

Cycling Safaris

CONNEMARA GALWAY & MAYO GUIDED TOUR 2024



This tour explores the beautiful region of Connemara, famous for its rugged granite landscape as well as its beautiful lakes and rivers. The route offers an incredible variety of scenery each day. In the morning you can be cycling along beautiful coastline while in the afternoon you could be on a quiet bog road with stunning views of the surrounding mountains.

The roads are all tarmac and the route is designed to ensure that you spend most of the week on quiet back roads, away from the main tourist routes. The emphasis of our cycling holidays is to give you the freedom to fully enjoy Connemara and its beautiful landscape at your own pace whilst having the security of everything being organised for you.

TOUR ITINERARY

DAY 1 **6th JULY** **GALWAY CITY**

When you arrive in Galway make your way to your accommodation any time after 3.00pm. You can then explore this bustling medieval city. At 6.00pm you will meet the guide and rest of the group for dinner and a talk about the week ahead. Overnight in Galway city.

Day 2 **7th JULY** **TRANSFER TO CONG, CYCLE TO WESTPORT** **(60km / 30 miles)**

The day starts with a 9.00am transfer to the village of Cong where you head north along the quiet back roads through rolling green fields full of grazing sheep, before descending down to Lough Mask and a wonderful cycle along the shores of the lake.

After lunch you have your biggest climb of the week over the Partry Mountains and then along quiet back roads with stunning views of the surrounding landscape all the way to the colourful village of Westport.

Day 3

8th JULY

WESTPORT TO LEENANE

(53 km / 33 miles)



You cycle between Croagh Patrick and the beautiful Clew Bay with its many small islands, to the village of Louisburgh where you can stop for lunch.



In the afternoon you head south through one of the highlights of the week, the stunning Delphi Valley with its beautiful lakes overlooked by Ben Bury, the highest mountain in Connemara. That night you stay in the small village of Leenane which looks out over Killary Harbour, Ireland's only fjord.

Day 4

9th JULY

LEENANE TO CLIFDEN

(58 km / 35 miles)

You cycle into the heart of Connemara overlooked by the Twelve Bens mountain range and visit Kylemore Abbey, a wedding gift from a wealthy Liverpool businessman to his wife in 1868.

The cycle continues along quiet backroads past small fields with grazing cattle to the seaside village of Cleggan where you stop for lunch. In the afternoon you follow the scenic coast road to Clifden where you can watch cars travel across the beach to Omev Island only accessible when the tide is out! Clifden, the capital of Connemara, where you spend the next two nights is a pretty and bustling town of art galleries, cafes, pubs and restaurants established 200 years ago at the whim of John D'Arcy.



Day 5

10th JULY

REST DAY IN CLIFDEN

The day can be spent in rest and relaxation, or you can take part in a variety of activities including walking, golf or horse riding. You can cycle to nearby Dogs Bay Beach and have lunch in the seaside village of Roundstone

The town itself is a nice place to spend time visiting the museum, art galleries and book shops and cafés. In the evening there are several bars which have traditional music sessions.



Day 6**11th JULY****CLIFDEN TO ARAN ISLANDS****(58 km / 35 miles)**

You cycle out of Clifden along beautiful waterside roads crossing extensive wild bogs with freshly cut peat waiting to be harvested against a backdrop of the Twelve Bens Mountains.

The afternoon cycle takes you through Gaelic speaking areas to the ferry in Rossaveel which will bring you to Inis Mor, the largest of the Aran Islands where you will spend the night.

Day 7**12th JULY****ARAN ISLANDS TO GALWAY****(35km / 22 miles)**

The day can then be spent touring the unique landscape of the island with its wealth of ancient stone forts and monastic sights.

In the late afternoon you return to the mainland and take a transfer back to Galway city for a final night on the town



2024 TOUR DATES

Our Guided Tour date is 6th July 2024

2024 TOUR PRICE

- €1260.00 per person sharing
- €350.00 single occupancy (on request only)
- - €50.00 been before discount

Note that bike hire is separated out of the tour price

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

WHAT THE BROCHURE PRICE INCLUDES

- Seven nights accommodation with full Irish breakfast
- GPS Route details plus one printed route details and map per booking
- Luggage Transfer
- Guide with a van looking after the group
- Ferry ticket to and from the Aran Islands
- Minibus transfer from Galway to Cong and from Rosaveel to Galway

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 €35.

Are there facilities to change money?

There are banks in Galway, Westport and Clifden (open Monday – Friday: 10.00am - 4.00pm). Credit cards are also widely accepted. Cashpoint machines are available in Galway, Westport and Clifden.

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 an excellent investment. You can also bring your own saddle which we should be able to attach to our bikes.

*We provide 40l **pannier bags** (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.

*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)

GROUP, GUIDE AND BACK UP SERVICE

This is not a difficult route however 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.

The group size varies from 10 to 20 people. A guide driving a support van leads each group. She/He will sweep during the day to check on cyclists. In the afternoon they will be gone for about two hours to leave the luggage off at your accommodation, so may not be on hand to give you a lift, but there is no rush and you have all day to complete the ride. As soon as the guide has delivered the luggage to your accommodation they will sweep back to do a final check on cyclists.

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 a support van is nearby just in case you might need it. Most importantly, our guide is there to help in whatever way possible so that all you have to do is leave your worries behind and enjoy the many wonderful experiences that this cycling holiday has to offer.

ACCOMMODATION

We stay in a mixture of B&Bs (in Galway & Westport) and small hotels (in Leenane, Clifden).

The B&B accommodation is a possibility of two or three guesthouses in each night stop, where we hope to fuse the best standard we can get with the warmest welcome and of course we ensure en suite facilities. We do reserve the right to change the accommodation around during the week, but we will always endeavour to provide a high standard.

Accommodation list – subject to availability

Day 1: Galway



In Galway we stay in guesthouses between the city centre and Salthill. Just a short walk into the heart of Galway but in a peaceful location!

Example Guesthouse : [Consilio B&B](#)

Day 3: Leenane



[Leenane Hotel](#) is our first preference

Day 6: Aran Islands



[Aran Islands Hotel](#)

Day 2: Westport



We stay down by the harbour in this attractive town

Example Guesthouse: [Rosmo B&B](#)

Day 4 & 5 Clifden



[Foyle's Hotel](#) is our first preference in Clifden

Day 7: Galway City



We stay in guesthouses located by the coast and close to the city centre

BIKE & FITNESS

Bike Rental is not included in the tour price. In 2024 we will be renting **GIANT CITY** bicycles for our tours. They will be equipped with a kick stand mudguards and back carrier. Helmets are available on request.



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. E-Bikes are also available

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

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.connemara.ie - a good source of information on the region we will be exploring

www.heritageireland.ie info on historical sites

If you plan to spend some extra time in Dublin, the following will give you some more ideas of things to see and do:

www.visitdublin.com (Dublin Tourism)

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

Calling from any other country - 00353 66 979 2083

www.dublinuncovered.net

www.indublin.ie

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!