

WALKING TOURS IRELAND

walkingtoursireland.com

7-Day Ireland Walking Itinerary

A day-by-day plan covering Dublin to the Wild Atlantic Way
Your perfect first walking trip to Ireland

FREE DOWNLOAD | walkingtoursireland.com

Your 7-Day Ireland Walking Adventure

This itinerary takes you from Dublin's doorstep through the Wicklow Mountains, across to the wild Dingle Peninsula, and along the spectacular Cliffs of Moher. It's designed for moderate walkers and mixes guided day walks with self-guided exploration. Every night ends in a comfortable B&B; with a warm Irish welcome.

TIP: This itinerary works best from May to September. Book operators through walkingtoursireland.com for guided options on each day's walk.

DAY 1

Arrive Dublin & Wicklow Warm-Up

Location: Dublin → Enniskerry, Co. Wicklow

Today's Walk: Great Sugar Loaf (4 km, 1.5-2 hrs, Moderate)

Arrive in Dublin and transfer to Enniskerry village (45 min drive or bus). Shake off the travel with an afternoon climb of the Great Sugar Loaf — a short but rewarding quartzite peak with 360-degree views across Wicklow and Dublin Bay. Evening in one of Enniskerry's cosy pubs.

Eat: Dinner at Poppies of Enniskerry or Johnnie Fox's (Ireland's highest pub)

Stay: B&B; in Enniskerry or Roundwood

Insider Tip: If arriving early, visit Powerscourt Waterfall (Ireland's highest) before your walk.

DAY 2

Glendalough & The Spinc

Location: Wicklow Mountains National Park

Today's Walk: Glendalough Spinc Walk (9 km, 3-4 hrs, Moderate)

The highlight of the Wicklow Mountains. Start at the ancient monastic settlement of Glendalough (founded 6th century), then climb the Spinc ridge for breathtaking views over the glacial valley and its twin lakes. Descend through oak woodland and abandoned mining villages.

Eat: Lunch at Wicklow Heather in Laragh; dinner at The Strawberry Tree (Ireland's only certified organic restaurant)

Stay: B&B; in Laragh or Glendalough area

Insider Tip: Start by 9am to avoid crowds at the monastic site. Bring lunch for the trail.

DAY 3

Transfer Day & Kerry Camino Start

Location: Wicklow → Tralee, Co. Kerry (3.5 hr drive)

Today's Walk: Kerry Camino Stage 1: Tralee to Camp (18 km, 5-6 hrs, Easy)

Morning transfer across Ireland to Tralee (or take the train from Dublin). Begin the Kerry Camino — an official Camino de Santiago pilgrim route. Today's walk takes you from Tralee through farmland and the foothills of the Slieve Mish Mountains to the village of Camp.

Eat: Lunch packed from Tralee; dinner at The Railway Bar in Camp

Stay: B&B; in Camp village

***Insider Tip:** Collect your Camino pilgrim passport at the tourist office in Tralee before starting.*

DAY 4

Kerry Camino to Dingle

Location: Camp → Annascaul → Dingle

Today's Walk: Kerry Camino Stage 2 & 3: Camp to Dingle (39 km total, split with taxi assist)

Continue the Camino through some of Kerry's finest scenery. Walk the most scenic section from Camp over the Slieve Mish foothills with views of Dingle Bay unfolding ahead. Take a taxi assist for part of the route if needed, arriving in Dingle town for an evening of trad music and seafood.

Eat: Fish & chips at The Fish Box; evening at Dick Mack's pub for live trad music

Stay: B&B; or guesthouse in Dingle town

***Insider Tip:** Dingle is compact and magical at night — wander the colourful streets after dinner.*

DAY 5

Slea Head & Dingle Peninsula

Location: Dingle Peninsula

Today's Walk: Slea Head Drive walking sections (10-14 km, 4-5 hrs, Easy-Moderate)

Walk the most spectacular sections of the Slea Head route — Ireland's most westerly point. Pass beehive huts, Dunmore Head (mainland Ireland's westernmost point), Dunquin Pier, and views of the Blasket Islands. This is the Ireland of postcards and movie sets (Star Wars, Ryan's Daughter).

Eat: Lunch at Stonehouse Cafe; dinner at Out of the Blue (Dingle's best seafood)

Stay: Return to Dingle town

***Insider Tip:** Book a Blasket Island ferry for the morning if weather allows — magical day trip.*

DAY 6**Cliffs of Moher Coastal Walk**

Location: Dingle → Doolin, Co. Clare (2.5 hr drive)

Today's Walk: Doolin to Cliffs of Moher (8 km one way, 3-4 hrs, Easy-Moderate)

Transfer north to Doolin in County Clare. Walk the cliff-edge trail from Doolin to the Cliffs of Moher — one of Europe's great coastal walks. The path hugs 200-metre-high cliffs with views of the Aran Islands and Galway Bay. Return by shuttle bus from the visitor centre.

Eat: Lunch at Cliffs of Moher cafe; dinner at Gus O'Connor's Pub in Doolin (live trad every night)

Stay: B&B; in Doolin

***Insider Tip:** Walk north to south (Doolin to Cliffs) for the best views and the wind at your back.*

DAY 7**The Burren & Farewell**

Location: The Burren, Co. Clare

Today's Walk: Mullaghmore Loop (8 km, 2.5-3 hrs, Easy)

Your final walk takes you through the Burren's extraordinary limestone landscape — 350 million years of geology laid bare. The gentle Mullaghmore loop crosses terraced limestone pavement where Arctic and Mediterranean wildflowers grow side by side. Afternoon transfer to Shannon Airport or Galway for onward travel.

Eat: Farewell lunch at Burren Smokehouse in Lisdoonvarna

Stay: Onward travel or extra night in Galway city

***Insider Tip:** Visit May-June for the Burren's famous wildflower bloom — orchids, gentians, and more.*

Trip Summary

Day	Location	Walk	Distance
1	Wicklow	Great Sugar Loaf	4 km
2	Wicklow	Glendalough Spinc	9 km
3	Kerry	Kerry Camino Stage 1	18 km
4	Kerry	Kerry Camino to Dingle	~20 km
5	Dingle	Slea Head	10-14 km
6	Clare	Cliffs of Moher	8 km
7	Burren	Mullaghmore Loop	8 km
Total			~80 km

Find operators for every day of this itinerary at walkingtoursireland.com

Browse guided tours, self-guided packages, and walking holidays — then book directly with the operator. No middleman, no commission, just great walks.