



The Dingle Peninsula Self Led Bike Tour 2012



*Charming Inns & Guesthouses
8 days / 7 nights*

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INTRODUCTION

The Dingle Peninsula is one of the most spectacular regions on Ireland's West Coast. Moreover it is steeped in history, mythology and traditional Irish culture. There is no other landscape in Western Europe with the same density and variety of archaeological monuments. This mountainous finger of land, jutting into the Atlantic Ocean, has supported various tribes and populations for at least 6,000 years. Because of its remote location - and lack of specialised agriculture - there is a remarkable preservation of over 2000 monuments. It is impossible to visit the Dingle Peninsula and not be impressed by its archaeological heritage, which ranges from prehistoric times through the Early Christian period to the Middle Ages. Throughout the region there are magnificent views in all directions. Incredibly green pastures stretch as far as the eye can see, completely empty save for small herds of sheep or goats. At almost every turn there are spectacular views of mist-covered mountains and wild stretches of uninhabitable coastline where deep fissures have been carved, over the centuries, by the pounding waves of the Atlantic Ocean. The tip of the peninsula, west of Dingle town, is a stronghold of the Irish language and many traditions and customs have been preserved here along with the language. This is a delightful one-week cycle and along the way you'll enjoy plenty of good Irish cheer.

Day 1 Arrival Day, Cead Mile Failte.

Arrive to your tour start point in Tralee and check into your guesthouse. Your bike, maps and all of your trip details will have been delivered in advance of your arrival. A short cycle from Tralee is recommended as a warm up bike ride. This takes you to the lovely fishing port of Fenit and from there to the historic Ardfert with its newly restored cathedral and back to Tralee for your overnight stop.

Average Daily Miles 30km / 18ml

Day 2 Picturesque Biking

Today's cycle takes you from Tralee along the northern shores of the Dingle Peninsula with the Slieve Mish Mountains on your left and Tralee Bay to your right. The route takes you through Castlegregory before finishing in the picturesque village of Cloghane and your overnight stop for the night in Cloghane village.

Average Daily Miles 38km / 24ml

Day 3 Endless Views

Leaving Cloghane you head for the village of Brandon and Brandon Point and then on and over the famous Conor Pass with its breathtaking views that stretches for miles. In the distance you will see the fishing port town of Dingle and your stopover for the next three days. Dingle is the most westerly town in Europe and the chief town of the peninsula. It is an excellent centre for the visitor and though a progressive town, it still retains much of the old-world atmosphere of a fishing village. Dingle is an Irish-speaking fishing port and is home to Ireland's most famous dolphin "Fungie". Enjoy the beauty of Dingle and its surrounds, historical sites and warm hospitality for the next few days, cycling out towards the western shores and Sleat Head with views of the Great Blasket Islands looming in the distance.

Average Daily Miles 34km /21ml

Day 4 Island Safari

Heading west from Dingle you cycle via Ventry to Sleat Head with its magnificent breathtaking views across the Blasket Sound to the famous Blasket Island. From here you cycle on to Dunquin and Ballyferriter on your way back to Dingle for the evening. Alternatively, today you can cycle to Dunquin harbour and take the ferry to the Blasket Island and enjoy a walk around this mystical and enchanting place. Return to Dingle for your overnight stay.

Average Daily Miles 38km /24ml

Day 5 Rest and Relaxation

Today you can take a rest day and explore the village of Dingle. Alternatively you can cycle north from Dingle through the village of Ballydavid and on to Brandon Creek. Alternatively if you fancy a walk you can leave the main route at the Bothar Pub and take the Saints Road up mount Brandon on foot, weather permitting. This is a 3 to 4 hour walk. *Average Daily Miles 40km /25ml*

Day 6 Shores of Dingle Bay

Cycling in an easterly direction by the shores of Dingle Bay you once again enjoy spectacular views and breathtaking scenery of this magnificent peninsula. Your destination is the tiny hamlet of Inch with its renowned and magnificent beach and ideal for a walk along its golden sands or a quick dip. On your way you can detour to visit the village of Annascaul, home to the famous explorer Tom Crean. Overnight in the village of Inch. *Average Daily Miles 35km /22ml*

Day 7 Inch to Tralee -

Today's route continues along the coast to the historical village of Castlemaine with its neat little harbour and splendid bird sanctuary. From here you head north and take the "short mountain route" back to Tralee and your last night's stopover. This is a very historical area and on your way you will pass the legendary mythological Queen Scotia's grave which also offers fabulous views over Tralee Bay and North Kerry. Overnight in the town of Tralee. *Average Daily Miles 30km /19ml*

Day 8 Sadly, we bid you farewell

After a final breakfast and farewell you leave your cycle behind you and follow your own arrangements for your onward journey. The above cycle details are a guideline and all distances may vary according to your chosen route.

SELF LED TOUR

TRIP NOTES

2012 Dates:

Start any day – April to September

Charming Inns Option

**Euro 795.00 pps
8 Days & 7 Nights**

Trip Includes:

7 night's Bed and Breakfast. Full Irish Breakfast. Private bathrooms
Quality, 21 geared cycle, Hybrid Bikes, ladies and gents, with full back-up service.

6 days cycling. Varied and interesting each day.

Move your luggage each cycling day.

Give you full cycling details and maps of the area.

Full cycling descriptions of each cycling day.

24 hrs Emergency/Information contact number. If required.

Airport transfers arranged/booked if required.

Public transport details, www.buseireann.ie and www.irishrail.ie.

Weather Details, www.met.ie

Full pre-departure information pack to allow you to fully plan for your holiday

Important Note: The hand chosen list of properties we use for our itineraries are much in demand and often book up well in advance. We urge you to make your reservations as early as possible in order to guarantee availability on your preferred dates

Extended Stay Options

Should you wish to extend your holiday - we recommend the following extra days, which are suitable for rest days: -

Day 1 Stay an extra day in Tralee to enjoy some of the local sights - or to visit the wonderful County Museum, Siamsa Tire or visit the wonderful Literary Museum in Listowel.

Day 2 Stay an extra day in Cloghane to explore the surrounding area and making a trip to the picturesque seaside village of Castlegregory.

Day 6 Stay an extra day in Inch giving you the opportunity of visiting the town of Killorglin, famed for its Puck Fair.

CYCLEWEST IRELAND: OUR GREEN FOOTPRINT

We have arrived at an incredible moment in the history of travel. This is a time for us to show stewardship and leadership by embracing a new, greener set of principles, and by extension, the growing number of customers who now follow us. We know that, increasingly, international travellers are looking for unique, authentic experiences that are sustainable. Consumers today care about the environment, local communities and locally-produced food when they travel.

We have been integrating sustainable practices into our business operation as well as into our trips. By incorporating change into the areas of heating, lighting, water usage, printing and paper usage we have incorporated a green strategy into our business practise.

When you travel with CycleWest Ireland you will be supporting local Irish communities, local food producers and artisans, local business and by doing so, you creating your very own rewarding experience! At CycleWest Ireland, we celebrate the authenticity, the diversity and quality of Irish country homes and hotels. Each location has been selected for its personal and charming qualities. Typically family owned and run, we offer a superior selection of Bed and Breakfast guesthouses, country houses and hotels have been tried and tested on your behalf!

A wonderful breakfast made of home grown, organic or locally sourced produce is provided at the beginning of each day's cycling. At the end of each day, we have selected a variety of restaurants, many award winning, that are known for the finest Irish ingredients: local seafood, freshwater fish, vegetables and farmhouse cheeses all featured, often from their own gardens, farms and rivers.

CycleWest offers cycling tours in Ireland that combine authenticity and ambiance by emphasizing small groups, a relaxed cycling pace and charming accommodation. In this way, we hope to deliver a unique biking experience amidst the legendary countryside of Western Ireland. By travelling by bike we introduce a greater immersion into local communities and families on our trips. You get to meet and engage with local villagers and learn more about local Irish culture. Our guided tours are designed for individuals from all walks of life and of varied interests and abilities. We usually limit the number of participants to a small group: 8 – 10 persons in each group. This way we can offer a uniquely personalized experience to each of our guests. We provide vehicle support and luggage transport. By travelling as a small group we can truly have a positive interaction and social exchange with the people we meet and visit.

We give you the opportunity to learn some of the Gaelic language. By learning a few phrases and greetings in the Gaeltacht (Irish Speaking areas) you visit shows that you have an interest in the Irish history and culture.

Many places have special environmental and historical significance. We like to give you the opportunity to learn about places you visit and their impact upon our lovely country, areas of natural focus and our heritage here in Ireland.

CycleWest Ireland is a member of the Ecotourism Ireland Network and we are currently preparing for Eco Tourism Certification. Ecotourism Ireland is among the first labels in Europe to be formally recognised by the Global Sustainable Tourism Council.

TRAVEL NOTES

- **Deposit**
€250 per person. Final payment due 60 days prior to your tour (Money Order, Euro Bank Draft, Credit Card - Visa, MasterCard)
- **Cancellation Policy**
If you cancel:
61 days or more, prior to your tour we will return your tour payment, less your tour deposit. 60 days or less from the date of the tour you must pay the full tour price.

It is a condition of booking that each customer is covered by personal holiday insurance. If you are providing your own policy you are required to provide details of that policy at the time of booking. For US travellers, see www.insuremytrip.com for trip insurance or visit your local travel agent. **Please see our Terms and Conditions attached.**

Terrain: Intermediate

- Average Daily Mileage: 25 Miles (40 km)
- Average Daily Mileage with Optional Alternatives: 30 Miles (49 km)

Please limit your luggage to 15kg per bag - Mark your luggage clearly with your name, address and phone number.

Tour Start Point: Tralee, Co. Kerry

Tour Departure Point: Tralee, Co. Kerry

Airport Arrivals and Public Transfer:

KERRY AIRPORT

Public transport

There is a great public bus system from/to Kerry airport to Killarney and Tralee with up to 10 buses a day. See www.buseireann.ie

DUBLIN AIRPORT

Clients can fly into Dublin and can either get a train from Dublin Heuston Train Station in the city centre to Killarney or Tralee (see www.irishrail.ie) or they can fly with www.ryanair.com from Dublin to Kerry airport three times a day.

SHANNON AIRPORT**Public transport**

There is a frequent shuttle bus from Shannon airport to Limerick. You can then get a direct bus from Limerick to either Killarney or Tralee. See www.buseireann.ie for details. We recommend that you arrive in Shannon in the morning to make the connections.

CORK AIRPORT

Get a shuttle bus from Cork airport into Cork bus station (25 minutes) and then get a bus from Cork to Killarney (1 hour 20 minutes). Then you need to get a bus from Killarney to Tralee.