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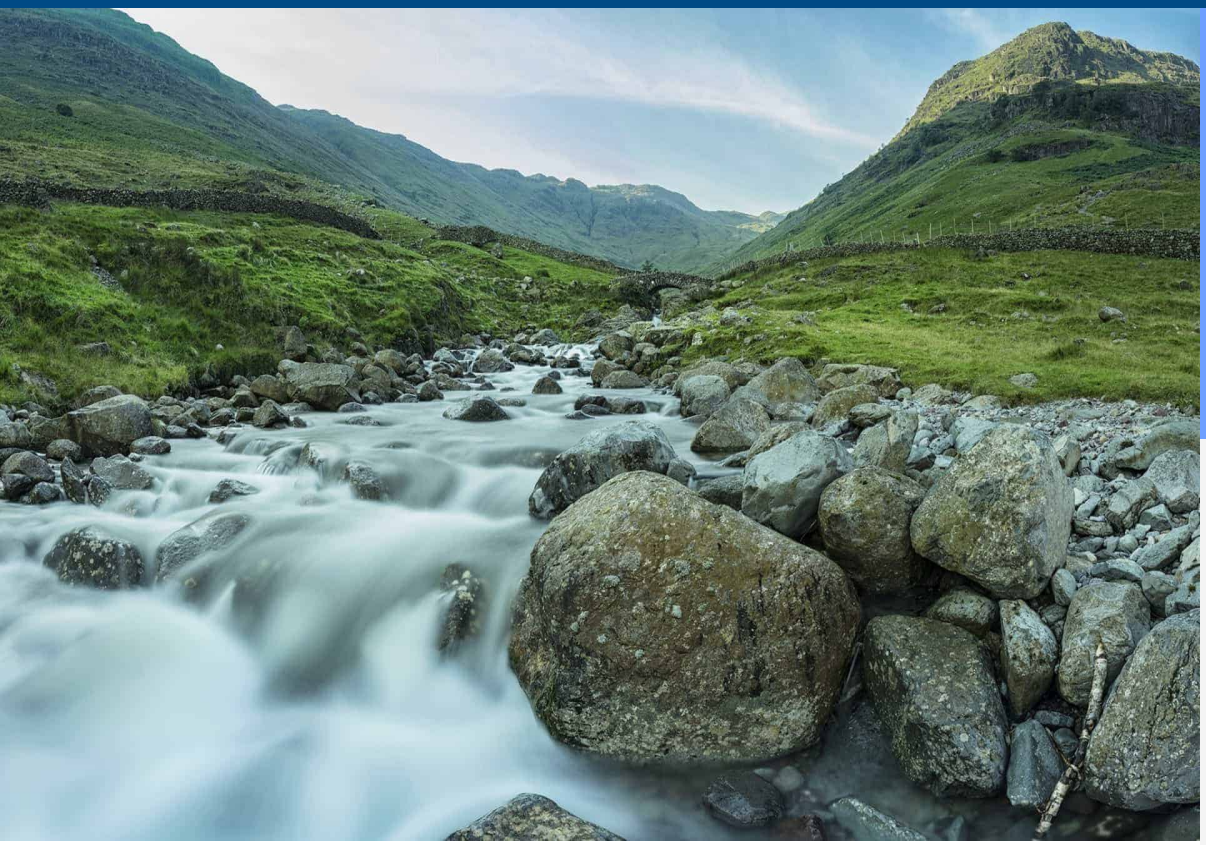


From
$14,850 AUD

Single Room
$17,845 AUD

Twin Room
$14,850 AUD

Prices valid until
30th December 2024

25 days
Duration

England, Ireland
Destination

Level 3 - Moderate to Challenging
Activity

Ireland and Lake District walking small group tour

Aug 18 2024 to Sep 11 2024

Ireland and the Lake District Walking Tour

Odyssey offers easy, convenient, and relaxed escorted small group walking tours across Ireland and beyond. We explore Ireland's fairy-tale natural beauty, its ancient celtic, heritage, its World Heritage Sites, and world famous cities, all with some truly spectacular scenery along the way. This and more is all waiting to be explored on one of Odyssey's small group tours of Ireland and then the Romantic lake District,

designed for the senior traveller, and led by experienced, and enthusiastic like minded people.

Join Odyssey Traveller on this nineteen-day small group walking tour of Ireland and England's Lake district, especially designed for the active mature & senior travellers. This tour is perfect for those interested in a guided walking tour through the beautiful countryside of Ireland, Northern Ireland and Northern England. This tour allows you to spend up to five nights in each locality and to go out each day to explore the area in some depth with like-minded people. A good level of fitness is required for this tour, but the effort expended will be well rewarded.

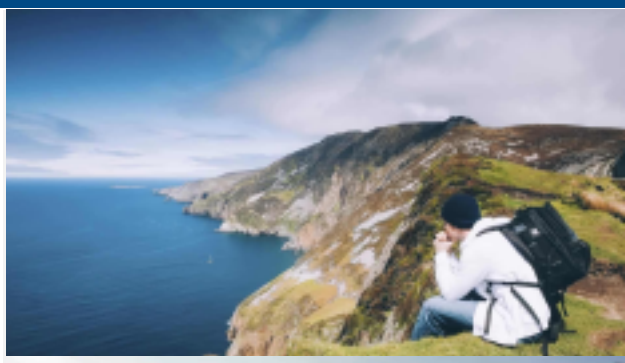
This walking tour begins in Eire (The Republic of Ireland). It then continues on in the UK's Northern Ireland, the English Lake District and the Yorkshire Dales. These destinations provide dramatic scenery. There are remote wilderness areas and picturesque villages to be explored with our local guide. There is something here for everyone.

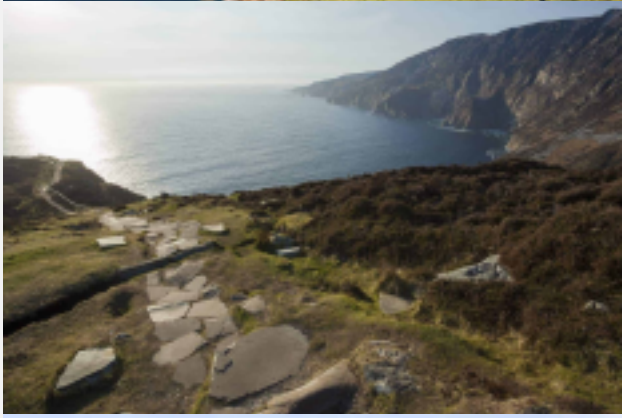
Ireland and Lake District Walking Tour Itinerary & Highlights

After meeting in Dublin, the tour heads west by coach to Donegal on the wild Atlantic coast accompanied by your Odyssey Program Leader and tour guide. Here the group will spend five nights giving ample time for a number of guided walks along cliff paths, beaches, valley floors and mountain tracks. Walk through some of Ireland's most stunning scenery and enjoy a taste of remote and peaceful Irish wilderness.

Another highlight of any visit to Ireland is the extraordinary Giant's Causeway on the east coast. This is a UNESCO World Heritage Site where octagonal volcanic basalt columns form one of the world's most unusual landscapes. The area is steeped in myth and, according to legend, the columns were formed by feuding giants!

From Ireland the tour will take you by ferry to Scotland and then to northern England where you will have the chance to walk through the Lake District made famous by the Romantic Poets and loved by tourists ever since. You will stay for four nights in Keswick and use this





picturesque village as a base for your exploration of the area.

The tour concludes in the Yorkshire Dales. Here you spend time in the beautiful Swaledale Valley, a favourite location of hiker and writer Alfred Wainwright. You will also have the opportunity to explore part of the North Yorkshire Moors National Park and the dramatic cliff paths of the east coast.

Walking Ireland and the Lake district tour has been offered for a number of years to the active mature walker. As a result, this is a holiday program suited to a senior couple or solo travellers who enjoy a good walk. The total number of participants in this tour will be 12 or fewer with the addition of an Odyssey program leader.

Walking in Ireland and the Lake district is only one of the many walking tours offered by Odyssey Traveller. You can learn more about Britain, Ireland, Northern Ireland and England with our profiles where all other tour departures are listed as well.

For more details about this tour, click the 'Top 5' or 'Itinerary' buttons above! If you're keen to experience this tour, please call or send an email. Or, to book, simply fill in the form on the right hand side of this page.

Articles published by Odyssey Traveller for Walking and Hiking tours for seniors

To help you prepare for any walking program whether with Odyssey or another company this ist if articles is intended to help you prepare for your holiday.

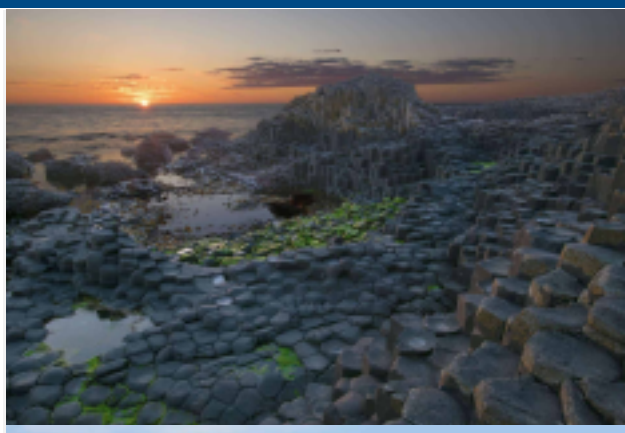
- articles on Selecting walking shoes for women
- article on footwear and walking shoes
- article on what to pack when travelling

- article on maintaining muscle fitness in senior and mature age travellers
- article on selecting socks for walking
- article detailing six great short walks in Britain
- article on preparing for a walking holida
- article on Pilgrim walks in Europe
- article on walking in the Lake District

Articles about Great Britain published by Odyssey Traveller

The following list of articles are either published by Odyssey Traveller or are carefully selected external sources to maximise senior traveller's knowledge and enjoyment of Ireland and the Lake District when visiting on a walking tour:

- Roman roads in Britain
- Understanding British Churches
- Medieval British life
- Icons of British villages
- Studying Gargoyles and grotesques
- New discoveries about Britain's stone circles
- Victorian Country life
- Britain's neolithic past
- Lumps and bumps, how to read the British landscape
- The Lake district poets
- English village history
- Britain's National trust



- History of Ireland
- Learning about Ireland
- National trust; Britain's best walks with Julia Bradbury
- National Parks of Britain.
- Ten books about Walking in Britain from the Guardian
- Best places to visit in the Lake District
- Derwent pencil museum in the Lake district
- Easter rising; Northern Ireland
- Learning about the history of Ireland
- Walking guide for Northern Ireland
- Hiking advice for women
- Aluminium water bottles safe for water?
- Bringing too much luggage and overpacking the day pack
- Tips for preventing dehydration when walking

Highlights

1. Enjoy some of Ireland's most stunning scenery from the top of Slieve League.
2. Enjoy a taste of Irish wilderness in the Glenveagh Valley.
3. Be astounded by the amazing geology of the Giant's Causeway.
4. Hike around Tarn Hows, a beautiful glacial lake in the world famous Lakes District.
5. Explore Swaledale Valley.

Itinerary

Day 1-2

Locations: Dublin & Donegal

Overview:

On arrival in Dublin, make your own way to the hotel where we meet for a welcome dinner. On the second day of the tour, we head westwards to the Wild Atlantic coast of Donegal. Along the way we will stop at Enniskillen, a island town on one of Ireland's great waterways, where you will have a chance to stretch your legs, pick up some lunch and later meet to visit the 600 year old waterside castle. This evening the group will come together for a welcome dinner.

Accommodation:

1 night in Maldron Hotel Parnell Square, or similar 1 night in Ard na Breatha or similar

Day 3

Locations: Donegal

Overview:

Today we tour the southern part of the county, visiting the traditional village at Glencolumbkille. Here we will explore the village and learn about life in Ireland in times gone by, getting an overview of the history of the country and the area. Afterwards we will enjoy a 6km coastal walk over mountain tracks and small roads. The walk ends at a Martello watch tower which we will stop to explore and to admire the Atlantic ocean views. We will also find cross inscribed pillars, and impressive megalithic tomb along the way. After lunch, we will visit a hand weaver, whose family has been weaving Donegal tweed, a local speciality fabric for generations.

Accommodation:

2 nights Ard na Breatha or similar

Day 4

Locations: Donegal

Overview:

This morning walk the highest sea cliffs in Europe where there is the option to arrive at the mountain of Slieve League by foot or by shuttle. For those that chose to do so, there is the option to explore further allow on foot, perhaps reaching the mountain's summit for some of the most stunning scenery in Ireland, where views on a clear day are for miles southwards along the Atlantic west coast. After a packed lunch on the mountain, we make our way back down before heading into town for the rest of the afternoon where you will have the chance to explore the craft shops.

Accommodation:

3 nights Ard na Breatha or similar

Day 5

Locations: Donegal

Overview:

Transferring northwards we have a fantastic stop along the way at Glenveagh National Park. Here we will enjoy a 3.5km lakeside walk, along the floor of the Glenveagh Valley, taking in enviable views of the mountains and a taste of the remote and peaceful Irish wilderness. Along the way we will keep an eye out for the wildlife, including red deer and golden eagles, recently reintroduced to the park. The walk ends at the gothic-style Glenveagh Castle where the gardens work both in contrast and harmony to their wild surroundings. Here we will enjoy lunch before touring the castle where you will hear tales of trespassing sheep, evictions and ancient curses.

Accommodation:

Accommodation: 2 Nights The Silver Tassie or similar

Day 6

Locations: Donegal

Overview:

Today we make our way to Ireland's most northerly point on the isolated headland of Inishowen where we spend the day exploring the peninsula. Our first port of call is Fort Dunree, a cliff-top military fort that has been a point of strategic importance since ancient times. After visiting the onsite museum we will wander the cliff path, alongside the nesting seabirds, fulmars and coughs before arriving at the guns which are still in place. After the chance to get some lunch and explore one of the nearby villages, we will spent the afternoon further exploring this wild coast with a 5 km beach walk on one of the fine white-sand beaches, breathing in some of the freshest air in Europe. On the way back to the hotel we will stop at the Grianan of Aileagh, one of Ireland's most important pre-historic monuments, this hilltop fortress dates back almost 4000 years.

Accommodation:

Accommodation: 2 Nights The Silver Tassie or similar

Day 7

Locations: Derry

Overview:

The city of Derry is a completely walled city which has 1,500 years of history and culture enclosed within its walls. The city has long been associated with Northern Ireland's 'troubles' the political and religious divide that ignited years of violent struggle after the Republic of Ireland gained independence from the UK and Northern Ireland's catholic residents subsequently fought for their civil rights. You will join a Derry native for a walking tour of the city where you will learn of the city's turbulent and emotive past as well as it's positive present. Continuing onwards into Northern Ireland, we will arrive at the Causeway Coast where we will stop at the iconic ruins of Dunluce Castle before continuing on to our next accommodation.

Accommodation:

Accommodation: Bayview Hotel or similar

Day 8

Locations: Giants Causeway coast

Overview:

This morning we will set out from our hotel on foot along the coastal path towards the iconic Giant's Causeway for a 4km walk which takes in some of the best scenery the area has to offer. Here octagonal volcanic basalt columns form one of the world's most unique landscapes. This is a UNESCO world heritage site, the area is steeped in myth and you will learn how the columns were formed by feuding giants. Further exploring this iconic coastline, later we will stop at Carrick-a- Rede were the rope bridge was suspended 30m above the Atlantic Ocean 350 years ago- cross if you dare! Those who do will be rewarded with a birds eye view of the clear green waters flowing through ancient caves and caverns below.

Accommodation:

Accommodation: Bayview Hotel or similar

Day 9

Locations: North Antrium

Overview:

We have one final stop along in North Antrim as we head eastwards towards Belfast. The Dark Hedges are a a compelling landscape feature where a beautiful avenue of beach trees have inexplicably intertwined. From there we will continue our journey to the Irish Sea coast, exploring the famous Glens of Antrim where we will enjoy a 5km walk through an old-growth forest where hundreds of varieties of moss and fern enjoy the cool shade beneath no fewer than three waterfalls. From here we spend some time exploring the village of Glenarm before travelling along the Irish Sea coast to our next hotel near Belfast City.

Accommodation:

Accommodation: Malone Lodge or similar

Day 10

Locations: Belfast

Overview:

Exploring Belfast City and surrounds today, our day starts at Hillsborough Castle, here we walk in the footsteps of presidents and princesses as we learn of this beautiful building's place in Northern Ireland's history. From here we head into the city of Belfast where, after visiting the Titanic Experience museum in the newly revived and reinvigorated Titanic Quarter you have the opportunity to explore the city alone on foot. A vibrant and cosmopolitan city, there is plenty of opportunities to pick up some final Irish souvenirs. We will celebrate our final night in Ireland with a fantastic group dinner in the city.

Accommodation:

Accommodation: Malone Lodge or similar

Day 11

Locations: Scotland to Lake District

Overview:

After breakfast, we make the short hop across the Irish Sea by ferry from Belfast to south west Scotland. We then transfer south into England and the Lake District, where our destination is the picturesque market town of Keswick. Transfer time: Ferry crossing then 3 hour transfer (plus a stop en route perhaps at Threave Gardens by Dumfries)

Accommodation:

Overnight The Skiddaw Hotel or similar

Day 12

Locations: Lake District

Overview:

Loughrigg Fell & Grasmere Today we tackle our first local "fell" (the local name for a hill). A short transfer after breakfast takes us south to Lake Grasmere where our 7km circular hike commences. The hike up Loughrigg Fell is fairly short but climbs to a height of 335m so is quite

challenging. However, the wide-reaching views from the summit make it worth it. After our hike we visit one of the Lakes most famous villages, Grasmere, to enjoy some local highlights including a visit to Dove Cottage former home of acclaimed English poet William Wordsworth. We then return late afternoon to Keswick with a visit to prehistoric Castlerigg Stone Circle before returning to our accommodation for evening meal and overnight stay.

Accommodation:

Overnight The Skiddaw Hotel or similar

Day 13

Locations: St Bees

Overview:

The Lake District – St Bees After a short transfer to the west coast, we'll enjoy our first hike in England by following part of the famous 'Coast to Coast' trail (10km, roughly 3-4 hours). We'll start in traditional style at the village of St Bees, by dipping at least a toe in the Irish Sea! The route then follows the sandstone cliffs of St. Bees Head, where puffins, kittiwakes, and guillemots can sometimes be seen. Turning inland, we pass through a former coal and iron ore industrial area before returning to St Bees. There will be the chance to stop in a traditional village pub for a pint of local ale before transferring back to our hotel in Keswick

Accommodation:

The Skiddaw Hotel or similar

Day 14

Locations: The Lake District - Tarn Hows & Coniston Wate

Overview:

We transfer south to the village of Coniston and Coniston Water, one of England's most beautiful lakes. Here, we take on a short but beautiful hike around Tarn Hows, a glacial lake. (Today's walk is 4km, and will take roughly 1-2 hours.) Afterwards, we'll enjoy lunch in Coniston with some time to relax and explore before an optional steam boat ride on Coniston Water. We then return to our hotel accommodation mid

afternoon, allowing some free time to explore Keswick before we depart the next morning.

Accommodation:

Overnight The Skiddaw Hotel or similar

Day 15

Locations: Yorkshire Dales

Overview:

Yorkshire Dales A short transfer east takes us into the Eden Valley in the Yorkshire Dales. We enjoy a hike on the limestone plateau (9km, roughly 3-4 hours), seeking out the rare dwarf trees and other unusual plants which frequent this environment. We then continue east to the charming market town of Richmond, where some free time allows you to visit the historic castle or perhaps enjoy some shopping.

Accommodation:

Overnight Kings Head Hotel or similar

Day 16

Locations: Yorkshire Dales

Overview:

Today we venture into the beautiful Swaledale valley, a favourite location of hiker and writer Alfred Wainwright, who created the Coast to Coast hiking trail. We'll hike a section of that trail, following the riverside past fields bounded by traditional stones walls, most likely populated by sheep which are a real feature of the landscape here. (Today's hike is 10km, and will take roughly 3-4 hours.)

Accommodation:

Overnight Kings Head Hotel or similar

Day 17

Locations: Yorkshire Moors

Overview:

Mount Grace Priory & North Yorks Moors National Park We continue east in the morning to visit the ruins at Mount Grace Priory, located on the edge of the North Yorks Moors National Park. Afterwards, we venture into the park, we enjoy a hike across the bleak, heather-covered moors which give this park its unique character. (This walk is 8kms, taking roughly 3 hours to complete.)

Accommodation:

Overnight The Victoria Hotel or similar

Day 18

Locations: Yorkshire Moors

Overview:

Waking up on the east coast, the obvious place to explore is the dramatic coastline. We follow a trail which rises high above the cliffs, offering elevated sea views throughout. (This hike is 10km long, and take 3-4 hours.) With the sea breeze in our hair, this is the perfect hike to end the trip and reflect on a fascinating journey through Northern Ireland and England. In the evening, we enjoy a farewell dinner together as a group.

Accommodation:

Overnight The Victoria Hotel or similar

Day 19

Locations: Yorkshire Moors

Overview:

Morning transfer to departure city, Manchester. Tour concludes.

Inclusions / Exclusions

Inclusions

- 18 nights accommodation including breakfast
- Lunches and dinners as per itinerary
- Entrances as per itinerary
- Local expert guides
- Transport in private coach
- Gratuities and service charges
- Services of an Odyssey Program Leader
- Comprehensive preparatory material

Exclusions

- International airfares and taxes
- Comprehensive Travel Insurance
- Meals or activities not listed on the itinerary
- Items of personal nature

Level 3 - Moderate to Challenging

Participants must be in excellent health, extremely mobile and live an active lifestyle. Program activities may include up to 6 hours of continuous strenuous, moderate to fast paced activity per day over varied terrain.

Please do not hesitate to contact us with any requests for further information about this tour or any others offered by Odyssey Travel.