

CONNEMARA & MAYO

Guided Walking Tour 2009

This is a one centre based tour, staying in the beautiful market town of Westport. From here we will travel to Connemara and to the island of Clare to mention but a few of the beautiful walking areas that offer an authentic and unhurried Irish experience on foot at an easy pace.

Westport is special; it is the essence of Irelands magical west. Nestling under the shadow of Croagh Patrick, overlooking Clew Bay and its enchanting islands, the town weaves its spell around everyone it meets. It has the distinction of being one of the few planned towns in Ireland and its design and layout are credited to James Wyatt (1746 - 1813) an English architect who made his name with his Neo-classical design for the London Pantheon.



Duration:	8 days (7 nights)
Tour Dates 2009:	Starting on Saturdays May 9, May 23, June 20 July 4, July 25 August 8, August 22, September 5, September 12, <i>Tour dates are subject to minimum numbers being booked.</i>
Level:	Moderate walking, with some hill.
Group Size:	Individuals but a minimum of 6 and max of 12 in final group.
Equipment:	This is a guided tour but correct rainproof gear and walking boots are essential to bring with you.
Accommodation:	Hotel
Meals:	All Irish breakfasts, 4 dinners, 5 packed lunches
Transfers:	All associated transfers to and from walks.
Miscellaneous:	Tour guide with personality
Meeting Point:	At the hotel lounge at 4:30pm
Departure Point:	You depart from Westport

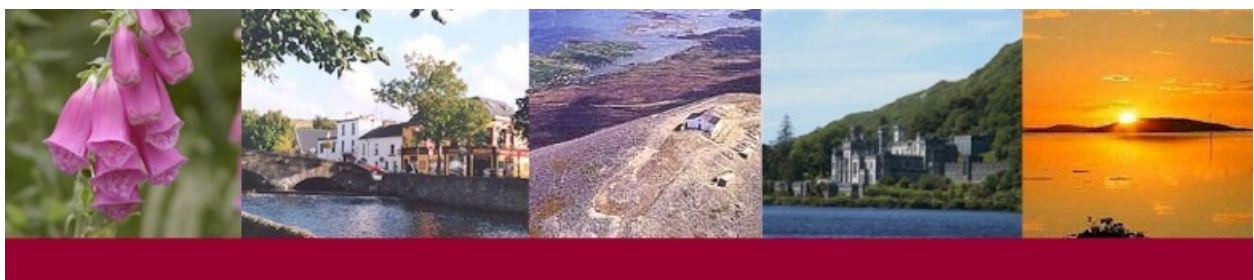


PRICE 2009:

Price per adult €995.00 per person sharing

Single Supplement 250.00

All prices are in EURO, and based on per person sharing. Per person sharing means two people in one room. Single Room supplement is applied when people require a room for themselves as part of a booking of two or more.



DAILY ITINERARY

DAY 1

Arrive to Westport and your hotel accommodation. Please note that the earliest check in time is 3pm. Meet your guide at 4.30 in the Hotel lounge for a briefing of the coming weeks activities. For anyone who wants some musical entertainment, Westport is a veritable Mecca for traditional music.

DAY 2 (Walk Details: 5 miles, 1500 ft uphill on a good track, time 3 hrs approx.).

Depart the hotel at 09.30 - A 60 minute transfer south to Connemara where you will visit Kylemore Abbey (please note a small fee of about Euro 12.00 applies to enter the Abbey and Cathedral.) with its completely restored Victorian Gardens, The Abbey, now a girls boarding school, is run by the Benedictine nuns whose order came here from Ypres in Belgium after the first world war. The house itself was built by a business man called Mitchell Henry who, while honeymooning in the area, fell in love with the unspoiled natural charm of the valley and decided to build a home there. The chapel in the grounds is a miniaturized replica of Norwich Cathedral. The tour, which is self guided, should take no longer than two hours. A 15 minute drive takes you to the Connemara National Park which is located in Letterfrack A well defined trail takes us to the summit of Diamond Hill. At 1500 feet the views from the top are wonderful.



DAY 3 (Walk Details: 8 miles, 1750 feet, uphill climb on a loose stoned, pilgrim track, small section of bog and country lanes. Time 6 hrs approx.)

Depart the hotel at 09:30am. The wonderful quartzite coned mountain of Croagh Patrick has been a sacred place for almost 5000 years. Croagh Patrick is Ireland's holy mountain where Patrick, the patron saint, spent 40 days and nights praying and fasting in 441AD. There is an annual pilgrimage to Croagh Patrick on the last Sunday in July. The climb is more difficult at the top, but once you get there, the views overlooking Clew Bay to the north, and the 12 Bens of Connemara to the south is spectacular.

DAY 4 (Walking Details: 8 miles on good level surface on back country roads – some uphill)

Depart the hotel at 10:00am. To day we take a short sailing to Clare Island this morning. Clare Island is synonymous with Grace O' Malley, the formidable ruler of the Clew Bay district during the second half of the 16th century. One of the most interesting places on the island is the remains of the late 12th century Cistercian Friary, founded by the Monks of Abbeyknockmoy in Co Galway. According to local folklore, following the death of Grace O' Malley in 1603, her remains were interred in the decorated O'Malley wall tomb in the Friary. The Chancel Vault was once covered in wall paintings, patches of which remain. The walk will take you to northernmost end of the island before returning to the quayside for the return ferry. (Please note that the crossing to the island is subject to wind and weather conditions and may, in some cases be taken earlier in the week at the discretion of the guide.)

DAY 5 (Free day: Golf* / Angle** / Shop (Optional Extras))

Today is your Free Day. Some of the many things you can do are golfing, fishing and horse riding but they need to be booked in advance and transport organized to get there and back. It also gives you the opportunity to catch up on your emails and laundry. Dinner tonight is left to your own choice and in Westport there is a wide range of ethnic restaurants to choose from.

DAY 6 (Walking Details: 12 miles. Ascent 300 feet on a bog track and forest paths. Time approx 5 hours)

Depart at 09:30am. We journey South once more to Connemara. Our hike today starts in the Inagh Valley, beginning of the Western Way. The trail travels through a bog track for the first 5 miles and then through a pine forest with excellent views of the quartzite 12 Bens mountain range. The final 3 miles are on an elevated section with great views down Killary fiord. The walk ends in the village of Leenane - famous as the location for the film The Field which starred the late Richard Harris and Tom Berenger as "The Yank" Leenane has a very small population but don't worry it also has two pubs for you to slake your thirst in.

DAY 7 (Walk Details : 7 Miles. Ascent 300 feet on good quality bog road)

Depart at 09:30am. For our last walk of the week we head to the North side of Clew Bay and walk the foothills of the Nephin mountain range which is a huge wilderness area. You will see peat or turf cutting as we go along. By mid afternoon, around 2 pm approx we will return to Westport in time for you to catch up on some last minute shopping.

DAY 8

Departure after breakfast. Please check out by 10am. If you are planning to return to the USA on Saturday please be advised to schedule your flight for after 1:00 PM.

Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered to. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time. In such case, Killary Tours reserves the right to make any necessary decisions.

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