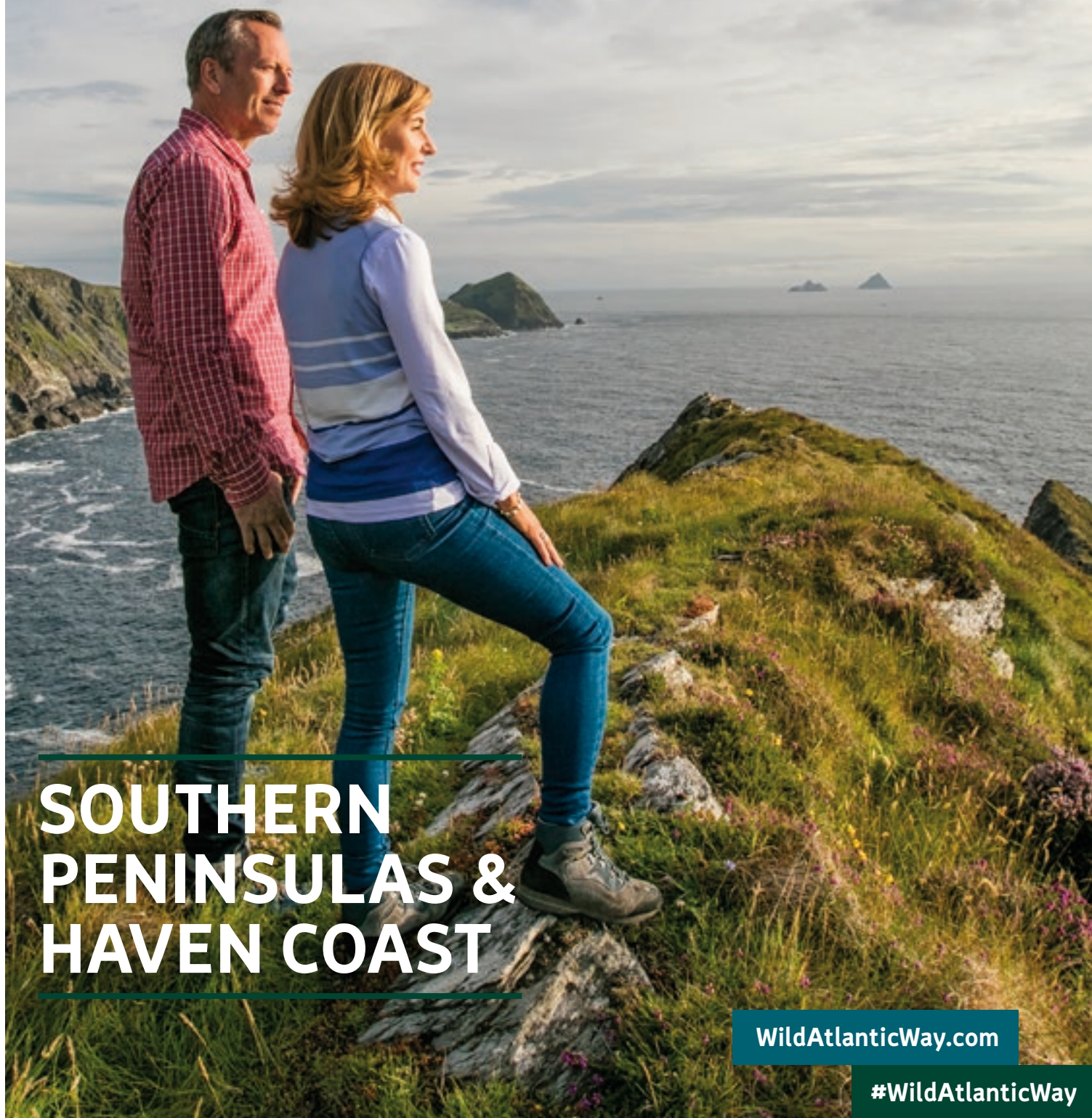


EMBRACE THE WILD ATLANTIC WAY OF LIFE



**SOUTHERN
PENINSULAS &
HAVEN COAST**

WildAtlanticWay.com

[#WildAtlanticWay](https://www.instagram.com/WildAtlanticWay)



WELCOME TO THE SOUTHERN PENINSULAS & HAVEN COAST



EMBRACE THE WILD ATLANTIC WAY OF LIFE

The Wild Atlantic Way, the longest defined coastal touring route in the world stretching 2,500km from Inishowen in Donegal to Kinsale in West Cork, leads you through one of the world's most dramatic landscapes.

A frontier on the very edge of Europe, the Wild Atlantic Way is a place like no other, which in turn has given its people a unique outlook on life. Here you can immerse yourself in a different way of living. Here you can let your freer, spontaneous side breathe. Here you can embrace the Wild Atlantic Way of Life.

The most memorable holidays always have a touch of wildness about them, and the Wild Atlantic Way will not disappoint. With opportunities to view the raw, rugged beauty of the highest sea cliffs in Europe; experience Northern Lights dancing in winter skies; journey by boat to many of the wonderful islands off our island; experience the coast on horseback; or take a splash and enjoy the many watersports available.

Stop often at the many small villages and towns along the route. Every few miles there are places to stretch your legs and have a bite to eat, so be sure to allow enough time take it all in. For the foodies, you can indulge in some seaweed foraging with a local guide with a culinary experience so you can taste the fruits of your labours. As night falls enjoy the craic at traditional music sessions and even try a few steps of an Irish jig! It's out on these western extremities – drawn in by the constant rhythm of the ocean's roar and the consistent warmth of the people – that you'll find the Ireland you have always imagined.

COVER IMAGE: KERRY CLIFFS WITH VIEWS TO THE SKELLIGS, CO KERRY



PHOTO: SIOBHAN BURKE



Our coastline is precious and home to a vast array of habitats and wildlife. These fragile organisms survive in harsh environments and are vulnerable to visitor impacts. Visitors to the Wild Atlantic Way have a responsibility to minimise their impact on the environment. Leave No Trace Ireland is helping to create an ethic of understanding, responsibility and care for Ireland's Wild Atlantic Way. To learn more about how you can Leave No Trace, visit www.leavenotraceireland.org.

WILD ATLANTIC WAY CYCLE SPORTIF, CO CORK



WildAtlanticWay.com

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WILD ATLANTIC WAY
SLÍ AN ATLANTAIGH FHIÁIN

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Every care has been taken in the compilation of this guide in order to ensure accuracy at all times. The publishers cannot accept responsibility for printed errors or omissions, or for changes that occur after the guide has been printed.

WILD ATLANTIC WAY DISCOVERY POINTS

To make it easier for you to discover the Wild Atlantic Way we have amplified six touring zones each with their own character and unique experiences. There are 188 Discovery Points dotted along these zones, and, of these, 15 are Signature Discovery Points. We will highlight five Signature Discovery Points in this guide.

Photo Points have been developed at each Discovery Point, designed to encourage you to capture great photographs that will remind you of your Wild Atlantic Way holiday long after you have gone home and maybe even encourage you to come back and visit again... Why not share your images on our Facebook page and Instagram? See back cover for a list of our social media channels.

Interpretation panels are also in place adjacent to each Photo Point telling the story, history and heritage of the area. Each panel features images and also a small map of the area identifying some other local points of interest. Go on...Discover More!



Barley Cove
Bá na hEornan

I measc na dtionnta
Making waves

Súndaeir
Má dhéanann tú ádh a bhaint ar an tsean bóthar a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

Tuairim
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

Comharthaí & tairbhí
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

Samplaí againn
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

Ceisteachán do dhéanamh
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

Beirte n-ádh a bhaint
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...
...a bhí ann a bhí ann a bhí ann...

FREE
Wild Atlantic Way
maps available
from Tourist Offices
(see back for details)



A Passport to Paradise

Planning a visit to the Wild Atlantic Way? Then you're in for a treat! This 2,500km stretch of glorious rugged coast along the west of Ireland is home to soaring mountains, jutting headlands, breath-taking cliff faces and lush green forests. Whether you're seeking an epic adventure or a remote, tranquil getaway, you'll find it here, on the world's longest defined coastal touring route.

What's more, you can now pick up your very own Wild Atlantic Way passport; a unique souvenir of you or your family's completed journey along this exceptional route. Not only is it a genuine passport to paradise, it also gives you the chance to meet locals in the many towns and villages dotted along this winding coastline. A quick chat with a local and you'll soon have insider knowledge on incredible local hidden gems - not to mention where to stop for your next picnic or coastal panorama.

A STAMP FOR EVERY MEMORY

Your passport will serve as a life-long memento of your travels along this astonishing 2,500km length of coast, and also enables you to obtain your 'Wild Atlantic Way Certificate', the official record of your journey. Each beautifully designed passport has its own individual number, so it's completely unique to you and your visit. And as you make your way along this inspiring stretch of coast, you can get it stamped at a host of scenic spots.

There are 188 Discovery Points peppering the route, from the wild Donegal headlands in the north, right down to the picturesque peninsulas of Kerry and Cork, and each one has its own individual stamp. Simply call into the selected An Post (post offices) and Tourist Information Offices in the towns and villages adjacent to each Discovery Point, and staff there will be happy to stamp your passport.



A REWARDING ROUTE

And it gets better! The route is divided up into six zones, and once you've gathered your first 20 stamps you can call to any of the Tourist Information Offices listed to receive a special Wild Atlantic Way gift. If you've missed a stamp while in a zone you can call to the regional branch offices of An Post (Post Offices) and the Tourist Information Offices in the zone. And don't worry about trying to fit all 188 Discovery Points into your trip; you can keep adding stamps to your passport every time you visit.

SO GRAB YOUR PASSPORT & GET PLANNING!

Starting to put together your itinerary? Thrill-seekers should be sure to grab a surfboard at Mullaghmore, Co Sligo, where waves have been known to reach dizzying heights of 15m. Or perhaps you'd like to embrace the unrivalled Atlantic vistas from Malin Head, the country's most northerly point. In Kerry meanwhile, you can take a ferry across to the ancient Skelligs – so otherworldly are the remains of this early Christian monastery it featured in the latest Star Wars film.

There are plenty more amazing sites hidden off the beaten track too, and your passport is the perfect tool to help you discover them. From golden sandy beaches to charming fishing villages, secluded islands and more, it's all waiting for you.

Your Wild Atlantic Way Passport can be purchased at selected post offices along the Wild Atlantic Way; from selected Tourist Information Offices and also at key entry points. Cost: €10

See www.wildatlanticway.com/passport for more information.



Available
at selected
POST OFFICES
and **TOURIST**
INFORMATION
OFFICES!



SOUTHERN PENINSULAS

THAT EDGE-OF-THE -WORLD FEELING

Memorable experiences on the Cork and Kerry coasts

In Ireland's beautiful southwest – where the ancient Kingdom of Kerry meets the wilds of West Cork – five great peninsulas with mountainous spines stretch into the ocean. This is great walking country, with long-distance trails and circular routes across the region. Hugging the coast, or crossing Ireland's highest mountains, breath-taking views unfold at every turn.

This is as far west as Ireland gets: “next parish Manhattan”, as they say. And there's a distinctly edge-of-the-world feel to the Southern Peninsulas, as both the mainland and everyday life are left far behind. You could find yourself paddle-boarding with dolphins, speaking Irish in the Gaeltacht, landing on a deserted archipelago once home to Ireland's greatest born-storytellers, taking a cable-car with the ocean crashing below, sailing to a World Heritage Site of medieval pilgrimage, follow a copper mine trail or star-gazing under Ireland's darkest skies. Memorable – sometimes life-changing – experiences lie ahead.

SIGNATURE DISCOVERY POINT

Ionad an Bhlascaoid Mhóir (The Blasket Centre), Dingle, Co Kerry

Out on the very edge of Europe, off the Dingle Peninsula, lie the mystical Blasket Islands, a small archipelago renowned for its storytellers.

In the early 20th century, JM Synge became the first of many writers to arrive here in search of Ireland's traditional culture, which remained strong in this isolated and far-flung community. Here, people lived simply and frugally off the land and sea. Their stories were transcribed and became the first written works to be published from the oral Irish culture.

After many years of hardship and emigration, the last inhabitants left in 1953, and today, you can wander among their ruined cottages on the main island, An Blascaod Mór (Great Blasket). From there you can also spy dolphins and whales, and look out across the horizon toward America, as so many have done before. The Blasket Centre provides an intriguing insight into the islanders' lives and the rich literary heritage of this unique and intriguing region.





SIGNATURE DISCOVERY POINT

Sceilg Mhichíl (Skellig Michael), Co Kerry

Viewed from Bray Head & Geokaun Mountain on Valentia Island, and Kerry Cliffs and Coomanaspic on the mainland, Skellig Michael and Small Skellig are two islands rising from the Atlantic Ocean some 13km (8 miles) southwest of Valentia Island.

A designated UNESCO World Heritage Site, Skellig Michael is renowned among archaeologists as the site of a well-preserved monastic outpost of the early Christian period. Small Skellig, meanwhile, is famous in the world of ornithology, and is home to some 23,000 pairs of gannets, making it the world's second-largest colony of the impressive sea birds.

The monastic site on Skellig Michael is reached by climbing more than 600 steps on a 1,000-year-old stairway. Stone beehive huts where the monks lived and prayed cling to cliff edges alongside oratories, a cemetery, stone crosses, holy wells and the Church of St Michael. These remains demonstrate the spartan conditions in which the monks lived until they left the island in the 13th century.

For the more adventurous a visit to Skellig is a must, however if your sea legs aren't the best, or you prefer to stay on dry land, opt for a visit to the Skellig Experience Centre on Valentia Island instead.



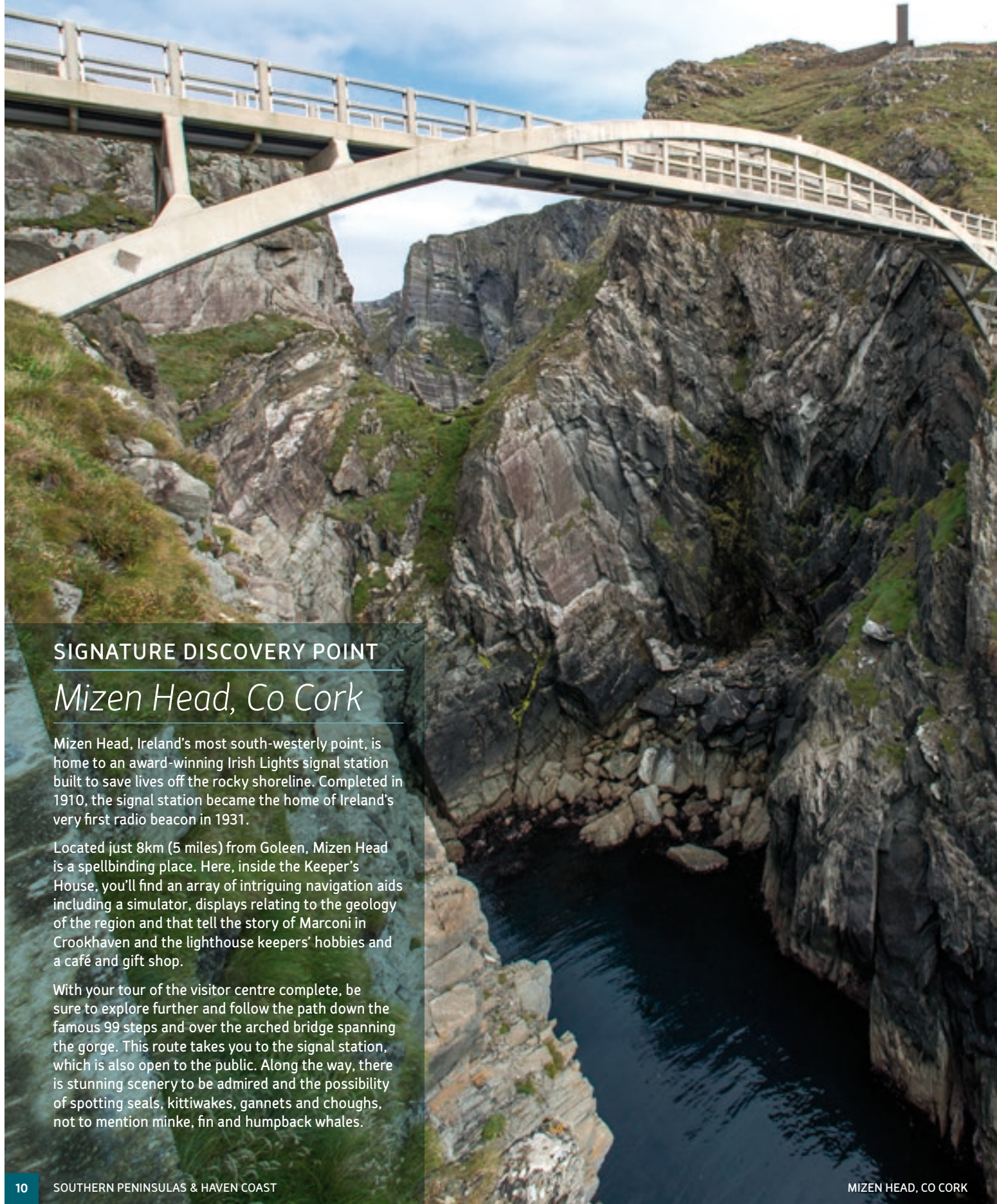
SIGNATURE DISCOVERY POINT

Dursey Island, Co Cork

The most westerly of Cork's inhabited islands, Dursey is separated from the mainland by a narrow sound known for its strong tides. It is accessed by Ireland's only cable car, which runs about 250m (820 feet) above the sea. It can carry six people at a time (locals get preference) on the 15 minute journey.

Once home to three villages, this peaceful little island now offers day-trippers an escape from the hustle and bustle of modern living, without traffic, shops, pubs or restaurants and forms part of the Beara Way Walking Trail.

On the island's most westerly hill sits the 200-year-old Signal Tower, which boasts commanding views north to the Skellig Islands and south to Mizen Head. There are also ruins of the ancient church of Kilmichael, which is thought to have been founded by monks from Skellig Michael.



SIGNATURE DISCOVERY POINT

Mizen Head, Co Cork

Mizen Head, Ireland's most south-westerly point, is home to an award-winning Irish Lights signal station built to save lives off the rocky shoreline. Completed in 1910, the signal station became the home of Ireland's very first radio beacon in 1931.

Located just 8km (5 miles) from Goleen, Mizen Head is a spellbinding place. Here, inside the Keeper's House, you'll find an array of intriguing navigation aids including a simulator, displays relating to the geology of the region and that tell the story of Marconi in Crookhaven and the lighthouse keepers' hobbies and a café and gift shop.

With your tour of the visitor centre complete, be sure to explore further and follow the path down the famous 99 steps and over the arched bridge spanning the gorge. This route takes you to the signal station, which is also open to the public. Along the way, there is stunning scenery to be admired and the possibility of spotting seals, kittiwakes, gannets and choughs, not to mention minke, fin and humpback whales.

Dive In and Explore the Deep

Waterworld, Maharees, Dingle, Co Kerry

When you think of colourful coral and a large variety of sea species, images of Thailand or Bali might come to mind, but the cold water coral habitat off the Dingle Peninsula has a surprising amount of marine diversity to offer. Situated only 30m from the water's edge in the spectacular scenery of the Maharees, Ireland's largest diving and leisure centre Waterworld offers a glimpse of what National Geographic has described as "the most beautiful place on earth". Waterworld caters for the water-sports enthusiast above and below the waves. Take a dive or a snorkel, and enjoy some of the most spectacular scenery and coral off the wild Atlantic shores. The Brandon Cliff face and the Blasket Islands offer some of the best diving in Ireland, from superb scenic dives to wreck explorations. The Maharees also have their own resident pod of playful dolphins, frequently seen cavorting in front of Harbour Guesthouse. Join Waterworld on a trip beneath the surface, and when you've worked up an appetite, enjoy a magnificent home-cooked and locally-sourced meal at the guesthouse. Situated on the northern tip of the Dingle Peninsula, you can sit and watch the sun as it sets over the Atlantic Ocean and reflect on your exhilarating day at sea.

T +353 (0)66 7139292

www.waterworld.ie

E dive@iol.ie

GPS 52.253921, -10.020460



The Musical Hearth

Clochán Bréanainn (Cloghane Brandon), Trá Lí (Tralee), Co Kerry

Experience the age-old tradition of 'bothántaíocht', when neighbours and friends gather together for an evening of storytelling and song, in 'An Tinteán Ceoil' (The Musical Hearth), a replica of the traditional Irish Cottage kitchen from bygone days.

Enjoy the 'Céad Míle Fáilte' every Monday at 19.30 (extra night on Thursdays during July and August) and experience first-hand what life was like in a typical Irish kitchen in rural Ireland 'fadó, fadó'. Sit back, relax and soak up the atmosphere, the music and song. Throw a sod on the fire and tell your own story or just listen to the stories of others, and while you are here don't miss the cup of tea and a delicious home-made scone!

T +353 (0)66 7138137

www.cfft.ie

E eolas@cfft.ie

GPS 52.235100, -10.182176

Sea Soak in Seaweed

Spá Atlantach, Baile na nGall (Ballydavid), Dingle Peninsula, Co Kerry

A seaweed bath makes your skin and hair as soft as silk, but it also has medicinal qualities. It increases the metabolism by stimulating the thyroid, and is a great way to clean the body of toxins. Whether you're after a full detox or simply want a warming soak in the healing water of a seaweed bath, Spá Atlantach on the breath-taking Dingle Peninsula is the ideal choice. Bliss out in the serene surrounds, where you can also enjoy a relaxing massage.

If you're feeling too tranquil to take the wheel after leaving Spá Atlantach, check into the adjoining beachfront Tigh T.P. pub, restaurant, and accommodation. Off the beaten track, Tigh T.P.'s offers fantastic local seafood, from Dingle Bay prawn-topped chowder to lobster, crab and Brandon Bay hake for you to enjoy. The beautiful views of the Three Sisters, Sleeping Giant and Sibeal Head - part of the film set of Star Wars - will be the cherry on top of this delightful day.

T +353 (0)83 4437322

www.spaatlantach.com

E info@spaatlantach.com

GPS 52.190779, -10.376003



The Art of Cooking

Dingle Cookery School, An Choill, Dingle, Co Kerry

Learn how to make traditional brown bread or perhaps something slightly less traditional - like seaweed and horseradish salsa - in the beautiful seaside town of Dingle. The team at Dingle Cookery School have a love of Irish food and are passionate about hospitality. Learn about quality local ingredients and how to use them to perfect your own kitchen craft.

What makes a lesson with the Dingle Cookery School so unique is that you'll not only learn to cook mouth-watering food, you'll also discover how to source ingredients yourself. At 'Catch and Cook', you'll have the chance to head out on a fishing boat, bringing back your bounty and preparing and cooking it yourself - and of course enjoying it all at the end of the class.

There are a myriad of classes to choose from, so whether it's Traditional Irish Cooking, Sunday Brunch, Fermentation, A Flavour of Ireland, Sensational Seafood or Sourdough Bread Making, come with a yearning to learn and you'll leave satisfied.

T +353 (0)86 8723521

www.dinglecookeryschool.com

E info@dinglecookeryschool.com

GPS 52.141172, -10.281186



Discover the Blaskets and Sealife

Blasket Islands Eco Marine Tours, Ventry Pier (Ceann Trá), Dingle, Co Kerry

Encounter a diverse array of marine wildlife on this tour of the beautiful Blasket Islands archipelago and Dingle Bay. Watch for dolphins, whales and sea birds from the safety and comfort of a guided boat tour - there's even an option to land on Great Blasket Island.

Let the experienced skipper and crew take you out under the wide open sky while the on-board wildlife guide and zoologist teaches you everything there is to know about the local habitat. With complimentary snacks, space for 44 passengers (inside seating for 20), a flying bridge for wildlife viewing, and facilities, this soft adventure boat trip on the Wild Atlantic Way will inspire and delight.

T +353 (0)86 3353805

www.marinetours.ie

E info@marinetours.ie

GPS 52.131532, -10.35995



Find Peace Paddling

Wild SUP Tours, The Marina, Dingle Town, Dingle, Co Kerry

To the uninitiated, Stand Up Paddle Boarding can feel pretty wild, but learning how to do it the right way with Wild SUP Tours will have you out exploring the waves in no time. Paddle out into stunning Dingle Bay in search of your own peaceful spot and become totally immersed in the natural splendour of this unique coastal area. As you paddle along hugging the coastline, explore the various environments to be found there, from wetlands to woodlands to rocky sea caves and cliffs; each habitat offers new opportunities to see a wide variety of wildlife.

Keep your eyes peeled for curlew, egret, snipe and grey heron or look to the water to spot jelly fish, seals and otters. You'll find tranquillity under the wide open sky with Wild SUP Tours.

T +353 (0)83 4766428

www.wildsuptours.com

E wildsuptours@gmail.com

GPS 52.139040, -10.278435



Predators and Prey Under Water

Dingle Oceanworld - Mara Beo, Dingle Town, Co Kerry

You don't have to be standing in the shallow waters of Tahiti to pet a stingray. At the touch tank in Dingle's Oceanworld Aquarium, you can feel like you're in a tropical paradise without ever leaving Ireland. Stroke friendly rays; hold fascinating starfish; get up close and personal with the most fearsome creature in the sea - the shark - this is the only place in Ireland where you can see sand tiger sharks. When you've stared long enough into the eyes of these lithe creatures, be sure to check out other big players, like crocodiles, iguanas, bearded dragons, corn snakes, pythons and boa constrictors. Seeing these exotic snakes is thrilling in itself, but are you brave enough to hold them? There are also the curious otters to marvel over and feeding time for the playful penguins you won't want to miss.

T +353 (0)66 9152111

www.dingle-oceanworld.ie

E info@dingle-oceanworld.ie

GPS 52.139903, -10.278294



Become One with Nature... Walk this Way

Celtic Nature Walking Tours, Dingle, Co Kerry

On a walk with Celtic Nature Walking Tours in Dingle, you'll be surrounded by quiet beaches, rugged mountains, stunning islands, sheer coastal cliffs and valleys decorated with hedgerows and farmland.

Make your way on foot to Sleah Head along the Wild Atlantic Way for a chance to breathe in fresh air, witness nature at its wildest, and marvel at the breath-taking landscape. As you stroll along the beach at Ventry Bay, with Mount Eagle in the foreground and the Skelligs on the horizon, take a deep breath, listen to the sound of the waves and seabirds and enter into the landscape and the way of life on the Wild Atlantic Way ready for an unforgettable encounter.

T +353 (0)87 7903950

+353 (0)87 6247230

www.celticnature.com

GPS 52.143154, -10.325148

E info@celticnature.com

Cruisin' the Coast the Stress-Free Way

Iveragh Historical Tours, Skellig Coast, Co Kerry

Cruising along the Skellig Coast feels like you're driving on the edge of the world, and with Iveragh Historical Tours you can really tap into the experience. Choose from a variety of small, escorted bus tours where you will be entertained and educated by the one and only home-grown South Kerry resident Muiris Walsh. Muiris will introduce you to the Skellig Coast and its people in a way that only a local can. Taking a break from driving will give you a chance to really enjoy the scenery, the history and the stories Muiris knows so well. Choose from tours with titles like The Vikings, Monks and Chieftains Tour, The Skellig Coast Stories told in Stone, Skellig Wars Tour and Valentia Island Tetrapods to Telegraphs. Tours operate all year round, so you can see the Skelligs in all types of light, and with an experienced driver, small, comfortable tour groups, and full or half-day tours available, you won't want to miss this opportunity to sit back and appreciate the stunning views and the people who bring them to life.

T +353 (0)87 9921284

www.iveraghhistoricaltours.com

E iveraghhistoricaltours@gmail.com



Rainforest and Skywalk of the Skellig Coast

Kells Bay Gardens, Kells, near Cahersiveen, Co Kerry

With names like The Ladies Walled Garden, The Primeval Forest, The River Ramble, The Bamboo Glade, The Cliff Walk and The Palm & Succulent Garden, it's obvious Kells Bay Gardens has been inspired by exotic lands. So why not take to Kells Bay Gardens like a true explorer by viewing it from the sky? Inspired by plant exploration expeditions to the jungles of Southeast Asia, the Skywalk is Ireland's longest rope bridge and is positioned as part of a looped walk through Kells Bay Gardens that spans the fast flowing Deligeenagh River at a height of 11m. Take a guided tour to learn about the origin and life of some of the most interesting plants or wander alone through a landscape that just might resemble what Ireland looked like at the time of the dinosaurs. Accommodation, coffee shop and Thai restaurant also available on-site.

T +353 (0)66 9477975
+353 (0)87 7776666

E billy@kellsgardens.ie

www.kellsgardens.ie

GPS 52.022679, -10.099564



Island Living on the Skellig Coast

Amphibious Boat Tour, Valentia Harbour Tours,
Thar an Uisce, Castlequin, Cahersiveen, Co Kerry

Refresh your body, mind and soul on a tour of uninhabited Beginish Island off Valentia Harbour in Kerry. Stroll along the stunning sandy beaches, imagining what life must have been like for the people who called it home until very recently, as well as the inhabitants from much longer ago - the Vikings!

The tour starts with a walk in the company of Tommy, Valentia Harbour Tour's charming boat owner. Tommy is the ultimate guide to the area, having grown up visiting his grandfather - who lived his entire life on Beginish. In fact, Tommy himself still farms sheep there to this day.

Hop aboard his unusual amphibious boat and check out the Viking House, marvel at the monastic Church Island, and hear unforgettable island tales sure to spark the imagination. Covered boat with facilities, departures from Cahersiveen Marina and Knightstown on Valentia Island.

T +353 (0)87 1637959

E info@vht.ie

www.vht.ie

GPS 51.937250, -10.290156

A Walk through History!

Cahersiveen Guided Walking Tours, Cahersiveen, Co Kerry

Enjoy an outing with Explore Cahersiveen with Cahersiveen Guided Walking Tours offering a range of interesting excursions including a very entertaining and informative Literary and Historical Walking Tour. Discover the stories of Daniel O'Connell 'The Liberator'; Monsignor Hugh O'Flaherty 'The Pimpernel of the Vatican'; Canon Brosnan 'The Pope' and Sigerson Clifford, poet and songwriter, and many more entertaining historical figures. For the more energetic outdoor enthusiasts there's a variety of hillwalking and coastal routes which can be tailored to your specific requirements.

T +353 (0)86 8587680

E gerrykerry@gmail.com

**www.facebook.com/
Cahersiveenguidedwalkingtours**

GPS 51.947453, -10.222924



Capture Kerry and Bring it Home

Valentia Photography Workshops, High Road,
Tinnies Upper, Valentia Island, Co Kerry

Photographs of Ireland's dramatic landscape have wowed viewers over the years, leaving a lasting impression of the beauty of this unspoilt land. Join award-winning local photographer, author and teacher Stephen Power on a photography course and find out how you too can capture the majesty of this very special part of the world.

The emphasis of the tailored tuition you'll receive from Stephen will be on learning how best to photograph the landscape and understanding your camera in all different types of light. Under his guidance, you'll be snapping masterpieces in no time.

T +353 (0)86 0258166

E stephenpower1@eircom.net

GPS 51.913606, -10.654005



Kerry by Night - Be with the Stars

Kerry Dark Sky Tourism, Cools, Ballinskelligs, Co Kerry

See the stars as you never have before with Kerry Dark Sky Tourism. Looking out over the darkening horizon, with stunning Skellig Michael beyond, the beauty of the night sky will take your breath away.

You'll start by watching the sun set, waiting for the stars to start twinkling in this unique spot on the Wild Atlantic Way. Because of the lack of light pollution in the Kerry International Dark Sky Reserve, this tour could be the closest you'll get to real space exploration! The Reserve is protected by the Kerry mountains and hills on one side and the Atlantic Ocean on the other offering the perfect conditions for a spot of serious stargazing. As you sit in comfort, your guide will use laser pointers to highlight constellations and pick out planets and star systems which you can view through their high-powered telescopes.

T +353 (0)87 4629959

E kerrydarkskytourism@yahoo.ie

www.kerrydarkskytourism.com

GPS 51.858969, -10.296738



Creatures of the Deep

Sea Synergy, Main Street, Waterville, Co Kerry

The Wild Atlantic Way route runs along Ireland's western seaboard, a stretch of stunning coastline with huge swathes of sandy beaches, sheer cliffs, historical islands and rich marine life. Discover what lurks in the deep with a visit to Sea Synergy Marine Awareness & Activity Centre. This quirky interactive sea life exhibition will immerse you in all that Irish waters have to offer. A personal guide will take you up close to some of the curious creatures who call Ireland's coastal waters home - whether in the centre's state-of-the-art simulated environments or in the natural habitats themselves. Take a snorkelling course or join a beach workshop for a ramble along the rocky shore.

Learn about Skellig Coast marine heritage and wildlife and the ways you can help protect the ocean. There are guided coastal walks, kayaking on Lough Currane to Church Island, and wildlife eco-tour boat trips. You will be an expert on all things aquatic by the time you leave Sea Synergy.

T +353 (0)87 7850929

E seasynergy@gmail.com

www.seasynergy.ie

GPS 51.827649, -10.171962



Coast Explorer

Skellig Coast Explorer, Derrynane, Co Kerry

What better way to while away the time than by exploring the living rock pools on the stunning Skellig Coast? Discover all there is to know about coastal natural history at Derrynane National Historic Park with local guide and marine wildlife film-maker Vincent Hyland.

You can explore both seashore and woodland on a hike along the Kerry Way above Derrynane Demesne. You'll travel through forested areas and out onto the western plateau where magnificent views of the Skellig Coast open out in front of you. As you hike, learn about the area's natural and local history and fascinating folklore.

T +353 (0)83 1992560

www.skelligcoastexplorer.com

E hylandvincent@gmail.com

GPS 51.762389, -10.130549



Explore the Secrets of Derrynane Beach

Seashore Nature Walk, Derrynane National Historic Park, Derrynane House, Derrynane, Co Kerry

Spotting the perennial, wind-swept Kerry lily on a Seashore Nature Walk is one of the great pleasures in life. See wild coastal flowers, the rare Kerry slug, the natterjack toad, basking sharks, dolphins and maybe even the fin whale on this walk along Derrynane Bay in County Kerry. Sea birds, including puffins, shearwaters and gannets will guide you on your way around the bay. Explore intriguing Derrynane House, ancestral home of one of Ireland's most famous historical figures, Daniel O'Connell. Take a ramble around Derrynane National Historic Park, with its exotic plantations and garden walks. Surround yourself with some of the most stunning scenery in the world and the wildlife that calls it home. Be sure to pick up a booklet on the Seashore Nature Walk, available from the Derrynane House reception desk for a nominal fee. There's an app you can use to discover more, downloadable for a nominal fee.

T +353 (0)66 9475113

www.vincenthylandartist.com/look-inside
www.derrynanehouse.ie

E derrynanehouse@opw.ie

GPS 51.762866, -10.130557

Forage, Find, Feast...Seaweed!

Atlantic Irish Seaweed, Caherdaniel, Co Kerry

Who knew there was this much to discover about seaweed? At the Seaweed Discovery Centre in County Kerry, sample seaweed tea as well as five different types of nibbles foraged from marine vegetables along the Skellig Coast on the Wild Atlantic Way.

As well as chomping on this tasty superfood, learn about its rich history of usage - from medicine to gunpowder - and why the ancient monks, Vikings and Daniel O'Connell all included seaweed in their diets. Forage for your supper by venturing to the shore for a discovery walk where you'll learn to find, identify and sustainably hand-harvest this exciting bounty. Taste the fruits of your labour with as many as ten delicious courses made with various seaweed products and a glass of elderflower and sugar kelp champagne to wash it all down!

T +353 (0)86 1062110

www.atlanticirishseaweed.com

E seaweedwalks@gmail.com

GPS 51.7696, -10.1008



A Hero of Exploration

Tom Crean Fish & Wine Restaurant, 5 Main Street, Kenmare, Co Kerry

Explore the home environs of the famous Antarctic explorer Tom Crean in the comfort of the Tom Crean Fish & Wine restaurant in his native County Kerry. Pull up a pew, dine on sumptuous locally-sourced food, and enjoy a glass of "expedition ale" surrounded by stunning photographs and memorabilia of the intrepid explorer. After dinner, Crean's granddaughter Aileen will share the fascinating story of his Terra Nova Expedition, which saw the race to reach the South Pole lost to Roald Amundsen. During this expedition, Crean's 56 km solo walk across the Ross Ice Shelf to save the life of Edward Evans led to him receiving the Albert Medal.

His third Antarctic venture, the Imperial Trans-Antarctic Expedition on Endurance, was led by the famous Ernest Shackleton. Hear the exhilarating details of Crean's three expeditions, as well as Aileen's own dramatic personal expedition story at this one-of-a-kind experience.

T +353 (0)64 6641589

www.tomcrean.ie

E info@tomcrean.ie

GPS 51.879283, -9.581152



Step Back in Time

Molly Gallivan's Cottage & Traditional Farm, Bonane, Kenmare, Co Kerry

When you lift the latch at Molly Gallivan's cottage, you open a door to the past. In this 200-year-old dwelling, you'll be treated to a traditional Irish three-course meal. But this is no ordinary dining experience. While you eat, your heart strings will be pulled as you observe what it was like for Irish families to say goodbye to loved ones for the last time before they emigrated to America. But it's not all sadness and gloom - joyous homecomings were often a part of Irish life, and you can witness this festive occasion, too. These are nights of Irish food, music, song, dance and storytelling, and re-enacting the old customs that took place in Irish homes during an "American wake" or "homecoming", all around Molly's open fire. Experience the challenging life that made many young Irish emigrate by taking a cottage and farm tour, or go for the hard stuff at a Poitín-making demonstration and tasting. You'll be sure to dance, sing a song or tell a story of your own at this unique experience.

T +353 (0)64 6640714

+353 (0)64 6641455

+353 (0)87 2433894

www.mollygallivans.com

GPS 51.812555, -9.551707

E info@mollygallivans.com

Dig into History

Allihies Copper Mine Museum, Allihies, Beara, Co Cork

Rich with folklore and a deep connection to nature, the communities of the remote and picturesque Beara Peninsula on Ireland's Southern Peninsulas have for centuries looked to the spoils of the local environment to find their livelihoods. These days, farming and fishing stand out as the biggest industries, but just a few centuries ago, the towns and villages here teemed with excitement as a rich copper deposit was discovered and the great cogs of the Allihies Copper Mine groaned to life. Today, the Allihies Copper Mine Museum welcomes visitors who wish to discover the extraordinary stories of the area's intriguing past - from matter-of-fact to mythological - on this walking and museum tour. Learn about the exemplary engineering that went into pulling the semi-precious metal out of the ground in the 19th century, as well as the myth of the Children of Lír, which dates much further back to a time when the region was awash in legends and fables. Set against a magical backdrop of mountains, lakes and coast, this highly engaging tour, which includes lunch in the Copper Café and a guided walk through Allihies village, will fascinate and inform.

T +353 (0)27 73218

www.acmm.ie

E info@acmm.ie

GPS 51.639025, -10.047898



Escape to the Islands

Bere Island Heritage Bus Tours, Bere Island, Co Cork

Bere Island, which guards the deep water harbour of Berehaven at the entrance to gorgeous Bantry Bay, is one of 7 inhabited islands on the West Cork coast and a true gem on the Wild Atlantic Way. Just a short ferry journey from the Beara peninsula, its strategic location has made it a hub of activity throughout Ireland's history, and today the island is a bona fide treasure trove of archaeology, with sites dating from the Bronze Age through Medieval times and right up to Ireland's more recent military past. Explore this fascinating island on the Bere Island Heritage Bus Tour, and uncover the secrets of Bere, from ring forts and standing stones to wedge tombs and burial sites, Martello towers, a signal tower, military barracks and a military fortification. Take in sweeping views across Bantry Bay to the Sheep's Head peninsula and, if you're staying a few days, why not delve a little deeper into island life at the Heritage Centre, where you'll learn about island customs. You can even meet some of the locals, who'll be delighted to share their famous warmth and hospitality, all while explaining how Bere came to be voted Ireland's tidiest island. Bere Island Heritage Bus Tours give you a fantastic opportunity to discover a truly one-of-a-kind place.

T +353 (0)27 75099
+353 (0)86 3030991

**www.westcorkislands.com/
heritage-bus-tours-booking**

E info@westcorkislands.com

GPS 51.628736, -9.885529



Making Tracks

Bere Island parkrun, Bere Island, Co Cork

Lace up your runners for an exhilarating start to the weekend; join the locals of beautiful Bere Island for their weekly 5k parkrun to really get the blood pumping. Starting at 9.30am each Saturday morning, the parkrun is the perfect way to experience Bere Island, its stunning vistas and friendly people. The event has been praised as one of the 10 best park running events in the world, making it an absolute must-do for anyone who loves to work up a sweat. Surrounded by incredible views of the Beara and Sheep's Head peninsulas across Bantry Bay, you'll run alongside islanders and visitors alike, making new friends and soaking in the one-of-a-kind scenery. It's a pure pleasure from start to finish. Afterward, you won't want to miss the fun in the Bere Island Bakehouse in Rerrin village as runners, joggers and walkers alike relax and chat over well-earned tea and cake.

T +353 (0)27 75099
+353 (0)86 3030991

**www.westcorkislands.com/
bere-island-parkrun**

E bereislandhelpers@parkrun.com

GPS 51.628736, -9.885529

Appetite for Indulgence

Manning's Emporium, Ballylickey, Bantry, Co Cork

The next time you're in Ballylickey, pay a visit to Manning's Emporium, the legendary culinary crossroads in West Cork where the region's who's-who of artisanal producers converge to bring the tastiest treats to one place. With local cheeses, meats, and vegetables - not to mention fresh-baked bread and confections - on offer, it's the perfect place to get a taste of the Wild Atlantic Way.

If you're feeling hungry for a bit more than a browse, you're in luck: Manning's West Cork Food Tour is hands-down the best way to spend an afternoon in a region known the world over for its fine and unique flavours. Offering an exclusive insight into how the spirit of West Cork flavours every mouthful of local produce, this tour will take you behind the scenes of the foodie community, where you'll meet the makers, sample their goods, and drink in the incredible landscapes that make it all possible.

Enjoy this living, breathing cornucopia of food and culture in the Southern Peninsulas.

T +353 (0)27 50456

www.manningsemporium.ie

E andrew@manningsemporium.ie

GPS 51.721534, -9.437773



Walk and Whiskey on Whiddy Island

Walk & Whiskey Tour, Whiddy Island, Co Cork

Relax and let island life wash your cares away on this walk and whiskey tour of intriguing Whiddy Island. Just a short ferry ride from historic Bantry, the fascinating island of Whiddy is one of only seven inhabited islands off West Cork. Surrounded by the beautiful mountains of the Beara peninsula to the north and the Sheep's Head peninsula to the south, it's the perfect place to unwind. Join islander Tim O'Leary, who will share the secrets of the island's past, leading you on a journey of discovery where Martello towers, a historic gun battery, an old schoolhouse, and tantalising traces of the past wait to be discovered.

After your walk, retire to the Bank House pub where Liquid Curiosity's Jaq Stedman will take you on a different kind of tour, sampling the distinctive flavours of Ireland's exciting new single malt, single cask whiskeys, with food pairings from some of West Cork's finest local artisan producers to perfectly cap the charm of the day.

T +353 (0)86 3030991

E info@livingthesheepsheadway.com

**www.livingthesheepsheadway.com/
walk-whiskey-island-tour**

GPS 51.692765, -9.524677



Elegance Exemplified

Bantry House & Gardens, Bantry, Co Cork

Experience a taste of the good life on the Wild Atlantic Way with a tour of Bantry House, an exquisite Irish stately home and gardens that is still owned by descendants of its builder to this day. Constructed in the mid-1700s by the original Earl of Bantry, the house has enjoyed a charming and storied history in its hundreds of years overlooking Bantry Bay, first as the home to the White family (and still owned by Shelswell-Whites today) and, later, closely interwoven with Theobald Wolfe Tone's failed rebellion and the United Irishmen. Today, you can explore its beautifully-decorated rooms and breath-taking views by taking a self-guided or guided tour of the estate. Marvel at the stunning collection of art and furniture collected from across Europe over the centuries; sip tea in the elegant tearoom; climb the steps to the garden, designed by the second Earl of Bantry to resemble the 'palazzo' style he adored on his travels to the continent and showcasing the awe-inspiring views across Bantry Bay. And if you just can't get enough luxury, you can even stay the night in the glamorous B&B located in the east wing of the house.

T +353 (0)27 50047

E info@bantryhouse.com

www.bantryhouse.com

GPS 51.677373, -9.467707

Stunning Scenery from the Saddle

Bantry Bay Pony Trekking, Bantry, Co Cork

Enjoy breath-taking scenery on a pony trekking trail ride through the ancient forests overlooking Bantry Bay. The well-trained and gentle ponies and horses at Bantry Bay Pony Trekking and friendly local guides will take you along well-maintained private bridle paths to Maggie Murphy's cottage on Hollyhill. Children and adults, beginners and advanced riders, young and old are all welcome to join the trek which begins just five minutes from the bustling harbour town of Bantry and explores the ancient Deerpark forest, once part of the Bantry Estate. As you climb gently above the tree line, the hand-built paths cross hillsides of heather and gorse. More advanced riders can enjoy a canter while the less adventurous enjoy the beautiful coastal scenery. And don't forget to bring your camera to capture the wonderful views to be had down Bantry and Dunmanus Bays from Maggie Murphy's cottage.

T +353 (0)87 7765539

E bantrybayponytrekking@eircom.net

www.bantrybayponytrekking.com

GPS 51.658978, -9.469255



Walk this Way

Hillside Walks, Glenlough, Bantry, Co Cork

Renowned as one of the most spectacular walking routes in Europe, The Sheep's Head Way is one of the best ways to get up close and personal with the unique and unspoilt nature that can only be found in the Southern Peninsulas region of the Wild Atlantic Way.

Join Hillside Walks for a guided West Cork hillwalking adventure on the beautiful Sheep's Head coastline and step into a world of wonder. Encounter a landscape rich in history and teeming with wildlife with your guide, Charlie McCarthy, who will share local tales as you take in the rugged beauty and fine views across the neighbouring West Cork peninsulas and islands. With 20 looped walks to choose from as well as the full trail to take on, there's no end to what you can discover.

After a day of hiking in the great outdoors, relax in any one of Sheep's Head's welcoming pubs and cafés; a European Destination of Excellence, it'll have you coming back for more.

T +353 (0)27 61226

www.sheepshead.ie

E info@sheepshead.ie

GPS 51.584217, -9.708022



Flowers and Vines

West Cork Garden Trail, West Cork, Co Cork

Known for its wild, rugged beauty, the Southern Peninsulas region of Ireland's western shoreline is a gardener's paradise. Kept temperate by the Atlantic Gulf Stream that runs up the coast, the area supports the cultivation of a wide range of beautiful, open gardens, perhaps nowhere more so than wonderful West Cork.

The gardens boast seasonal flower displays, rare shrubs and trees, the most delicate ferns and fritillaries, and even an exotic bamboo park, with 22 must-visit gardens just waiting to be explored. With West Cork Garden Trails, you can see them all.

Marvel at the diverse plant life found in this uniquely mild climate; tour country houses and island garden paradises; meet the colourful garden owners; drink in the stunning coastline and picturesque villages and stay in historic family run country houses set on acres of scenic gardens. From Clonakilty to Roaring Water Bay, to Sheep's Head, the Beara Peninsula and more, the gardens of the Wild Atlantic Way are waiting to be enjoyed with the West Cork Garden Trail.

T +353 (0)89 4352675

www.westcorkgardentrail.com

E contact@westcorkgardentrail.com

GPS 51.776486, -9.377211

To the Ends of the Earth

Mizen Head, Goleen, Co Cork

When you can go no further to the south and west in the whole of Ireland, you're at the dramatic Mizen Head. Out here, at the very end of the peninsula, an example of early 20th-century engineering can be found, with a thrilling experience awaiting brave souls. Climb down the steps and out onto a high arched suspension bridge connecting the mainland to a rocky crag that points its long finger out into the roaring seas. Far below, the surf foams and crashes, and you may find you have your heart in your mouth. But don't worry, this bridge is built to withstand the full force of nature. On the far side of the bridge, the exposed Fog Signal Station invites you in to explore; check out the exhibition about the keepers' lives in the early 20th century. From this vantage point, you'll be able to take in magnificent views of the imposing Fastnet Lighthouse, standing at the horizon on a rock known as Ireland's teardrop; for millions of emigrants to the new world, this was their last sight of their native land. With its award-winning Maritime Museum, this Wild Atlantic Way Signature Discovery Point will reward your daring and curiosity with an authentic all-weather experience in a spectacular location you won't soon forget.

T +353 (0)28 35225

www.mizenhead.net

E info@mizenhead.ie

GPS 51.461114, -9.808299





THE HAVEN COAST

NATURE SETS THE PACE

The Southernmost Stretch – From Ballydehob via Skibbereen to Kinsale

The southernmost stretch of the Wild Atlantic Way zigzags gently, from dreamy Roaringwater Bay through Skibbereen and on to Kinsale. Past gardens lush with subtropical plants. Between hedgerows thick with fuschia and monbretia. By hundreds of inlets, coves, safe harbours and Blue Flag beaches just right for long days spent in the salty air... beachcombing, island-hopping, whale-watching, learning to sail, kayaking on a saltwater lake in the moonlight, or simply enjoying a pint on the quayside while the fishing boats land their catch.

There's something restorative about the temperate Gulf Stream climate, the peaceful vibe and the lively, creative, arts and crafts scenes. There's West Cork's wonderful artisan food, and scores of festivals – music, film, stories, food. And there are centuries of history, echoing all along the coast: ancient sites, coastal forts, the hometown of the Irish revolutionary leader, Michael Collins, the wreck of the Lusitania, and – out on the horizon – 'Ireland's tear drop' the Fastnet Rock

SIGNATURE DISCOVERY POINT

Old Head Signal Tower, Old Head of Kinsale, Co Cork

The Old Head Signal Tower in Kinsale is the most southerly point of the stunning Wild Atlantic Way, so it is a fitting start or end point to your tour. The tower is one of the most accessible in a family of 81 such towers built within sight of one another on some of the most remote and beautiful headlands in Ireland. The rugged terrain and dramatic views offer the perfect place to get that crucial photo of a Wild Atlantic Way Signature Discovery Point, no matter what the weather.

The tower itself is home to the Lusitania Museum, exhibiting a fascinating selection of memorabilia, storyboards and artefacts recovered from the wreck. After you've steeped yourself in history, climb to the roof parapet and look out at the breathtaking views and windswept beauty of the Wild Atlantic Way.

Stand at the nearest point to the shipwreck of the luxury cruise liner Lusitania, sunk by the Germans during World War I with a death toll of 1,200 civilians. Feel the energy of being so close to the spot that changed the course of the war and led to victory for the Allies.



A Whale of a Time

Whale Watch West Cork, Baltimore, Co Cork

Whale watching off the coast of Ireland's wild and wonderful West Cork is a unique experience that has to be seen to be believed. The first of its kind in Europe, Ireland's coastal waters were declared an official whale and dolphin sanctuary in the 1990s, and it's precisely this rich, pristine marine environment that today attracts not only upwards of 24 species of cetacean, but also whale watching enthusiasts from around the world. Experience it for yourself by booking a tour with multi-award winning Whale Watch West Cork and setting sail from beautiful Baltimore Harbour for a voyage to remember. On board the catamaran Voyager or Liscannor Star, you'll enjoy a fully-guided, four-hour tour with your guide, zoologist and conservationist Nic Slocum. Depending on the time of year, you can spot a multitude of species, with minke whales and Risso's dolphins arriving from March, basking sharks cruising the waves from April, common dolphins causing a stir from August, and the elusive humpback whale sometimes seen from November onward - just to name a few! Your journey will take you to stunning Cape Clear Island for refreshments halfway through the tour, before heading back out for yet more chances to get up close and personal with the giants of the sea.

T +353 (0)86 1200027

www.whalewatchwestcork.com

E nic@whale.ie

GPS 51.483088, -9.376033



HAVEN COAST



Rock the Boat

Fastnet Rock Tour, Baltimore, Co Cork

Head down to the lovely fishing village of Baltimore in stunning West Cork and get ready to set sail to see one of Ireland's most iconic lighthouses from the sea. For generations, the majestic and isolated Fastnet Rock has fired the imaginations of onlookers; known as Ireland's Teardrop, it was, for many thousands of emigrants, the last Irish structure seen as their ships carried them away to America. Today, you can take in its rugged beauty with none of the sadness by stepping aboard the Fastnet Tour. You'll chart a course for Cape Clear - one of West Cork's charming unspoilt islands - to learn more about the famous lighthouse, spotting for dolphins with the beautiful Roaringwater Bay as your backdrop. At the picturesque North Harbour, climb onto the bus to the island's Heritage Centre where you'll discover tales of shipwrecks and the story of how Fastnet came to be built, taking in the touching memorials as you go. Back on board the ferry, you'll circumnavigate the rock at close quarters - perfect for that once-in-a-lifetime photo opportunity.

T +353 (0)28 39159

+353 (0)87 3899711

E info@cailinoir.com

www.fastnettour.com

GPS 51.483062, -9.376182

Well-Being in West Cork

Heir Island, Co Cork

Just a short boat ride from the West Cork mainland, you'll find peace and tranquillity on Heir Island. With its seven unspoilt beaches, majestic cliffs, and only 25 year-round residents, it's the perfect place to refresh your senses with a yoga getaway for yourself or your friends.

At the Heir Island Yoga Retreat, you can choose between a weekend focused on mindfulness or a retreat that combines yoga with kayaking at the Heir Island Sailing School. Classes are held in the stunning Mobius Centre studio overlooking the ocean, but on mild days you'll venture outside for a spot of yoga in the fresh air under the big island sky. The combination of practised well-being and the serene setting works a special kind of magic, and you'll return to the mainland recharged and refreshed for the months ahead.

T +353 (0)87 7529529

**www.mobiusleadership.co.uk/
mobius-centre**

E info@mobiusleadership.co.uk

GPS 51.497487, -9.433124



Skimming under the Stars

Atlantic Sea Kayaking, Reen Pier, Co Cork

Set out into the darkening waters for a magical moonlight paddle with Atlantic Sea Kayaking. This gentle kayaking experience is one of the most atmospheric and unforgettable ways to explore the pristine coastal areas of the Haven Coast region of the Wild Atlantic Way. Starting an hour before night falls, you'll slip silently into the safe haven of Castlehaven Bay or Lough Hyne either on your own or with a kayaking companion. As the moon begins to rise, your senses will become heightened, as the sound of the waves lapping gently against your craft and the earthy smells drifting from the shoreline create a mystical ambience in which to roam.

Spot the silhouettes of the sea birds on the bank, drink in the red and pink hues of the setting sun, spot satellites and shooting stars in the night sky overhead. With the moonlight reflected on the water, or, at certain times of year, the astonishing bio-luminescence causing the sea to light up around your paddle with an otherworldly glow, you'll wonder why you should ever return to shore.

T +353 (0)28 21058

www.atlanticseakayaking.com

E info@atlanticseakayaking.com

GPS 51.506291, -9.304582



Visit Europe's only inland saltwater lake

Lough Hyne, Skibbreen, Co Cork

First discovered by a marine biologist in 1886, Lough Hyne is a truly magical place - a "must see" on any visitor's list. This is the only inland saltwater lake in Europe and also Ireland's first Marine Nature Reserve nestled in a fold of hills just 5km southwest of Skibbreen on the Wild Atlantic Way. Lough Hyne is a popular swimming lake, with temperatures slightly above that of the sea.

Call to the Visitor Centre at Skibbreen Heritage Centre before visiting the lake and enjoy the excellent audio-visual documentary on the history, formation and folklore of the lake, including underwater footage showing some of the plant and animal life at home in Lough Hyne.

T +353 (0)28 40900

www.skibbheritage.com/

E info@skibbheritage.com

loughhyne-exhibition

GPS 51.505777, -9.306406

Smoke Signals

Woodcock Smokery, Gortbrack, Castletownsend, Skibbreen, Co Cork

Learn a delicious and rewarding new skill in a half-day basic fish filleting and smoking course from Woodcock Smokery. Based in West Cork close to the pretty seaside village of Castletownshend on the Haven Coast of the Wild Atlantic Way, the master smokers at Woodcock cure their products in a traditional manner using only prime quality wild fish, native hardwood timbers, impeccable skill and, of course, time. Best known for their exceptional award-winning wild smoked salmon, Woodcock is renowned the world over as experts in the smoked fish industry. If you're interested in learning from the best, you'll be in good hands with multi-award winning pioneer of artisan fish smoking Sally Barnes. Sally will guide you through all aspects of the process from sea to supper - from filleting and salting to pin-boning and slicing - all done by hand. You'll learn smoking techniques - either hot or cold - and the best way to package and preserve your gourmet food items for future enjoyment. With a house-made light lunch and refreshments provided, it'll be an afternoon of epicurean enlightenment.

T +353 (0)28 36232

www.woodcocksmokery.com

E sally@woodcocksmokery.com

GPS 51.520583, -9.216439



West Cork Farm Tours

Rosscarberry, Co Cork

Out on the farms of the Wild Atlantic Way, there is a continuity of love for the land and farming that is still very much a family affair. Head out to the fields of West Cork on this fun and fascinating farm tour for a peek inside the life of Ireland's essential agriculturists.

You'll meet innovative farmers and creative food producers and get to know their vibrant communities. Learn how generations of cultivators have immersed themselves in a way of life that is irrevocably connected to nature and the seasons. The West Cork Farm Trail features five local farms where the owners will be only too delighted to welcome you and give you a feel for what their farm is all about, and to explain the intricacies of farming, whether dairy, beef or pork. You may even have the chance to take part in a demonstration or get up close and personal with a heifer.

T +353 (0)23 8848722

www.westcorkfarmtours.com

E info@westcorkfarmtours.com

GPS 51.577673, -9.040188



The American Connection

Michael Collins Centre, Castlevew, Clonakilty, Co Cork

Ireland and America have always had a special connection. This private tour is led by historian and writer Tim Crowley and explores important historic sites in Cork. You'll visit the birthplace at Woodfield of revolutionary leader Michael Collins, enjoy a short walking tour in the market town of Clonakilty where Michael Collins' statue is located and hear the story of the crash landing of an American Air Force B17 near Clonakilty Bay in 1943.

The two countries have a lot of shared history. William Ford, father of Henry Ford, was born near the local village of Ballinascarthy, and Margaret Field, great-grandmother of John F. Kennedy, came from the townland of Coorleigh, just west of Clonakilty. Come and see where the much-loved American president inherited some of his charm and hear some of the facts and folklore surrounding the Ford family.

T +353 (0)23 8846107

www.michaelcollinscentre.com

E michaelcollinscentre@gmail.com

GPS 51.642577, -8.822536

Gone Fishing

Courtmacsherry Sea Angling Centre, Courtmacsherry, Co Cork

Cast your line into the waters off West Cork to find a fisherman's paradise. From a charter boat in Courtmacsherry, you'll be hunting conger eels around the area's inshore wrecks, or looking for a tasty catch further out at the famous reefs off the Old Head of Kinsale.

If you're feeling brave, you can try to catch a 200lb skate or even a blue shark. Regale anyone who'll listen with tales of your fishing prowess later that evening when you gather for dinner at an 18th-century farmhouse, located on the dramatic Seven Heads Coastal Walk.

T +353 (0)86 8250905

www.courtmacsherryangling.ie

+353 (0)23 8846427

GPS 51.635300, -8.710783

E info@courtmacsherryangling.ie



Walk an Alpaca

Waterfall Alpaca Farm, Castledonovan, Drimoleague, Co Cork

A meet and greet with a difference is what's on offer at West Cork Waterfall Alpaca Farm. Curious and intelligent, alpaca love walking with you, exploring the trail past fields, forestry and rivers, all under a canopy of oak trees. The stunning waterfall, which gives the farm its name, will leave you awestruck.

Before heading off on your walk, you'll have the chance to meet the farm's other residents - sheep, donkeys, hens, and ducks, as well as dwarf and giant rabbits. Having returned from your walk, sit and enjoy this special sanctuary with a picnic in its unique surroundings.

T +353 (0)28 31953

www.westcorkalpacas.com

E emmacbird@googlemail.com

GPS 51.690790, -9.282457



Fun on the Farm

Top of the Rock Pod Pairc & Walking Centre, Drimoleague, Co Cork

Connect with nature and enjoy the rhythms of farming life as you feed baby calves, nurse lambs from the bottle, visit tree goats, gather eggs and ride with sheep and lambs in a trailer as they're transported to their paddock at the Top of the Rock Farm. Situated in the rolling hills of West Cork, the Farmhands Tour is an ideal way to have a family adventure in a truly idyllic setting.

Learn about cows, feed baby animals, visit the wildlife areas of the farm and enjoy a picnic on the hay bales. The new skills the kids have learned will be recognised through a Farmhands Certificate for their contribution to West Cork farming!

T +353 (0)28 31547

+353 (0)86 1735134

www.topoftherock.ie/farmhands

GPS 51.668757, -9.26301

E David@topoftherock.ie

The Spirit of Kinsale

Kinsale Harbour Cruises, Kinsale, Co Cork

Beauty and history collide on this boat tour across the harbour of stunning Kinsale in Cork and out to the Atlantic's edge. Your captain, Jerome, knows these waters like the back of his hand. Born and bred on the Old Head of Kinsale, he has worked as a fisherman for 28 years and is an expert on the area, having studied archaeology and Celtic civilisations, and obtained a Masters in local history.

On The Spirit of Kinsale you'll ride the waters, listening to stories of this important Viking trading post, the network of fortified towers and signal stations built to ward off invasion, the Siege of Kinsale in 1601 and the sinking of a transatlantic liner – the Lusitania – by a German U-Boat, an event which changed the course of World War I, drawing the US into battle.

There'll be freshly brewed coffee and blankets to keep you warm, and – best of all – an experience that will stay with you for a lifetime.

T +353 (0)86 2505456

www.kinsaleharbourcruises.com

E harbourcruises@gmail.com

GPS 51.702868, -8.521463



AN GAELTACHT

The term 'Gaeltacht' is given to those areas of Ireland where the Irish language (Gaeilge) is still spoken daily as a community language, and where culture and traditions are very much alive and thriving. These Irish-speaking communities are scattered over seven counties and all four provinces. Donegal is home to Ireland's largest Gaeltacht.

Along the Wild Atlantic Way, extensive areas of counties Donegal, Mayo, Galway, Kerry and Cork, and many of the populated off shore islands, are designated Gaeltacht areas. These regions offer many varied and interesting holiday locations, each possessing an environment rich in heritage, folklore, culture and tradition, with a strong sense of its own identity and uniqueness. Here, within, lies the 'true Ireland'!

As you travel along the Wild Atlantic Way and through the Gaeltacht areas you'll notice the road signs are in Irish and, when you stop off, you'll hear the locals converse 'as Gaeilge' (through Irish). The 'cúpla focal' (couple of words) below might be useful if you do want to exchange a few words.

It will take you to its heart...

For exact Gaeltacht locations please visit www.udaras.ie

Hello

Dia dhuit

 *Dee ya gw-itch*

Thank you

Go raibh maith agat

 *Guh rev moh a gut*

Cheers!

Sláinte!

 *Slawn cha!*

Bye for now

Slán go fóill

 *Slawn guh foal*

OFFSHORE ISLANDS OF THE WILD ATLANTIC WAY

Favoured by fishermen, farmers, novelists, exiled monks and fugitive pirates the Islands of the West of Ireland have caught the imaginations of generations. Here tradition and culture combine in a rugged stony landscape. With each island boasting its own unique charm, you'll be sure to discover a little slice of paradise – the memory of which you can take away with you and treasure.

Easily accessible by boat, plane, bridge and sometimes by causeway, the islands of the west are home to farmers' markets and festivals, currach races and spectacular diving, summer schools and traditional music – making memories you'll cherish long after you leave.

THE BLASKET ISLANDS, CO KERRY

Na Blascaodaí lie some 6km beyond the most westerly tip of the Dingle Peninsula - large humps of sandstone with awesome cliffs rising from the Atlantic Ocean and surrounded by smaller rocks and reefs. The largest of the Blasket Islands, An Blascaod Mór, was finally abandoned in 1953 when the last twenty two islanders were moved to the mainland. No other island community of this size has yielded such a literary wealth, producing world renowned writers who documented island life in their beloved Irish language and whose works have been translated into many languages. An Blascaod Mór remains uninhabited today but is open to visitors.

GETTING THERE

BÁDÓIRÍ AN BHLASCAOID TEO
(BLASKET ISLAND FERRIES)

from Apr to Sep from Dún Chaoin

T +353 (0)85 7751045 / +353 (0)66 9156422
www.blasketisland.com

STEPHEN/THOMAS KAVANAGH
passenger boat to Great Blasket Island
from May to Sep from Dún Chaoin

T +353 (0)87 7435442

BLASKET ISLANDS ECO MARINE TOURS/
FERRY eco marine tour and land on the Island
from Apr to Sep from Ventry (Ceann Trá)

T +353 (0)86 3353805 www.marinetours.ie

DINGLE BOAT TOURS from Apr to Sep from
Dingle (Daingean Uí Chúis)

T +353 (0)66 9151344 / +353 (0)87 6726100
www.dingleboattours.com

GREAT BLASKET ISLAND EXPERIENCE
on the 'Peig Sayers' daily from Apr to Sep from
Dingle (Daingean Uí Chúis)

T +353 (0)86 0572626 / +353 (0)86 313 5098
www.greatblasketisland.net

BLASKET ISLAND RIB SEA SAFARI CRUISE AND FAST BLASKET FERRY & ECO TOUR

T +353 (0)66 9152626 / +353 (0)86 1937304

www.dingledolphin.com

VALENTIA ISLAND, CO KERRY

Valentia Island is one of great beauty and contrast. The western part of the island is dominated by the dramatic cliffs of Bray Head which command spectacular views of the Kerry coastline while the mild effect of the Gulf Stream results in Valentia's balmy climate and lush, colourful vegetation. The island's main village, Knightstown, is reminiscent of an Anglo-Irish village with its many stately buildings and refined ambience. Tetrapod footprints over 350 million years old were found on the northern part of the island. An important quarry on the northern part of the island which opened in 1816 still flourishes today. The famous Valentia Slate has been used in many prominent buildings including the British House of Commons in London. Other highlights include Valentia Island Lighthouse, Skellig Experience Visitor Centre, Valentia Heritage Centre, Glanleam Estate & sub-tropical gardens, the Transatlantic Cable Station monument, Bray Head and Geokaun Mountain & Fogher Cliffs.

GETTING THERE

The island is linked to the mainland by a bridge at Portmagee. A car ferry also departs from Renard Point, (5km from Cahersiveen) daily from Apr to Oct.

T +353 (0)66 9476141 / +353 (0)87 2418973

BEGINISH ISLAND, CO KERRY

Beginish Island is a beautiful deserted island which is protected from the Atlantic by Valentia Island. With a ruined watch tower at its peak and some important archaeological remains, the

island makes a fascinating place for a wander. A ruined monastery can be found on the eastern part of the island and circular stone huts and buildings on the island are remnants of a once vibrant maritime and religious community dating back to the Middle Ages.

GETTING THERE

Access to the island can be had via Valentia Harbour Tours (Departs from Cahersiveen Marina and Knightstown on Valentia Island)

T +353 (0)87 1637959 www.vht.ie

SKELLIG ISLANDS, CO KERRY

Na Scealga lie 12km off the coast of south Kerry, like floating pyramids of sandstone. The most spectacular of these islands, Sceilg Mhichíl - Skellig Michael - is a peaceful spiritual idyll and a designated UNESCO World Heritage site. As such the site presents a unique landscape and visitors must take care at all times. Over six hundred steps up a 1,000 year-old stone stairway leads you to one of the most magnificent monastic sites in Europe. Stone beehive huts where monks lived and prayed centuries ago cling to cliff edges alongside oratories, a cemetery, stone crosses, holy wells and the Church of St. Michael. An Sceilg Bheag is a seabird sanctuary and one of the world's greatest gannetries. It is home to more than 23,000 pairs of gannets among many other seabirds.

GETTING THERE

Numerous local boat owners operate boat trips to the Skelligs UNESCO World Heritage Site from Portmagee Harbour, Cé Bhaile an Sceilg (Ballinskelligs Pier) and Cé Bhun an Bhaile (Bunavalla Pier, near Caherdaniel) See www.heritageireland.ie/en/media/skellig-michael-boatmen-22062017.pdf for a list of boat operators.

DURSEY ISLAND, CO CORK

Durseley Island is the most westerly of West Cork's inhabited islands; Dursey lies across a narrow sound and is a great getaway from the fray of modern living. This rugged island is accessed via Ireland's only cable-car, which runs about 250m above the sea and takes six people at a time. The island is part of the Beara Way walking trail and having no shops, pubs or restaurants offers the day visitor a unique experience of calm with spectacular views of the Beara peninsula. It is also a bird watcher's paradise with rare birds from Siberia and America being spotted there. Monks from Skellig Rock are said to have founded the ancient church of Kilmichael on Dursey, now a ruin.

GETTING THERE

Via Ireland's only island Cable Car, a 10 minute trip which departs daily from Ballaghboy / Dursey Sound on the tip of the Beara Peninsula. www.westcorkislands.com

BERE ISLAND, CO CORK

Bere Island is rich in archaeological sites dating from the Bronze Age through to Medieval times, including ring forts, standing stones, wedge tombs and burial sites. At various stages the British constructed Martello towers, a signal tower, military barracks and a military fortification, all of which can be seen today. Berehaven Harbour and Lawrence Cove are very safe and sheltered harbours for large and small boats and the marina has full facilities for visiting sailors. Bere Island is a charming island away from the hustle and bustle of modern life. With its friendly people and delightful walks, Bere Island's greatest asset is its unspoiled environment.

GETTING THERE

Bere Island Ferries, Daily service (car and passenger) from Castletownbere, T +353 (0)27 75009 / +353 (0)86 2423140 www.bereislandferries.com

Murphy's Ferry Service: Daily service (car and passenger) from the Pontoon, 4.8km on the Glengarriff side of Castletownbere. T +353 (0)87 2386095 www.murphysferry.com

GARINISH ISLAND (ILNACULLIN), CO CORK

A tiny island with a big reputation. Stashed away in Glengarriff harbour, known to horticulturists and lovers of trees and shrubs all around the world as an island garden of rare beauty. There is an island admission charge separate to that charged by ferry boats.

GETTING THERE

Bluepool Ferry, Apr - Oct; from Glengarriff T +353 (0)27 63333 www.bluepoolferry.com
Harbour Queen Ferry, Apr - Oct; from Glengarriff
T +353 (0)27 63116
www.harbourqueenferry.com

WHIDDY ISLAND, CO CORK

Whiddy Island lies in beautiful Bantry Bay. The island's climate is influenced by the Gulf Stream creating a unique ecology and wealth of wildlife. Beautiful red and purple fuchsias are abundant on the island throughout the summer and autumn and the common Butterwort is also found here - one of the few 'insect eating' plants found in Ireland. It's easy to spend a quiet afternoon rambling Whiddy's fields or bird-watching at the island's two lakes.

GETTING THERE

Whiddy Island Ferries daily from Bantry
T +353 (0)86 8626734 www.whiddyferry.com

LONG ISLAND, CO CORK

Long Island is only ten minutes by small boat from the shore and offers a gentle escape from the buzz and pace of cosmopolitan Schull. Here you'll find some fine walks, shingle beaches, wild flora and fauna and ultimately, the chance to kick back and enjoy some beautiful nature and scenery. The island's most distinctive landmark is the White Tower Lighthouse at its eastern end, marking the entrance to Schull Harbour.

GETTING THERE

Long Island Ferry Service departs from Colla Pier, 3 km west of Schull.
T +353 (0)86 1721254
www.longislandferry.org

HEIR (HARE) ISLAND, CO CORK

Heir (Hare) Island is one of Carbery's Hundred Isles that lie scattered throughout Roaringwater Bay. The island is beautifully located, surrounded by a panorama of Sherkin Island, Cape Clear, the Calf Islands, the East and West Skeams, and Mount Gabriel to the north. The island is easily walked and cycled and there are lovely sandy beaches. The centre of the island has an extensive marsh with a vibrant reed bed where you'll find many unusual birds as well as over 200 varieties of wild flowers.

GETTING THERE

M.V Thresher daily; from Cunnamore Pier between Ballydehob and Skibbereen.
T +353 (0)28 38511 / +353 (0)86 8092447
www.heirislandsailingschool.com

Heir Island Ferries from Cunnamore Pier.
T +353 (0)86 8887799
www.heirislandferries.com

INISH BEG ISLAND, CO CORK

This private island estate is the most northerly of the Carbery Hundred Islands with beautiful woodlands, parkland, farmland, gardens, foreshore and various activities including new Pirate and Fairy Trail will enchant all who visit. The gardens at Inish Beg Estate were listed in the Hundred Best Gardens in Ireland 2011.

GETTING THERE

The island is linked to the mainland by a bridge off the Skibbereen to Baltimore Road.
T +353 (0)28 21745 www.inishbeg.com

SHERKIN ISLAND, CO CORK

Another of Carbery's Hundred Isles, in Roaringwater Bay, this is the ancestral home of the O'Driscoll clan whose castle lies just above the pier. Nearby, you can also see the ruins of a 15th century Franciscan abbey. Sherkin buzzes with activity during the summer months and locals are renowned for their warmth and hospitality. Come to hear great live traditional music or enjoy the activities of the Sherkin Family Regatta, a big splash in the island's social calendar. Sherkin's three sandy beaches make great secluded swimming areas and walking along the shore you may see seals, otters, schools of dolphins or the porpoises which gave the island its name.

GETTING THERE

Sherkin Ferry daily, from Baltimore
T +353 (0)87 2447828
www.sherkinisland.eu

OILEÁN CHLÉIRE (CAPE CLEAR ISLAND), CO CORK

This Gaeltacht Island is Ireland's southernmost inhabited island and is a paradise of solitude and inspiration. Megalithic standing stones, a 5,000 year old passage grave, a 12th Century church ruin and a 14th Century castle are testament to the island's rich cultural heritage. Wildlife on the island such as rare migratory birds, whales, leather-back turtles, sun fish and shark are spotted every year, and dolphins, who are regular visitors. The islanders are a friendly bilingual community, whether you come to Cape Clear to get close to nature, learn a bit of 'an Ghaeilge', taste some goats milk ice cream or enjoy the island's famous hospitality, Oileán Chléire offers relaxation, nature and peace. Cape Clear Island Heritage Centre boasts a fascinating range of artefacts from the Island's history including a multimedia display on the Fastnet Rock Lighthouse. A highlight of the year is the annual Cape Clear Island International Storytelling Festival.

GETTING THERE

Cailín Óir Ferry & Cruise Service daily from Baltimore; seasonal from Schull.
T +353 (0)28 39159/41923/+353 (0)86 3465110
www.cailinoir.com

WILD ATLANTIC WAY BEACHES

Ireland's beaches bring together all the ingredients for an unforgettable holiday. Whether you're looking for a quiet sandy spot or a famous surf break, the Wild Atlantic Way is the perfect place to experience the diversity of our coastline. Many beaches around the country have been awarded Blue Flag or Clean Coast / Green Coast awards, attesting to their water quality, safety and environmental status. With such a long stretch of coastline, whether you want a panoramic view or the small inlet cove, you're never too far from a beach.

The Blue Flag is one of the world's most recognised eco-labels. Beaches that achieve this accolade must comply with a specific set of criteria relating to water quality, information provision, environmental education, safety and beach management. For more information please visit www.blueflagireland.org

The Clean Coasts programme works to engage local communities in the protection of Ireland's beaches, seas and marine life through beach clean-ups, beach monitoring, environmental awareness campaigns and the Clean Coast Award programme ensuring that even more of our wonderful beaches are clean and protected – ready for use.

There are over 500 Clean Coast Community Groups working around Ireland's coast. For a full list please visit www.cleancoasts.org



SOUTHERN PENINSULA BLUE FLAG BEACHES 2017

Magherabeg, Co Kerry
Ventry, Co Kerry
Inch, Co Kerry
Rossbeigh, Co Kerry
Kells, Co Kerry
Whitestrans, Co Kerry
Ballinskelligs, Co Kerry
Derrynane, Co Kerry
Barleycove, Co Kerry

HAVEN COAST BLUE FLAG BEACHES 2017

Tragumna, Co Cork
Owenahincha, Co Cork
Inchydoney, Co Cork
Garretstown, Co Cork
Garrylucas, Co Cork
Kinsale Yacht Club Marina, Co Cork



WILD ATLANTIC WAY LIGHTHOUSES

There are many wonderful lighthouses dotted along the Wild Atlantic Way offering memorable photo opportunities. The lighthouses below provide a unique opportunity to visit a spectacular lighthouse and experience the romance and history, tradition and heritage of these wonderful buildings.

For more information visit www.greatlighthouses.com

CROMWELL POINT LIGHTHOUSE, CO KERRY

Valentia Lighthouse has guided vessels through the northern entrance of Valentia Harbour since 1841. The beautiful structure sits on historic land that once featured a Cromwellian fort thought to have been built in the 16th century. Today, the outline of the fort can still be seen just inside the enclosure wall of the lighthouse. Although the lights have been automated since 1947, you can still imagine what it was like to be a keeper here by climbing to the top of the lighthouse and looking for ships on the horizon. The lighthouse itself houses a very interesting visitor centre.

www.valentiaisland.ie



MIZEN HEAD VISITOR CENTRE, CO CORK

You'll know you've reached dramatic Mizen Head when you can go no further south or west in the whole of Ireland. At the end of the peninsula climb down the steps and cross the iconic bridge high above the gorge as the sea swells below. On the other side you'll find the Fog Signal Station which houses an exhibition about its keepers' lives. Then, look out to the horizon and admire Fastnet lighthouse, which stands on a rock known as Ireland's Teardrop; for millions of emigrants to the new world it was their last sight of their native land.

www.mizenhead.ie

GALLEY HEAD LIGHTHOUSE, CO CORK

Rising an imposing 53m above the roaring Atlantic Ocean in the popular tourist haven of West Cork, Galley Head is a gleaming white lighthouse that sits at the southern-most point of the picturesque headland known as Dundeedy Island and close to the charming market town of Clonakilty. Irish landmark Trust has restored two light-keepers' houses which now offer self-catering accommodation with a difference. It's the perfect base to pursue a wide range of activities from dolphin and whale watching, surfing at Inchydoney Blue Flag Beach to a historical walking tour of Clonakilty. Or you could simply relax and be refreshed by the scenery and serenity around you.

www.irishlandmark.com/property/galley-head-lightkeepers-house-1/

WILD ATLANTIC WAY NATIONAL PARKS

KILLARNEY NATIONAL PARK, CO KERRY

Discover an expanse of rugged mountain landscape, including the country's highest mountain range MacGillycuddy's Reeks (1,038m / 3,406ft), in Killarney National Park. Roam its spectacular 10,236ha, stroll the shores of Killarney's world-renowned lakes and explore a distinctive combination of pictorial woodlands, waterfalls and unspoiled nature.

Beautiful Muckross House & Gardens have long been the park's most popular attraction where you can delight in the splendid late 19th century mansion's fine period furnishings and fascinating artefacts.

The former Kenmare Demesne, close to Killarney town, is also part of the National Park and features the newly opened Killarney House and Gardens, as well as Knockreer House, home to the park's education centre, and Ross Castle on the shores of Lough Leane.

Visitors can embrace the park's exceptional habitats, with plant life and nature of national and international significance, including native oak woods, yew woods, bryophytes and lichens, and native red deer unique to Ireland since the last ice age. Additional facilities include jaunting cars, pony trekking, boating and fishing.

www.killarneynationalpark.ie



RED DEER IN KILLARNEY NATIONAL PARK



HAVEN COAST & SOUTHERN PENINSULAS 6-DAY ITINERARY

Rugged and undeniably exciting, the south-westerly edges of the Wild Atlantic Way are a goldmine of breath-taking bays, sweeping cliffs and sprawling headlands. From the picturesque heritage town of Kinsale make your way around the Cork and Kerry coastline to Blennerville. Not averse to the contrasting seasons, the relaxed but invigorating Wild Atlantic Way of life maintains a year-round presence here!

DAY 1: OLD HEAD OF KINSALE → CLONAKILTY

STAGE 1: KINSALE, COUNTY CORK

Begin in the Haven Coast's bustling town of Kinsale, a must-visit for those passionate about food and boasting some of Ireland's finest restaurants. Kinsale is home to the impressive 17th century Charles Fort – one of the best preserved star forts in the country – spectacularly situated on the water's edge. The town has two highly-regarded walking tours, both run by experienced historians and offering wonderful insights into this diverse heritage town.

STAGE 2: KINSALE TO CLONAKILTY

46.6KM VIA R600 & R604

Depart for Clonakilty, stopping off at The Old Head of Kinsale, a Signature Discovery Point, jutting over three kilometres into the sea. This iconic lighthouse is sure to leave you awestruck as will the Signal Tower's fantastic views of the coastline. In Timoleague, if time and weather permits, stroll along the old railway line to Courtmacsherry with lovely views of the Argideen River estuary, or visit the Michael Collins Centre en-route to Clonakilty. Clonakilty is the birthplace of the heroic Irish revolutionary leader whose legacy has left a lasting impression. Rest here, in preparation for another day of exploration.

DAY 2: CLONAKILTY → ROSSCARBERY → SKIBBEREEN

STAGE 1: CLONAKILTY TO ROSSCARBERY

34.6KM VIA INCHYDONEY ROAD & R598 FROM OWENAHINCHA

Clonakilty has much to offer, from quirky shops to equally delectable cuisine. Visit the Michael Collins Museum or West Cork Model Railway Village before stretching your legs on one of Ireland's most splendid beaches, Inchydoney. Then continue your journey along the coast, past stunning Galley Head, Long Strand and Owenahincha beach. Nestled on the tip of Rosscarbery Bay, Rosscarbery has an attractive central square with pubs, eateries and a selection of interesting shops and galleries.

STAGE 2: ROSSCARBERY TO SKIBBEREEN

38.7KM VIA R597, N71 AND R596

Leaving Rosscarbery for Skibbereen, take a diversion to Drombeg Stone Circle. Situated just 10 minutes from Rosscarbery, the seventeen 2,000 year old standing stones mark an ancient urn burial site. Just to the west are the remains of a 'fulacht fiadh', a Bronze Age cooking site. Stop for lunch in any of the quaint pubs in Glandore or Union Hall, then on through Leap and along the coast by Castletownend and Toe Head Bay, before taking the R596 to Skibbereen.

STAGE 3: SKIBBEREEN

On arrival at the buzzing town of Skibbereen, check out the Skibbereen Heritage Centre, in the restored Old Gasworks Building and, after dinner, consider a magical moonlight kayak trip on Lough Hyne. This unique experience offers the chance to enjoy wildlife and landscape in silhouette and, if you're lucky, fascinating bioluminescence twinkling in the water. Overnight in Skibbereen.



SKIBBEREEN, CO CORK



INISH BEG GARDENS, BALTIMORE, WEST CORK



INCHYDONEY BEACH, CO CORK

DAY 3: SKIBBEREEN → BALTIMORE

STAGE 1: SKIBBEREEN TO BALTIMORE

13.1KM VIA R595

Baltimore is a short drive from Skibbereen, and a hub for water-based activities including whale and dolphin watching. Whale Watch West Cork report regular sightings of humpback whales, basking sharks and risso dolphins and usually include a stop-off on Cape Clear Island, Ireland's southernmost inhabited Gaeltacht (Irish-speaking) island. Sherkin and Heir Islands in Roaringwater Bay, are also accessible from Baltimore.

STAGE 2 (OPTIONAL): INISH BEG ESTATE AND/OR GLEBE GARDENS

6.4KM VIA R595

If you prefer dry land, visit Inish Beg Gardens, a private island estate just 10 minutes from Baltimore. In the picturesque gardens, woodlands, and foreshore, visitors can walk, birdwatch, fish, or simply relax in the landscape. Nearby Glebe Gardens, is an award-winning café and restaurant just outside the town offering mouth-watering dishes sourced both from its garden produce and local artisans.

STAGE 3: BALTIMORE

6.4KM VIA R595

Baltimore Beacon is a "must see". This large, white-painted stone beacon at the entrance to the harbour was built at the order of the British government following the 1798 Rebellion. With spectacular views of the surrounding islands - Cape Clear, Sherkin and Fastnet - dusk brings an awesome display of colour as the sun sets over the Atlantic. Overnight in one of Baltimore's many accommodation options.



SHEEP'S HEAD LIGHTHOUSE, CO CORK

DAY 4: BALTIMORE → MIZEN HEAD/SHEEP'S HEAD PENINSULA → BANTRY

Today you venture into the Southern Peninsulas. If time is an issue, you may have to choose between either the Mizen Head or Sheep's Head Peninsula.

STAGE 1 (OPTION 1): MIZEN HEAD PENINSULA

67.1KM VIA R595, N71 & R592

Travel to Skibbereen and then the bohemian village of Ballydehob, home to many artists, writers and craftspeople. On to Mizen Head, mainland Ireland's most southerly point and another Signature Discovery Point. Mesmerising views of the mighty Atlantic await while the visitor centre, in an old signal station at land's end, houses an award-winning maritime museum and heritage attraction. En route to Mizen Head, is Barleycove, a beautiful beach tucked into an inlet close to Mizen and the picturesque village of Crookhaven, with its pretty harbour, is also well worth a visit.

STAGE 1 (OPTION 2): SHEEP'S HEAD PENINSULA

83.6KM VIA R595, N71, R592, R591 AND L4704

Sheep's Head Peninsula is an outdoor paradise, with a variety of looped walks on offer. From Baltimore, travel to Ballydehob and then to Schull taking the R592 to the Altar Wedge Tomb megalithic structure. Continue to Durrus from where it's a relatively direct drive to Sheep's Head lighthouse at the tip of the peninsula. Pass through Kilcrohane en route, where the market in the Creamery Yard is well worth a visit. The Sheep's Head Way walking route (115km) is a wonderful way to explore this wild and ancient landscape with splendid views all along the Way. Of course, there are also plenty of shorter routes - perfect for day or evening walks.

STAGE 2: MIZEN HEAD/SHEEP'S HEAD TO BANTRY

42.2KM VIA R591/34.3KM VIA N71

Whichever headland you choose to explore, you'll need a good meal and some rest afterwards so make your way to Bantry (less than an hour from both peninsulas). This vibrant market town is the perfect place to recharge before the next leg of your Wild Atlantic Way adventure.

DAY 5: BANTRY → DURSEY ISLAND → KENMARE → WATERVILLE

STAGE 1: BANTRY TO KENMARE

141KM VIA N71, R571 & R572

Travel north around Bantry Bay to Glengarriff. From here, you can go directly north to Kenmare or spend the morning getting to grips with the untamed landscape of the Beara Peninsula. Dursey Island at the tip is accessible only via its iconic cable car, suspended 250 metres above the sea. With no shops, pubs or restaurants Dursey is the perfect place to switch off from the bustle of modern life. Other Beara highlights include the welcoming town of Castletownbere and Allihies, a lively village with a captivating story about Europe's most westerly copper mines!

STAGE 2: KENMARE TO WATERVILLE

60.7KM VIA N70

On arrival in Kenmare, stretch the legs by embarking on the Kenmare Heritage Trail. From Kenmare head west towards Sneem. Sneem Sculpture Park makes for an interesting pit-stop; a treasure trove of international sculptures including a carving donated by the People's Republic of China. In pretty Waterville, teeming with culture, visit Sea Synergy Centre, Skellig Gift Store and outdoor exhibition, Tech Amergin Community Arts and Exhibition Centre and two wonderful links golf courses. The town also boasts a statue of Hollywood icon Charlie Chaplin, who loved this tranquil part of the world, and a statue of local GAA Legend Mick O'Dwyer. Relax over dinner and drinks, and be sure to seek out a traditional music session.



WATERVILLE, CO KERRY



ALLIHIES, CO CORK

DAY 6: WATERVILLE → VALENTIA ISLAND → DINGLE → BLENNEVILLE

STAGE 1: WATERVILLE TO VALENTIA ISLAND

30KM VIA R567 & R566

Take the Skelligs Ring around Ballinskelligs Bay via Ballinskelligs Beach and Cill Rialaig Art Centre with views of The Skellig Islands before arriving in colourful Portmagee. On Valentia Island, just north of Portmagee, the Skellig Experience Centre explores the history of Skellig Michael's Early Christian monastery, the lives of the island's sea birds, the lighthouses which have given over 160 years of service and the colour and magic of Underwater Skellig. Well worth a visit if you can't make the trip to Skellig Michael itself.

STAGE 2: VALENTIA ISLAND TO DINGLE

109KM VIA N70, R561 & N86

From Valentia journey to Dingle with stunning coastal and mountain scenery along the north shore of the Iveragh Peninsula and the southern shore of the Dingle Peninsula. Stop at Rossbeigh Beach with the iconic remains of the century-old sailing vessel, 'Sunbeam'. According to old Irish folklore, this beach is also the gateway to legendary Tír na nÓg, the land of eternal youth! Stop off at the famous Inch beach where footage for some of the famous film 'Ryan's Daughter' was captured.

Dingle's winding streets are perfect for daytime meandering! Endearing craft stores exhibit the works of local artists and there's food and drink aplenty. Dingle is famed for high quality seafood, with talented chefs rustling up delicious dishes using fresh, daily hauls from local fishing boats. An ideal lunch stop!

STAGE 3: DINGLE TO BLENNEVILLE VIA BLASKETS VIEW

100KM VIA R559, R560 & N86

Leaving Dingle travel westward to Sleah Head and Blaskets View. The Blasket Centre at Dunquin tells the story of the unique community who inhabited the Blasket Islands until 1953, subsistence fishing and farming, traditional life including modes of work and transport, home life, housing and entertainment.

From Dunquin return to Dingle directly or loop back via the R559. Take the Conor Pass, with its stunning views, to the north shore of the Dingle Peninsula then on to the beautiful Cloghane with its Tinteán Ceoil for an evening of storytelling and song, then to Brandon, Castlegregory Beach and on to Blennerville with its windmill and visitor centre and journey's end.

That's just one of our many Wild Atlantic Way itineraries; you'll find more covering all six zones with lots of diverse activities and interests at www.wildatlanticway.com



BALLINSKELLIGS, CO KERRY

SOUTHERN PENINSULAS & HAVEN COAST



WILD ATLANTIC WAY FOOD TRAILS & TOURS

Ireland's west coast boasts a bountiful variety of food trails and tours - whether wild, foraged, organic or gourmet – and its fair share of artisan whiskey distilleries and craft breweries, influenced by the purity of our waters, the superior quality of our grains and the abundance of our wild berries and herbs. Whether you want to follow a food journey from maker to plate, or take time out to meet the producers, our food and drink trails and tours provide the perfect inspiration to whet your appetite to savour the real flavours of the Wild Atlantic Way.

FOOD TRAILS

TASTE THE ATLANTIC: A SEAFOOD JOURNEY

is a dedicated seafood trail, an adventure dotted with suggestions ranging from restaurants and cafés to farms, fishing ports and smokehouses. It's a route you can dip into or do in its entirety, an opportunity to explore Ireland's pristine oceans, to sample its food story, to enjoy an unforgettable taste of place on a plate. Seafood is where the Wild Atlantic Way meets Ireland's unique culture. Download the brochure from www.wildatlanticway.com and start planning your journey!

TASTE KERRY FOOD & DRINK EXPERIENCE
www.tastekerry.ie/kerry-food-drink-experience

THE DINGLE PENINSULA FOOD & DRINK TRAIL
www.discoverireland.ie/Activities-Adventure/the-dingle-peninsula-food-drink-trail/88825

DINGLE COOKERY SCHOOL
T +353 (0)86 8723521
E info@dinglecookeryschool.com
www.dinglecookeryschool.com

ATLANTIC IRISH SEAWEED
T +353 (0)86 1062110
E seaweedwalks@gmail.com
www.atlanticirishseaweed.com

MANNING'S FOOD TOURS
T +353 (0)27 50456
www.mannings-emporium.myshopify.com/pages/food-tours

WEST CORK AGRI TOURS
T +353 (0)23 8848722
E info@westcorkexperiences.com
www.westcorkagritours.com

CLONAKILTY FOOD TOUR
T +353 (0)86 2059360
E kate@flavour.ie
www.flavour.ie/clonakilty-food-tour

KINSALE FOOD TOURS
T +353 (0)85 1076113
E suzanne@kinsalefoodtours.com
www.kinsalefoodtours.com

BREWING & DISTILLING EXPERIENCES

No longer home to just the black stuff, there are now dozens of distilleries and artisan breweries producing wonderful spirits and delicious craft beers, ales and ciders in stunning locations along the Wild Atlantic Way, including the following in Southern Peninsulas and Haven Coast:

BEOIR CHORCA DHUIBHNE (West Kerry Brewing),
T +353 (0)87 6822834 / + 353 (0)86 3463405
www.westkerrybrewery.ie

DINGLE DISTILLERY
T +353 (0)66 4029011
E info@dingledistillery.ie
www.dingledistillery.ie

DINGLE BREWING – TOM CREAM'S
T +353 (0)66 9153000
E hello@dinglebrewingcompany.com
www.dinglebrewingcompany.com

WEST CORK BREWING CO,
T +353 (0)86 3950621
E westcorkbrewingco@gmail.com

BLACKS OF KINSALE
T +353 (0)87 9180433
E info@blacksbrewery.com
www.blacksbrewery.com

KINSALE MEAD CO
T +353 (0)86 8583316
E info@kinsalemeadco.ie
www.kinsalemeadco.ie

In some cases, tours of breweries and distilleries are by appointment only. In order to avoid disappointment please be sure to make contact and book in advance!

FOOD FESTIVALS TO SAVOUR

Ireland, an island on the edge of Europe, has long been recognised for the beauty of its landscapes and seascapes, the buzz of its cities, and the spirited warmth of its people. But now visitors are coming for the food and drink too. Thanks to our mild climate, clean seas, fertile soil ... and yes, the rain too ... you will have the opportunity to taste some of the best raw ingredients in the world.

But what makes it unique and continuously surprises our visitors? Put very simply – it's fresh, natural, local, rugged, uncomplicated and above all, unpretentious. Here in Ireland, we let the ingredients speak for themselves!

On the Wild Atlantic Way it's about the freshest seafood plucked straight from the purest waters. But it's also about the men and women who mix tradition with 21st century techniques to bring it from tide to table, to serve it just a few miles (or in some cases, just a few feet) from where it's been caught. Whether it's a steaming bowl of chowder on a wind-whipped winter day or a Guinness and oysters treat on a sun-lit summer terrace, the Wild Atlantic Way is fast becoming a culinary road trip of a lifetime.

Ireland has seen an explosion of food festivals over the past few years, ensuring foodies can now celebrate their love of food with local produce at some of the best Wild Atlantic Way Food Festivals.

APRIL

ALL-IRELAND CHOWDER COOK-OFF,
KINSALE, CO CORK

E info@kinsalerestaurants.com
www.kinsalerestaurants.com

JULY

FÉILE AN PHRÁTA (THE POTATO FESTIVAL),
BAILE NA NGALL (BALLYDAVID),
DINGLE, CO KERRY

www.facebook.com/FeileAnPhrata

AUGUST

VALENTIA KING SCALLOP FESTIVAL,
VALENTIA ISLAND, CO KERRY

E info@valentiaisland.ie
www.valentiaisland.ie

SEPTEMBER

A TASTE OF WEST CORK, CO CORK

Various West Cork locations
E info@atasteofwestcork.com
www.atasteofwestcork.com

DINGLE FOOD FESTIVAL,
DINGLE, CO KERRY

E info@dinglefood.com
www.dinglefood.com

OCTOBER

KINSALE GOURMET FESTIVAL,
KINSALE, CO CORK

E info@kinsalerestaurants.com
www.kinsalerestaurants.com

SMALL ROADS FESTIVAL OF THEATRE
& DINING, KENMARE, CO KERRY

www.smallroads.com



FIND A PASSION FOR FANTASTIC FESTIVALS

All year round, people come together along the Wild Atlantic Way to celebrate and showcase all that is rugged and real about this Atlantic coastal landscape, and how it inspires those who live here. Here you can immerse yourself in wonderful festivals that celebrate the best in Irish traditional music, literature, food and crafts, sports, legends and more.

WHAT'S ON: SOUTHERN PENINSULAS

MARCH

WEST CORK STONE SYMPOSIUM
Co Cork
www.westcorkstonesymposium.com

DINGLE FILM FESTIVAL
Co Kerry
www.dinglefilmfestival.com/

APRIL

FÉILE NEIDÍN
Kenmare, Co. Kerry
www.kenmareirishmusicfestival.com/

FÉILE NA BEALTAINE
Dingle, Co. Kerry
www.feilenabealtaine.ie

MAY

FASTNET SHORT FILM FESTIVAL
Schull, Co Cork
www.fastnetshortfilmfestival.com

JUNE

BIKEFEST
www.irelandbikefest.com

SUMMER ON THE WEST CORK ISLANDS
June to September on the West Cork Islands
www.westcorkislands.com

K-FEST MUSIC & THE ARTS
Killorglin, Co Kerry
www.kfest.ie

BANTRY WALKING FESTIVAL
Bantry, Sheep's Head & Beara, Co Cork
www.bantrywalkingfestival.com

DINGLE ADVENTURE RACE
Dingle, Co Kerry
www.dingleadventurerace.com

JIM DOWLING UILLEANN PIPE
& TRAD FESTIVAL
Glengarriff, Co Cork
www.jimdowlingfestival.eu

WEST CORK CHAMBER MUSIC FESTIVAL
Bantry, Co Cork
www.westcorkmusic.ie

JULY

WEST CORK LITERARY FESTIVAL
Bantry, Co Cork
www.westcorkmusic.ie

FÉILE LUGHNASA
Cloghane & Brandon, Co Kerry
www.cloghanebrandon.com

AUGUST

CAHERSIVEEN FESTIVAL OF MUSIC
& THE ARTS
Cahersiveen, Co Kerry
www.celticmusicfestival.com

PUCK FAIR
Killorglin, Co Kerry
www.puckfair.ie

MASTERS OF TRADITION
Bantry, Co Cork
www.westcorkmusic.ie

CHARLIE CHAPLIN COMEDY FILM FESTIVAL
Waterville, Co Kerry
www.chaplinfilmfestival.com

THE DANIEL O' CONNELL SUMMER SCHOOL
Cahersiveen & Derrynane, Co Kerry
www.oconnellsummerschool.com

SEPTEMBER

DINGLE TRADFEST
Dingle, Co Kerry
www.dingletradfest.ie

CHIEF O' NEILL TRADITIONAL MUSIC
FESTIVAL
Bantry, Co Cork
www.chiefoneillfestival.com

DINGLE MARATHON
Dingle, Co Kerry
www.dinglemarathon.ie

OCTOBER

SMALL ROADS FESTIVAL OF
THEATRE & DINING
Kenmare, Co Kerry
www.kenmare.ie

KENMARE HALLOWEEN HOWL
Kenmare, Co Kerry
www.kenmare.ie

KERRY FILM FESTIVAL
www.kerryfilmfestival.com

NOVEMBER

SNEEM INTERNATIONAL STORYTELLING
& FOLKLORE FESTIVAL
Sneem, Co Kerry
www.sneemstorytellingfestival.com

DECEMBER

OTHER VOICES
Dingle, Co Kerry
www.othervoices.ie

NOLLAIG NEIDÍN
Kenmare, Co Kerry
www.kenmare.ie

WHAT'S ON: HAVEN COAST

MAY

BALTIMORE FIDDLE FESTIVAL
Baltimore, Co Cork
www.baltimorefiddlefestival.com

JUNE

SUMMER ON THE WEST CORK ISLANDS
June to September on the West Cork Islands
www.westcorkislands.com

BALTIMORE PIRATE FESTIVAL
Baltimore, Co Cork
www.baltimore.ie

WEST CORK GARDEN TRAIL
On-going event West Cork
www.westcorkgardentrail.com

JULY

WEST CORK HISTORY FESTIVAL
Skibbereen, Co Cork
www.westcorkhistoryfestival.org

SKIBBEREEN ARTS FESTIVAL
Skibbereen, Co Cork
www.skibbereenartsfestival.com

AUGUST

CORK CRAFT MONTH
Various Venues
www.corkcraftanddesign.com

BALTIMORE DEEP SEA ANGLING FESTIVAL
Baltimore, Co Cork
www.baltimore.ie



KINSALE STREET FOOD FESTIVAL, CO CORK

There are numerous other shows, sporting events and festivals taking place throughout the Southern Peninsulas & Haven Coast. For more information, call to any of the Tourist Information Offices listed on the back cover or visit www.wildatlanticway.com

SEPTEMBER

CAPE CLEAR ISLAND INTERNATIONAL
STORYTELLING FESTIVAL
Cape Clear Island, Co Cork
www.capeclearstorytelling.com

CLONAKILTY INTERNATIONAL
GUITAR FESTIVAL
Clonakilty, Co Cork
www.clonguitarfest.com

OCTOBER

BALTIMORE WALKING WEEKEND
Baltimore, Co Cork
www.baltimore.ie

KINSALE LITERARY WEEKEND
Kinsale, Co Cork
www.kinsale.ie

KINSALE LIONS ANNUAL
WALKING FESTIVAL
Kinsale, Co Cork
www.kinsalewalkingfestival.com

FÉILE NA BEALTAINE, DINGLE, CO KERRY





WILD ATLANTIC WAY

SLÍ AN ATLANTAIGH FHIÁIN

NORTHERN HEADLANDS

Letterkenny Tourist Office

Neil T. Blaney Road, Letterkenny, Co Donegal

T +353 (0)74 9121160

Dungloe Community Tourist Office

Ionad Tempeall Chroine, Chapel Road,
Dungloe, Co Donegal

T +353 (0)74 9522198

Donegal Discover Ireland Centre

The Quay, Donegal Town, Co Donegal

T +353 (0)74 9721148

Bundoran Community Tourist Office

The Bridge, Bundoran, Co Donegal

T +353 (0)71 9841350

SURF COAST

Sligo Tourist Office ♦

O'Connell Street, Sligo Town, Co Sligo

T +353 (0)71 9161201

Ballina Community Tourist Office

44 Pearse Street, Ballina, Co Mayo

T +353 (0)96 72800

Belmullet Community Tourist Office

Main Street, Belmullet, Co Mayo

T +353 (0)97 20494

BAY COAST

Newport Community Tourist Office*

Georges Street, Newport, Co Mayo

T +353 (0)98 41895

Westport Discover Ireland Centre

Bridge Street, Westport, Co Mayo

T +353 (0)98 25711

Clifden Tourist Office*

Galway Road, Clifden, Co Galway

T +353 (0)95 21163

Aran Tourist Office

Kilronan, Inis Mór, Co Galway

T +353 (0)99 61263

Galway Discover Ireland Centre ♦

Aras Failte, Forster Street, Galway City,
Co Galway

T +353 (0)91 537700

CLIFF COAST

Ennis Tourist Office

Arthur's Row, Ennis, Co Clare

T +353 (0)65 6828366

Limerick Tourist Office

20 O'Connell Street, Limerick City,
Co Limerick

T +353 (0)61 317522

Listowel Community Tourist Office*

Kerry Literary & Cultural Centre, Listowel,
Co Kerry

T +353 (0)68 22212

Tralee Tourist Office

Denny Street, Tralee, Co Kerry

T +353 (0)66 7121288

SOUTHERN PENINSULAS

Dingle Tourist Office ♦

The Quay, Dingle, Co Kerry

T +353 (0)66 9151188

Killarney Discover Ireland Centre

Beech Road, Killarney, Co Kerry

T +353 (0)64 6631633

Valentia Island Community Tourist Office

No 2 Watch House Cottages, Knightstown,
Valentia Island, Co Kerry

T +353 (0)66 9476985

Kenmare Tourist Office*

Heritage Centre, Kenmare, Co Kerry

T +353 (0)64 6641233

Bantry Community Tourist Office*

The Square, Bantry, Co Cork

T +353 (0)27 50229

HAVEN COAST

Skibbereen Community Tourist Office*

North Street, Skibbereen, Co Kerry

T +353 (0)28 21489

Clonakilty Tourist Office

Ashe Street, Clonakilty, Co Cork

T +353 (0)23 8833226

Kinsale Tourist Office

Pier Road, Kinsale, Co Cork

T +353 (0)21 4772234

Cork Tourist Office

Grand Parade, Cork City, Co Cork

T +353 (0)21 4255100

* seasonal office

♦ Wild Atlantic Way Passport on sale here

Call to any
of the tourist
offices listed and
pick up your **FREE**
Wild Atlantic Way
MAPS!

WildAtlanticWay.com

[#WildAtlanticWay](https://www.instagram.com/WildAtlanticWay)

[E waw@failteireland.ie](mailto:waw@failteireland.ie)

www.facebook.com/irelandswaw

[Instagram: Wild Atlantic Way](https://www.instagram.com/WildAtlanticWay)

www.youtube.com/wildatlanticway



Fáilte Ireland

National Tourism Development Authority