


The Dingle Way

 *Tralee, County Kerry, Ireland*

A spectacular 111-mile (179 km) loop around the Dingle Peninsula with breathtaking coastal views, ancient heritage, and warm Irish hospitality in every village.



**111 miles
(179km)**
DISTANCE



**7,500 ft
(2,300 m)**
ELEVATION GAIN



Moderate
DIFFICULTY
due to
hill climbing

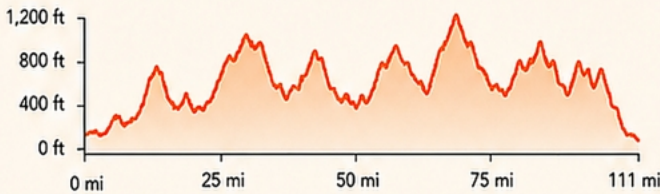


8 days
TIME



Loop
TYPE

ELEVATION PROFILE



FACILITIES

You will rely on bathrooms at cafes, pubs, and the occasional visitor center.



BEST TIME TO HIKE

Late spring to early autumn (May to September) for the best weather and longest daylight.



WHAT TO BRING

Waterproof layers, hiking boots, daypack, water bottle, snacks, sun protection, warm layers, first aid kit, map/app, and camera.



8 DAY ITINERARY

- 1 Tralee to Camp 10.5 miles
- 2 Camp to Annascaul 10.5 miles
- 3 Annascaul to Dingle 13.5 miles
- 4 Dingle to Dunquin 13.5 miles
- 5 Dunquin to Feothanach 10.5 miles
- 6 Feothanach to Cloghane 13 miles
- 7 Cloghane to Castlegregory 16.5 miles
- 8 Castlegregory to Tralee 15.5 miles

Total: 111 miles (179 km)



NAVIGATION

The route is highly marked with the "Yellow Walking Man" symbol.



HIGHLIGHTS ALONG THE WAY

- Dramatic coastal cliffs & beaches
- Ancient ruins and early Christian sites
- Charming villages and friendly pubs
- Panoramic views of the Atlantic
- The iconic Blasket Islands on clear days

