



Ireland North to South Hiking

Warm Hospitality on the Wild Atlantic Way

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been operating world-class adventures in Ireland for decades and this is the perfect hike along Ireland's legendary Wild Atlantic Way.

REASON 2

We've isolated the most beautiful 70 miles of the route to create an approachable and well-paced itinerary that you won't find anywhere else.

REASON 3

Our local expert guides provide spontaneous opportunities to experience authentic pub life, live traditional Irish music, and a culture of camaraderie.

At A Glance

ACTIVITIES

Moderate hikes through iconic landscapes, taking in archaeological sites, galleries and craft shops, paired with heartwarming Irish hospitality.



LODGING

From elegant historic hotels with gorgeous grounds to modern city hotels jam-packed with amenities, all featuring warm, welcoming service.



CLIMATE

The climate is actually rather mild, with an average yearly temperature around 50°F. Expect a bit of rain during your trip.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



Ireland North to South Hiking

Warm Hospitality on the Wild Atlantic Way

Ireland's legendary "Wild Atlantic Way" runs the length of the country, from the northernmost point at Inishowen Peninsula to Mizen Head in the south. On this epic Ireland hiking tour, traverse the most spectacular 70 miles of the 400-mile route. Walk along dramatic clifftops, taking in Ireland's iconic sites, including the Giant's Causeway, Donegal Town, the Aran Islands, the Cliffs of Moher, Dingle, and the Lakes of Killarney. Spend your days exploring Ireland's jaw-dropping landscapes, and your nights enjoying traditional Irish music and lively pub culture!

12 Days

Start: Dublin, Ireland

End: Dublin, Ireland

Departing: May, June, July, August, September

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 5-16 Guests

ACTIVITY:



“

The Wild Atlantic Way is a wonderful adventure. The guides greatly enrich the experience with their in-depth knowledge and passion for all things Irish. Some of the hikes were challenging, but manageable with the enthusiasm and support from the guides. The hotels were lovely and a welcome respite at the end of the day.

- Carrie S.

Check mtsobek.com for date-specific pricing.

The Itinerary

DAY 01

Arrive in Dublin & Transfer to Derry

After arrival at Dublin airport in Ireland, meet your MT Sobek guide for a transfer to Derry — home to the last remaining intact walled city in Ireland. Check into the hotel, and then grab lunch. In the afternoon, join a local guide to take a walk along the walls and learn first-hand a positive story of Northern Ireland.

ACCOMMODATION: Bishop's Gate Hotel

MEALS: Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 1-2 hours/1 mile city walk with 300' elevation loss

DAY 02

Reach the Giant's Causeway

Today walk along clifftops and stretches of white-sand beaches to reach the Giant's Causeway, a dramatic landscape of steep cliffs and 40,000 hexagonal basalt columns that project into the ocean. The Giant's Causeway has for centuries inspired artists and stirred scientific debate. Legend has it that a feud between an Irish giant and a Scottish giant spurred the former to build the causeway to fight his rival. The clash ends with the Scottish giant fleeing back across the causeway, destroying it on his retreat.

ACCOMMODATION: Bishop's Gate Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 3–4 hours/6 miles hiking with 420' elevation gain & 400' elevation loss

DAY 03

Hike the Inishowen Peninsula

Explore the most northerly point of your journey and of Ireland, the Inishowen Peninsula. This wild and windswept headland, peppered in ancient archaeological remains, is perfect for blowing away the cobwebs. This walk takes you across rugged hills, overlooking dramatic coastal cliffs and hidden coves, providing you with views across the north coast of Inishowen, Northern Ireland and, on a fine day, even Scotland.

ACCOMMODATION: Bishop's Gate Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 3 hours/5 miles hiking with 290' elevation gain & 400' elevation loss



Knocknarea and Queen Maeve's Grave

Transferring from the north to west coast today stop to climb the uniquely shaped Knocknarea, a little mountain perched on the shores of Sligo Bay. The hill is crowned by a 180-foot high cairn built over a millennium ago in honor of a Celtic heroine, Queen Maeve. Lunch is in Strandhill, the surf village that sits between Knocknarea and the perfect Atlantic waves that break here year round.

ACCOMMODATION: Westport Plaza Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3.5-hour private van transfer

ACTIVITY: 2 hours/3 miles hiking with 930' elevation gain & 660' elevation loss



Climb to the Summit of Croagh Patrick

Croagh Patrick is considered the holiest mountain in Ireland — the tradition of pilgrimage to its summit stretches back over 5,000 years. Thousands of devout Catholics climb the heather-covered hills and rough-stone paths to the small chapel at the summit every year, some barefoot. Climb to the summit today and take in the magnificent views of the northwestern Wild Atlantic Way along Clew Bay and its 365 islands. This evening, take time to explore the town of Westport on your own.

ACCOMMODATION: Westport Plaza Hotel

MEALS: Breakfast | Lunch

TRANSPORTATION: 30-minute private van transfer

ACTIVITY: 4–5 hours/5 miles hike with 2,460' elevation gain & 2,460' elevation loss



Discover Killary Harbor & Kylemore Abbey

Today hike along the edge of one of Ireland's three fjords, visit the fairytale castle of Kylemore Abbey, and take in the rugged mountain scenery, with steep, craggy peaks framing the harbor on each side. This part of Ireland was particularly affected by the Great Famine of 1845-49; stone ruins across the landscape speak of the hardship of that era. Pass by a ruined village which was abandoned during that time, and a relief road dating back to 1846 which was constructed by locals in return for food rations.

ACCOMMODATION: The Twelve Hotel Galway

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-hour private van transfer

ACTIVITY: 3–4 hours/5 miles hiking with 120' elevation gain & 120' elevation loss



DAY 07

Explore the Aran Islands

Renowned the world over, the three isolated rocky outcrops of the Aran Islands once held a position of great trading power in ancient Ireland. Today they are renowned as the bastion of traditional language, culture and music. Inishmore is the largest island, home to one of the most important prehistoric sites in Europe: Dun Aonghusa (Dun Aengus), a semi-circular stone fort perched dramatically on top of a 328-foot drop into the sea. Walk to this spectacular location to take in magnificent vistas of Galway Bay, Connemara, and Black Head in the Burren.

ACCOMMODATION: The Twelve Hotel Galway

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 40-minute ferry ride, 1.5-hour private van transfer

ACTIVITY: 2–3 hours/6 miles hiking with 290' elevation gain & 80' elevation loss

DAY 08

See the Cliffs of Moher

The staggering 700'-high Cliffs of Moher are home to one of the largest colonies of nesting seabirds on mainland Ireland. Walking along the coastal trail, look out for humpback whales or basking sharks, and if the conditions are right, surfers playing in some of the world's largest surfable waves. Spend this evening in the quirky little village of Dingle, one of the great strongholds of traditional Irish music. In the evening, join the locals in one of the pubs to experience some real *craic agus ceoil* (fun and music).

ACCOMMODATION: Dingle Skellig Hotel & Spa or Dingle Benners Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4-hour private van transfer

ACTIVITY: 3 hours/4 miles hiking with 145' elevation gain & 740' elevation loss



Marvel at Mount Brandon

One of the highest mountains in Ireland is named after St. Brendan (Breanainn) the Navigator, who, according to legend, had a vision of a promised land while seated at its summit. He and his monks consequently set sail for that land and disembarked in 535 AD (over 900 years before Columbus) on American soil. Though there's no way to prove it, there are many that believe the Irish discovered America. Today you will follow the Dingle Way along a spectacular trail that crosses a saddle to the north of the peak and descends into the fishing village of Brandon.

ACCOMMODATION: Dingle Skellig Hotel & Spa or Dingle Benners Hotel

MEALS: Breakfast | Lunch

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 5-6 hours/7.5 miles hiking with 3,120' elevation gain & 1,720' elevation loss



Walk Around Sleah Head Along the Dingle Way

Today the trail begins on the sand at Ventry Bay, then continues along the bottom of Mount Eagle, following the jagged Wild Atlantic Way around the spectacular Sleah Head. Some of the finest archaeological sites in Ireland can be encountered on the Dingle Way, such as standing stones and beehive huts — dry-stone, dome-shaped buildings dating from circa 2000 B.C. At the end of the hike, have some time to peruse the art galleries and craft shops in Dingle before transferring to Killarney.

ACCOMMODATION: Great Southern Killarney

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour private van transfer

ACTIVITY: 5 hours/7 miles hiking with 840' elevation gain & 650' elevation loss



Explore the Lakes of Killarney & Torc Mountain

Today hike along a stunning stretch of the Iveragh Peninsula, or the Ring of Kerry, above the spectacular Lakes of Killarney. This is a windswept landscape broken only by the ruins of stone cottages and crumbling ancient monuments. The trail meanders between the mountains of Killarney National Park climbing up past Torc Waterfall to Torc Mountain. On a good day, the panoramic views of today's walk could claim to be the best in Ireland.

ACCOMMODATION: Great Southern Killarney

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3-4 hours/6 miles hiking with 780' elevation gain & 1,015' elevation loss



Adare Village & Transfer to Dublin

Transfer to Adare Village, where thatched cottages recently converted into modern boutiques providing the option to grab some last minute souvenirs. Enjoy lunch together one final time before continuing to the airport to say our farewells.

MEALS: Breakfast | Lunch

TRANSPORTATION: 3.75-hour private van transfer to Dublin

ACTIVITY: 1 hour/3 miles riverside walk with 290' elevation gain & 290' elevation loss



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Bishop's Gate Hotel

Located within the historic Cathedral Quarter of Derry City, the Bishop's Gate Hotel was built over 100 years ago and has maintained its traditional Edwardian architecture style. Each guestroom has modern amenities, such as satellite TV, a coffee maker and Wi-Fi, and has elegant accents to keep with the hotel's heritage. Sip champagne at The Wig bar or tea in the Hervey Library to unwind at the end of the day.

Westport Plaza Hotel

Located close to the town of Westport, the elegant Westport Plaza Hotel features spacious rooms, with a Jacuzzi bath and separate shower in the en suite bathroom. Savor sophisticated European food at the Merlot Restaurant, take a quick break at the Plaza Bar over cocktails, indulge in one of Spa Sula's massages or facials, or unwind in its thermal suite.

The Twelve Hotel Galway

Named after the surrounding peaks, discover a mix of tradition and style in a seaside village close by to Galway. Le Petit Spa pampers you with sustainable products made with native Irish seaweed. Enjoy a restful night's sleep in a chic room with plush bedding, cozy robes, and a Juliet balcony. The nostalgic bar is the ideal spot to swap stories of your adventures over a snack and a cocktail.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Dingle Skellig Hotel & Spa

Situated on the beautiful Dingle Peninsula, surrounded by rolling hills and the calm harbor, Dingle Skellig Hotel has offered travelers comfort, warm hospitality, and great service since 1969. After a day on the trail, wind down with a drink at Blaskets Bar or the Cocktail Bar. The Coastguard Restaurant serves locally sourced seafood overlooking the bay and the mountains.

Dingle Benners Hotel

This traditional manor house hotel offers airy, classic rooms featuring vintage-style furnishings and en suite bathrooms. Each comes with free Wi-Fi, satellite TV, and tea and coffeemaking facilities. Room service is offered.

Great Southern Killarney

Opened in 1854, the Great Southern Killarney retains its elegant Victorian style and old-world charm. The luxurious rooms showcase a full spectrum of plush perks. Surrounded by delightful gardens, it serves locally sourced food at the Garden Room Restaurant, casual food and fine whiskies at The Punchbowl Bar, afternoon tea in the Grand Foyer, and drinks in the Killarney Wine Rooms.

Departure Dates

This trip is available to run in: May, June, July, August, September

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

May 4-15, 2025

May 25-June 5, 2025

June 8-19, 2025

August 10-21, 2025

August 24-September 4, 2025

September 7-18, 2025

May 3-14, 2026

May 24-June 4, 2026

June 7-18, 2026

June 28-July 9, 2026

July 26-August 6, 2026

August 9-20, 2026

August 23-September 3, 2026

September 6-17, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



MT SOBEK™

The Adventure Company | Est. 1969

YOUR ADVENTURE AWAITS.

70 Countries | 150+ Destinations | Infinite Possibilities

Call **800.974.0300** or visit **mtsobek.com**
AND BOOK TODAY!

