

Cycling Safaris

New Southern Coast Explorer Group Tour : 18th July 2020

This tour follows the Coast South Westwards from the ancient city of Waterford to “the real Capital“, Cork, with diversions up the beautiful River Valleys to visit the Castles and settlements once plundered by the Vikings.

The tour is one of our flatter routes and has many interesting diversions along the way from Ireland’s longest rail tunnel which is now a Green Way, to the Titanic and Tigers and some of the best food in Ireland.

Tour highlights:

Cycling the Waterford Greenway
Visit Titanic museum in Cobh
Visit Midelton Whiskey Distillery
Great Food along Ireland’s culinary coastline



DAY 1 **Saturday 18th July**

We meet up in Waterford City on the banks of the River Suir. This is one of Irelands oldest towns dating back to the 9th Century when it became an important Viking trading post.

There are medieval streets, Viking Towers, and the renowned Waterford Crystal Centre to explore her before sampling the local speciality – the Blaa, a form of bread with its own EU protected geographic identity.

DAY 2 **Sunday 19th July**

Waterford – Waterford 49km

Today's ride is a loop which takes us out along the southern bank of the Suir River leaving the city and suburbs for the small river bank communities before reaching the Ocean at the picturesque fishing port of Dunmore East where a welcome break for a swim on the village beach for the hardy is a possibility and a tasty lunch in one of the cute cafes a certainty.



We turn north inland heading back to Waterford city on quiet backroads meandering through hedgerow lined fields and old stone farmhouses to reach the Waterford where you will have time to view some of the many intriguing artefacts and buildings dating from Viking times to the iconic Waterford Crystal era.

DAY 3 **Monday July 20th**

Waterford to Dungarvan 50km



Today's route is almost entirely on the Waterford – Dungarvan Greenway. A motor traffic free cycling and walking trail with views inland to the Comeragh Mountains and out to sea across golden beaches. The trail was once a rail line so it is predominantly flat and features Ireland's longest rail tunnel!

The Greenway starts just outside Waterford City and runs all the way to the centre of Dungarvan. Along the way there are plenty of excuses to stop; Gardens to wander around, Norman ruins to explore and great cafes in which to linger.

DAY 4 Tuesday July 21st Rest Day in Dungarvan (optional cycle to Dungarvan Loop 61km)

Dungarvan, which means Garbhan's Fort, is situated at the mouth of a 3km wide bay. The town was named for St Garbhan who established a church here in the 7th century though there is evidence of human settlement in Dungarvan dating back to the Stoneage. In the 1800's excavations unearthed the remains of Woolly Mammoth's close to the town.

Today Dungarvan is a pleasant, vibrant town of 10,000 inhabitants with pretty sail boats bobbing in breeze in the harbour and some of Ireland's best restaurants and cafes dotted around the busy squares and waterside.



The 12th Century Dungarvan Castle is worth a visit as is the Waterford County Museum. Both of these venues are free to enter and both feature on the Waterford Heritage trail which you can follow via an app on your phone.

Those feeling energetic can do a loop ride out into the hills south of the town, earning for their climbing efforts a wide panorama sweeping from the Knockmealdown Mountains, across farms of rich pastureland and out to the Ocean. The route then takes us down to the seaside village of Ardmore for lunch and perhaps a swim before return to Dungarvan along the spectacular coast. The route takes in the historic Helvic Head and the Irish Speaking village of Ring on our way back to Dungarvan.

DAY 5 Wednesday July 22nd Dungarvan to Youghal 60km



Leaving Dungarvan we head gently inland on tree lined roads between stone walled farms towards the foot of the Knockmealdown Mountains.

Our route keeps us below the hills in the stunning Blackwater River Valley as we follow the river upstream through the village of Cappaquinn and onto the amazing heritage town of Lismore with its 12th Century castle and 13th Century Cathedral.

After lunch we ride down the southern bank of the Blackwater with wonderful views across its sylvan river bank landscape to the coastal town of Youghal, an old Norman Walled Port Town. There is a long golden sandy beach by the town and some excellent pubs and restaurants. The town featured in the 1950's Moby Dick Movie.



DAY 6**Thursday July 23rd****Youghal to Middleton 57km**

Our route today brings us through flat fertile East Cork farmlands which are home to some of Ireland's most celebrated artisan food producers.

On quiet back roads we wind our way among fields of contented grazing cattle to reach and follow the coast to the pretty port village of Ballycotton, perched over the wild Atlantic ocean.



After lunch the route crosses the Roches Point Peninsula, which marks the entrance to Cork Port, and follows the eastern side of Cork Harbour by the waters edge to the town of Middleton – famed for its distillery and some of the finest (and most expensive) Irish Whiskey available.

DAY 7**Friday July 24th****Middleton to Cork 52km**

From the bustling busy town of Middleton we are soon on quiet backroads passing ruined castles and crossing inlets to reach Fota Island. This oasis of calm, once a grand estate and Regency House, on the edge of the City of Cork is host to a Golf Course Resort and Hotel as well as an amazing 100acre wildlife park. There are lions, tigers and rhinos wandering about here. There are also stunning manicured gardens around the house a couple of good cafes in which to relax and enjoy the surroundings.



Leaving Fota our route takes us on a shore line road then crosses from the north to the south shore of Cobh Island to reach the town of Cobh where the Titanic took on its last passengers over 100 years ago before setting out into the North Atlantic on its final tragic voyage.

We now leave the cute picturesque town of Cobh and head by Ferry across the River Lee to follow its banks towards the city.

We soon pick up a traffic free walking and cycling path that takes us along the riverbank to Blackrock Castle, dating from the 16th Century and now an observatory – it commands panoramic views over the waterways around the entrance to Cork Port.

Continuing on our off-road cycle lane we reach its end at Pairc Ui Chaoimh, the 45000 capacity stadium that is home of Cork Gaelic Athletic Association. From here we ride through the city to our accommodation. Our final night will see us enjoying a celebratory meal and a chance to take in some live music in the lively city pubs.

Day 8 Saturday July 25th

Homeward Bound

After a relaxing breakfast you can continue your journey for home. Waterford Rail Station is short distance away with 6 trains a day to Dublin and Waterford bus station close to the city centre has 10 buses a day to Dublin Airport.

2020 TOUR DATES

July 18th

2020 TOUR PRICE

- € 945.00 per person sharing
- € 255.00 single occupancy (on request only)

WHAT THE BROCHURE PRICE INCLUDES

- Seven nights accommodation with full Irish breakfast.
- One evening meal
- 24 speed touring bike with bag carrier, mudguards, water bottle carrier and a small pannier bag.
- Route maps and details.
- Helmet rental (on request)
- Luggage transfer each day
- Support van with tour guide with minimum of 8 people
- GPS tracks available (on request)

Not included:

E-Bike (limited availability) €100

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 and an evening meal each night costing somewhere between €20 and €30.

Most people enjoy coming together each evening to discuss their adventures during the day over dinner, your guide will prebook and arrange a suitable venue for you each night. Nearly all restaurants in Ireland now cater for vegetarians but please inform the guide if you are vegetarian so that he/she can organise something for you in more remote places.

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/cash machines in Waterford, Dungarvan, Youghal & Cork City (banks open Monday – Friday: 10.00am - 4.00pm). Credit cards are also widely accepted.

GROUP, GUIDE & BACK UP SERVICE

If there are under 8 clients booked on our set departure date 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).

If we reach a minimum of 8 people on our set departure dates, we provide a guide in a support van.

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).

BIKE

In 2020 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.

WHAT TO BRING

*We would seriously recommend that you bring padded cycling shorts and / or a gel saddle cover that will definitely make your day's cycling more comfortable. Cycling gloves are also a good investment. You can also bring your own saddle which we should be able 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.

*Although it is not obligatory to wear a helmet we strongly recommend that you wear one. If you own a bicycle helmet please bring it.

*Don't forget sun cream, sunglasses, sun hat as well as a bathing suit for that refreshing dip in the Atlantic Ocean.

*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 we can attach to our bikes (the pedals on our bikes do not accommodate toe clips)

Please make an effort to pack lightly. This will make your travels easier and will be much appreciated by the guide when he/she is carrying your bags up a long flight of stairs to your room!

GENERAL INFORMATION

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.

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