

Cycling Safaris

DUBLIN / WICKLOW

Self-Guided Tour 2018

219-244 km | 8 days/7 nights



Nestling between the sea and mountains, Dublin has an unrivalled setting, yet few visitors move beyond the city centre to experience this! With some gentle cycling we explore the gentle Southside coast and the foothills of the Dublin Mountains. We then head into the haunting beauty of the Wicklow Mountains where the bustle of a capital city will seem a million miles away.

The roads are all tarmaced and the route is designed to ensure that you spend most of the cycle on quiet back roads. To experience the majestic scenery of this area the route does have some climbs, so it is worth getting a few weekends training on a bike in varied terrain before coming thus ensuring that you can fully enjoy the tour.

TOUR ITINERARY

DAY 1 ARRIVAL TO DUBLIN

You will be spending your first night in Dublin (details to follow). The cost of a taxi from Dublin airport into Dublin is approx. €25-30. Alternatively, there is blue coloured Air Coach, departing every 20 minutes from just outside the Arrivals Hall at Dublin Airport, which will take you into Dublin city. The return ticket costs €16 and the journey should take around 40 minutes.



Once you have checked into your accommodation, you can then spend the rest of the day exploring the many sights and sounds that have made Dublin such a lively and popular destination.

DAY 2

DUBLIN TO ENNISKERRY

18 miles / 30kms



We will arrange for you to be brought to our bike shop in the south side of the city where we will fit you out with your bikes and route details. You begin the day in a leisurely fashion with a cycle along cycle paths and quiet roads to the coastal towns of Dun Laoghaire and the charming village of Dalkey, with its many famous residents where we can stop for lunch. You continue along the scenic Vico Road with spectacular views across Killiney Bay. You then head inland cycling along green fields to the village of Enniskerry where you overnight. A transfer can be arranged this evening to the famous Johnnie Foxes Pub, the highest pub in Ireland (www.jfp.ie). Here you can enjoy a uniquely traditional Irish night with good food and Guinness, along with entertainment from local musicians.

DAY 3

ENNISKERRY TO GLENDALOUGH

30 miles / 48kms

In the morning you have the chance to visit the beautiful Powerscourt Gardens before heading over the stunning Sally Gap Road all the way to Roundwood for lunch. After lunch you have head via Lough Dan into the village of Laragh for the night. Laragh is located beside the monastic village of Glendalough with its ruined abbey and distinctive round tower.



DAY 4

REST DAY IN GLENDALOUGH



Today there is the opportunity to relax in your tranquil surroundings in Laragh/Glendalough and walk one of the numerous signed ways around the surrounding lakes.

For more information Glendalough Visitors Centre
www.heritageireland.ie/en/glendaloughvisitorcentre/

DAY 5

GLENDALOUGH TO AUGHTRIM

25miles/40kms - 30miles/51 km

You have the option of 2 different routes today both of which head out on the east bank of the Avonmore River.

You can choose to visit Avondale House and Forest Park, once the home of one of Ireland's greatest political leaders. The village of Avoca, setting for the hugely successful BBC TV series Ballykissangel, is another option or the wild mountain scenery on the ancient Military Road, built to allow British troops access the rebellious tribes of these formerly heavily forested valleys. All routes come together in our overnight stop of Aughrim a pretty village with much evidence in its buildings of its former glory as a granite quarrying and stonecutting centre.



DAY 6**AUGHRIM TO WICKLOW****28miles/45kms - 40miles/65km**

Again today offers 2 different route options to match your mood and energy levels.

You can cross the low coastal hills to ride north along the coast taking a dip in Brittas Bay, a beautiful Blue Flag beach or venture into the wooded hills on virtually traffic free roads through remote villages to view for your self the mysterious Motte Stone before descending to the coast and Wicklow, a friendly seaside town with Viking origins.

DAY 7**WICKLOW TO DUBLIN****31 miles / 50kms**

Your last day on the bike will take you inland again back towards the village of Roundwood for lunch.

You can then take a different route along beautiful country roads to the village of Enniskerry where we will meet you and transfer you back into Dublin city for a final night on the tour.

**2018 TOUR DATES**

Our Self guided tours can start any day from April to mid October

2018 TOUR PRICE

- € 840.00* per person sharing off peak
- € 875.00* per person sharing in July and August
- € 255.00 single occupancy (if traveling with others)
- € 395.00 single tour supplement (for solo travelers)

* There is a €50.00 per person discount if you do not need the first night's accommodation in Dublin and you make your own way to our shop the following morning.

WHAT THE TOUR PRICE INCLUDES

- Seven nights accommodation with full Irish breakfast*
- 1 dinner (Glendalough/Laragh)
- 24 speed touring bike with small pannier bag for day to day items
- Route maps and details
- Luggage transfer each day
- Transfer to our bike shop on the first day and transfer back into the city centre on the last day
- GPS tracks available (on request)

Meal expenses

All breakfasts are included in the tour price. Clients buy their own lunches and dinner throughout the trip. You should budget between €10 and €15 for lunch each day. An evening meal each night should cost somewhere between €20 and €30.

We would recommend that you head up to Johnny Foxes pub (a few miles outside Enniskerry) for dinner when you are in Enniskerry (they also typically have music in the main bar at weekends, for more details on the pub you can go to www.jfp.ie)

Price of other extras (these are only approximate prices and will vary from region to region)

Coffee/tea	€2.00	Glass of Beer	€2.80 (this is half a pint!)
Soft drink	€2.00	Pint of Beer	€4.80 (this is a full pint!)
Bottle of water	€1.70	Bottle of wine	€18.00+

Are there facilities to change money?

There are banks in Dublin (open Monday - Friday: 10.00am - 4.00pm). There is also a cash point machine in Enniskerry. Credit cards are also widely accepted.

BACK UP SUPPORT

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If for any reason you are unable to cycle please contact our Dublin office (+353 1 2600749) so we can liaise with the luggage transfers to organise the transfer of bike(s) and person(s). Please note that you will be charged for any additional runs made on your behalf.

Our bikes are serviced after each tour so they should be humming perfectly! If you experience small problems with the bike (i.e., a puncture) you will have a spare tube, pump and tyre lever. You can of course phone our office if you experience any major problems (+353 1 2600749).

WHAT TO BRING

*We would seriously recommend that you bring **padded cycling shorts and / or a gel saddle cover** which will definitely make your days cycling more comfortable. Cycling gloves are also a good investment. You can also bring your own saddle which should be possible to attach to our bikes.

*We provide small **pannier bags** (not waterproof) in which you can keep your day-to-day items. Otherwise you may prefer to use a daypack and there are back carriers on each bike for this purpose.

*We do not provide **rain gear** so be sure to bring your own light weight waterproofs.

***We do not provide helmets on our self led tours. It is very important you wear one, so please bring your own.**

*Don't forget **sun cream, sunglasses, sun hat** as well as a bathing suit for that refreshing dip in the Irish Sea!

*Our rental bikes don't have **lights** - no problem on the long summer evenings, but if you are travelling in May or September, please bring your own light or high-visibility vest.

*Finally if you wish to use **toe clips** please bring your own pedals with toe clips which can be attached to our bikes (the pedals on our bikes do not accommodate toe clips).

BIKE & FITNESS

In 2018 we will be using the **GIANT CITY** bicycles for our tours.



To see the specification for this you can visit the website:

www.giant-bicycles.com/gb/escape-city (Gents model)

www.giant-bicycles.com/en-ie/bikes/model/alight.2.city/28581/99470/ (Ladies model)

Bikes come in different sizes and in gents and ladies style frames.

It is very important you give us your height on booking so that we can allocate the correct bike to you.

The advantage of a cycling safari is that because you have your own map and route details you can enjoy each day's cycle at your own pace. This is a moderately difficult route as there are hill climbs so we would recommend that you do try to do some cycling before the tour in order to make your week more enjoyable. Try to get out for a few hours cycling during the weekends coming up to your trip and if possible do it on varied terrain and include some hill climbing.

ACCOMMODATION

The accommodation is allocated on a twin sharing basis. We stay in a mixture of B&Bs and small hotels, where we hope to fuse the best standard we can get with the warmest welcome. We ensure en suite facilities.

We do reserve the right to change the accommodation around during the tour, but we will always endeavour to provide a high standard.

What if someone needs to contact me during the tour?

If you have a mobile phone which operates on the GSM 900 system, this will be compatible with the Irish system. We will send you a full list of where you are staying on the tour before departure

Extra Accommodation.

If you are planning to spend a few days in Dublin at the beginning or end of the tour, the following websites will give you some good ideas about accommodation and things to see and do while visiting our capital city

(www.visitdublin.com) Dublin Tourism, Tourism Centre, Suffolk Street, Dublin 2

Calling within Ireland - 1850 230 330 Calling within the U.K. - 0800 039 7000

Calling from any other country - +353 66 979 2083

www.dublinuncovered.net

www.indublin.ie

www.irishfolktours.com

Other accommodation websites for Dublin/Ireland

www.discoverireland.ie

www.dublinhotels.com

www.irelandhotels.com

www.goireland.com

www.hiddenireland.com

www.booking.com

Accommodation list - subject to availability

<p>Day 1 & 7: Dublin</p> <p>Donnybrook Hall donnybrookhall.com</p>		
<p>Day 1 & 7: Dun Laoghaire, Co. Dublin</p> <p>The Haddington Hotel thehaddington.ie</p>		
<p>Day 2: Enniskerry</p> <p>Enniskerry Inn theenniskerryinn.ie</p>		
<p>Day 2: Enniskerry</p> <p>Powerscourt Arms Country House powerscourtarmscountryhouse.com</p>		
<p>Day 3 & 4: Laragh/Glendalough (Dinner included)</p> <p>Pinewood Lodge glendalough.connect.ie/pinewood.html</p>		
<p>Day 3 & 4: Laragh/Glendalough (Dinner included)</p> <p>Heather House B&B heatherhouse.ie/widgetkit</p>		
<p>Day 5: Aughrim</p> <p>Lawless Hotel lawlesshotel.ie</p>		
<p>Day 6: Wicklow</p> <p>Kilmantin House bandbireland.com/accommodation/26620/kilmantin-house</p>		

Weather

Because we are an island located near the gulf stream Ireland has a very mild climate making it ideal for cycling. We recommend that you bring your rain gear as well as your sun hat as a day that starts with rain can end with glorious sunshine! The temperature range during the summer is between 15 and 22 degrees centigrade (60 to 72 degrees Fahrenheit)

Visa requirements

If you hold an EU passport you only need to make sure your passport is valid for the period of your stay. You will need photo identification travelling between Britain and Ireland.

All other nationalities require a passport that is valid for 3 months beyond the intended length of stay. Most nationalities including the USA, Canada, Australia and New Zealand do not require visas for Ireland and receive an automatic 90 day visitor's visa on arrival. If your nationality is not mentioned here you should check with your travel agent or consular office.

Electrical current/Mobile Phone

The standard electrical supply is 220 volts AC (50 cycles). To use small appliances mainland European visitors may require a plug adaptor to fit our 3-pin flat or 2-pin round wall sockets. The mobile phone system in use is a digital GSM 900 system.

Websites on Ireland

Some recommended websites on Ireland that might help you organise your trip if you are planning to spend more time in the country before or after your holiday with us.

www.discoverireland.com - Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

www.heritageireland.ie info on historical sites

Recommended Reading & Listening

Ireland has a rich literary and musical heritage, some of which you will experience first hand on our tours. Should you like to do a little advance research the following websites should help you...

www.kennys.ie is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

www.celticnote.com is the perfect place to carry out your acoustic research!