

KENMARE SELF GUIDED

KERRY CYCLING TOUR

Suggested Itinerary

Start & Finish:

Brook Lane Hotel Kenmare

Kerry Cycling Tour Highlights



- Cycle over some of the highest passes in Southwest of Ireland

- Explore some of Ireland's most stunning scenery

- The hotel's owner Dermot Brennan is a keen cycling enthusiast and always has some spare tyres, tubes, pumps etc on hand

- Stay in one of Kenmare's finest hotels, sample some of the best cuisine the area has to offer from Kenmare Bay mussels, Irish Hereford beef, Kenmare Rare Breed Pork, Ring of Kerry Lamb and local farmhouse cheeses



Day 1

Route: Kenmare - Kilgarvan - Borlin - Glengarriff - Caha Pass - Kenmare

After you breakfast you will cycle toward the rural village of Kilgarvan. In Kilgarvan, you will turn right and head for the Borlin Valley followed by your descent into the picturesque town of Glengarriff. Where you can stop and have morning coffee.

Glengarriff has been famous as a holiday destination since the 1700s and boomed in the Victorian times as an important stop along the Prince-of-Wales-Route. After your break, you will begin your final climb up the Caha Pass. You will see some of the most breathtaking views in Kerry. On your descent to Kenmare, you will pass popular tourist sites such as Molly Gallivan's Cottage, Bonane Heritage Park and Lorge Chocolates.

[Click here to view route](#)

Day 2

Route: Kenmare-Molls Gap - Ballaghisheen Pass - Waterville - Caherdaniel - Sneem - Kenmare

Starting out on the Moll's Gap Road. Travel 10km to the top of Molls Gap. After an 8 km downhill spin. Turn right and head for Ballaghbeama Pass. After 5 km start climbing until you reach the top of Ballaghbeama Pass. When you descend the Ballaghbeama pass turn left and take the road to Waterville which takes you over the Ballaghisheen Pass. After a quick stop in the beautiful coastal town of Waterville. You then take the road to Caherdaniel/Sneem and onto Kenmare.

[Click here to view route](#)

Day 3

Route: Kenmare - Caha Pass - Glengarriff - Agrigole - Healy Pass - Kenmare

Leaving Kenmare, we head back up the Caha Pass and back into Glengarriff. Head out the coastal road and admire the spectacular views of Bantry Bay. After passing through Adrigole, we turn right and head for the Healy Pass. The Healy Pass is a winding mountain road between Adrigole in Co. Cork and Lauragh in Co. Kerry and is one of the finest mountain roads in Ireland, rising 334m above sea level. The pass is named after Tim Healy, the first Governor-General of the Irish Free State, who was born in nearby Bantry.

After descending from the Healy Pass, head for the small fishing village of Killmacillogue – a picturesque harbour located on the Beara Peninsula. A visit to O'Sullivan's Pub at the head of the pier is a must – famous for fresh mussels washed down with a smooth pint of Guinness. Why not sit on the pier and gaze at the harbour surrounded by spectacular scenery? Complete the cycle by taking the R571 back to Kenmare Town.

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