

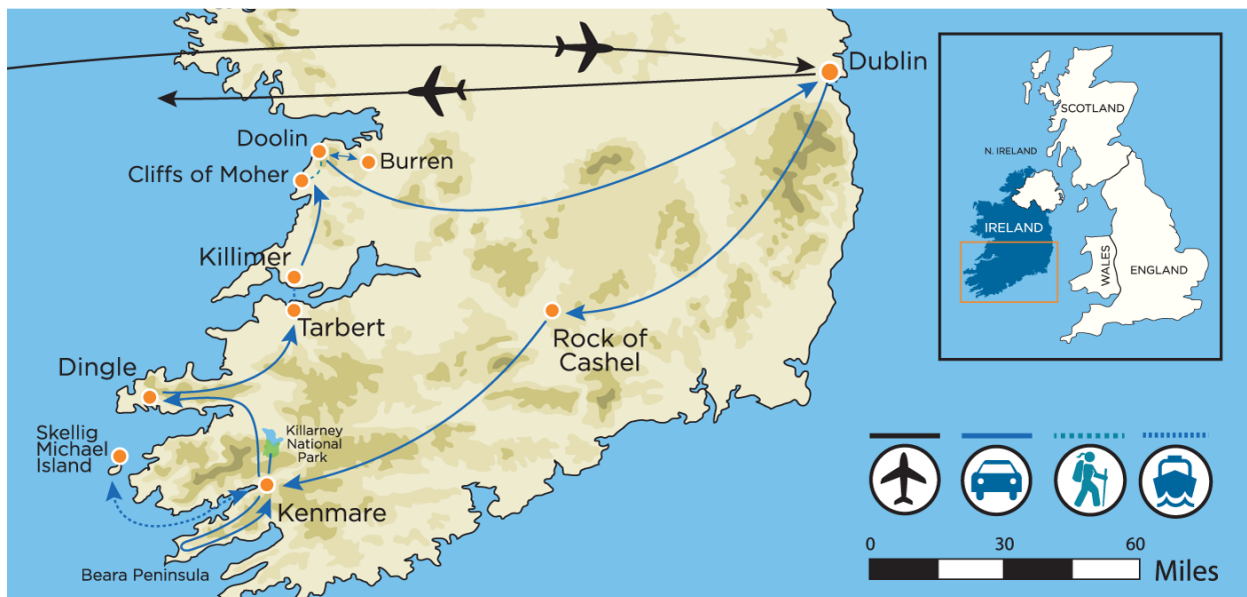
# IRELAND

## Hiking the Emerald Isle

### TRIP HIGHLIGHTS

- ▶ Hike the Cliffs of Moher, the Dingle Peninsula, and Killarney National Park
- ▶ Enjoy a once in a lifetime visit to the Skellig Michael bird sanctuary
- ▶ Gain insights from a captivating woman writer and a skilled female brewer, visit a perfumery owned and operated by a local woman.
- ▶ Learn how to make traditional soda bread whose recipe was handed down through several generations

### TRIP ROUTE



## IRELAND

# Hiking the Emerald Isle

### QUICK VIEW ITINERARY

- Day 1 arrive in Dublin, welcome dinner
- Day 2 set off on a hike that takes you near the Rock of Cashel and through the Glen of Aherlow
- Day 3 hike the Beara Peninsula, meet a female writer and historian
- Day 4 travel by boat to the Skellig Michael bird sanctuary
- Day 5 hike along The Kerry Way, learn how to make soda bread
- Day 6 short hike in Blasket Centre, meet a female brewer and tour the brewery
- Day 7 take the ferry across Ireland's longest river, hike the Cliffs of Moher
- Day 8 hike in Burren, meet a women-owned local perfumery, farewell dinner
- Day 9 depart Ireland

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## IRELAND

# Hiking the Emerald Isle

## QUICK VIEW ITINERARY

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$6,995

Optional Single Accommodations: \$2,000

### TRIP DATES

June 14 - 22, 2025



# IRELAND

## Hiking the Emerald Isle



your adventure  
in depth

DAY 1  
Saturday  
6/14/25

### Arrive Dublin

Fáilte go hÉireann—Welcome to Ireland! Dublin is the largest city in the Republic of Ireland and is home to around 1.8 million people. Dublin has always been a center for education, arts, economics, industry, and history. Its importance on the international stage has made it one of the few cities that have achieved global city status.

During your adventure, you'll get to know your expert Irish guide, who will help you discover this amazing land. You'll also meet other incredible individuals on your journey. They will help make your experience a fun and personally fulfilling adventure and will cheer you on as you step outside your comfort zone, and embrace new challenges!

#### Arrival Information

Arrive in Dublin, Ireland (DUB) before 12:00 PM today.

#### Pick-Up and Transfer

A group transfer from Dublin airport to the hotel will be provided at around 12:30pm. Private transfers at other times are available for purchase.

#### Check-in and Relax

Check into your hotel at 3:00PM today and take some time to relax before dinner tonight. You can also decide to explore the city. It's a short walk to Trinity College, Christchurch Cathedral and a host of other attractions.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore Ireland!

Accommodations  
Brooks Hotel

Meals Included  
dinner

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## Hiking the Emerald Isle



your adventure  
in depth

DAY 2  
Sunday  
6/15/25

### Dublin to Kerry

Cradled in the heart of the bay, Kenmare is a haven of tranquility, gourmet food, breathtaking scenery and one of the most unspoiled environments in Europe. The Irish name of the town, "Neidin," means "little nest" - it really feels like one, too. Founded in 1670, the area's charm and natural beauty remains unchanged today despite economic and population growth.

#### Begin the Journey to the Kingdom of Kerry

After breakfast this morning, set out on a 1.5-2 hour drive as you make your way to the Kingdom of Kerry. Along the way, stop at the Rock of Cashel, the traditional seat of the Kings of Munster that has been of strategic importance for thousands of years. Take in the 12th and 13th century buildings and graveyards that lie within the ancient walls.

#### Walk in the Glen of Aherlow

Following a stop for lunch with the group and another 30 minutes of driving, you'll arrive in the Glen of Aherlow, a verdant valley that sits below the Christ the King statue. Enjoy a walk through old growth woodlands before making the final 3-hour drive to your hotel for the next 3 nights.

#### Check In and Dinner

Arrive at your hotel and check in before enjoying dinner with the group tonight.

#### Hiking Information

3 miles, 1.5-2.0 hours, over uneven dirt and gravel terrain

Accommodations  
The Landsdowne  
Kenmare  
Meals Included  
breakfast, lunch,  
dinner

# IRELAND

## Hiking the Emerald Isle

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your adventure  
in depth

DAY 3  
Monday  
6/16/25

### County Kerry

The Beara Peninsula sits along the southwest coast of Ireland and makes up a portion of the Wild Atlantic Way. Many relics from the Bronze Age such as standing stones and wedge tombs remain in the area.

#### Explore the Beara Peninsula

Today you will explore the Beara Peninsula, an area that is rich in ancient history and is a central location in Irish mythology.

#### Meet and Hike with a Local Writer

As you hike along a trail that covers beach, fields, and minor roads en route to the mountain, you will be joined by Carina McNally, a female writer and historian, who will introduce you to the modern and ancient history, mythology, and spirituality of the region. You will pass abandoned mine buildings while you take in the ocean and mountain views during this easy-to-moderate hike. Enjoy lunch with the group along the way today.

#### Dinner on Your Own

Take some time for dinner on your own tonight after a full day of hiking and exploration.

#### Hiking Information

5-6 miles, 4.0-5.5 hours, uneven terrain of sand, dirt, gravel, and grass with a small rock scramble and steel stepladders along the way.

Accommodations  
The Landsdowne  
Kenmare  
Meals Included  
breakfast, lunch

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## Hiking the Emerald Isle



your adventure  
in depth

DAY 4  
Tuesday  
6/17/25

### County Kerry

Named after the archangel Michael and the old Irish word meaning "steep area of rock", this island is home to a variety of bird species and other sea life. From gannets and razorbills to seals and puffins, many animals live among the rocks of the island. However, Skellig Michael is probably best known for the Gaelic monastery that was built here some time between the 6th and 8th centuries.

#### Ferry Ride to Skellig Islands

Take a forty-minute ferry ride to the mysterious and enchanting Skellig islands. These floating pyramids of sandstone have been home to some of the earliest monastic settlements in Ireland as well as providing sanctuary to fantastic birdlife in the area.

#### Visit Skellig Michael

Land on Skellig Michael, which rises to 714ft. The climb to the summit takes you past hundreds of Puffins, Kittiwakes, and other seabirds. Near its summit nestles the well-preserved remains of its 6th century monastery, with its beehive-shaped huts, tiny stone oratory and walled garden. The remains of the monastery and most of the island were designated a UNESCO World Heritage Site in 1996. Enjoy a boxed lunch with the group along the way.

#### Return by Boat

After a full day at the birding sanctuary, return to Kenmare via boat before enjoying dinner on your own this evening.

#### Hiking Information

Climb up 618 steep, uneven steps to the top with 600 feet of elevation gain/loss.

Accommodations  
The Landsdowne  
Kenmare  
Meals Included  
breakfast, lunch

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your adventure  
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DAY 5  
Wednesday  
6/18/25

### Killarney National Park

Crowned by the spectacular McGillicuddy Reeks Mountain Range, Killarney National Park is Ireland's first national park and a UNESCO Biosphere Reserve. Discover the wild beauty of its native woodlands, pristine lakes, and lively waterfalls on a memorable day trip through the country's "adventure capital."

#### Walk the Kerry Way

After a short drive, walk The Kerry Way into Killarney National Park. Hike the Old Kenmare Road, one of the most popular walks in Ireland, and part of the Kerry Way. As you hike, be alert for wildlife such as deer, eagles, and the elusive pine marten. Ascend to Windy Gap, the highest point of the walk. You will have spectacular views of Killarney National Park, the MacGillicuddy's Reeks, the Lakes of Killarney, Kenmare Bay, and the surrounding countryside. Enjoy a packed lunch during the journey today. Hike to the shores of Lough Leane and finish near Muckross House, a 65-room, Tudor-style mansion built in the mid-1800s for the watercolor painter Mary Balfour Herbert and her husband. Following the hike, start your 90-minute drive to Dingle.

#### Dinner

Enjoy dinner with your group at the hotel tonight.

#### Hiking Information

8 miles, 4.0-5.0 hours, 1,200 feet of elevation gain.

Accommodations  
Dingle Benners  
Hotel  
Meals Included  
breakfast, lunch,  
dinner



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your adventure  
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DAY 6  
Thursday  
6/19/25

### Dingle Peninsula

The charming town of Dingle, an active fishing port set in a bowl of green mountains, looks out over Dingle Bay to the Blasket Islands. It is full of friendly pubs with live traditional music. Popular area attractions include the beaches, Mount Brandon, and Ballydavid and Ballyferriter villages, and driving the area is like a trip through an open-air museum!

#### Scenic Drive to Great Blasket Island Center

Take a scenic drive to visit the Great Blasket Island Center, which is a fascinating heritage and cultural center/museum honoring the unique community who lived on the remote Blasket Islands until their evacuation in 1953. From there, you will set off on a 3 mile hike.

#### Meet Ireland's First Female Brewer

Stop by the brewery of Ireland's first female brewer today, where you'll have the chance to speak with her and tour the brewery before settling in for lunch with the group.

#### Learn to Make Soda Bread

This afternoon you will learn how to bake traditional soda bread from a local family who will teach you their special recipe that has been handed down through many generations. Have dinner with the group after your cooking lesson.

#### Hiking Information

2.5-3.0 miles, 1.5-2.0 hours, uneven terrain with 500 feet of elevation gain.

Accommodations  
Dingle Benness  
Hotel  
Meals Included  
breakfast, lunch,  
dinner

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## Hiking the Emerald Isle

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your adventure  
in depth

DAY 7  
Friday  
6/20/25

### Dingle to Doolin

The Cliffs of Moher are one of Ireland's most popular destinations, with spectacular ocean views seen from atop towering seaside cliffs. From the tower on the Cliffs, you can see the Aran Islands, the Loop Head, and the two mountain ranges of County Galway.

#### Journey to the Cliffs of Moher

This morning after breakfast, head out on a northern drive that will be broken up by a ferry crossing of Ireland's longest river, the Shannon River. After lunch with the group, continue driving up the Wild Atlantic Way via the Cliffs of Moher.

#### Hike Along the Cliffs to Your Hotel

Hop out of the van for a hike along the Cliffs of Moher to your hotel in Doolin where you will stay for the next 2 nights. Stop at the Visitor's Center along the way.

#### Dinner and Traditional Music

Dine on your own in one of the many pubs and restaurants in Doolin this evening. There are many opportunities to listen to traditional musicians in local pubs.

#### Hiking Information

6-7 miles, 3.5-4.0 hours over packed dirt and loose gravel with stone steps.

Accommodations  
The Doolin Inn

Meals Included  
breakfast, lunch

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## Hiking the Emerald Isle

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your adventure  
in depth

DAY 8  
Saturday  
6/21/25

### Doolin

Another seaside Irish town, Doolin is very well known for its traditional Irish music. Be sure to stop by one of the local pubs to hear a bit of this folk music that was originally played on a collection of ten instruments ranging from strings and woodwinds to horns and pipes.

#### Visit the Perfumery

Before your hike, you will stop by a perfumery which is owned and run by a local woman. Learn about the art of making perfume during your behind-the-scenes visit and enjoy some fresh-from-the-kitchen treats for lunch in the cafe.

#### Hike in Burren

Set out on your hike through the Burren region. The lunar-like landscape of this area has given rise to a unique way of life over many generations. While you hike, notice the wildflowers hidden in the nooks and crevices, some of which are only found in this region. You will hike past medieval churches and ancient healing wells along the way.

#### Farewell Dinner

Enjoy a farewell dinner with your travel companions in a local restaurant, and celebrate all the incredible sights and amazing hiking you experienced during your time in Ireland!

#### Hiking Information

4-5 miles, 2.5-3.0 hours over very uneven terrain of grass and limestone.

Accommodations  
The Doolin Inn

Meals Included  
breakfast, lunch,  
dinner

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## Hiking the Emerald Isle

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your adventure  
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DAY 9  
Sunday  
6/22/25

### Depart Ireland

Transfer to Dublin International Airport for your international flight home.

#### Transfer to the Airport

After breakfast this morning, begin the 2-hour drive back to the Dublin airport for your flights home.

#### Departure Information

Depart Dublin, Ireland (DUB) any time after 3:00 PM today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

# IRELAND

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### Accommodation Details

#### Brooks Hotel

The Brooks Hotel is a boutique property located in the cultural district of Dublin. Many of the major tourist sites of the city are within walking distance of the hotel, as are a variety of shops and restaurants.

Amenities: complimentary toiletries, hair dryer, WiFi

#### The Lansdowne Kenmare

The Lansdowne Kenmare has been part of the history of Kenmare since it was built as the town residence of William Perry Fitzmaurice in 1790, the 2nd Earl of Shelbourne, and is one of the oldest landmarks in Kenmare. It now stands as a beacon welcoming guests to wander the streets of this quaint town and to explore the breath-taking scenery that surrounds it. The calming style of this property is perfect to unwind at the end of a day sightseeing, walking or simply doing nothing but browsing the streets and shops of Kenmare.

Amenities: complimentary toiletries, hair dryer, coffee / tea, safe, flat screen TV, WiFi

#### Dingle Benners Hotel

The Dingle Benners Hotel offers a relaxed and cozy atmosphere in the heart of Dingle town. The hotel serves as a great base to explore the beauty and landscape of the Dingle Peninsula.

Amenities: complimentary toiletries, hair dryer, WiFi

#### The Doolin Inn

A charming bed and breakfast with only 22 guest rooms, The Doolin Inn is nestled in the heart of Doolin at the start of the Cliffs of Moher walk.

Amenities: complimentary toiletries, hair dryer, WiFi

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your adventure  
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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Activities as indicated in the itinerary
- ▶ One group transfer on arrival and departure
- ▶ All ground transportation
- ▶ Drinking water available from taps to refill personal bottles
- ▶ All gratuities except guides and drivers

### Not Included:

- ▶ International airfare to and from Ireland
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

- For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable.
- For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

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## Hiking the Emerald Isle

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### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!