



5 Castletownbere to Allihies
This 4-5 hour walk passes a number of archaeological sites and through a state forest as it climbs towards Knockgour. The views of Ballydoonagan Bay, Cod's Head and Carlinish are stunning on the approach to the village of Allihies.

3 Adrigole to Castletownbere
This section is the longest on The Beara Way and takes 5-6 hours. Should you choose to leave the route earlier, numerous signed paths lead down to the R572. The walking route follows the length of Adrigole parish and then off road to pass along the foot of Hungry Hill and the Slivec Mishkin mountains. En route to Castletownbere, there are a number of archaeological features worth seeing including a cairn, a megalithic tomb, standing stones, Falacht Ba (pre-historic cooking places) and a Mass Rock. There are stunning views of Adrigole Harbour, Berchaven and Bere Island.

4 Bere Island
The walks on Bere Island are comprised of Ardnakina Loop (3-4 hours) and a shorter East End Loop (1-2 hours). To complete both, are fantastic views across to Berchaven and Dumboo Castle. At Ardnakina lighthouse, the route turns inland but rises so that the walker can enjoy spectacular views of Bantry Bay and the Sheep's Head Peninsula. The walk connecting the Ardnakina and West End Loops traverses the central ridge of the island with breathtaking 360-degree views of Hungry Hill, Berchaven and Bantry Bay. The Ardnakina Loop follows public roads with some short off-road sections. The walk passes through Kertin Village and has great views of Hungry Hill.

2 Glengarriff to Adrigole
The route takes walkers into Glengarriff Woods Nature Reserve. The route enters Coomekane Valley and rises up to a height of 500m north of Sugarloaf Mountain; caution to be taken on this high mountain pass. The route reaches the public road close to Massamont on the Adrigole side. Without stops, allow 4-5 hours to complete this section. There are also great views of Bantry Bay and the Sheep's Head Peninsula.



1 Kealkill to Glengarriff
Walkers for both Glengarriff and Ballingarry should follow the winding road from Carrigunass Castle into the foothills of the Cahin mountains. This spur meets the main route at a signed junction, and Glengarriff-bound walkers are directed left along a quiet winding road for 1-2 km then off-road onto a track, which climbs over the moorland area known as 'The Bull's Pocket'. From here, there are delightful views of Bantry Bay and Cnoc Baoi, the highest peak in Co. Cork. The track drops to meet the tarred road for a further 3-4 km after which walkers negotiate a series of well-signed junctions, cross the Coomshingaun River and subsequently head off-road again onto the shoulder of Cobduff. This gentle climb affords yet more views of the justly famous Bantry Bay. The route descends to join the busy N71 for the last 5km walk into Glengarriff. Allow approximately 3-4 hours in total.

Use our official guide to the Beara Way Walking Route to plan your walking holiday to this hill walkers' paradise. The Beara Way Walking Route is a walking circuit of the peninsula following side roads, boreens, bog roads and tracks, taking in all that is special about the place, including a variety of historical sites ranging from Ogham Stones to Wedge Graves, Stone Circles to ancient church sites. While there are a few stretches along the very edge of the Atlantic, one is never very far from the sea, even on the mountainous parts, and the route includes a thrill unique to Beara - a spin over the sea in a tiny cable car at Dursley Island.

The Beara Way



Including map of region



The Beara Way

A breathtaking walk round a rich source of historical sites

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The Beara-Breifne and Beara Ways

The Beara-Breifne Way follows the fourteen-day march taken by Donal O'Sullivan Beare and one thousand supporters in 1603. The Way, the longest in Ireland, runs almost the length of the country and takes the walker and cyclist to some of its most beautiful and least explored areas; along the coast of the Beara Peninsula, across six mountain ranges, along the banks of the River Shannon and through the lake regions of Roscommon and Leitrim. The landscape contains an extraordinary variety of

heritage sites - prehistoric features, castle ruins and religious and battle sites - many of which bear witness to the march of four hundred years ago.

The Beara-Breifne Way interlinks a series of local ways. The local way on the Beara Peninsula is called The Beara Way. It is approximately 220km in length and completes a circuit of breathtaking coastal and mountain scenery, before turning inland to Kealkill.

The Beara Way is developed by:
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