

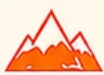
Dingle to Dunquin Hike

County Kerry, Ireland

The fourth segment of the Dingle Way showcases golden beaches, ancient ruins, dramatic coastal cliffs, and breathtaking views of the Blasket Islands as the trail winds to the iconic village of Dunquin.



~20 km
(~12.5–14.5 mi)
DISTANCE



370–585 m
(1,200–1,922 ft)
ELEVATION GAIN



Moderate
DIFFICULTY

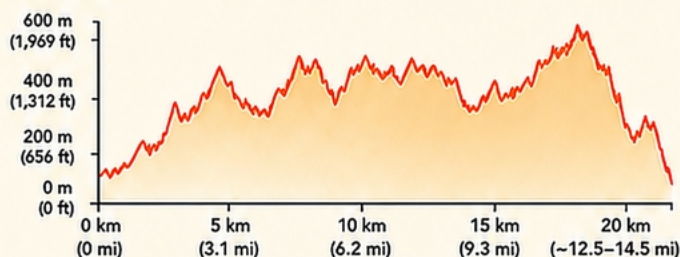


5–7
hours
TIME



Point
to Point
TYPE

ELEVATION PROFILE



FACILITIES: Cafés, public restrooms, and accommodations are highly concentrated in the town of Dingle. Dunquin has limited facilities (a pub, a café, and some B&Bs). Along the route, there are public restrooms at Ventry Beach and mid-way toilets are available at Sleah Head at The Stonehouse Restaurant or Teac Couminole Café.



WATER AVAILABILITY:

Potable water is available in the villages at either end of the trail. Carry enough water for the hike, as refill opportunities are limited along the route.



CELL SERVICE:

Generally available along most of the trail, though reception can be spotty in low-lying valleys and mountainous areas.



MAPS:

Official Ordnance Survey Ireland (OSi) Discovery Series Maps 70 and 71 are recommended. Digital maps are also available on AllTrails and in Dingle Way guidebooks.



COST:

The trail is free to hike. Optional luggage transfer services, guided tours, and accommodations are available for an additional cost.



BEST TIME TO HIKE:

April through September offers the longest days and generally the best weather, although the trail is open year-round.



WHAT TO BRING:

Waterproof hiking boots, layered rain gear, gaiters (some sections can be very muddy), a paper or downloaded map, a fully charged phone, a power bank, a small first aid kit, a packed lunch, and plenty of drinking water.



HIGHLIGHTS ALONG THE WAY

- ★ Ventry Beach: A stunning 2.5 km stretch of golden sand with turquoise waters and mountain views.
- ★ Sleah Head Drive Views: Dramatic coastal scenery and sweeping views of the Blasket Islands.
- ★ Mount Eagle: Hike along the slopes with panoramic views of the Atlantic.
- ★ Ancient History: Pass beehive huts, stone enclosures, and famine cottages.
- ★ Dunquin Pier: Iconic views of the Blasket Islands and the Atlantic beyond.

