BALLINSKELLIGS

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HOMEMADE LIGHT TEMPURA BATTER

All food sourced locally - Specialising in fresh fish

## PEDAL THE KINGDOM 4

### Ballinskelligs back to Killarney

Here, we will show you a prettier, longer route, instead of following the Ring of Kerry directly, which is about 80km along the N70.

#### **Ballinskelligs to Portmagee** 14km/1 hour

Travel out of Ballinskelligs up the R566, turning left at the crossroads, and along the Skellig Ring, also the R566, passing Kinnard Cemetery on your left. If you turn left about 5 minutes cycle after this, you can see the fairly impressive Coom Wedge

Tomb. Back to the road, and a little further on, you'll see a telescope, from which on a clear day you can see the Skelligs! And just less than 3km, you can have chocolate!! (and coffee) at the Skelligs Chocolate Factory & Café.

At the next junction, take the left fork at the beautiful St Finian's Bay – stop for a swim here! You'll be in for a treat just after the beach, if you have booked a trip on the Skellig Falcon – Landing tours to Skellig Michael, which leave from the pier a few hundred metres after the beach (turn left) If you are going straight to Portmagee, take the right turn at this 3 pronged junction.

This road has a series of sharp bends but there is another viewpoint and a Wild Atlantic Way discovery point 'Coomanaspic' Not long after this are some public loos on your left by a car park, with a path which leads to the Kerry Cliffs – you have to view these!!

Back to the road and onward to Portmagee, which isn't far! Visit the lovely Astrid and Wendy in Portmagee Café for lunch or cakes! Tell her you heard about the café from Sally in these guides!



A must-do, is to visit the Portmagee Visitor Centre (the big white globes) for their history and Whiskey tasting.

So you may want to book somewhere to stay the night locally after that!

## The Shillelagh

The shillelagh is not just a stick. It is a story that learned how to walk.



In Irish folklore, the shillelagh sits somewhere between weapon, walking aid, badge of honour, and quiet threat. It appears in fireside tales, faction fights, emigrant songs, and the misty hedgerows of rural Ireland. Long before it became a souvenir in tourist shops, it was a very real part of Irish life.

The word itself is often linked to the village of Shillelagh in County Wicklow, a place once famous for its oak forests. Over time, the name came to describe a stout Irish cudgel, most commonly made from blackthorn. Blackthorn, with its dense, knotted grain and wicked thorns, feels like a tree that grew with attitude. It twists and hardens slowly, and when cut and seasoned properly, it produces a stick that is both elegant and formidable.

In folklore, the shillelagh was more than wood. It was personality carved into form.

### The Shillelagh and the Faction Fights

Throughout the 18th and 19th centuries, Ireland saw what were known as faction fights. These were organized brawls between rival groups, often at fairs or gatherings. Men would square off armed not with swords or pistols, but with shillelaghs. The stick became a symbol of strength, loyalty, and local pride.

Stories tell of men who could split a hat from a head without drawing blood, or knock a rival senseless with a single calculated blow. While some of that is undoubtedly embroidered for effect, it speaks to the respect the shillelagh commanded. It was not random violence. There was skill involved. In fact, a distinct martial tradition

known as bataireacht developed around the use of the stick.

In folklore, a good stick fighter was admired the way a skilled swordsman might be elsewhere in Europe. The shillelagh was his companion, balanced to his height, weighted to his hand, and seasoned over years. It was as personal as a signature.

### A Hedge, a Curse, and a Warning

Blackthorn hedges are deeply woven into Irish rural mythology. They mark boundaries, shelter livestock, and bloom with white flowers in early spring. Yet they also carry a certain unease. Cutting blackthorn at the wrong time was said to invite bad luck. Disturbing a lone fairy bush, often a hawthorn or blackthorn, could bring misfortune on a family.

So imagine taking wood from such a hedge and shaping it into a tool you carry daily. The shillelagh in folklore becomes something that bridges worlds. It is both protective and potentially dangerous. Some tales suggest it could ward off trouble. Others hint that it carries the stubborn spirit of the land itself.



There is also the quiet domestic folklore. The image of the “Irish mammy with the stick” exists half in humor and half in memory. The shillelagh becomes a symbol of authority, discipline, and no-nonsense practicality. It stands by the door not only to lean on, but to remind.

### Emigration and Identity

When Irish emigrants left for America, Australia, and beyond, the shillelagh often traveled with them in story if not in suitcase. In political cartoons of the 19th century, the Irishman is frequently depicted holding a shillelagh. Sometimes it was meant as mockery. Other times it was a grudging acknowledgement of resilience.

Over time, the stick became shorthand for Irish identity. It appeared in parades, stage performances, and diaspora celebrations. The meaning shifted from weapon to emblem. It said: I come from somewhere old. Somewhere hedged and rain-soaked and stubborn.

In folklore songs and stage plays, the shillelagh is raised in defense of honor, country, or a good argument. It is rarely subtle. It is direct, like the people who carried it.

### Craft and Continuity

What folklore sometimes glosses over is the craft.

A real shillelagh is not just cut and used. Traditionally, blackthorn is harvested carefully, often with the root ball intact to create the characteristic knob.

It is seasoned for months or years, bark sometimes left on, sometimes stripped, oil rubbed into the grain until it deepens to a dark, rich tone.



The stick reflects the hand that shapes it. No two are identical. Each twist in the wood tells you about the hedge it grew in. That connection to land and maker is part of why the shillelagh endures in folklore. It is not mass produced mythology. It is tangible.

Today, the shillelagh straddles two worlds. It is a walking stick for those who appreciate heritage. It is a collector's item for those who value tradition. It is also a reminder of a rougher, more physical chapter of Irish history.

For those who want an authentic piece rooted in that tradition, crafted from real blackthorn and made with respect for the old methods, you can find them at [www.McCaffreycrafts.com](http://www.McCaffreycrafts.com).

A proper shillelagh is not just bought. It is chosen.

Folklore survives because objects survive. The shillelagh has endured hedgerows, faction fights, emigration, satire, and souvenir stands. Through it all, it remains what it always was: a length of Irish wood shaped by hand, carrying stories in its grain.

And if you listen closely, you can almost hear the hedge whispering.



## Events and Festivals in Kerry

### 2026

**13th - 17th July** | Killarney Races. Horse racing, music, ladies day



**31st July – 3rd August** | Ballylongford Oyster Festival, nr Tarbert. Brilliant fun and games!

**July and August** | Live at Killarney. INEC Gleneagle, various concerts

**August 2026, dates to be confirmed** | Chamber Music on Valentia, Valentia Island

**10th, 11th, 12th August** | Puck Fair, Killorglin. Music, parades and culture

**14th – 18th August** | Rose of Tralee Festival. Parades, fireworks, televised competition

**5th September** | Dingle full and half Marathons @ Dingle



**2nd – 4th October** | Dingle Food & Wine Festival @ Dingle

**20th - 26th September** | Listowel Harvest Festival. Horse Racing

**October** | Kerry International Film Festival. 4 days of international films.

**12th – 14th November** | Sneem International Storytelling Festival

**13th – 15th November** | Dingle Distillery Film Festival

**20th – 22nd November** | Dingle Lit Festival in Ballyferriter Village

**Dates to be confirmed** | Hardman Gap of Dunloe, Half Marathon and 10k

### 2027

**5th – 7th February** | Eigse na Brideoige, cultural events spread over various centres in the Gaeltacht areas of Iveragh

**19th – 21st March** | Skellig Coast Dark Nights Festival, star-gazing and astronomy

**9th - 11th April** | Wander Wild festival in Killarney, climb hills, kayak, horse riding and food trails

**May 2026** | Tralee Food Festival. Great food, music and entertainment

**1st – 2nd May** | Waterville Trail Running Festival. 25km, 43km, Ultra trail races on the Kerry Way

**Late May** | Listowel Writers' Week. Ireland's oldest literary and arts festival

**4th – 6th June** | Ireland BikeFest Killarney. A tribute and cover band festival – free

**5th – 7th June** | Listowel Whit Weekend. Horse racing



**Dates to be confirmed** | The Gathering, Killarney, Dingle Literary Festival.

*\*All date are provisional and should be checked before you make arrangements!*

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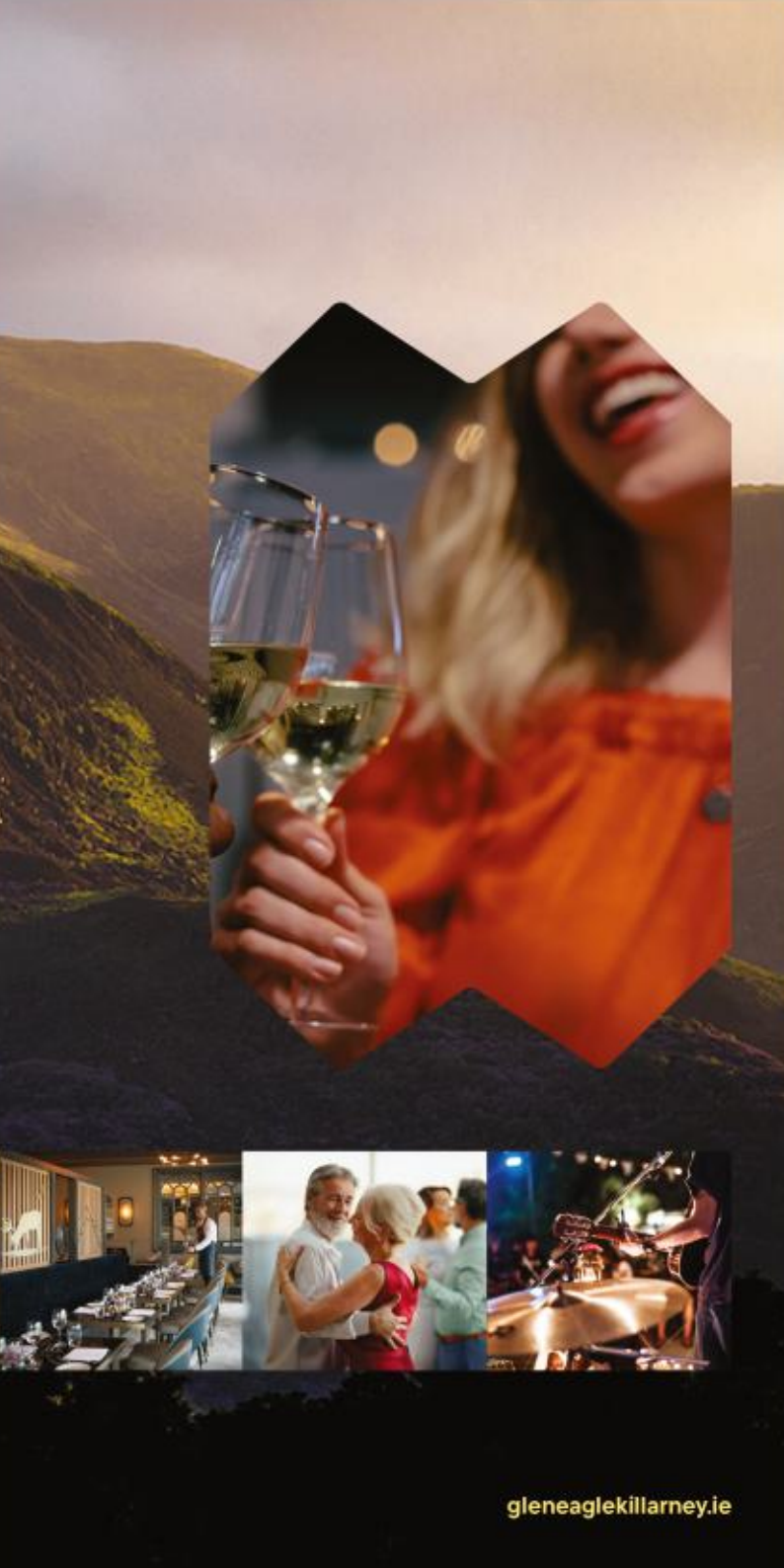
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## Valentia Island

The name Valentia doesn't originate from the Spanish city of the same name. Cuan Bhéil Inse is the Irish name for Valentia Island, meaning Harbour-mouth of the island. This was anglicised as 'Bealinche' then Ballenatia, before becoming Valentia.



Discover the magic of the Skellig Islands at the Skellig Experience Visitor Centre on Valentia Island, the perfect gateway to one of Ireland's most spectacular destinations. Located just over the bridge, overlooking the stunning Portmagee Harbour, the centre brings the story of Skellig Michael to life through a self-guided exhibition and immersive film show.

Enjoy delicious local food in their restaurant, browse unique gifts and souvenirs, and take advantage of free onsite parking. For a truly unforgettable adventure, choose from their scenic Skellig Islands cruises or Skellig Michael landing tours. Every boat trip includes complimentary admission to the visitor centre and film experience, making it the perfect day out.

The first underwater transatlantic telegraph cables operated from Valentia Island for one hundred years from Foilhommerum Bay to Newfoundland, Canada, laid in 1866. You can view a plaque giving the information just above the bay. Visit the Valentia Island Cable Station at The Promenade, Knightstown.

Valentia Island Lighthouse is home to the most westerly harbour light on the island of Ireland, guiding vessels through the northern entrance to Valentia Harbour.

Explore the 17th century artillery fort located at Cromwell Point and the 19th century lighthouse building, soaking up the stories and science against a background of dramatic scenery of the Skellig Coast on the Wild Atlantic Way

In 1993 fossilised tetrapod trackways, which are footprints preserved in Devonian rocks, were discovered on the north coast at Dohilla. 385 million years ago, this vertebrate passed by the river basin (now southwest Ireland!) and left its prints in the sand. Preserved by silt and sand, they were converted to rock over time. These are among the oldest signs of life on land.

## PEDAL THE KINGDOM 5

Now you have the choice of going on, back to Killarney, see below, or take the bridge over to Valentia island...

When leaving the bridge to Valentia Island, you will see Carraig Liath House, which is a family run bed and breakfast overlooking Portmagee village, situated 100 metres across from the Skellig Experience centre.



This beach front property offers free parking, and access to a private patio area. With three en-suite bedrooms, all tastefully decorated, free wi-fi and continental breakfast. It is an ideal location to visit the famous Skellig Islands, Bray head , Geokaun mountain, Valentia lighthouse, Valentia cable station, and many more beautiful sights.



Or you could choose Carraig Liath self-catering apartment, which is directly across from the bed and breakfast and is all open plan. Facilities include cooker and fridge, tv et. It sleeps 4 people and one bedroom has a double and single bed, the other bedroom has a single bed. It has free wifi and a lovely private patio area overlooking Portmagee.

Contact Frances at  
[www.carraigliathhouse.com](http://www.carraigliathhouse.com)  
 or francesvalentiaisland@gmail.com





# VALENTIA ISLAND FERRY

**SAILING DAILY FROM EASTER TO OCTOBER**  
TICKETS AVAILABLE ON BOARD OR FROM OUR WEBSITE  
**[WWW.VALENTIAFERRY.COM](http://WWW.VALENTIAFERRY.COM)**

After the B&B, turning left at the first crossroads, you will see the site of the very first trans-Atlantic telegraph cable back in 1866, you can read all about it at this wonderful viewpoint. You can continue to the cliff edge at Brae Head and see the old signal tower, or turn right after the telegraph point and sharp left up to St Brendan's Well (not a loop road) or continue straight to a left turn after the lovely Valentia Bee Beds which have relaxation and healing methods – may be a great idea during your cycle! This turn will take you Fogher Cliffs and more spectacular views. Back to the road turn left, then a quick left, right, and 1.6km (steep downhill at first) to the Valentia Island Tetrapod Footprints at the cliff edge down a small path. Back along the road for 1km and turn left to go along a track to the Valentia Island Lighthouse. This hugs very near to the cliff edge!

Back along the track and turn left, heading into Knightstown on the eastern point of the island. On the way, there is a lovely beach for a swim next to Glenleam House and Gardens.

There is a grocery shop in Knightstown, Walsh's, open 9am – 6pm (2pm close on Sundays) If you have youngsters with you, there is the great Cracow Playground and Park to relax in. Maybe sit for while with a picnic. There are plenty of places to enjoy a drink or have a meal in this town, stay and rest or carry on and catch the very handy ferry from Knightstown over to Reenard Point (there's a seafood restaurant there) and on to Cahersiveen.

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**Caherdaniel |**

Atlantic Irish Seaweed



**Bealtra | Back page**

Skellig Tours



**Waterville |**

Sea Synergy



**The Glen |**

Skellig Falcon





**EMERALD OUTDOORS**



**Valentia Island |**

-  Valentia Island Ferries
-  Carraig Laith House
-  The Skellig Experience Visitor Centre

**Cahersiveen |**

-  Casey's Cycles
-  Sea Synergy


**Glenbeigh |**

-  Kerry Greenway Bike Rental
-  The Falcon Inn

**Killarney |**

-  Gleneagle & INEC Arena
-  Celtic Whiskey Bar
-  Randles Hotel
-  Falconry Kerry

**Farranfore | P54**

-  Kerry Airport

**Dingle |**

-  Half Door Restaurant
-  Paddy's Bike Shop


**Gallarus |**

-  Gallarus Oratory

**Tralee |**

-  Sandy Feet Farm
-  Tralee T.C. Apartments
-  Brook Manor Lodge
-  Siamsa Tíre
-  Blennerville Windmill

**Aquadome**

-  Aquadome

**Ardfert |**

-  Kate Browne's Restaurant & Pub

**Abbeyfeale, Co Limerick |**

-  Like Bikes


**Ballinskelligs |**

-  The Force Awakens, Skellig Michael Boat Tours

-  Cill Rialaig

-  Café Cois Trá

**Portmagee |**

-  Portmagee Distillery

## Cahersiveen

Cahersiveen, or Caherciveen as it is also spelled, is the capital of the Iveragh Peninsula. Cahersiveen town lies at the foot of Benetee mountain, on the river Fertha overlooking Valentia Harbour. It is full of things to do, places to visit, stay and eat. There is an awful lot packed into this vibrant town!

The Daniel O'Connell Memorial Church in Cahersiveen was designed by George Coppinger.



Credit: Patrick Comerford, 2018

**Daniel O'Connell Memorial Church**

**The Old Barracks** construction was completed in 1875 as a police station for the Royal Irish Constabulary. The Irish end of the transatlantic telegraph cable entered the sea at Valentia Island and an imposing building was needed to protect this. So fast was the need to build this, that the plans were mixed up and this was originally designed for the Punjab in India!

Could it be there is a building which was designed for Cahersiveen somewhere in the Punjab!



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Ring Of Kerry  
V23 YY82  
P: 066 947 2474  
bikehirekerry@gmail.com

Electric bicycles (E-bikes) are not entirely a modern development.

As far back as the 1890s an American inventor was granted a patent for a battery-powered bicycle, with a hub motor mounted on the back wheel! A couple of years later a Boston inventor used a double electric motor within the hub of the crankset axle (a hundred years later, this was re-invented and imitated) Again in the 1890s, a rear-wheel drive electric bicycle used a driving belt along the outside edge of the wheel, another using rear-wheel friction. In 1969 this was expanded using four fractional horsepower motors connected through gears.

Nowadays, the E-bike can assist the rider by adding throttle. The rider may still pedal, so they are not classed as motorbikes but allow access to hillier rides for those who wouldn't consider steeper terrain by bike normally. They use rechargeable batteries and can travel at around 30km/hr.

Discover the beauty of South Kerry by bike, hired from Casey Cycles, quality bike hire for over 40 years and E-Bike specialists, with top quality Giant and Gazelle models. All their bikes are maintained and serviced on a regular basis by their mechanics. They have daily and weekly rates to enjoy breathtaking scenic routes to suit all level of riders with route maps provided.



Winner of a Chelsea Flower Show Gold medal 2023, **Kells Bay House & Gardens** is Ireland's premier sub-tropical botanical gardens covering 20 hectares in a short V-shaped valley, situated overlooking Dingle Bay. The gardens are renowned for their collection of exotic plants and tree-ferns that thrive in the microclimate created by the Gulf Stream in the Peninsula. It is also home to Ireland's longest rope-bridge "The SkyWalk".

## Sea life in the Kingdom

Southwest Ireland is one of the best places to experience marine life like dolphins, whales and even sharks!



Did you know that Ireland has the second largest shark in the world?

Basking sharks visit the coastal waters of Kerry and Cork in Spring and early Summer, feeding on the abundant plankton blooms. You can take a boat trip to see this amazing life or get a guided snorkel in the safety of the sheltered bays.

Immerse yourself in another world amongst kelp forests and seagrass beds, to view the weird and the wonderful creatures from cuckoo wrasse to crabs who call these places home.

Don your wellies and stay dry exploring the beach rockpools to see what lives along the coastline, like prawns and anemones and if it's raining you can visit one of the marine centres in Kerry, where you can discover more about what lives beneath the Wild Atlantic Way!

**Cuas Crom Harbour** is a sheltered cove for those who love swimming. It is a wonderful place to get into the water, about five miles from Cahersiveen, across the bridge, past the old cemetery, then past the two old ring Forts and a right turn takes you to the small, quiet harbour.

It is a stony beach, and you have to pick your way across the rocks to reach the water. You will not be disappointed when you get in, as it is surprisingly warming and clear.



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Waterville and Cahersiveen

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Co. Kerry

**The Stone Forts** of Cahergal & Leacanabuaile are located in an area known as 'over the water' by the locals of Cahersiveen, located down by the water's edge, with the barracks on your right-hand side, continue over the bridge immediately ahead.

At the next crossroads, take a left and follow the signpost for the Forts, they are located approximately two miles on the left - head in the direction of Ballycarbery castle, which is also well worth a visit.

Photo credit: Stephen Powers



## Glenbeigh

Nearby to the Glenbeigh Hotel, is a Fairy Trail through the forest, with toadstools, fairy houses and colourful stones. It is just so unique, there are lots of options to branch off and a new little house greets you at every turn. It is updated each year, so you can revisit and spy a new build every time! It takes about half an hour, with great views when past the trees.



The trail is free to walk. Take the road from Glenbeigh Village along the R564 Rossbeigh road to the Picnic Area at Faha Wood. At the Picnic area follow the path leading upwards into Faha Wood and turn left for the Fairy Forest.

Most importantly everyone must be very gentle around the houses – it's taken the fairies a long time to build them, so please respect their hard work, they will be nearby, maybe even overhead!

As well as the convenience of being able to rent bikes to explore this wonderful area, you will find, nestled in this beautiful village of Glenbeigh, The Falcon Inn, which is one of Kerry's most welcoming destinations. Whether you're exploring the Ring of Kerry, cycling the South Kerry Greenway, just minutes away, or simply soaking up the best of what the Kingdom has to offer, they're a perfect place to rest, eat, and celebrate.

Floor-to-ceiling windows frame breathtaking views of forest and mountain, a setting that's hard to beat on a long summer's evening.

They're ideally placed for an overnight stay or a longer escape. Rossbeigh Beach is just 8 minutes away, and the village of Glenbeigh a short 5-minute stroll.



Glenbeigh has wonderful mountain scenery and walks. There is a circuit of hills called the Glenbeigh Horseshoe, which is part of the greater Kerry Way. There is also the spectacular Rossbeigh loop hill walk, quite a long one at 10km, about four and a half hours, but for the stunning views over the beach and ocean, it is really worth it. If hill walking is too strenuous, there's horse trekking, fishing, golf, birdwatching or just relaxing.

Rossbeigh Beach is a sandy strand, 7km long and is awarded the Blue Flag for cleanliness. It is part of the Castlemaine Harbour Special Area of Conservation, which protects local flora and fauna. There is no hang gliding club here but those who practice this will find a track suitable for a 4x4 nearby to travel up the hill.

Surfing is popular here too, with a steady SW wind and no tidal effects to surfing. Kite surfing and buggying are popular as well, as the stretch of sand is smooth and long. Kayaking is also popular from the beach.

Of course, just bring your togs or roll up your trews and paddle too! An all year playground will entertain the young ones and there's plenty of parking at the south end of the beach. Toilets are by the promenade and parking for larger vehicles can be found at the north end of the beach.

## PEDAL THE KINGDOM 6

### The Greenways of Kerry

The Greenways of Kerry are a wonderful addition for taking it easy by cycling and walking along safe paths and roads. The information about the two existing Greenways, Tralee to Fenit and Listowel to Limerick are on pages 81 & 82.

The new **South Kerry Greenway** follows the former Killorglin to Valentia Harbour railway line and has already had some beautiful sections opened in April and May 2026 from Glenbeigh to Killkeelhagh and a 3km section at Kells, opened in 2025. The Kells to Cloghanelinaghan (7.5km) is planned to be open in 2027 and the rest at dates TBC.



The Kells section is 3.1km from the cherished heritage site of Kells Train Station to Golden's of Kells, a huge gift shop, where you will find a huge temporary parking area.

Breathtaking views accompany you along this stretch of Kells Bay, the Inveragh Peninsula and Skellig coast.

The Glenbeigh village to Mountain Stage is fully resurfaced and travels through a peaceful woodland corridor, then along a quiet road section, then offroad again, with fabulous views of the Coolroe and Beenreagh mountains.

[www.discoverkerry.com/greenways/south-kerry/](http://www.discoverkerry.com/greenways/south-kerry/)

Kerry Greenway Bike Rental service along the Greenway offers high-quality bikes for all ages, perfect for exploring scenic routes. They provide helmets, maps, and friendly local advice. Conveniently located, they make outdoor adventures accessible and fun, fostering a love for nature and active travel.



Contact them by scanning the QR code, visiting [www.falconrykerry.com](http://www.falconrykerry.com) or phone, as pre-booking is essential + (353) 087 127 9745

## Kerry Bog Village

The Kerry Bog Village is a restored 19th Century village, set on The Ring of Kerry, located at the foot of the Macgillycuddyreeks. On display are period thatched cottages, authentic antiques and farm equipment from the day and inside is an abundance of history and information points, brought to life with mannequins and audios. They also have two rare Irish breeds of animal, the Irish wolfhound and the Kerry Bog Pony, Europe's rarest breed of Pony. A comprehensive brochure is available in many languages, which



will guide you round the Museum. Tickets are available from the entrance. Gift shop and toilets inside. I asked the Kerry Bog Village owners some questions that I think may interest you...

• **When was the Kerry Bog Village built and how many houses would typically be in a village?**

The original cottages would be built around 250 years ago and would have altered over the years such as modernisation to having windows and better structures.

Obviously thatch has a life span and so would have changed every 20 years or so. The amount of housing varied but from a handful up to 20 and more clustered. Often with a small Church nearby.

• **Are these type of houses built elsewhere in Ireland?**

Yes these types of cottages were common place all over Ireland and had variations such as styling.

• **Were they built specifically for families to dig for peat or did the families harvest the peat because it was there.**

The little Villages would have been built strategically for resources such as near the sea, lakes or bogland in this instance for cutting peat. The Kerry Bog Village is situated near peatland, lakes and sea, making it ideal.

• **Typically, how many people would live in a house?**

Often times people lived in large families with double digit numbers of children and sometimes with Uncles, Aunts etc. Crowding for such small cottages was common.

• **What did they have in the houses?**

The cottages were furnished with only what was necessary with little to no items of luxury. Fire place, tools and bedding items with religious features were the norm. Storage for food and in some cases livestock.



Scan me!



Have you ever been to The Falcon at Glenbeigh? As well as a comfortable dining area, it has loads of covered 'outdoor' seating in the conservatory and the food looks great!

Glenross Caravan and Camping Park seems a great place to be – just 3km from Rossbeigh Beach, 4km from Kerry Bog Village and 40 minutes from the airport.

## Dooks

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Dooks is best known for its superb golf course, founded in 1889 by members of the Royal Horse Artillery who were billeted at Glenbeigh. In 1895 a rail stop was established to accommodate the increasing number of golfers visiting the course. In 2006, the course had a complete overhaul, and was voted Ireland's Most Scenic Golf Course 2020.

Lough Caragh is a lake formed by the damming of the Caragh River. Caragh Lake railway station was on the Great Southern and Western Railway line which ran from Farranfore to Valentia Harbour. There are wonderful spots for wild swimming on the lake, which has a surface area of almost 5 km<sup>2</sup>. Caragh Lake is considered so important, that in 1932, it was the first land to be in the protected environment of Killarney National Park.



Apparently, the rare Kerry Slug was discovered here in the 19th century!!



## Killorglin

---

Killorglin is located on the river Laune, which has a rowing club and boathouse. The population of Killorglin is around 2085 although this expands considerably during Puck Fair due to visitors and returning emigrants. The town hall is said to have been built with the help of Andrew Carnegie.

There are 15 places in Killorglin to find a good Irish beer. Check out McCaffrey Crafts – 5th Generation blackthorn walking sticks makers.

## Steaming Up and Cooling Down

There aren't many places which can compete with the West Coast of Ireland for stunning scenery, woodland walks, secluded beaches and now, luxurious saunas and seaweed baths after your chilly dip or long walk!

Nothing is as refreshing as dipping in the fresh sea, then warming in a gorgeous sauna or relaxing and rejuvenating with nature's seaweed.

Another favourite is Sneem Seaweed Baths 085 784 5766

"Samhradh's sauna is the result of many years of dreaming about creating something by the sea — a place that could make a difference, fuel my passion for the outdoors, and share the joy and healing power of sauna with others, which comes from a real belief in accessibility. Sauna should be a regular ritual anyone can enjoy, whether on a tight budget or with a larger income.

Time and again, we've seen how special it is when people from all walks of life come together, stripped back in the sauna, connecting through our shared humanity"

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Our sauna fosters wellness and harmony with nature. Enjoy Social Sauna Sessions for €15 per person or book a Private Sauna Session for €100. Contact us for exclusive bookings outside regular hours.



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[www.splashsports.ie](http://www.splashsports.ie)



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## SONA SAUNA



Based in Ceann Trá (Ventry) along the Sleá Head Drive, Sona Sauna is a wood fired sauna located beside one of Ireland's most stunning blue flag beaches. Set up by 'Sauna Tom', a passionate sauna enthusiast who has travelled Europe exploring different cultures, it's an experience not to be missed.

[www.sonasauna.ie](http://www.sonasauna.ie)



## SUNSET SAUNA



Sunset Sauna is situated approx 10km from Kenmare Town on the beautiful Beara Peninsula. A 6person Sauna feet from the pristine waters of Kenmare Bay.

We're open year round at Coornagillagh and have a second Sauna alight from May to October at Allihies or Castletownbere.

Call or text 087 2238 211.



## COLIN'S SEAWEED BATHS



Inspired by the natural healing qualities of seaweed, sourced locally in the black rocks, a little business was set up initially in their house located down the Glen on the Ladies Strand in Ballybunion. A seaweed bath lasts for a half hour and costs 30€. Serrated wrack rejuvenates the skin and provides a soothing to any aches and pains.

Call 068 27469

## Dingle Peninsula

The Dingle Peninsula stretches 48 kilometres into the Atlantic Ocean from Ireland's south-west coast. The peninsula is dominated by the range of mountains that form its spine, running from the Slieve Mish range to Mount Brandon, Ireland's second highest peak. The coastline consists of steep sea-cliffs, broken by sandy beaches, with two large sand spits at Inch in the south and the Maharees to the north.

The Blasket Islands lie to the west of the peninsula. Passenger ferries operate from the mainland to the Great Blasket Island during the Spring, Summer and Autumn, weather permitting.



Inch Strand, Dingle Peninsula

Inch Strand is simply massive, and its three mile stretch of flat compacted sand attracts a myriad of sporting adventurers from far and wide. Super-sleek sand yachts, and sand buggies with bulbous tyres, glide silently across its golden flats at ridiculous speeds in relentless winds. Inch Strand is a haven for surfers, anglers, and hikers too. It has crystal clear Atlantic waters, which are under the watchful eye of the Blasket Islands, one.

As well as the beaches, there are whale watching trips and trips to watch the seabirds on the dramatic sea cliffs. Surf schools are available and sea kayaking trips. There are penguins, sharks and jellyfish to admire on the dry land at Oceanworld Aquarium in Dingle which also has a virtual underwater experience.

Visit Ballyferriter to pick up worksheets for the youngsters and follow the geology trail to visit ancient volcanos, lakes and deserts. Open farms are another great place to take the kids or go offroad and take pathways to historic monuments.

There are also several places which have horse-riding on the peninsula, or go kite surfing, play on water trampolines at Splash Sport's ocean-based aquapark in Castlegregory, who also rent equipment. Go to a pottery workshop at Louis Mulcahy, Ballyferriter.



## Dingle

Dingle is a small port town on the southwest of the peninsula. A statue of long-time harbour resident Fungie the dolphin is by the waterfront. Gallarus Oratory is an ancient dry-stone church with sloping sides to the north-west. Clifftop Dún Beag is a prehistoric promontory fort to the southwest. Ferries may be boarded at the Marina in Dingle Town

(a 40 minute trip) or at Dún Chaoin Pier opposite the island (6 minutes) Packed with wonderful things to do, restaurants, cafés and hotels, a stay in Dingle is a must!



Fungie the Dolphin Statue, Dingle



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**3 John St, Dingle, Co. Kerry**  
Mon - Sat 5pm - 9pm, Sunday Closed



The town itself became a popular port in the 13th century, so much so that an ordinance of King Henry III imposed taxes on the port's exports. It has been a major fishing port since the 1830s with fleets coming from the Isle of Man and Lowestoft. Rail transport arrived so the fish could be transported throughout the country.

There is a neo-Gothic church, St Mary's with the Chapel of the Sacred Heart attached to it, which has wonderful stained glass windows, both built in the 1800s. In the 4th and 5th centuries, a large quantity of Ogham stones were laid, forming an enclosure at Ballintaggart, just before you arrive at Dingle.

Shop for gifts in the beautiful craft shops and Dingle Crystal, a family run business headed by father Sean and all five of his children. Art galleries like the very accomplished June McIntyre's Dingle Artworks, where you can purchase prints, originals and gifts.



You can book a tour to visit Dingle Distillery (over 18s only) to see how their whisky, gin and vodka are produced. Feast on Murphy's ice cream, made from Kerry cattle milk. Ocean World Aquarium has penguins, sand tiger sharks and a new immersive experience, the first in Ireland.

Irish music can be heard frequently throughout the summer in the many pubs. Dick Mack's (named after the current owner's father) is well known, stars like Sean Connery have been seen here and this family pub shares a premises with a small leather shop.

Foxy John's may give you a surprise! One half is the usual bar, Guinness on draught, but the other houses the local Dingle hardware store! Traditionally many places used to be like this, you can imagine the menfolk wouldn't need asking twice when told to go and buy a bag of nails!

The Mighty Session has loads of room for a dance and O'Flahertys is the home of traditional Irish music, with regular live sessions. O'Sullivan's Courthouse Pub, is usually packed with plenty of Craic and Ceol.

About a ten minute drive away from Dingle is Eask Tower. It is at the top of a hill, the walk is up a rough road, steep at first, then zigzag after. Ask permission at the farm if you can cross their land, and pay them a couple of euros, the views are stunning once you reach the top, a 360 degree aspect over to Skellig Michael.

## PEDAL THE KINGDOM 7

### A Few Tips On Biking from Paddy's Bike Shop

Biking offers a fantastic way to exercise, commute, or simply enjoy the outdoors. To ensure a safe and enjoyable ride, remember to prioritise helmet use – it's the single most effective way to prevent head injuries. Before each ride, perform a quick bike check, ensuring your tires are properly inflated, brakes are functioning smoothly, and your chain is lubricated. When on the road, be mindful of your surroundings, use hand signals to indicate turns, and obey traffic laws.

Finally, consider your comfort; dress in appropriate layers, stay hydrated, and adjust your bike's fit to avoid strains and fatigue. All their e-bikes will give pedal assistance for up to 100km depending on conditions and settings used.

### Benefits of Electric Bikes

Electric bikes, or e-bikes, are rapidly transforming the landscape of personal transportation. They offer a compelling alternative to traditional bicycles and cars, providing a boost of electric power that makes cycling easier and more accessible to a wider range of people. This assistance can flatten hills, extend riding range, and reduce the physical exertion required, making e-bikes ideal for commuting, errands, and recreational riding.

Beyond personal convenience, e-bikes contribute to a more sustainable future by reducing reliance on fossil fuels, alleviating traffic congestion, and improving air quality in urban environments. As technology continues to advance and prices become more competitive, e-bikes are poised to play an increasingly significant role in shaping the future of transportation.



**Paddy's Bike Shop**, a family-run business since 1985, is your trusted spot for bike rentals, repairs, parts and accessories. Known for fast, friendly service, Paddy's is especially helpful to anyone in need of quick repairs. They offer a wide range of rentals, including e-bikes, hybrids, and road bikes—perfect for exploring the stunning Dingle

Peninsula. With its winding coastal roads, scenic hills, and charming villages, cycling Dingle is unforgettable.

At Paddy's, every rider gets expert advice and a warm local welcome. In our shop we also offer helmets locks and maps which are included in the price.

For more information  
[paddysbikesdingle.com](http://paddysbikesdingle.com)



Some recent reviews of Paddy's Bike Hire:

*"Amazing service. Did the Slea head route and I've never been happier to have listened to the recommendation of the E bike. Definitely wouldn't have done it without it. Need a bike? go here!"*

*"His bikes were brand new, and he gave us an excellent route. Very friendly and would recommend his services"*

There are some great camp sites on Dingle peninsula; two in Dingle itself – Rainbow Hostel and Camping who take tents as well as having the hostel rooms and Dingle Camping, who take campervans, caravans and tents. Also two near Castlegregory – Green Acres caravan park (static vans) and the dog-friendly Anchor caravan park who take tourers.



Photo credit: Dingle Camping

Why not try Farm accommodation? There are several: Garvey's bed and breakfast at a dairy farm in Ventry, Gleann Loic biodiversity farmhouse with shared facilities, overlooking the Blasket Islands at Dunquin, Sheehy's Farmhouse to rent with 4 bedrooms on the beach overlooking Brandon Bay at Cloghane and the self-catering luxurious 4-bed rental An Riasc north of Ballyferriter.

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### CAN YOU FIND ALL THESE WORDS IN OUR WORDSEARCH?

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 CRAFT-SHOP | CRUISES | CYLE | DEER | DINGLE | DRIVE | DUNBEG FORT | DUNQUIN |  
 ECLIPSE-IRELAND | EYERIES | FARRENFORE | FENIT | FIVE-SPICE | FUNGIE |  
 GALLARUS-ORATORY | GLENGARIFF | HALF-DOOR | HELENS-BAR | HILLS | IVERAGH |  
 KATE BROWNES | KAYAK | KELLS | KENMARE | KERRY | KILGARVAN | KILLORGLIN | KINGDOM |  
 LAKES | LISTOWEL | MOTOR MUSEUM | OILEAN-PILATES | PEDAL | PORTMAGEE |  
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 TARBERT | THE DRUID | THE-HEALY-PASS | TRALEE | TUOSIST | VENTRY | VIEWS |  
 WAGGY POOCH | WATER | WAY | WESTCOVE

SMART SUDOKU

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### FIND THE DOLPHINS

How many  
Dolphins  
like this



can you find in  
this Visitor

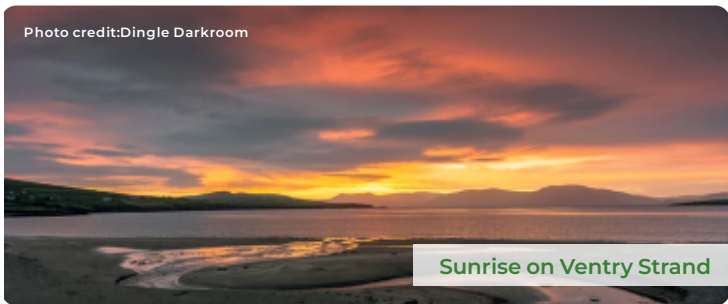
## Ventry

Ventry, an anglicisation of Fionntrá, is a Gaeltacht village located 7km west of Dingle. The village was once the main port of the peninsula. There is a blue flag beach 3km long at Ventry, popular for water sports and swimming.

In and around Ventry, you will find Blasket Islands Eco Tours, a couple of B&Bs, The Plough, run by Beatrice 066 915 9727 and Ceann Trá Heights, run by Mary and Steve 066 915 9866.

There Quinn's Pub in Ceann Trá, run by Paul which serves meals; Penny's Pottery in Cantra, which is near Ceann Trá beach, a stunning place for walks and swimming.

Photo credit:Dingle Darkroom



The village has two centres, one with a village green with post office, restaurant, café, holiday homes and shop, Ceann Trá, the next, Ard a'Bhóthair, has a pub and shop. Paidi Ó Sé, a famous footballer from Ventry has a statue here. You can walk from one end of the village to the other along the beach.

Further west you will see the **famine cottages** on your right, worth a photo. Then from the car park just before them you can walk to **Dún Beag fort**, an Iron Age Promontory Fort from 580BC, dramatically set on a sheer cliff overlooking Dingle Bay. This is a paid for site, around €3.50 each, with a visitor centre.

**The Celtic and Prehistoric Museum** has fascinating artefacts and information about the Stone Age, Bronze Age, Celtic Iron Age,



Anglo Saxon and Vikings. These objects come from Europe and the UK as well as Ireland. There are also many fossils, including the largest complete Woolly Mammoth skull and tusks in the world, a complete fossil dinosaur egg nest and complete juvenile dinosaur and Cave Bear skeletons.

The **Blasket Islands** are remote and uninhabited. The Great Blasket Island has over a thousand acres of mainly mountainous terrain and is about four miles long by a half mile wide. It is full of Irish history, wildlife and fauna and is a Special Area of Conservation. You can take a special trip out to the Great Isle from Dingle.

**Dunquin** lies at the most westerly tip of the Dingle peninsula. It has a picturesque winding road down to the pier and overlooks the Blasket Islands and you can catch a ferry over to the islands from here in the summer. A memorial stands on the cliffs for Spanish Armada ships, who sought shelter in the harbour but some were wrecked here. The scenery from here is breathtaking.

There is a 1968 film, made by Mark McCarty called *The Village*, which depicts the slow moving pace of Dunquin village in that time.

Near **Ballyferriter** is the 1.6km Clogher Head loop trail. An easy route, taking about half an hour, it is a quiet cliff walk with fabulous views across the ocean and wildflowers and country homes.

Some of Star Wars was filmed near here.

The crew arrived in Sybil Head, Ballyferriter and built beehive huts similar to the ones on Skellig Michael.



Gallarus Oratory

**Gallarus Oratory** which is believed to be over 1000 years old is the best preserved ancient church in Ireland. It's one of the few remaining churches of this type to survive intact today. Not only is it the most distinctive single monument on the Dingle peninsula, the oratory is one of the most beautiful ancient buildings in the whole country.

Its magnificent location overlooking Smerwick harbour and the wild Atlantic ocean to the West and Mount Brandon to the East make it one of the most magical sites in Ireland to visit.

The Visitor Centre is open from 9am to 8pm daily and also has a café and gift shop.

Onwards from the Gallarus Oratory, you find the villages of **Murreagh** which has the sandy, calm waters of Ballinrannig beach and an imposing white church, St Finian's, with a big white tower, then the tiny **Dooneen** pier, and **Feohanagh** which also has a lovely small beach for a walk.

Onwards to **Brandon Creek**, passing through many open fields of cultivated land. This inlet was said to be the starting point of the voyage of St Brendan to America, centuries before Columbus.

When on the **Slea Head Drive**, this is where you turn right to head back to Dingle town on the R549 which runs along the base of Mount Brandon, the second highest mountain in Ireland. A pilgrimage route to the mountain's summit begins near here.

A small road heads up all around the coast, with miles and miles of sandy beaches, towards **Cloghane** which has accommodation on the side of a dramatic inlet, the other side of which is **Stradbally beach** – a glorious 20km stretch of sand right up to Castlegregory then the bars and accommodation at **Candeehy**.

**Ballinknockane** and **Stradbally** boast accommodation, also at **Castlegregory** which is larger and has shops and bars. Beaches continue in Tralee Bay with Castlegregory beach stretching almost 5km.

Photo credit: <http://bjornfree.com/galleries.html>

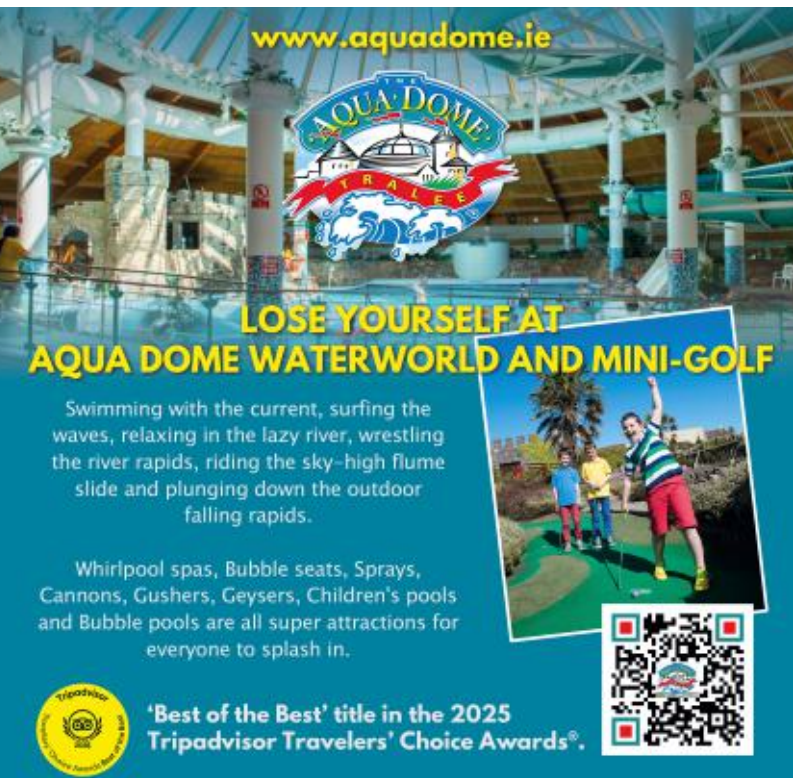


**Dunmore Head** is one of the most westerly points in Europe. Breathe the bracing air when hiking to watch the waves roll in to the sea cliffs. Look out for the Blasket Isles in the distance. This photo was taken by <http://bjornfree.com/galleries.html> from the very tip of Dunmore Head, looking over to Slea Head.

## All things Wet and Wild in the Kingdom

Throughout Kerry, you will find beautiful beaches for swimming, snorkeling, fun and games on the water, whether it is on a surf board, a SUP or kayak. One such place is Emerald Outdoors, a very professionally run outdoor fun centre, run by guys who really know what they are doing with many years of experience between them. Read more about them, their trips and bioluminescence on the Kenmare pages.

Maybe you'd prefer to have serious play indoors, and nowhere better than Aquadome in Tralee, for many hours of fun.






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There are thirteen beaches across Co Kerry given the Blue Flag award at time of going to print – this is designated to demonstrate good environmental standards and have good sanitary and safety facilities.

With all sea swimming, look out for rip-tides, jellyfish and adverse swimming weather. The Irish sea is wonderful but safety has to be top of your list of priorities!



**Derrynane:** This beach has beautiful golden sand and sand dunes, a large beach from Abbey Island along to Derrynane House with about 150m of designated Blue Flag beach. There are swimming, windsurfing, a lovely walk to the Abbey ruins, angling and canoeing activities. Free car park and restroom facilities.



**Ballinskelligs Beach:** A sandy beach, sheltered by Horse Island, designated as Special Area of Conservation. It is about a kilometre long with 400m of Blue Flag beach. A shallow dip which allows for a children's pool. Free parking and a lifeguard in the summer. There is a café onsite and restrooms.



**White Strand, Cahersiveen:** About 450m in length, White Strand is sheltered by Beginish Island and is designated as a Special Area of Conservation. There are windsurfing, angling and canoeing available. O'Neills the Point seafood bar is a must for fish lovers and is 15 minutes drive away from the beach. There are lifeguards in the summer.



**Kells Bay:** Located in an inlet with a rocky shoreline, Kells is a small, sandy, sheltered beach with watersports and swimming in a 100m wide area. Ideal for children to explore rockpools.



**Rossbeigh Strand:** With a shingle ridge, this 7km long sandy beach has extensive sand dunes and some areas of mudflats, where you will see a variety of birds. Activities include pony trekking, angling and golf, as well as long walks, kite surfing, kayaking and swimming. Just ten minutes away is the nearby village of Glenbeigh with plenty of restaurants and cafés. There is a children's playground on the beach near the car park and lifeguards in the summer. Restroom facilities and showers.



**Inch Strand:** A 5km sandy beach with a designated huge 1.4km of Blue Flag beach with sand dunes and salt marsh supporting a variety of birds. There is a park run every Saturday morning from the north end of the beach. With lifeguards in the summer, surf school, parking, café and a camp site. But don't be surprised to see a lot of cars parked on the beach!!



**Ventry Bay Beach:** A sheltered sandy beach with public facilities at the eastern end. A caravan park is nearby and Sona Sauna. Great for swimming, walking. Kayaking, kite surfing and has lifeguards in the summer.



**Magherabeg (Maherabeg) Beach:** This sandy beach has a shingle ridge for shell hunting and is sheltered. With dunes, home to a variety of vegetation. This beach is on the eastern side of the Magherabeg peninsula, the other beach is Stradbally, just a 20 minute walk across and past Castlegregory beach. Lough Gill is at the back which is beautiful with bicycle stands and a bench. Magherabeg beach is sheltered, and a great spot for paddleboarding, kayaking and swimming with lifeguard and car park.



**Fenit Strand:** A sheltered sandy beach with a concrete plinth along it instead of dunes. It is ideal for walking, swimming, sailing, surfing and angling and has a bathing area of 160m designated by Blue Flag beaches. A peaceful beach with lovely walks and a great place to unwind. Lots of parking, a lifeguard in the summer and cafés.



**Banna Strand:** A long sandy beach with wonderful views and great rocks, crystal clear water and the beach is clean, with plenty of recycle bins. A large free parking area at the dunes and bathroom facilities, lifeguard in the summer and dogs allowed on a lead. Perfect for surfing, there is a surf school and horse riding. It can get a little windy, so bring a cover-up and sunscreen! Walk for around 10km along the beach or swim.



**Ballyheigue Beach:** This beach, backed by 9km of sand dunes can be exposed at times and the waves a little rough, so ideal for sailing, surfing and walking. The Blue Flag beach is only 343m wide. Ballyheigue is right at the beach, with caravan parks, a café, hotel and B&B. Lifeguard in the summer and a car park. But, no campervans allowed here, but they are allowed just up the coast at Ballybunion...



**Ballybunion South and North:** Just a 250m strip of designated Blue Flag beach here at Ballybunion South, but beyond the outcrop with the castle on at Ballybunion North, there is another 250m of designated Blue Flag beach - this sandy beach also has surfing and angling and a lovely long walking area. Right by the town, so plenty of places to park, eat and stay. It does get very busy in the summer, as it is a lovely sandy beach, but to avoid if you like to be in a quieter place in the high-season. As previously mentioned, plenty of places to park a campervan. Lifeguards in the summer, and plenty of facilities. A dog friendly beach.

## Tralee

Established in the 13th century by the Anglo Normans, Tralee town sits beside the River Lee from which it takes its name, in Irish Trá Lí meaning 'strand of the Lee'. It is the northern access route onto the Dingle Peninsula.

Tralee can attest to some violence in the past, as when in 1580, the town was burnt for its involvement in the Desmond Rebellions against Elizabeth I, in 1798 in the uprising against British rule, the Irish War of Independence (1919 - 1921) and the Irish Civil War (1922 - 1923). The current town dates from the 19th century and is notable for some fine Georgian architecture, particularly in Denny Street. Nowadays, it is a peaceful but vibrant town, with plenty to do and see, with shops, bars and restaurants.



### Tralee Town Centre APARTMENTS

Ideally located in the centre of Tralee, with a wide array of activities and locations to discover, make the Tralee Town Centre Apartments your location for your next self-catering break

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info@ttca.ie  
00353 66 7123456

Socials



Please visit our website to book and for more details  
[www.ttca.ie](http://www.ttca.ie)

Tralee is known for the Rose of Tralee International Festival. There is a glass wall in Tralee Town Park, which bears the names of all the contestants in the festival's beauty pageant. Kerry County Museum has galleries on local history and a re-creation of medieval Tralee. Nearby, there is a National Folk Theatre of Ireland called Siamsa Tíre, which puts on Irish music and dance performances.



Rose of Tralee Statue, Tralee

# Siamsa Tíre

Theatre & Arts Centre

## Irish Arts & Live entertainment for all the family



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Town Park, Tralee.  
Box Office: 066 7123055

Siamsa Tíre is gratefully supported by:



De Róidín Cléirí,  
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[www.siamsatire.com](http://www.siamsatire.com)

Discover the heart of Irish culture at Siamsa Tíre —  
an iconic and easily accessible theatre and arts centre on  
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For over 50 years, Siamsa Tíre has celebrated the richness  
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SOCIALS



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Tralee Bay Wetlands is an interpretive and environmental learning centre, built to raise awareness of biodiversity and environment.

For fun, the activity park has water zorbing and family entertainment set on a 9 hectare site next to the beautiful Tralee Bay Nature Reserve of over 750 hectares.

Established in 1989 and state-owned, it is of international importance for waterfowl, especially the Brent geese who winter there, feeding on Eelgrass and green seaweeds. Many other birds use the wetlands, such as the Bar-tailed Godwit, Ringed and Golden Plovers and Redshank.



Tralee Bay Wetlands



## Luxury 4\* B&B in Tralee, Co. Kerry

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Ideally situated for touring the Dingle Peninsula and the Ring of Kerry.



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Eircode: V92 YX21

*Brook Manor Lodge* \*\*\*\*

[www.brookmanorlodge.com](http://www.brookmanorlodge.com)

- **The Kerry County Museum**, with many different galleries with 1000s of artifacts, is on Denny Street, in the Park of Tralee. "A great museum... an absolute treat"  
quote by LONELY PLANET GUIDE TO IRELAND

- **The Park of Tralee**, home of Ireland's National Folk Theatre 'Siamsa Tíre', is 35 acres with 5km walkways, a wide array of tree species, a fountain, a community garden and a large playground. Open from 7am – 9pm in the summer (5pm off season)

- **The Aquadome Indoor Swimming Pool** with a large flume, relaxation in the aqua spa and try aqua golf, an 18 hole mini-golf course. It is on the N86

- It's Saturday Story Time at **Tralee Library** for the little ones at 11.30am

- 3.5km south of Tralee, across the Blennerville bridge over the river Lee, is the **Blennerville Windmill**. Fully restored and centrepiece of a large visitor experience which also includes displays on the history of milling

- **The Playdium**, Kerry's largest indoor play centre, open 10am to 6pm most days and holiday weekends



- Kingdom **Greyhound race track** stadium

- **Bowling Buddies centre** consists of 10 lanes, Skywalker High Ropes, an Arcade, activity room and cafe/restaurant

- **Omniplex Cinema Tralee** is a modern, centrally located 8-screen cinema in Tralee showing the latest movies. Features include an OmniplexMAXX screen, 3D performances, wheelchair-accessibility

- **Ballyseedy Wood**, with a 4km walk and easy 1.5km loop walk, both easy. Unfortunately not dog friendly but with parking at Ballygarry House Hotel carpark, 800m away, just off the R875 roundabout, east of Tralee, heading to Castleisland

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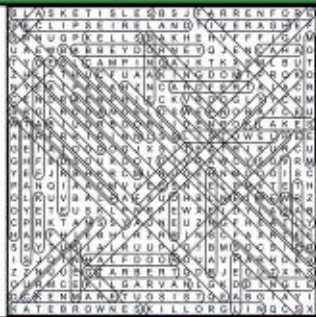
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**GAME SOLUTIONS**

9	7	4	1	2	5	8	6	3
2	8	5	3	9	6	7	1	4
1	3	6	8	4	7	2	5	9
7	6	8	4	3	2	5	9	1
3	9	2	5	7	1	4	8	6
5	4	1	6	8	9	3	7	2
8	2	9	7	1	4	6	3	5
6	1	7	2	5	3	9	4	8
4	5	3	9	6	8	1	2	7

*There are 10  
Dolphins*



## PEDAL THE KINGDOM 8

### Tralee - Fenit Greenway | Trail Metrics

**Description:** The Tralee to Fenit Greenway is an off-road cycle and walking trail that is primarily flat and smooth. The purpose-built trails are designed to provide an accessible and inclusive experience for everyone.



**Distance:** 13.6km. A general guideline is to allow 3 hours 30 minutes to walk the full route or one hour to cycle it, at a gentle pace.

**Toilet facilities:** Toilet facilities are available at the Kerry District League Club, in Mounthawk, Tralee, and at Fenit Trailhead. There are no toilet facilities available on the greenway route.



**Car parking:** Free parking is available at the Kerry District League Club and Fenit Trailhead. Additional paid parking can be found in Tralee town.



**Access points:** Visitors can join or leave the route in Tralee close to the Casement Railway Station, at Bracker O'Regan Road, the Kerry District League Club, Cotter's Bend, Kilfenora and Fenit Trailhead.

**Rest facilities:** Rest and picnic areas are located on the greenway, along with bike parking facilities.

Picnic area 1  $52^{\circ}16'43.6''N$   $9^{\circ}48'38.2''W$

picnic area 2 is at  $52^{\circ}16'52.9''N$   $9^{\circ}48'01.9''W$ , and

picnic area 3 is at  $52^{\circ}16'50.5''N$   $9^{\circ}46'49.5''W$ .

**Bike repair:** A bike repair station is located at picnic area 2  $52^{\circ}16'52.9''N$   $9^{\circ}48'01.9''W$ .

*Courtesy of Kerry Co Council Greenways*

**Like Bikes hire** electric and standard bikes in July and August and also have a mobile minor repair service operating during these months on the Tralee to Fenit Greenway.



Using with superb e-bikes, well maintained and easy to ride, they offer a personal service for these two months and have great reviews. **Like Bikes** also rent and sell a good selection of standard bikes and ebikes all year round in their Abbeyfeale Greenway Hub at 90 Main Street, where they have a full repair service. Phone 087 693 6889 or visit their website.



## Listowel to Limerick Greenway | Trail Metrics

**Description:** The Listowel to Limerick Greenway is an off-road cycle and walking trail that is primarily flat and smooth. The purpose-built trails are designed to provide an accessible and inclusive experience for everyone.

**Distance:** 16km to Abbeyfeale. A general guideline is to allow 4 hours to walk the full route or one hour 15 minutes to cycle it, at a gentle pace.

**Toilet facilities:** Toilet facilities are available at the Listowel Greenway Car Park in Listowel and the Abbeyfeale Limerick Greenway entry/exit point and car park facility in Abbeyfeale. There are no toilet facilities available on the greenway route.

**Car parking:** Free parking is available at the Listowel Greenway Car Park, Bridge Road and the Abbeyfeale Limerick Greenway car park.

**Access points:** Visitors can join or leave the route from the Listowel Greenway Car Park, the Tim Kennelly Roundabout in Listowel, Lacka East entry/exit point and at the Abbeyfeale Limerick Greenway entry/exit point.

**Rest facilities:** Rest and picnic areas are located on the greenway, along with bike parking facilities.

Picnic area 1  $52^{\circ}26'53.3''N$   $9^{\circ}28'09.3''W$ ,  
 picnic area 2 is at  $52^{\circ}26'16.8''N$   $9^{\circ}23'37.1''W$ ,  
 picnic area 3 is at  $52^{\circ}25'39.4''N$   $9^{\circ}22'32.8''W$ ,  
 and picnic area 4 is at  $52^{\circ}24'41.1''N$   $9^{\circ}20'54.2''W$ .

Note there is a mobility turning spot at picnic area 2.

**Bike repair:** A bike repair station is located at picnic area 3  $52^{\circ}25'39.4''N$   $9^{\circ}22'32.8''W$ .

*\*background photos courtesy of Paddy's Bike Shop and Kerry County Council\**



## Fenit

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Located on the north side of Tralee Bay, Fenit is about 10 km west of Tralee town, just south of the Shannon Estuary. The bay is enclosed from the Atlantic by the Maharee spit which extends northwards from the Dingle peninsula and is a favourite swimming area.



Fenit Lighthouse

Fenit harbour is a mixed function seaport, where fishing, freight import and export, and a 136 berth marina are the main forms of business. The harbour and marina cater to commercial traffic, fishing boats and leisure craft.

## Ardfert

---

Ardfert village outskirts is home to the magnificent ruins of a Franciscan Friary dating from the 13th century, founded by Thomas Fitzmaurice. There is a substantial tower, added in the 15th century, which resembles a residential tower house.

The friars were involved in a legal case with the Cathedral in 1310 over the removal and burial elsewhere of a local nobleman. The friars were evicted in 1584 and the friary taken over as a barracks.



Ardfer Friary

Today the picturesque ruins are in the grounds of Ardfer House, home to the Crosbie family since 1635.

The ruins have a 13th century window, divided into 5 lights, which would have illuminated the choir. The nave, cloister and dormitory are still visible.



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The Glandore Gate is an imposing entrance, constructed in the mid-19th century and was once one of the entrances to the Crosbie mansion. It was relocated to its present position in the 1880s and is now a private dwelling.

St Brendan 'The Navigator' founded a monastery in the town way back in the 6th century, with the Cathedral, still showing pre-Romanesque masonry in its walls. Over 800 burials were discovered here, dating back to the Romans.

Today, Ardfert has several bars and restaurants, including the famous thatched roofed Kate Browne's, with dishes such as Warm Mushroom risotto and Confit of Duck leg to tempt the tastebuds!

There is an art studio which runs courses, a butchers, an exciting ladies clothing boutique, and a pottery studio with a zero waste ethos.

There are sandy beaches from Tralee golf course up to **Ballyheigue**. But travelling along the R551 from Tralee, you would miss some of this, as you arrive at **Banna**, where there are dozens and dozens of mobile homes and cabins (these are not for rental). Further on is **Ballymacquin**, which features a couple of home goods stores.

**Ballyheigue** is a larger village, with plenty of dining and bars, B&Bs, also a golf course. Custom tours can be arranged from here by Scotia Ireland Tours. There are several historical sites along the way.

**Causeway** is a small village founded on an ancient Celtic roadway which originated in the neighbouring parish of Ballyheigue and was reputed to have ended in Tara (county Meath) the seat of the High-Kings of Ireland.

Near the village of **Ballyduff** (Black Village) with Tractor runs and Horse fairs, sits the amazing **Rattoo round tower**, built in the 11th century, the only complete one in Kerry.

In the mid 19th century, it sat on a raised earth causeway in what was then a swamp, which was drained and the causeway removed so the fields could be cultivated. At 29.56 metres high, and with a base circumference of 15 metres, you can almost imagine the Brothers Grimm's Repunzel sitting at one of the windows!



## Ballybunion

The beautiful seaside town of Ballybunion has for decades welcomed visitors from all over the world. Its two golden sandy beaches allow visitors time to swim, surf and relax. The natural formations such as sea stacks and sea arches adorn the coast, as wild porpoises and dolphins swim in the unpolluted water of the Ballybunion coastline. The rocks in the area are of great interest to Mineralogist and Geologist, and the cliffs are alive with sea birds, a bird watcher's dream. There are famed golf courses and gourmet restaurants in this picturesque village.

Set on the Wild Atlantic Way and just 15km from Listowel, lies Ballybunion.

Its Cliff Walk takes approximately 30 minutes and takes in the north and south beaches at Ballybunion.

Both Blue Flag beaches are perfect for walking, swimming and surfing with a childrens playground just a five minute walk away. There are two golf courses with spectacular views, and an indoor pool, gym and jacuzzi in the heart of the town at the Health and Leisure centre.



The walk features cliff paths and roadway and has stunning views over the sandy beaches. On these cliffs is Druids layer, and was said to be the site of sacrifices made to a Celtic god by Druid worshippers at this abyss, facing the Shannon Estuary.

Under the town of Ballybunion, lie many ancient caves and underground passages, thought to be built in the Iron Age under the Castle Green. The area has been inhabited since 7000-4000BC. The caves were popular in the 19th century but not all have been investigated and many more may still exist.

Folklore has it that around 800AD Viking Long-ships disembarked at Inis Labrinde beside the town. So legend has it, they came across nine daughters of the local chieftain – who (according to one legend) fell in love with these marauding gentlemen – or, more likely, the second legend says there were plots afoot to take these

daughters and kidnap them. Unfortunately for the hapless girls, their father discovered the plan and lured his daughters to their death and one by one, they were tossed into a deep chasm, then he had the nine Vikings beheaded and threw them into the chasm too. Now known as the Nine Daughters' Hole.

The very old 12th century Kilconly church ruin and graveyard are on a small field north of Ballybunion. This is a lovely old ruin with some interesting architecture still remaining.

It has its share of legends too, where a monk was collecting wild berries and was attacked by a serpent which lay in a nearby fort called Liss na Peasna (which is a local ringfort) but the monk Chonnla killed it on the hill next to the graveyard, which gave the church its name: Kinconly means Church of Chonnla.



A lovely history of a Kerry family from Ballybunion.

Collins' Seaweed Baths were established in the 1920s by Hannah Collins and her husband Tom.

In 1932, a premises was bought across the road from their home, the site where Collins' Seaweed Baths now stands.

The seaweed baths has continued through four generations.

Hannah's daughter Mary and her husband Paddy Kennelly continued to run the baths until the business was then lovingly taken over by Mary's only daughter. Mary and her husband Seamus Mulvihill carried on Collins' from the 1960s for almost fifty years where Seamus harvested seaweed on those same Black Rocks for over 50 years. Mary ran a café on the premises serving tea on trays which could be enjoyed on the beach whilst welcoming and greeting all her many friends and customers with a lovely smile.

Unfortunately Mary passed in 2007 and so in 2018, Mary and Seamus' children, Gary and Clare work alongside their father Seamus gathering seaweed and serving the people of Kerry, Cork and Limerick and often far beyond. The serrated wrack still grows on the Black rocks, is picked when the tide is low, placed in a warm bath, and still heals, soothes and rejuvenates all those who experience nature's luxury at Collins' Seaweed Baths.

Generations later, the soul, energy and beauty of the Atlantic is still enjoyed by those who like to sit on the terrace at Collins' with a cup of tea and listen.

## Listowel

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In July 2000, Listowel was officially designated as one of Ireland's 'Heritage Towns' partly down to its modern environment and also its architectural heritage and historic importance.

Lartigue Monorail. The Listowel-Ballybunion Railway opened on 1st March 1888. It ran the ten miles between the two towns and was remarkable as the only railway of its type in the world. How two small towns in the south west of Ireland came to be linked by the world's first commercial passenger-carrying monorail is a fascinating story, read it here:



Scan me!

Listowel Writers' Week was founded in 1971. With getting on for 6 decades of exciting, talented and newly aspiring writers. The festival is held on the June BH weekend. The International Sean McCarthy Ballad & Story Telling Festival is held in Finuge, near Listowel on the August BH. There's a week long festival in September and the Food Fair in November.

Plenty to do in Listowel!



## Littor Beach

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We drove up to Littor Beach from West Cork one sunny April day and fancied letting the dogs have a run on the beach, if there was a large one....well, a magnificent long expanse of clean sand greeted us, with shallow water for the dogs to chase the little waves and loads of interesting driftwood and such-like along the way.

I took many photos, a few are on the next page.

A great place to stretch your legs and breathe in some clear air as you near the top of Co Kerry, ready for the next leg of your journey after visiting Tarbert.



## Tarbert

---

Explore the village of Tarbert. With woodland to the south and the Shannon estuary to the north, drop by the Bridewell courthouse and relive its dramatic history in the stately 18th-century building.

Learn of the village's rich heritage and make time for a stroll along the gorgeous John F. Leslie Woodland Walk with its stunning views of Tarbert Bay.



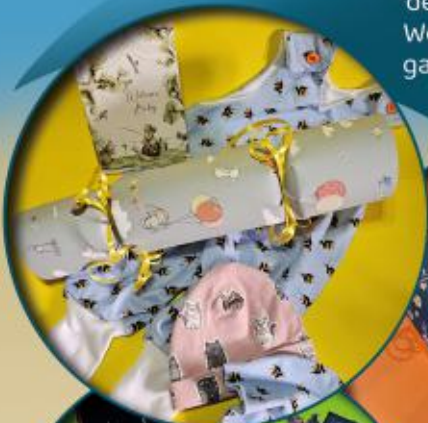
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Experience the magnitude by travelling through the tunnel!

The Skelligs

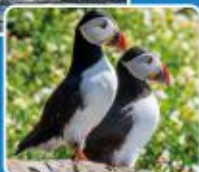
The trip to Skellig Michael takes just over an hour, then you will be dropped off on this rock to explore the monastery and hear the history of the island told by local guides, then picked up 2.5 hours later.

Tour round the two Skelligs, the smallest is home to the world's third largest population of Gannets, over 30,000 breeding pairs!

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