



**Your Hiking Adventure  
Detailed Itinerary**



# The Burren & Aran Islands

This destination combines the lunar-like, limestone landscape of the Burren and the untouched flora & fauna on The Aran Islands.

The Burren National Park covers a remarkable 1,500ha of limestone pavement, hazel scrub, woodland, turloughs, springs and cliffs. Originating from the Irish word "Boireann" meaning rocky place you cannot fail to be impressed by this truly mesmeric landscape.

On Inis Mór, marvel at Dun Aonghusa & Dun Ducathair, 2 prehistoric stone forts clinging to the high cliffs while the Atlantic crashes below.

## Approx Travel Times (public transport)

Dublin Airport to Lahinch/ Doolin - 4-5 hours  
Shannon Airport to Lahinch/ Doolin - 2 hours  
Cork Airport to Lahinch/ Doolin- 4-5 hours  
Leenane to Galway is approx. 90 minutes.  
Galway to Dublin Airport - 3 hours  
Galway to Shannon Airport- 90 minutes  
Galway to Cork Airport - 3.5 hours



● Regional Airports

● International Airports



# Ireland Walk Hike Bike

For 25 years Ireland Walk Hike Bike (IWHB) has been welcoming guests to Ireland. The realisation of a dream for company founder Linda Woods who sought to show people the “real Ireland” rather than the traditional tourism template! These ideals continue today, showing you Ireland the way we believe it should be seen: slowly, intimately and knowledgeably. Our terrific office personnel and great guides all share the same philosophy – “to take people into those hidden parts of Ireland that few know about and give people a real “taste and flavour” of Ireland the way we know and love it”.

With today’s fast pace of life & the lack of “downtime”, we at IWHB take great pride in the trust our guests show in us to create great experiences for you. All of us in IWHB are committed to ensuring our fascination for Ireland, its’ history, culture, diversity & humour, is part of your holiday. Ireland enjoys a relaxing pace of life; beautiful and varied scenery, with the sea never far from sight & a great selection of music at night. While in Ireland, we ask you to PLEASE take your time as you discover small sections of Ireland, for if you rush, the charm of the country and the people will pass you by. The best made plans will always change in Ireland, and your adaptability to enjoy chance encounters with friendly locals, incredible characters and the odd charismatic sheep is what will make your holiday a truly memorable experience!!





# Itinerary at a Glance

Day	Activity	Overnight
1	Arrive to Doolin	Doolin
2	Cliffs of Moher Hike	Doolin
3	Dun Ducathair Hike	Inis Mór
4	Dun Aonghasa Hike	Inis Mór
5	Ballinalacken to Ballyvaughan Hike	Ballyvaughan
6	Green Road Hike	Ballyvaughan
7	Depart Ballyvaughan	





# Day 1

## Arrive to Doolin

Arrive to Doolin where you will be spending your first night. On arrival at your first accommodation, your host will be able to recommend some of the excellent local restaurants and suggest some of the pubs where you will find great traditional Irish music.

Access for this holiday is by a taxi or bus connection from Galway or Shannon Airports to Doolin. This service is available all year round.





# Day 2

## Cliffs of Moher Hike

For today's walk you will be driven a short distance from your accommodation to the start of your hike along the top of the majestic Cliffs of Moher. From the southern end – known as "Hags Head" you will walk along these amazing Cliffs to reach the Cliffs of Moher Centre. From this Visitor Centre you then continue along the cliffs as they gradually descend to the village of Doolin. Having completed your hike along the full length of these spectacular Cliffs you return to your accommodation in Doolin

**Terrain:** Some road walking, muddy and rocky grass tracks, can be wet underfoot. Boots essential. Today's hike is along an exposed cliff edge which is monitored by Geopark officials and closed from time to time if there is any danger.

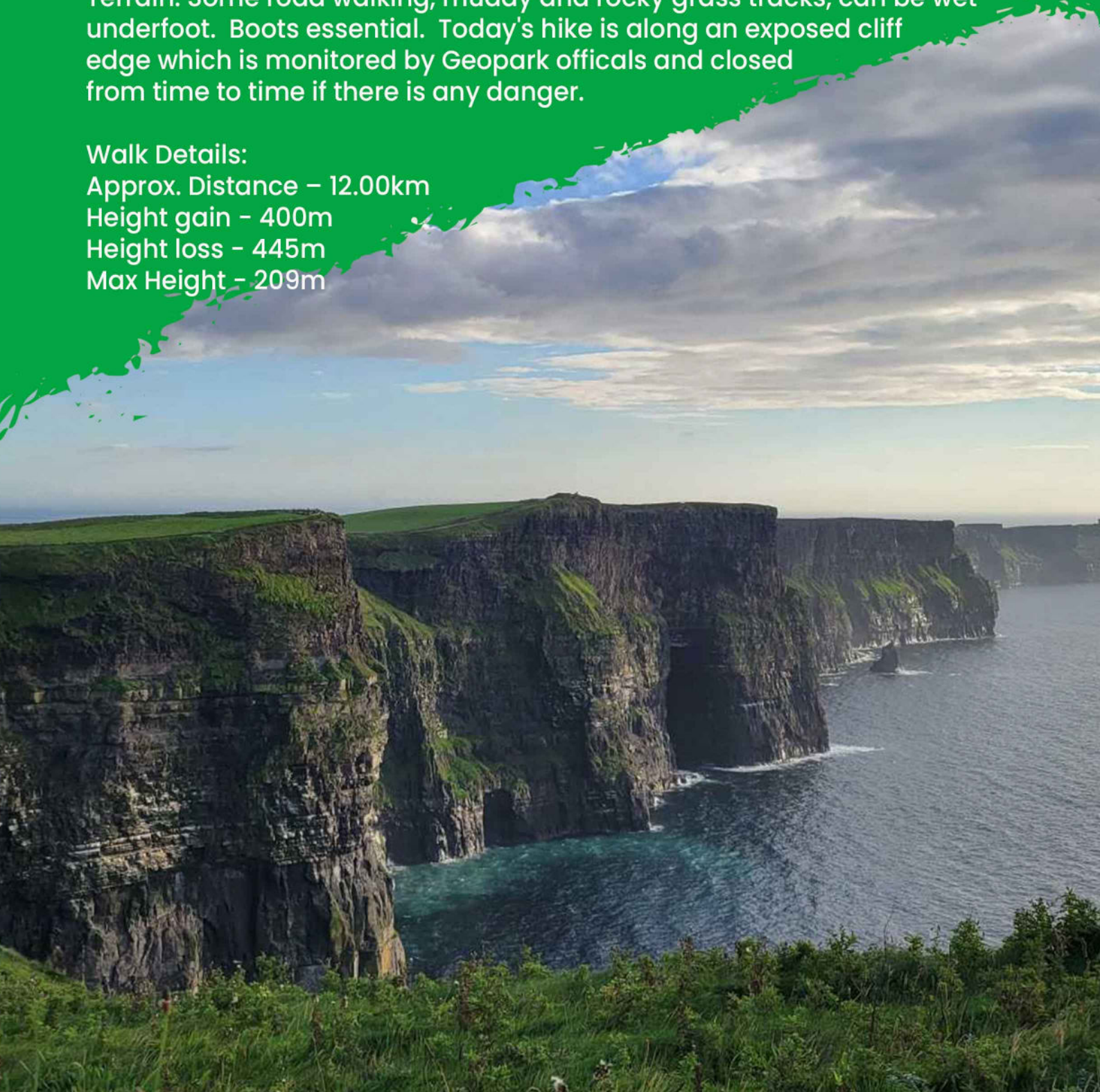
### Walk Details:

Approx. Distance – 12.00km

Height gain – 400m

Height loss – 445m

Max Height – 209m





# Day 3

## Dún Ducathair Hike

Today's walk is an 8kms circuit which takes you to a wonderful Promontory Fort known as Dún Dúchathair (in english meaning The Black Fort). This hike gives you a lovely introduction to the limestone landscape which the Aran Islands are famous for. From this pre-Christian fortress, you then loop back in a south easterly direction to return to the townland of Kilronan.

Terrain: Paved roads, gravel tracks with rocky & uneven sections, limestone slabs which can be "wobbly" underfoot.

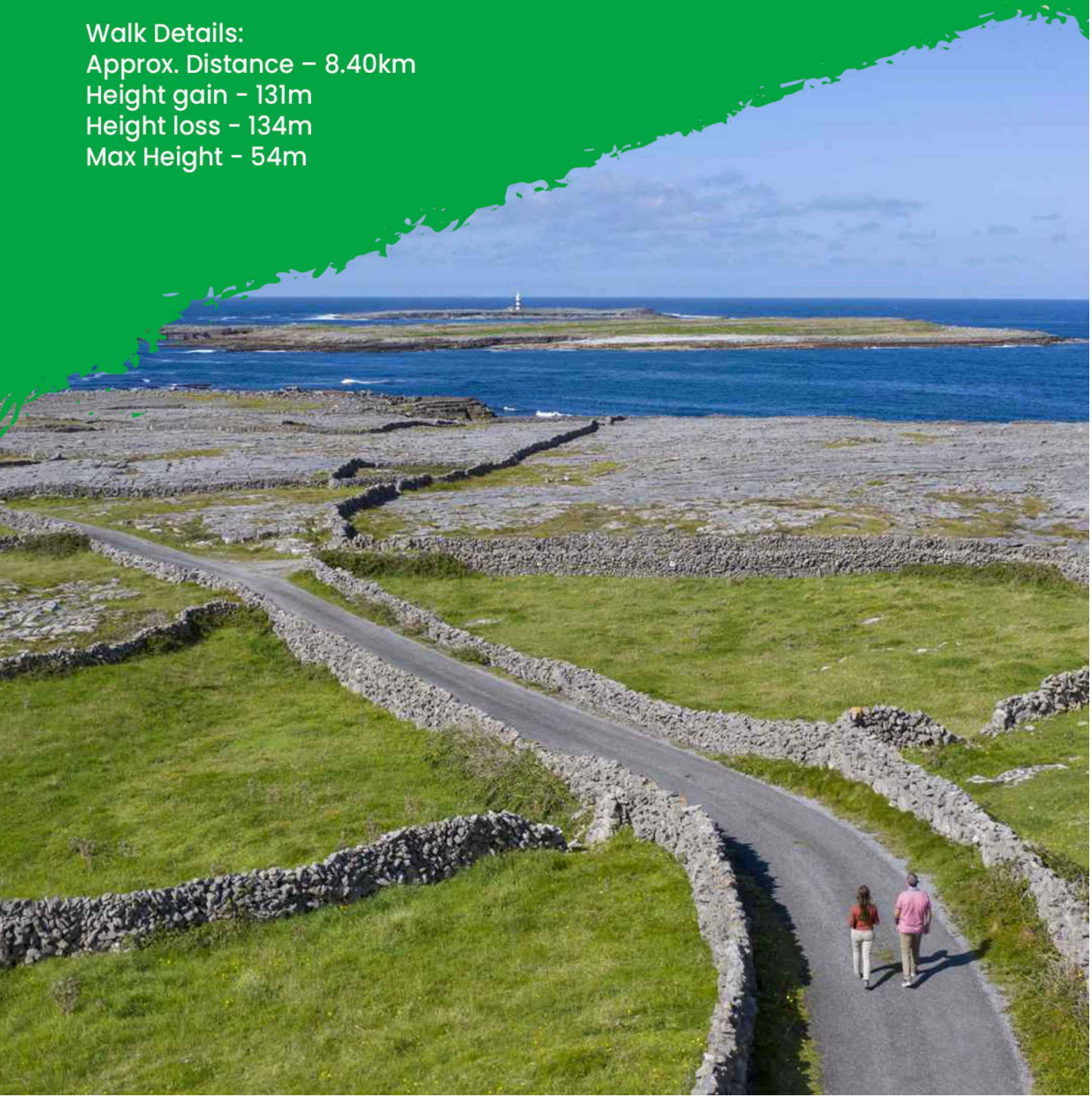
### Walk Details:

Approx. Distance – 8.40km

Height gain – 131m

Height loss – 134m

Max Height – 54m





# Day 4

## Dún Aonghasa Hike

Today's hike gives you a wonderful feel for Inis Mor Island, as you follow along the limestone rock that makes this place so unique. You will follow some of the islands little laneways and roads to reach the world famous cliff top stone fort of Dun Aonghasa. have the opportunity to walk to the world famous cliff top stone fort of Dun Aonghasa. The stone "chevaux-de-frise" surrounding part of this fort are still visible and the whole experience has been described ... "as the most magnificent barbaric monument in Europe". Along your route, you will also have the opportunity to visit "Poll na bPeist" (the Serpent's Lair or Wormhole).

**Terrain:** Small roads, laneways and gravel tracks. Some rocky and uneven sections across limestone slabs. Open and exposed cliffs at Poll na bPeist and Dun Aonghasa. Boots essential.

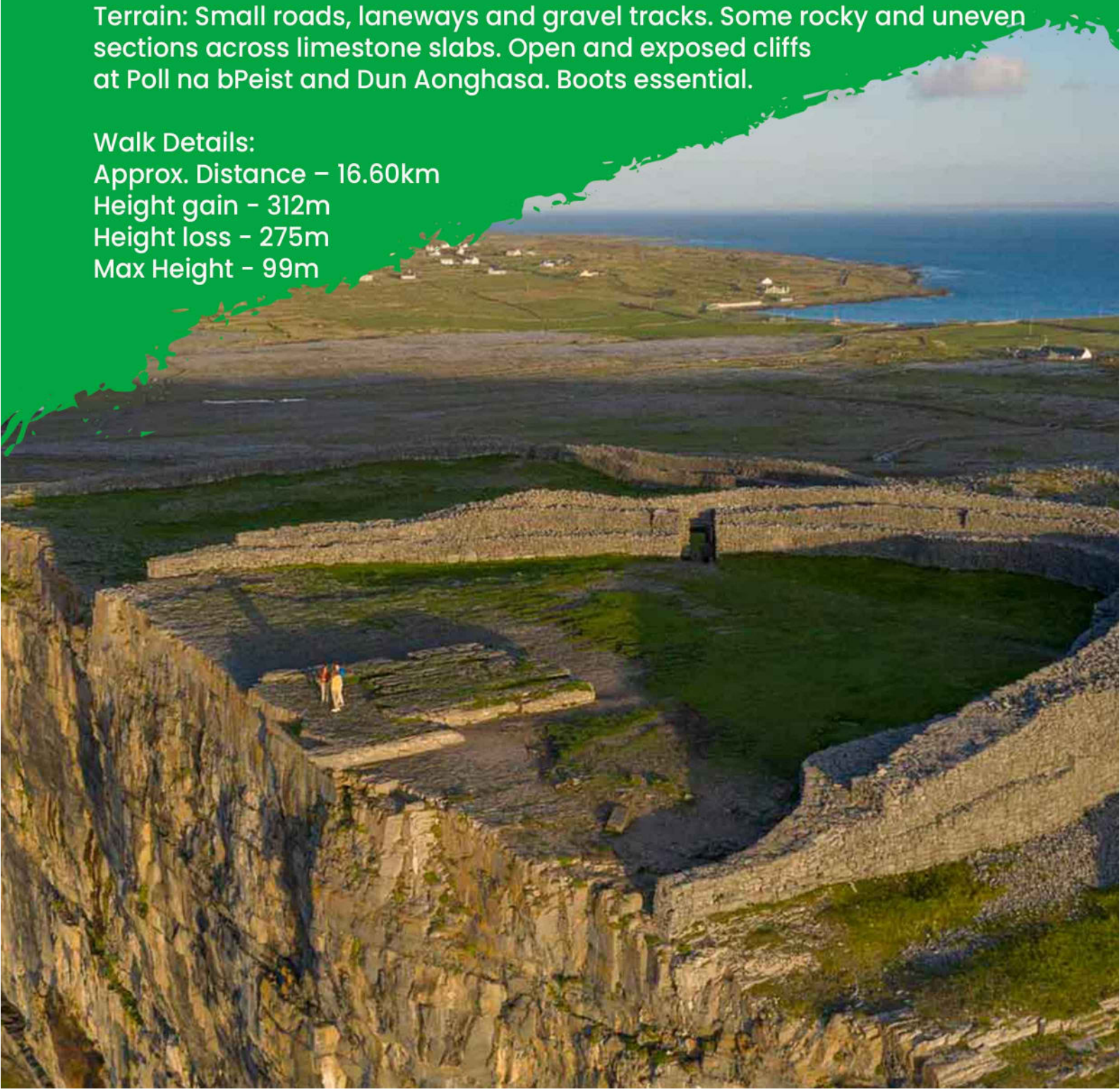
### Walk Details:

Approx. Distance – 16.60km

Height gain – 312m

Height loss – 275m

Max Height – 99m





# Day 5

## Ballinalacken to Ballyvaughan

You will be driven a short distance from your guesthouse to the start of your hike at the 15th century Ballinalacken Castle. From here you follow the “Burren Way” along old green roads into the heart of the Burren, with wonderful limestone pavements and walls all around you. This hike also gives you an opportunity to admire some of the wonderful flowers that abound in the Burren, including the prized Spring Gentian. There are fantastic views over Galway Bay and the Aran Islands as you continue towards Feenagh, passing the ruins of an ancient Church and an old ring fort along the way. Continue past the impressive Newton Castle and finish in Ballyvaughan for your overnight.

Terrain: Some road walking, muddy and rocky grass tracks, can be wet underfoot. Boots essential.

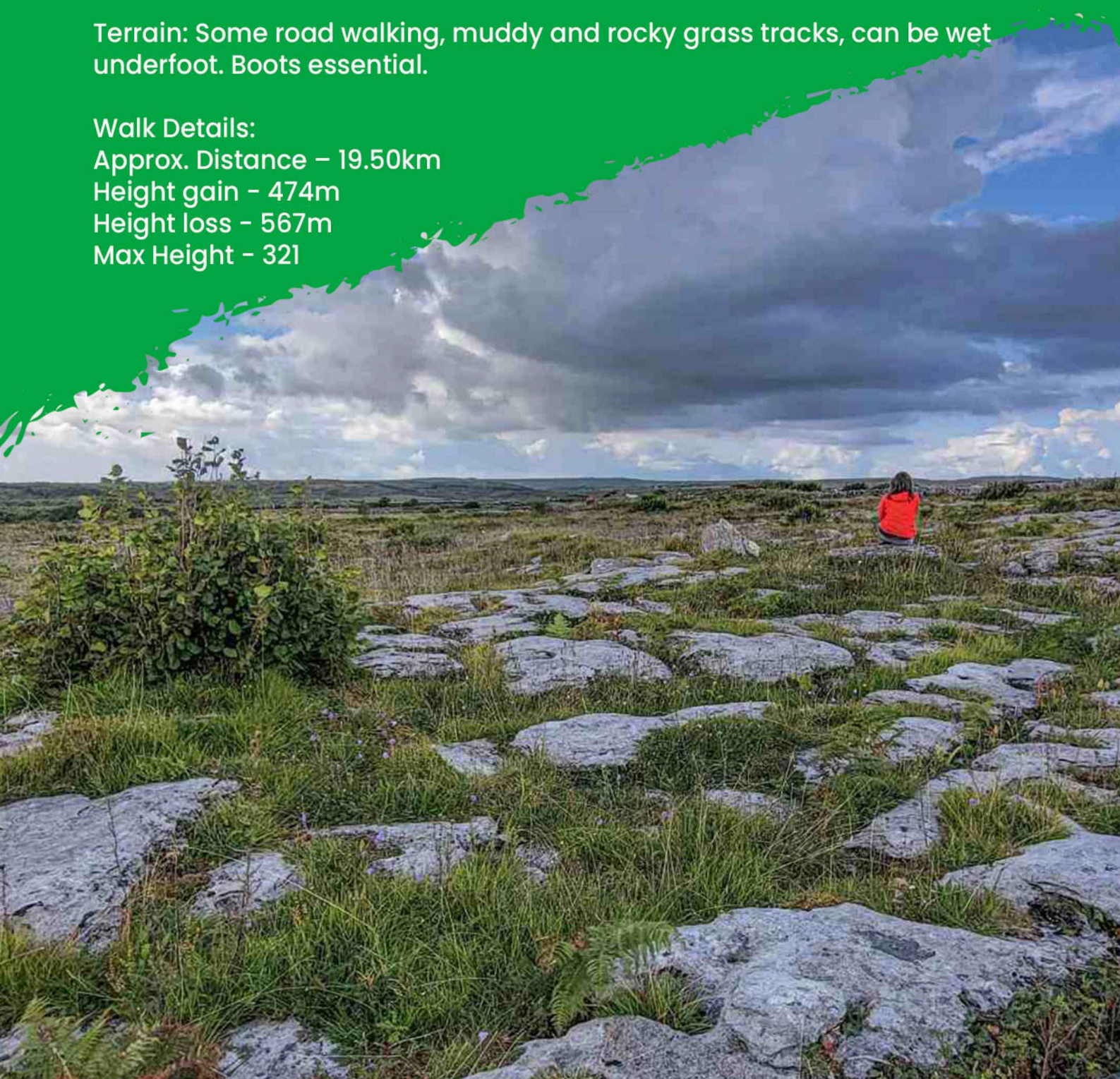
### Walk Details:

Approx. Distance – 19.50km

Height gain – 474m

Height loss – 567m

Max Height – 321





# Day 6

## Green Road Hike

You will be driven from your guesthouse to the start of your hike at a "Green Road" near Feenagh. From here you will follow the old green road into the heart of this area known as "Black Head", with it's wonderful limestone landscape. There are fantastic views over Galway Bay and the Aran Islands as you cross a pass just below Gleninagh Mountain, to reach the Burren's only beach, at Fanore. From here, you follow the beautiful Caher Valley to complete your circuit, passing old ring forts on the way. Telephoning for your taxi, you will be collected and will return to your accommodation in Ballyvaughan.

Terrain: Some road walking, muddy and rocky grass tracks, can be wet underfoot. Boots essential.

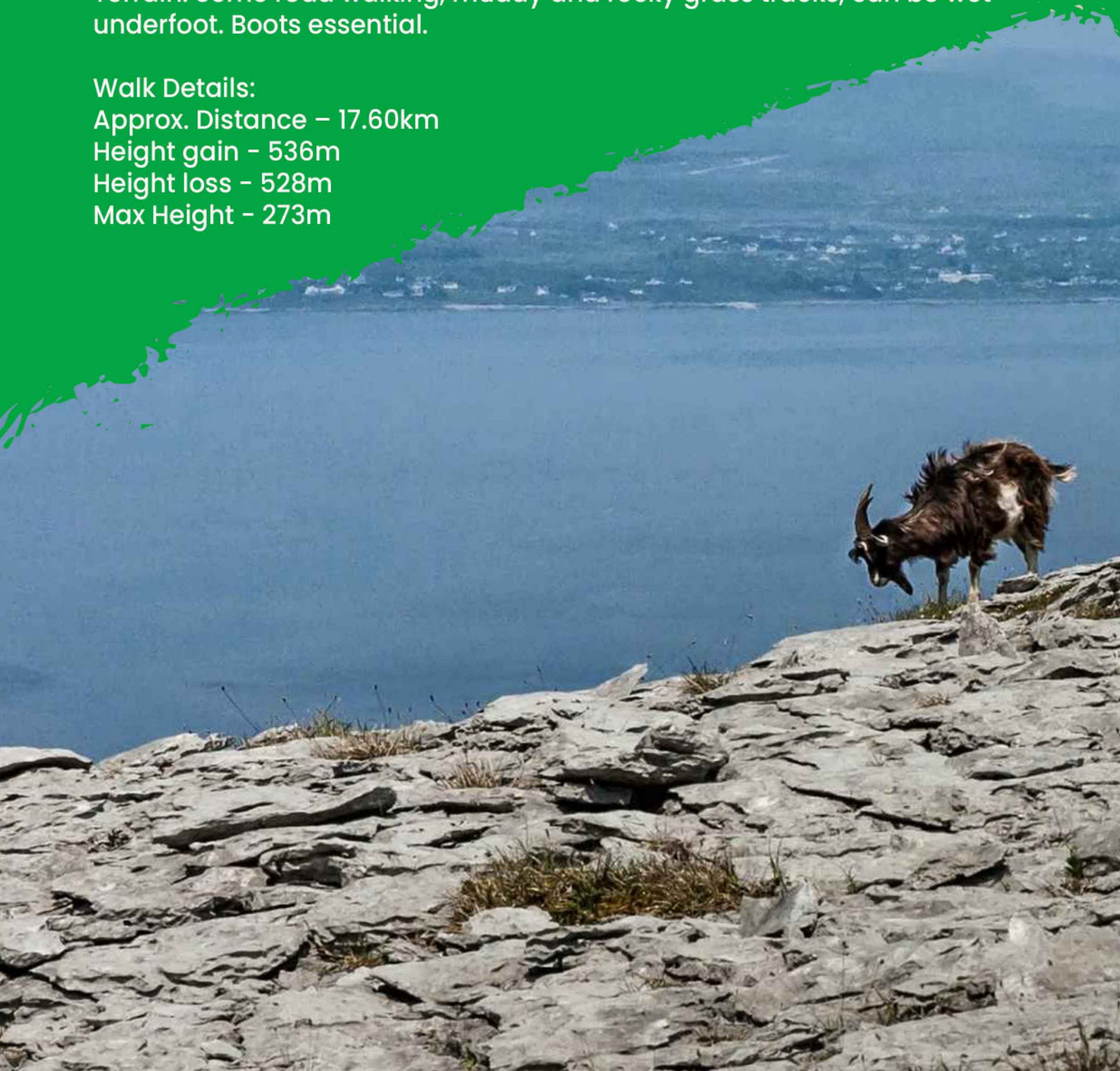
### Walk Details:

Approx. Distance – 17.60km

Height gain – 536m

Height loss – 528m

Max Height – 273m





# Day 7

## Depart Ballyvaughan

After breakfast, depart for your onward journey.

A public bus from Ballyvaughan to Galway is available or taxi transfers can be arranged if required.

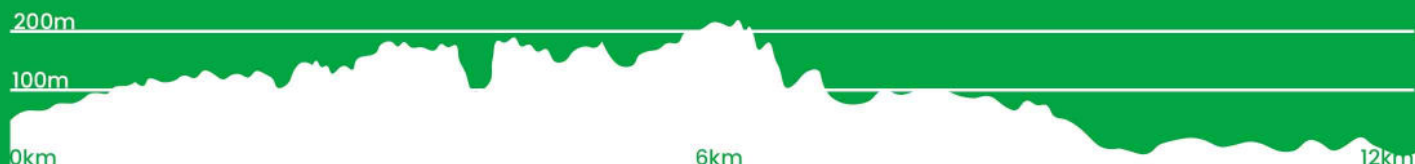
From Galway you can make connections to Dublin, Shannon, Cork and all other towns/ cities in Ireland.



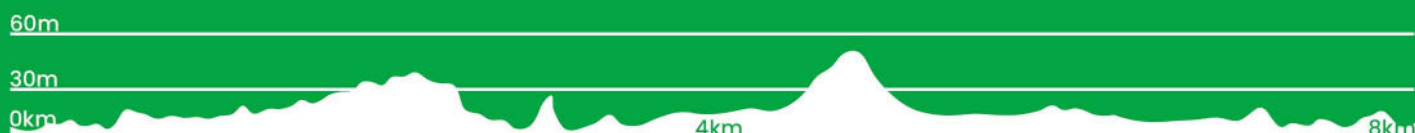


# Elevation Graphs

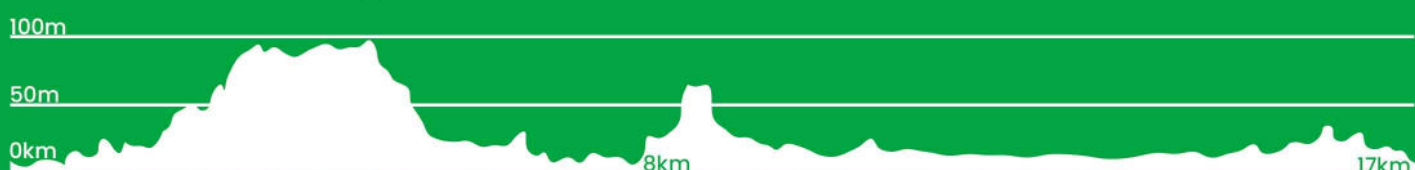
Please see below daily elevation graphs for your selected tour



Cliffs of Moher Hike | Max Elev: 554m | Elev Gain: 371m | Elev Loss: 396m



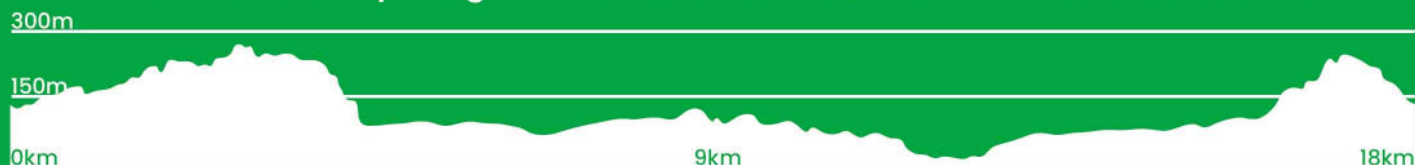
Dún Ducathair Hike | Max Elev: 55m | Elev Gain: 131m | Elev Loss: 134m



Dún Aonghasa Hike | Max Elev: 99m | Elev Gain: 312m | Elev Loss: 275m



Ballinalacken to Ballyvaughan | Max Elev: 321m | Elev Gain: 474m | Elev Loss: 567m



Green Road Hike | Max Elev: 273m | Elev Gain: 536m | Elev Loss: 528m



# What's Included



Stay in en-suite room at our hand-picked accommodations



Complimentary access to our app, tailor-made for your tour, containing all your documents, GPS navigation & points of interest



Delicious Breakfast each morning.



24 hour, emergency telephone support



Move your luggage as per itinerary



Detailed, easy to read, Route Notes with marked maps of each route



Extra days/ nights booking on request



Dedicated, in house, Holiday Specialist to assist with planning any additional activities, travel, airport transfers, etc.



# Testimonials



## Mathilda, Netherlands, 2022

The people of Ireland Walk Hike Bike were extremely helpful – as much before the trip (re-arranging the schedule because of corona) as during the trip. They literally catered to all our needs. The information we got was very complete, we stayed in nice B&B's and we could always contact Francis if we had a question or a problem. I highly recommend Ireland Walk Hike Bike to anyone who wants to go to Ireland.

## David, USA, 2022

We just returned from our guided tour of the Burren, Aran islands and Connemara and it was truly a wonderful experience! The communication and help from Niamh was fantastic, and our guide, Joe O'Donnell was outstanding! Very knowledgeable, and just a good person that we were lucky to get to know. All of the accommodations were also great. This was a two year wait for us due to Covid cancellations and restrictions and everyone at Ireland Walk Hike and Bike were great to work with. Highly recommend using their services if you wish for the best.

## Dale, USA, 2022

My wife and I worked exclusively with the team at IrelandWalkHikeBike to arrange a 3-week private tour of Ireland's West Coast this past May, 2022. We actually had to defer the trip twice due to Covid issues and this outfit was amazingly proactive and accommodating through all of the delays. My wife and I had just turned 70 at the outset of the trip and so we wanted to include all of the transportation as I did not want to undertake driving on the "other" side of the road. In addition to all the transfers IWHB arranged all or of our hotels, ferry tickets, and e-bike rentals and provided detailed maps and instructions for all of the hikes and bike circuits. Our trip played out seamlessly, with no glitches or problems and the hotel arrangements were terrific throughout. We visited four islands and each one was a unique adventure. The hikes in Connemara were beautiful and the biking around the Dingle peninsula, Clifden and Westport fantastic. Our drivers were super friendly and knowledgeable. Considering all of this, we thought the cost of the trip was eminently reasonable. Highly recommended!

## Russ, UK, 2021

My wife, daughter, her partner and myself have recently returned home after a 7-day self-guided walk of the Dingle Way organised by Ireland Walk Hike and Bike. It was the most fabulous holiday being everything we expected and so much more.

The walking itself was the heart of the holiday. Every day was different. On a daily basis the scenery memorable. Fortunately, we have hundreds of photos to remind ourselves.

We have resolved to go back the west coast of Ireland and already Dean has made a couple of suggestions. Whatever walk we chose to do, it will be organised by Ireland Walk Hike and Bike.





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