

WALKING TOURS IRELAND

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Ireland Walking Trails Guide

The best walking trails across 8 regions
Curated by walkingtoursireland.com

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Your Guide to Ireland's Finest Trails

Ireland offers some of the most breathtaking walking trails in Europe. From the dramatic sea cliffs of the Wild Atlantic Way to the gentle green valleys of Wicklow, every step reveals ancient history, stunning landscapes, and warm hospitality. This guide covers our hand-picked top trails across 8 regions.

TIP: For each trail, we list difficulty (Easy / Moderate / Hard), distance, and typical duration. Visit walkingtoursireland.com to find operators offering guided and self-guided tours on every trail listed.

Wild Atlantic Way

The Wild Atlantic Way stretches 2,500km along Ireland's western seaboard. These are the must-walk sections.

Cliffs of Moher Coastal Walk

14 km | Easy-Moderate | 4-5 hours

Europe's most dramatic cliff walk with sheer 200m drops to the Atlantic below. The trail from Doolin to the Cliffs visitor centre is unforgettable.

Highlights: O'Brien's Tower, Hag's Head, puffin colonies, views of the Aran Islands

Sliabh Liag (Slieve League)

10 km | Moderate | 3-4 hours

Among the highest sea cliffs in Europe at 601m. The trail from Bunglass to the summit offers vertigo-inducing views over Donegal Bay.

Highlights: One Man's Pass, pilgrim's path, panoramic summit views, Donegal Bay

Sheep's Head Way

88 km (full) / 12 km day walks | Easy-Moderate | 1-5 days

A peaceful peninsula walk between Bantry Bay and Dunmanus Bay. Less crowded than the Beara or Dingle, with superb coastal scenery.

Highlights: Sheep's Head lighthouse, Kilcrohane, Bantry House, Dursey Sound views

Wicklow Mountains

Just an hour from Dublin, the Wicklow Mountains offer Ireland's most accessible mountain walking.

The Wicklow Way

127 km | Moderate | 5-7 days

Ireland's oldest and most famous waymarked trail, running from Marlay Park in Dublin's suburbs through the heart of the Wicklow Mountains to Clonegal in County Carlow.

Highlights: Powerscourt Waterfall, Glendalough, Lugnaquilla views, Tinahely

Glendalough Valley & Spinc Walk

9 km | Moderate | 3-4 hours

A spectacular circuit above the glacial valley of Glendalough, with views of both upper and lower lakes and the ancient monastic settlement below.

Highlights: Round Tower, Upper Lake, abandoned mining village, boardwalk through blanket bog

Great Sugar Loaf

4 km | Moderate | 1.5-2 hours

A short but rewarding climb to one of Wicklow's most distinctive peaks. The quartzite cone offers 360-degree views from Dublin Bay to the Mourne.

Highlights: Panoramic summit, quartzite rock formations, views across 5 counties

Kerry & Dingle

The Kingdom of Kerry delivers Ireland's most iconic landscape — mountains meeting the Atlantic in spectacular fashion.

Dingle Way

162 km | Moderate | 8-9 days

A complete circuit of the Dingle Peninsula passing through one of Europe's most beautiful coastal landscapes and Ireland's largest Gaeltacht (Irish-speaking) area.

Highlights: Inch Strand, Dunquin Pier, Sleah Head, Connor Pass, Dingle town

Kerry Way

214 km | Moderate-Hard | 9-10 days

Ireland's longest waymarked trail, circling the Iveragh Peninsula through the MacGillycuddy's Reeks and along wild Atlantic coastline.

Highlights: Killarney National Park, Torc Waterfall, Derrynane Beach, Skellig views

Kerry Camino

57 km | Easy-Moderate | 3 days

An official Camino pilgrim route from Tralee to Dingle. Gentle terrain through farmland, woodlands, and the spectacular Slieve Mish Mountains.

Highlights: Blennerville Windmill, Camp village, Annascaul, views of Dingle Bay

Donegal

Ireland's wild northwest — rugged, remote, and spectacularly beautiful. Donegal is walking country at its finest.

Glenveagh National Park Trails

6-16 km | Easy-Moderate | 2-5 hours

Over 16,000 hectares of mountains, bogs, and oak woodlands centred on a Victorian castle and gardens. Home to Ireland's largest red deer herd.

Highlights: Glenveagh Castle, Lough Veagh, golden eagles, native oak woodland

Bluestack Way

65 km | Moderate-Hard | 3-4 days

A challenging trail through the remote Bluestack Mountains from Donegal Town to Ardara, passing through some of Ireland's most pristine wilderness.

Highlights: Lough Eske, Bluestack summit ridge, Glengesh Pass, Ardara heritage town

The Burren & Clare

A lunar-like landscape of 350-million-year-old limestone harbouring an extraordinary diversity of wildflowers.

Burren Way

114 km | Easy-Moderate | 5-6 days

From Lahinch to Corofin through the heart of this unique landscape. Spring brings a stunning display of Arctic, Alpine, and Mediterranean flowers growing side by side.

Highlights: Cliffs of Moher, Doolin, Fanore beach, Caherconnell stone fort, turloughs

Mullaghmore Loop

8 km | Easy | 2.5-3 hours

A gentle circular walk through the most photographed part of the Burren. Terraced limestone hills, disappearing lakes, and rare orchids in season.

Highlights: Limestone pavement, hazel scrubland, orchids (May-June), ancient field systems

Connemara

Wild, boggy, and beautiful — Connemara is Ireland's untamed west, where Gaelic culture and raw landscape merge.

Diamond Hill (Connemara National Park)

7 km | Moderate | 2.5-3 hours

The signature walk of Connemara National Park with extraordinary views over Twelve Bens, Ballynakill Harbour, and the Atlantic islands.

Highlights: Summit panorama, Kylemore Abbey views, blanket bog ecology, Twelve Bens

Western Way (Connemara section)

50 km | Moderate-Hard | 3 days

From Oughterard to Leenane through the Maam Valley, skirting the Twelve Bens and passing remote loughs and abandoned villages.

Highlights: Lough Corrib, Maam Valley, Joyce Country, Killary Harbour fjord

Antrim Coast

Northern Ireland's dramatic coastline — basalt columns, rope bridges, and Game of Thrones landscapes.

Causeway Coast Way

53 km | Moderate | 2-3 days

From Portstewart to Ballycastle along one of the most spectacular coastlines in Europe. Giant's Causeway is just the centrepiece.

Highlights: Giant's Causeway, Carrick-a-Rede rope bridge, Dunluce Castle, White Park Bay

Gobbins Cliff Path

3 km | Moderate | 2.5 hours (guided)

A dramatic cliff-face path with tubular bridges, caves, and tunnels carved into the basalt cliffs of Islandmagee. Must be done as a guided tour.

Highlights: Tubular bridge, The Aquarium cave, nesting seabirds, WWII lookout post

West Cork

Gentle peninsulas, artisan food, and Ireland's warmest corner. West Cork blends easy walking with gourmet culture.

Beara Way

196 km | Moderate | 8-10 days

A spectacular circuit of the Beara Peninsula, wilder and less touristy than Kerry. Crosses between Cork and Kerry via the Healy Pass.

Highlights: Dursey Island cable car, Healy Pass, Allihies copper mines, Glengarriff

Seven Heads Peninsula Walk

42 km | Easy | 2 days

A gentle coastal walk near Clonakilty with secluded beaches, ancient ring forts, and some of Ireland's best farmhouse food nearby.

Highlights: Dunworley Beach, Old Head signal tower, Timoleague Abbey, artisan food trail

Ready to Walk?

Visit [walkingtoursireland.com](https://www.walkingtoursireland.com) to browse tour operators offering guided and self-guided tours on every trail in this guide. Compare options, read reviews, and book directly with the operator — no middleman fees.

TIP: *Can't decide? Start with the Wicklow Way for easy access from Dublin, the Dingle Way for iconic coastal scenery, or the Causeway Coast Way for Northern Ireland's most dramatic landscape.*