

# Cycling Safaris

## CONNEMARA, GALWAY & MAYO

Set departure date tours 2023

265km | 8 days/7 nights



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 knowing there is support in the background if you might ever need it. During the day you can be an independent traveller, genuinely experiencing all the sights and sounds of hidden Ireland on routes most tourists never get to see, while in the evening over a delicious meal you can share your days experience with a group of like-minded people from all over the world.

### TOUR ITINERARY

#### DAY 1 SATURDAY

#### GALWAY CITY



The tour starts in the wonderful Galway city – the capital of the West Coast of Ireland

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.

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

## CONG TO WESTPORT

38 miles / 60 kms

The tour starts with a 9.30am transfer to the small village of Cong

We 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 we have our biggest climb of the week over the Partry Mountains and then cycle along a quiet back road with stunning views of the surrounding landscape all the way to colourful village of Westport.



## DAY 3 MONDAY

## WESTPORT TO LEENANE

33 miles / 52 kms



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



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

## DAY 4 TUESDAY

## LEENANE TO CLIFDEN

35 miles / 58kms

We 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.

We then cycle along quiet backroads past small fields with grazing cattle to the seaside village of Cleggan where we stop for lunch. In the afternoon we 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 we 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 WEDNESDAY

## 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.

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

Alternatively you can cycle to the beach for the day.



## DAY 6 THURSDAY

## CLIFDEN TO ARAN ISLANDS

35 miles / 58 kms

We 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.

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



## DAY 7 FRIDAY

## ARAN ISLANDS TO GALWAY

22 miles / 35kms



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 we return to the mainland and take a bus back to Galway city. We have a final dinner and night in the town before going our separate ways the following morning.

## 2023 TOUR PRICE

- €925.00 per person sharing May, June & September
- € 30.00 per person high season supplement July & August
- €285.00 single occupancy ( if coming on the trip with others - on request only)

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

## 2023 TOUR DATES

**We offer guaranteed set departure dates:**

May 13

June 10

July 1, 22

August 12, 26

For 2023 we are offering six 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

## WHAT THE BROCHURE PRICE INCLUDES

- Seven nights accommodation with full Irish breakfast
- One Evening Meal ( in Leenane)
- Route maps and details
- Luggage transfer each day / guide in support van on set departure dates with minimum of 8 people
- Ferry ticket to the Aran Islands
- Minibus transfer from Galway to Clonbur & and from Rosaveel to Galway
- 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.

One evening meal in Leenane is included in the tour price on this tour

### Extra Expenses

The optional [cruise of Killary Harbour](#) is approx €55.00.

The entrance to [Kylemore Abbey](#) is approx €15.00.

### 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.

## GROUP, GUIDE AND BACK UP SERVICE

On a self guided basis we organize accommodation, bike rental, your route details, advise you on all the best places to eat and visit and we organise for your luggage to be transferred locally each day. We are also at the end of a phone line in case of any problems, but you head off without a back up guide. If for any reason you are unable to cycle please contact our Dublin office 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.

**However if there are more than 8 people on the set departure dates, we also provide a guide in a support van.** Our aim is still to allow you feel like an independent traveller, free to cycle each day at your own pace as each person will have their own route details and maps, however there is the security of a person in the background offering assistance if and when it is needed.

## BIKE RENTAL

Bike Rental is not included in the tour price. In 2023 we will be renting hybrid Cannondale 5 bikes in Connemara

Our bikes on all tours 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.

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.cannondale.com/en/bikes/active/fitness/quick/quick-5](http://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.

## 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! Alternatively if you are travelling for a long time and do have a lot of luggage, maybe you could consider dividing your luggage into two bags, we could leave one in your first nights B&B to collect at the end of the week and the other bag to take with you on the tour.

## 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.



## ACCOMMODATION

### Typical 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](#) (Dinner inclusive)

#### Day 4 & 5 Clifden



[Foyle's Hotel](#)

#### Day 6: Aran Islands



[Aran Islands Hotel](#)

#### Day 7: Galway City



In Galway we stay in guesthouses between the city centre and Salthill.

The accommodation is allocated on a twin-sharing basis.

We typically stay in a mixture of B&Bs ( in Galway & Westport ) and small hotels ( in Leenane, Clifden & Aran Islands ). 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 and of course ensure suite facilities.

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

### **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, 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 - 00353 66 979 2083**

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

[www.indublin.ie](http://www.indublin.ie)

[www.irishfolktours.com](http://www.irishfolktours.com)

### **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!