

# A TASTE OF BEAR

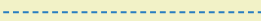
Our ultimate long-weekend escape away exploring some of the best hidden gems of the Beara Peninsula! From wild foods & campfire cooking to discovering Glengarriff Bay by kayak & sleeping under the stars on Bere Island. Crafted by Two Green Shoots and Wild Atlantic Glamping.




Make this escape yours  
[www.wildatlanticglamping.ie/a-taste-of-beara](http://www.wildatlanticglamping.ie/a-taste-of-beara)




Friday's route 

Sunday's route 

Hidden Gems 

Pontoon Murphy's Ferry 087 238 6095 

Bere Island Ferry 086 242 3140 



FORAGING & LUNCH FEAST

KAYAKING GLENGARRIFF BAY

FERRIES TO BERE ISLAND

GLAMPING

## FRIDAY

Your weekend will begin with a guided foraging walk with Two Green Shoots, followed by a two-course camp-fire lunch served in a woodland clearing.

Next, enjoy an afternoon kayaking tour of Glengarriff Bay before continuing down the Peninsula to Castletownbere for the ferry to Bere Island. Settle into your luxury bell tent, at Wild Atlantic Glamping - your home from home for the weekend. Savour your hamper of delicious West Cork produce on our covered terrace or dining room with views over Bantry Bay.

## SATURDAY

Delight in a sunrise swim followed by the weekly Park Run (or walk) over the spectacular 5k trail across the island. Afterwards joining the locals for tea and freshly, homemade scones with blackberry jam. Continue your island adventure with a guided tour of Lonehort Battery, discover the hidden, sandy cove with turquoise water, climb up to one of the Martello Towers or hike to the Ardnakinna lighthouse. Or just relax and read a book listening to the sounds of nature before ending the day with dinner at a local restaurant.

## SUNDAY

Make your way home or continue your adventure along the Beara Peninsula. Look out for our favourite Hidden Gems on your way.

- Dzogchen Beara for walk and meditation in the gardens [www.dzogchenbeara.org](http://www.dzogchenbeara.org)
- Lunch from Beara Barista enjoyed on beautiful Ballydonegan Beach in Allihies [Bearabarista@gmail.com](mailto: Bearabarista@gmail.com)
- Afternoon walk around Derreen Gardens [www.derreengarden.com](http://www.derreengarden.com)
- Swim and a pint at Helen's Bar on Kilmacalogue Pier (064) 668 3104
- Finally, loop back via the Healy Pass or continue onto Kenmare for dinner.

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