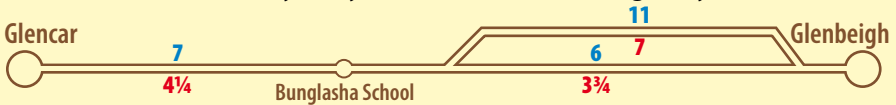


3.3 Glencar to Glenbeigh

Map	panels 2 and 3
Distance	13 km 8 miles by Windy Gap (18 km 11 miles by Scenic Route)
Terrain	gravel tracks and short minor road to River Caragh; riverside and forest paths; quiet road across Caragh valley, gravel track around Seefin; minor road then busy main road into Glenbeigh
Grade	moderate undulations in forest; steepish climb to Seefin; generally downhill to Glenbeigh (total ascent 200 m)
Food and drink	Glencar, Glenbeigh (wide range)
Side trip	Carrauntoohil: see pages 17-18
Summary	the easiest day on the Way, combining pleasant forest and woodland paths, superb views of River and Lough Caragh and MacGillycuddy's Reeks, and vistas of Dingle Bay and Peninsula



- From the intersection beside the Climbers Inn, turn left along a gravel road to head generally south-west down past rough pastures to a minor road.
- Continue straight on over the River Caragh bridge and turn right through a small gate.



River Caragh

- Cross rocky ground then drop down to the grassy riverbank. About 500 m from the gate, cross a footbridge and go left beside trees for about 200 m. Then turn left across a log bridge to follow a path between conifers for about 150 m.
- Then follow three changes of direction within 150 m to reach a footbridge and follow a wide track through the plantation.
- About 1 km further on, glimpse tiny Drombrane Lough through the trees as the track rises to meet a minor road. Turn right.
- After about 500 m, turn left uphill along a gravel track. Within 250 m join a narrow path which climbs to an excellent viewpoint eastwards to the Reeks, across gently rolling fields and woods.
- Steps lead to another viewpoint with good views of Lough Caragh and sprawling Seefin, the next major objective. Follow a path and steps through dense woodland and rocky outcrops, to a forest track.
- Turn right, then after 300 m turn left at a minor road. On the right is a plaque commemorating the work of members of the Ancient Order of Hibernians.
- The road passes through woodland, crosses the Meelagh River and starts to climb. About 1 km from the river, turn left at a junction near old Bunglasha School and follow this road uphill for 1 km.
- About 100m after the tarmac ends, the Way divides. The 'Scenic Route' turns right and takes 9 km to reach Glenbeigh, whereas the hilly route climbs through Windy Gap taking just 4 km. It has much less road-walking and is also scenic.

Dingle Peninsula from Windy Gap





MacGillycuddy's Reeks and Lough Caragh from Seefin

Windy Gap

- Bear left at the junction, and climb steeply north-west on a broad rocky track. It squeezes through a small gorge at Windy Gap, where views of the Reeks behind give way to a new vista of Rosbehy Point, Inch Strand and the Dingle Peninsula.
- The track veers north to join a tarmac road with several houses. After 500 m, turn left downhill and continue to a T-junction. Turn right here for the final 1 km into Glenbeigh.

Scenic Route

- After turning right, the track levels out and contours north-eastward around the flank of Seefin, with great views across Lough Caragh to the mountains.
- Continue downhill to a minor road junction where you bear left and follow the road for 2 km. The views soon open up to the north, over Dingle's Bay and hills.
- Once you reach the busy N70, turn left and walk beside it for 2 km. Take extra care: sadly there's no roadside path until the centre of Glenbeigh.

