

Cycling Safaris

CLARE & THE BURREN SELF GUIDED TOURS 2024



If you want to experience some of Ireland's musical heritage you could not have picked a better tour. Clare is the music centre of Ireland and on this tour you are sure to have your feet tapping to traditional tunes nearly every night of the week. The Burren region is also an amazing limestone moonscape, famous around the world for its wonderful variety of botany. The area is rich in ancient and early Christian historical sites and offers some beautiful coastal cycling overlooking Galway Bay. Finally Clare is home to the breathtaking Cliffs of Moher, one of the best-known images of Ireland.

On our self led tours, you can relax while we organise your seven nights accommodation, bike hire, daily luggage transfer between your different locations and of course route details.

TOUR ITINERARY

DAY 1 ENNIS, CO. CLARE

On arrival in Ennis you should make your way to your B&B. Check in is after 2.00pm on your day of arrival.

Ennis is a fantastic town for music and entertainment so you can relax for the rest of the day and take in the atmosphere.

DAY 2 ENNIS TO SPANISH POINT

30 miles / 48kms

Having been fitted out with your bicycle you head out towards West Clare, cycling along quiet country roads through rolling green fields to the coast, where you stay the night at Spanish Point named after those Spanish Ships from the Armada which sank here in 1588.

You spend the night in a Hotel overlooking the Atlantic Ocean.





DAY 3

SPANISH POINT TO DOOLIN

29 miles / 46 kms



Cycling along quiet roads you will come to the popular holiday town of Lahinch where you can stop for lunch. In the afternoon you visit the Cliffs of Moher rising a spectacular 660ft up from the Atlantic waves below. You can stroll along the cliff face and watch the birds gliding in the updraft.

After visiting the cliffs you head to the village of Doolin. That night you can have a pub meal and enjoy the wealth of traditional music for which the village is famous.

DAY 4

DOOLIN TO BALLYVAUGHAN

31 miles / 50 kms

In the morning you begin to see the first hints of the limestone landscape of the Burren and visit the monastic site at Kilfenora and its stone high crosses.

Kilfenora is also home to the Burren Heritage Centre that gives you an excellent insight into the formation and history of the Burren. Later you can stop off for lunch at the matchmaking town of Lisdoonvarna.



The afternoon's cycle is a beautiful run where the road hugs the coastline with Galway Bay and the Aran Islands on your left and the limestone cliffs of the Burren on your right. You stop for two nights in a comfortable hotel in the seaside village of Ballyvaughan

DAY 5

REST DAY IN BALLYVAUGHAN



The day can be spent doing a wide variety of activities. You can join a wonderful four-hour walking tour of the Burren with a local man who is a very entertaining character and an encyclopaedia of knowledge on the area.

There is also an optional short cycle to the impressive ruins of a Cistercian Abbey or you can visit the nearby Ailwee Caves. Alternatively the day could be spent relaxing in this attractive village.

DAY 6**BALLYVAUGHAN TO KINVARRA****24 miles / 38 kms**

The cycle heads straight into the heart of the Burren where you visit the localities most famous historical sight, the Poul nabrone Dolmen a small ancient burial site dating back to 2500BC.

Veering off the beaten track you stop at the village of Carran for lunch in an old police barracks. In the afternoon you cycle through quiet backroads to visit the Burren Perfumery that makes a wide variety of perfumes using the local flora and has a wonderful slide show illustrating the beautiful and unique botany of this region. .



You descend through a limestone lunar landscape to the pretty seaside village of Kinvarra where you spend the night

**DAY 7****KINVARRA TO ENNIS****31 miles / 49 kms**

For the last day you head back into the Burren through limestone moonscape, passing Lough Buny and the impressive Mullaghmore before stopping for lunch in Corafin.

In the afternoon you visit a 16th Century Tower House and an even older monastic sight. This is also the site of the famous battle of Dysert O'Dea where the Irish Chieftains defeated the Normans and kept them out of Clare for another 200 years.

You then cycle back into Ennis for a final night on the town before heading home the following morning.

2024 TOUR DATES

Our Self guided tours can start any day from 15th April to 4th October.

2024 TOUR PRICES

- € 985.00 per person sharing off peak
- € 50.00 per person high season supplement in July and August
- € 350.00 single room supplement
- €190.00 solo traveller / an additional charge if travelling on your own to cover the costs of the transfer

Note bike hire is separated out of the tour price

- €150.00 24 speed touring bike with water bottle cage, lock, helmet and a small pannier bag
- €250.00 Electric - bike

WHAT DOES THE BROCHURE PRICE INCLUDE

- Seven nights accommodation with full Irish breakfast.
- Route details in the form of GPS Tracks plus one set of printed details and maps per booking (not per person)
- Luggage transfer each day
- 24 Hour service hotline

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.

Are there facilities to change money?

There are banks in Ennis (open Monday - Friday, 10.00am - 4.00pm) and cashpoint machines in Lahinch. Credit cards are also widely accepted.

WHAT TO BRING

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

*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 (and spanner) which you can attach to our bikes (the pedals on our bikes do not accommodate toe clips) .

BIKE & FITNESS

Bike rental is not included in the basic tour price

In 2024 we will be renting **GIANT CITY** bicycles for our tours in Clare



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.

This is a not a difficult route however there are some hill climbs (particularly on the first day) so 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. But don't forget...our guide is always close by if you have any problems.

With the exception of the roads in and out of Ennis, the traffic on the route should be quite light. You should however cycle carefully at all times, especially when going downhill or during any rain showers.

ACCOMMODATION

Accommodation list – subject to availability

Day 1 & 7: Ennis



[Temple Gate Hotel](#)

Day 2: Spanish Point



[Bellbridge House Hotel](#)

Day 3: Doolin



[Suantrai B&B](#)

Day 3: Doolin



[Seascope](#)

Day 4 & 5: Ballyvaughan



[Hylands Hotel](#)

Day 4 & 5: Ballyvaughan



[Wild Atlantic Lodge](#)

Day 6: Kinvara



[Kinvara Guesthouse](#)

Day 6: Kinvara



[Fallon's B&B](#)

The accommodation is allocated on a twin sharing basis. We stay in a mixture of B&Bs and small hotels, 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 tour, but we will always provide a high standard.

What happens if I am delayed on the first night?

Please contact the guesthouse to let them know if you are arriving late.

What if someone needs to contact me during the tour?

If you have a mobile phone which operates on the GSM 900 system, this will be compatible with the Irish system. We will send you a full list of where you are staying on the tour before departure

Looking for extra accommodation at the beginning or end of the tour?

We would be happy to help you organise extra accommodation in Ennis for the start or the end of the week.

BACK UP SERVICE

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 everything has been organised and 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.

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) . You will also be given a mobile number when you arrive in Ireland that you can contact 24 hours a day in case of any emergencies en route.

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
www.enniswalkingtours.com - guided walking tours of Ennis that give a lively and entertaining way to appreciate this historic medieval town.
www.heritageireland.ie info on historical sites