

# Cycling Safaris

## CONNEMARA GALWAY & MAYO SELF GUIDED TOUR 2025



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 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. We will send you on full accommodation, GPS route details and the necessary contact details for your tour closer to your departure date.. We will also post one printed route book, maps as well as tour information to your first nights accommodation

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

The day starts with a 9.30am 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

### 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

### 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

### 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 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 Rosaveel which will bring you to Inis Mor, the largest of the Aran Islands where you will spend the night.

## Day 7 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



### 2025 TOUR DATES

Our Self guided tours can start any day from mid April to early October 2025

### 2025 TOUR PRICE

- €1280.00 per person sharing May, June & September
- € 75.00 per person high season supplement July & August
- €380.00 single occupancy ( on request only)
- €300.00 solo traveller / an additional charge if travelling on your own to cover the costs of the transfers

Note that bike hire is separated out of the tour price

- €125.00 24 speed touring bike with bag carrier, water bottle carrier, lock, helmet and a small pannier bag
- €260.00 E-bike

### WHAT THE BROCHURE PRICE INCLUDES

- Seven nights accommodation in 3 star hotels & guesthouses with full Irish breakfast
- GPS Route details
- One set printed route details and map per booking ( not per person )
- Information on where you are staying each night and recommended options of restaurants
- Luggage transfer each day
- Ferry ticket to and from the Aran Islands
- Minibus transfer from Galway to Cong and from Rosaveel Harbour back 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

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\*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 **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)

## BACK UP SERVICE

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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.

## ACCOMMODATION

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We stay in a mixture of B&Bs ( in Galway & Westport ) and small hotels ( in Leenane, Clifden). It is possible to upgrade to hotel accommodation Galway, Westport. We can advise you of possible options upon date request

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 2: Westport



We stay down by the harbour in this attractive town  
Example Guesthouse: [Rosmo B&B](#)

Day 3: Leenane



[Leenane Hotel](#) is our first preference

Day 4 & 5 Clifden



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

Day 6: Aran Islands



[Aran Islands Hotel](#)

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 2025 we will be renting hybrid Cannondale 5 in Connemara. 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:  
<https://www.cannondale.com/en/bikes/active/fitness/quick/quick-5>

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.

### 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.connemara.ie](http://www.connemara.ie) - a good source of information on the region we will be exploring

[www.heritageireland.ie](http://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](http://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](http://www.dublinuncovered.net)

[www.indublin.ie](http://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](http://www.kennys.ie) is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

[www.celticnote.com](http://www.celticnote.com) is the perfect place to carry out your acoustic research!