

Explore North Kerry Car-Free

Tralee – Fenit - Banna Strand – Ballyheigue – Ballybunion – Listowel - Tarbert

Feel your heart soar on a two-day memory-making adventure exploring the best spots on foot, bicycle and on board a [Local Link Bus](#) or [Bus Eireann](#). From beach hopping to shopping, culture hubs, chats with locals and awe-inspiring views, check out our recommendations for ideas to inspire all interests and ages.



1

Wake up to Tralee by the Sea, the capital town of County Kerry! It's a mood-boosting hive of coastal activity with vibrant communities, cultural experiences and cafes framed by the Slieve Mish and Stack's Mountains.

Start your day with the Scent of Roses - Tralee is famous for the annual Rose of Tralee Festival owing its origins to a romantic Irish ballad. Following a coffee and sweet treat while admiring the quirky interiors of the pet-friendly [Maddens Coffee House](#), take a stroll to Tralee Town Park. See the statue dedicated to the first every Rose – Mary O'Connor – stopping to chat with locals while exploring the Rose Garden (with over 35 varieties of roses) and Rose Wall listing the name of every Rose who has participated in the festival since its foundation in 1959.



Maddens Coffee House: open Duration: 2 hours
Mon-Sat, 10am -4pm



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Or Dive into nature at [Tralee Bay Wetlands Eco & Activity Park](#) – appreciate how lucky we are to live on this planet with stunning scenery, rich biodiversity, herbs, natural gardens, flora, fauna, trees, pond life and birds from graceful swans to the long-beaked curlew. Explore pond dipping, climbing, guided nature walks or pedal boating. Chat with on-site experts about biodiversity and the environment or watch the world go by over a book and delicious homemade delights at the Lakeside Café.

TIP 1: [Aqua Dome - Tralee](#), one of Ireland’s largest water worlds, is located across the road – perfect for family fun.

TIP 2: Time permitting, take a stroll along Tralee’s canal bank with breathtaking views of the Atlantic Ocean and the Slieve Mish Mountains and visit the 18th century [Blennerville Windmill](#) - Ireland’s largest working windmill and the only windmill on the Wild Atlantic Way.

A one-of-a-kind experience that combines history, engineering and stunning scenery. Guided and self-guided tours are available.

TIP 3: Time permitting, add a visit to the [Kerry County Museum](#) before departing for Tralee Bay Wetlands. Gain fascinating insights into County Kerry’s rich heritage which are shared through artefacts, interactive galleries and hands-on activities suited to adults and children.

Tip 4: [Siamsa Tíre](#) is one of Ireland's busiest and most vibrant theatre and arts centres. As the home of storytelling in all its artistic forms.

<p>Tralee Bay Wetlands Eco & Activity Park</p>	<p>Aqua Dome Tralee</p>
<ul style="list-style-type: none"> • Opening times: 9am-5pm, March -September • 25 minutes’ walk / 1.5km from Tralee Centre. • 6 minutes by bike -see Tralee Bike Rental <p>Duration: 2-3 hours</p>	<p>Aqua Dome Tralee</p> <ul style="list-style-type: none"> • Mon-Fri: 10am-10pm • Sat & Sun: 10am-7pm <p>Duration: 2-3 hours</p>
<p>Blennerville Windmill</p>	<p>Kerry County Museum</p>
<ul style="list-style-type: none"> • Opening times: <ul style="list-style-type: none"> - April, May, Sept, Oct: 9.30am-5pm, Tues-Sat - June-Aug: 9.30am-5pm, Mon-Sun • 40 minutes’ walk / 3km from Tralee Centre. • 15 minutes by bike -see Tralee Bike Rental • Bus: 14 minutes via 275 Bus Stop Tralee - Blennerville (Main Street) <p>Duration: 2-2.5 hours</p>	<ul style="list-style-type: none"> • Opening times: <ul style="list-style-type: none"> - Jan-May: 9.30am-5pm, Tues-Sat - June-Aug: 9.30am-5.30pm, Mon-Sun • 8 minutes’ walk / 600M from Tralee Centre. • 3 minutes by bike -see Tralee Bike Rental <p>Duration: 1 hour</p>



Photographer/Creator: Roamer
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Fenit Coastal Village:

Time permitting, explore the beautiful coastal village of [Fenit](#) by Local Link Bus or the [Tralee to Fenit Greenway](#): Nestled on the rugged coast of County Kerry, the Tralee Fenit Greenway is a 13.6km stretch of off-road trail that winds its way through some of the most stunning landscapes the region has to offer. From quaint villages and tranquil beaches to rugged cliffs and rolling hills, this scenic route has something for everyone, making it a must-see destination for tourists and locals alike.

An atmospheric fishing village buzzing with activities, wellness and Atlantic coastal atmosphere. Begin by taking a stroll along Fenit Harbour and Marina, spotting the working fishing boats.

Then, choose from a wide menu of activities:

- [Wild Water Adventures](#): award winning, family-owned activity provider offers SUP and kayak rentals as well as coasteering and sea kayaking tours
- [Tralee Bay Experience](#): eco scenic tours and sea angling trips from Fenit Marina with close-up views of the rugged coastline, [Samphire Island and Lighthouse](#).
- [Fenit Sea Safari](#) : family-friendly coastal tours suited to thrill seekers, bird watchers, nature and culture enthusiasts.

Check online for bookings April-Oct annually.
Private bookings catered for year-round upon request and subject to availability.

For a delicious meal, check out, [The Oyster Tavern](#) and [The Tankard Seafood Restaurant & Steak House](#) Enjoy a Seafood Takeaway from [Spa Seafoods](#) for a beach picnic – taking care to Leave No Trace after your visit.

[Mike's Beach Shop and Cafe](#), [Fenit Boathouse Cafe](#) and [Navo Coffee Hatch](#) are ideal for a casual bite to eat and coffee.

The Oyster Tavern	The Tankard	Mikes Beach Shop & Café	Navo
Mon-Wed: 5pm - 9pm	Thurs-Sun: food from 5pm	9.30am-6pm daily	9am-4pm daily
Thurs-Sat 5pm-9.30pm	Mon-Wed: bar only		
Sun: 12.30pm-8pm			

Tralee to Fenit Greenway : 13.6km


Tralee to Fenit Local Link Bus

One-way:

- Walk: 3 hours 20 mins
- Cycle: 1 hour

Note: run, walk or cycle into the heart of the village, arriving at the blue flag Lockes Beach.

 Catch the bus – 15-minute transit - [Route 278 Tralee \(Denny Street\) to Fenit](#)

 8 daily departures: 2 mornings, 2 afternoons and 4 evenings



Insider Tips: 1. Explore the [North Kerry Way](#): 48km 2-day hike from Tralee town to Ballyheigue along a family-friendly trail with coastal views 2. [Tralee Farmers Market](#) – beloved by locals – takes place every Saturday 11am-3pm 3. [Saint Brendan - The Navigator](#) was born in Fenit –magnificent statue on the summit of Samphire Island at the entrance of Fenit harbour.

2

Beach hop by bus or bicycle on a heavenly afternoon escape from Banna Strand to Ballyheigue



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Walk the length of [Banna Strand](#) absorbing the stunning views with a wide Atlantic Coast skyline and extensive sand dunes. Wrap yourself in the arms of nature in this Special Area of Conservation known for its wide range of habitats, flora and fauna.

Check out [Kingdom Waves Surf School - Banna Strand](#) for a surf lesson in the pristine Blue Flag Beach or to hire equipment (south end of the beach near the lifeguard hut)

Lifeguard on site during summer seasons. For information check the beach noticeboard	Duration: 2 hours
Location: 7kms north of Tralee	



Photographer/Creator: Islander
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Tralee to Banna Strand

🚌 Local Link Bus – 30-minute transit: [Route 80 Tralee \(Casement Station\) → Banna \(Beach Resort\)](#)

🕒 4 daily Departures: 2 morning, 1 early afternoon and 1 late afternoon

Banna Strand to Ballyheigue

🚌 a) Walk 15 minutes (850 metres) from Banna Beach to Banna Cross b) Catch the Local Link Bus – 8-minute transit: [Route 274 Banna Cross \(Northbound\) → Ballyheigue](#)

🕒 3 daily Departures: 1 morning, 1 early afternoon and 1 early evening



Like Banna Strand, [Ballyheigue Beach](#) is a slice of heaven on earth. A beautiful Blue Flag beach, located within a Special Area of Conservation, the sandy beach is overlooked by the charming Ballyheigue village with its many pubs and curiosity stores.

Enjoy a gentle walk, a dip in the sea or water sports like body boarding and surfing. End your day on a high note with an evening sunset.

Lifeguard on site during summer seasons. For information check the beach noticeboard	Duration: 1-2 hours
Location: 7kms north of Banna	



Insider Tips: 1. [White Sands Hotel Ballyheigue](#) is a family-run hotel, with local food served in Jimmy Browne's Pub –traditional music is a regular feature. 2. [Flahives Bar Ballyheigue](#) – a great traditional pub with an outdoor beer garden to visit after a beach walk 3. [Tides Cafe Ballyheigue](#) is a beachside family and pet-friendly spot serving snacks and hot meals, opening hours are season-dependent. 4. [Ballyheigue Castle Golf Club](#) boasts beach views in a woodland setting, surrounding the 19th century castle at Ballyheigue. 5. [Kerry Head Cycleway](#)

is signposted from Ballyheigue: 17km moderate road cycling trail along a captivating route departing with magnificent views over Ballyheigue Bay

Ballyheigue to Ballybunion	Ballybunion to Listowel	Listowel to Tarbert
Catch the Local Link Bus – 35-minute transit: Route 274 Ballyheigue to Ballybunion (The Scallops Bus Stop)	Catch the bus – 15-minute transit - Route 314 Ballybunion (Post Office) to Listowel (Arms Hotel)	Catch the bus – 15-minute transit - Route 314 Listowel (Arms Hotel) to Tarbert (Ferry House the Square)
3 daily Departures: 1 morning, 1 early afternoon and 1 early evening	7 daily Departures: 2 morning, 2 midday, 2 afternoon, 1 evening	7 daily Departures: 2 morning, 2 midday, 2 afternoon, 1 evening

3

Start a new day with a trio of beach, town and village. All aboard for Ballybunion seaside resort, the heritage market town of Listowel and charming Tarbert village where the Shannon River meets the Atlantic Ocean



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Ballybunion

Fresh from Banna to Ballyheigue, arrive bright and early in [Ballybunion](#) to a romantic scene of golden sand and ocean views surrounded by rocky headlands, high cliffs and ancient sites.

Take a stroll along the Blue Flag beach, at one with nature in this Special Area of Conservation.

Explore Men’s Beach and Ladies Beach partitioned by a cliff or take the steep walkway to Nun’s Beach that is overlooked by an old convent.

Enquire about the [Seaweed Baths](#) on Ladies Beach (seasonal opening hours).

Lifeguard on site during summer seasons. For information check the beach noticeboard	Duration: 2 hours
Location: 26kms north of Ballyheigue	



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Insider Tips: Ballybunion



1. [The Marine Cafe & Bakery](#) where every cup of coffee tells a story and every bite is a delight. 2. Ballybunion is a walker's haven – check out [Ballybunion Loops - Beach Walk](#) , [Ballybunion Loops - Lahardane Hill Walk](#) 3. [Eco Trek Ballybunion](#) Hear the Myths Legends and the Geological history of the area with Local Historian and Author Danny Houlihan. 4. Be sure to stop by the [The Beach Hive Gift Shop](#), it is a local gem. [Ballybunion Golf Club](#) is renowned for two links courses with incredible Atlantic Ocean views

Listowel



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Listowel is a charming heritage town with a vibrant community and a rich tradition in the arts. Home to illustrious writers such as the novelist, short story writer, poet and playwright John B. Keane (1928-2002), the imprint of the town's literary heritage is everywhere present.

Nurture your create side by exploring the [Kerry Writer's Museum](#) and [Listowel Writers' Week Festival](#) that takes place May/June annually.

A standout attraction in the heart of Listowel, [St. John's Theatre & Arts Centre](#) offers an unforgettable cultural experience.

Continue the literary theme over delicious food served at [Writer's Bar - Listowel Arms Hotel](#)

Location: 15 kms southwest of Ballybunion

Duration:
2-3 hours

Insider Tips: Listowel



1. [Lizzy's Little Kitchen](#) is a beloved local café, serves freshly prepared dishes using locally sourced ingredients. 2. The [Kingdom of Kerry Greenway](#) is a 16km cycling route of unspoilt landscape with heather peatlands, picturesque valleys and rolling hills that ends at the County Limerick border. To make the most of your Greenway adventure, [Like Bikes](#) offers a full range of bike hire services. 3. [Listowel Races](#) (1km – 15 minutes' walk of the town centre) is the place to be on race days. 4. Visit 12th century [Listowel Castle](#) - an unmissable landmark. 5. The [Lartigue Monorail and Museum](#) offers a fascinating glimpse into one of the most unique railways ever built. 6. A visit to Listowel is incomplete till you have soaked up the town's lively social scene and rich cultural pedigree, achieved in one hit with a trip to [John B Keane's Bar](#). 7. If you have some spare time why not take a trip to Ballylongford where you can visit [Carrigafoyle Castle](#) a late 15th Century Castle at the mouth of the Shannon Estuary. [Local Link Listowel - Ballylongford S239C](#)

Tarbert

With woodlands to the south and the Shannon Estuary to the North, Tarbet is a soul-stirring place of natural beauty.

Explore John F Leslie [Tarbert Woodland Walk](#) – a 5km easy walking route through flora, fauna and towering native trees.

Follow that, with a stroll along Tarbert Port to enjoy serene views of the Shannon Estuary, spotting impressive local landmarks like Tarbert Lighthouse

Tarbert Woodland Walk: approx. 1 hour 30 minutes

Visit to Tarbert village: 2-3 hours

Location: 17kms north of Listowel



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Insider Tips: Tarbert



1. Visit [Tarbert Bridewell Courthouse & Jail](#) – an immersive experience that shares pivotal moments in Irish history. End with a delicious treat in the on-site café. **2.** Ask locals about the landmark [Tarbert Fairy Fort & Wishing Tree](#) – where all your dreams can come through. **3.** Time depending, travel onwards by taking the 20 minutes [Shannon Ferries](#) connecting counties Kerry and Clare. If you are lucky, you might even spot a dolphin!