

# Cycling Safaris

## WEST CORK COASTLINE

Set departure date tours 2023

305 km | 8 days/7 nights



The tour covers all types of landscape, from rolling green fields to spectacular coastal rides. West Cork is also best known for its colourful villages, all of which are brightly painted in a wonderful array of vibrant colours, with wonderful hanging baskets brimming with flowers out the front of every pub and shop.

This tour starts in Cork and finishes in Kinsale.

### TOUR ITINERARY

#### DAY 1 SATURDAY CORK CITY

The tour will start in Cork City in our Guesthouse on the Western Road, where you can check in anytime after 2.00pm

One month before tour departure we will advise you if we have reached the minimum number of 8 pax to provide you with a guide. And we will send you further details about the meeting point with the guide.

If we haven't reached the minimum number to run this as supported tour, you will receive the tour information in your first nights accommodation and commence the cycling tour without a guide in support van the next morning.

#### DAY 2 SUNDAY CORK TO GOUGANE BARRA

45 miles / 72 kms

After fitting you onto your bicycles, we head out by the banks of the Lee and travel along quiet back roads to a lunch stop in the market town of Macroom.

In the afternoon we continue up the Lee Valley through rolling countryside to the wonderfully peaceful Lakeside retreat of Gougane Barra, the source of the River Lee and Ireland's first National Park.



**DAY 3****MONDAY****GOUGANE BARRA TO AHAKISTA****28 miles / 45 kms**

We cycle down to the coast past fields of grazing cattle and sheep to the bustling coastal town of Bantry where we stop for lunch.

In the afternoon we head out to the beautiful Sheep's Head Peninsula and cycle along quiet coastal roads with stunning views of the surrounding landscape.

**DAY 4****TUESDAY****AHAKISTA TO BALTIMORE****39.5 miles / 63 kms**

In the morning we cycle through a gap in the mountains to the village of Schull where we have lunch in this bustling attractive seaside village.

From there we pedal along a warren of backroads to the small fishing village of Baltimore where you will spend the next two nights.

**DAY 5****WEDNESDAY REST DAY IN BALTIMORE**

The day can be spent in rest and relaxation or you can take part in a variety of activities including a visit to Cape Clear Island with its stunning views looking back at West Cork.

You can go horse riding or hike through the beautiful forest that overlooks the unique Lough Ine, the only salt water lake in North Western Europe. market.

**DAY 6****THURSDAY****BALTIMORE TO CLONAKILTY****39.5 miles / 62 kms**

In the morning we cycle along quiet back roads to the peaceful Lough Ine and then follow the West Cork coast to the village of Glandore where we have lunch overlooking the beautiful Glandore Harbour with its two islands, Adam and Eve.

In the afternoon we visit a 3,000-year-old stone circle, one of the best examples of its kind in the country, before following another scenic coastal cycle to the bustling town of Clonakilty. We stay overnight in a family run hotel.







In the morning we follow the coast road before heading inland to the village of Timoleague, where you can visit a 15<sup>th</sup> Century Franciscan Friary.

After lunch we continue to hug the coastline all the way to the historic town of Kinsale, site of the Battle of Kinsale in 1601. Kinsale is a very colourful cosmopolitan town with a wide range of excellent craft shops.

Our tour finishes with an overnight stay in Kinsale. You are free to make your own way back to Cork anytime on Saturday.

We do not arrange this transfer but there are regular buses from Kinsale to Cork and it may be worth bearing in mind that the airport is on the way. The airport is about half an hour at the most from Kinsale.

The recommended route involves a total distance of just over 157 miles (251kms), but a variety of longer routes can be taken each day. A more comprehensive route description and map will be provided at the start of the tour. With the exception of the roads out of Cork, the traffic on the route should be quite light. However, you should cycle carefully at all times, especially when going downhill or during rain showers.

### 2023 TOUR DATES

**We offer guaranteed set departure date tours:**

June 24

August 19

For 2023 we are offering two guaranteed departure dates on this tour. On all tours we will organise your accommodation, bike rental & route details, including information on what to see and suggestions on where to eat each day

If there are less than 8 people booked on the tour we will arrange for your luggage to be transferred each day locally by a taxi.

**However if there are more than 8 people on the set departure dates, we provide a guide in a support van.**

Each person will still have their own route details and maps and have the freedom to cycle at their own pace each day, however there is the security of a person in the background offering assistance if and when it is needed.

### 2023 TOUR PRICE

- € 930.00 per person sharing in May, June & September
- € 30.00 per person high season supplement in July & August
- € 285.00 single occupancy (on request )
- €450.00 solo tour supplement

Note that for 2023 bike hire is separated out of the tour price

- €100.00 24 speed touring bike with water bottle cage, lock, helmet and a small pannier bag
- €250.00 Electric - bike

## WHAT THE BROCHURE PRICE INCLUDES

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- Seven nights accommodation with full Irish breakfast.
- One evening meal ( in Gougane Barra )
- Route maps and details.
- Luggage transfer each day
- Support van with tour guide with minimum of 8 people
- 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 €15 and €20 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.

### Are there facilities to change money?

There are banks/cash machines in Cork City, Macroom, Bantry, Schull, Skibbereen, Baltimore and Clonakilty (banks open Monday – Friday: 10.00am - 4.00pm). Credit cards are also widely accepted.

### Extra expenses

Bus from Kinsale back to Cork is €7 approx.

Ferry Baltimore to Cape Clear Island €20 approx

## GROUP, GUIDE AND BACK UP SERVICE

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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). Please note that you will be charged for any additional runs made on your behalf.

**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 RENTAL

In 2023 we will be renting **GIANT CITY** bicycles for our tours.



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

[www.giant-bicycles.com/gb/escape-city](http://www.giant-bicycles.com/gb/escape-city) ( Gents model )

[www.giant-bicycles.com/en-ie/bikes/model/alight.2.city/28581/99470/](http://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!



## ACCOMMODATION

The accommodation is allocated on a twin-sharing basis. We stay in a mixture of B&Bs and small hotels. The B&B accommodation is a combination of two or three guesthouses in each night stop, 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 week, but we will always provide a high standard.

### Accommodation typically used – subject to availability

**Day 1: Cork City**

[Shandon Bells B&B](#)



**Day 2: Gougane Barra**

[Gougane Barra Hotel](#)



**Day 3: Ahakista / Killohane**

[Bridgeview House](#)



**Day 4 & 5 : Baltimore**

[Beacon Shore Guesthouse](#)



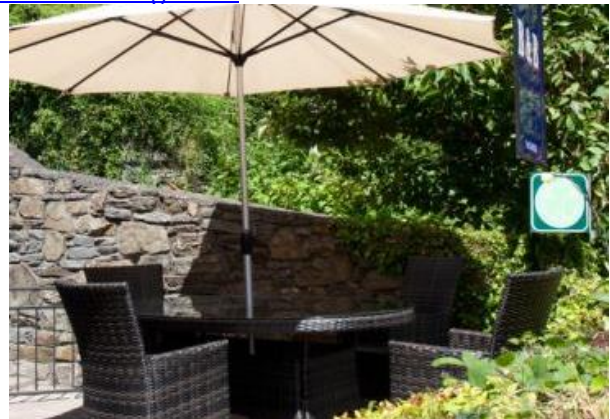
**Day 6 Clonakilty**

[Macliam Lodge](#)



**Day 7 Kinsale**

[The Anchorage B&B](#)



### **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](http://www.discoverireland.com) – Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites