

# Cycling Safaris

## COPPER COAST

Self Guided Tour 2025

284 km | 8 days/7 nights



The Copper Coast tour blends some of Ireland's best heritage sights with a relatively undiscovered but still stunning coastline. This tour focuses on what is locally known as the "Sunny South East", the Irish Med if you will!! Kilkenny is perhaps the most attractive Irish city. It is dominated by a spectacular castle on a bend in the river Nore and has a wealth of historic buildings knitted together by narrow cobbled streets boasting many lively pubs and fine restaurants.

Leaving Kilkenny behind, the cycle brings you towards the coast where your first stop is New Ross, whose famine ship gives a haunting reminder of a dark chapter in Irish history. Some more recent history can be experienced at the Kennedy Visitor centre before a quaint ferry will bring you across Waterford Harbour to stop at the truly special place of Dunmore East. Here there are lovely beaches and magnificent views to enjoy.

The Copper Coast is a spectacular cycle where the road twists along cliffs and then plunges into and out of coves. The picturesque seaside town of Dungarvan is where you take your rest day, before heading inland to the Rock of Cashel. This is one of Ireland's most spectacular archaeological sites, standing proudly atop a limestone hill dominating the surrounding countryside. The nearby Bru Boru Heritage and Cultural centre provides an interesting insight into Irish traditional music. Some quiet country roads with lovely views will then bring you back to Kilkenny.



## TOUR ITINERARY

### DAY 1 ARRIVE IN KILKENNY

You will have been sent all your accommodation and bike rental details before departure. Once you have checked into your accommodation you can then spend the rest of the day exploring the many sights and sounds that have made Kilkenny such a lively and popular destination.

### DAY 2 KILKENNY TO NEW ROSS

49KMS / 30 MILES



The first day of your cycle takes you south on quiet backroads. You pass Mount Juliet, one of Ireland's most prestigious golf courses en route to [Jerpoint Abbey](#). You have a chance to visit this 12th Century ruined Abbey before you stop off for lunch.

The afternoon cycle takes you further south on your journey to New Ross, a lovely town on the River Barrow. Local merchants sailed their own ships back and forth to the colonies often carrying Irish emigrants. A replica of one of those ships, the [Dunbrody](#) is now berthed on the quay in New Ross and offers visitors to the ship an insight into life as a passenger during the late 19th century.

### DAY 3 NEW ROSS TO DUNMORE EAST

59 KMS / 37 MILES

The morning starts on quiet roads, cycling further south, until you hit the South Coast of Ireland en route to the seaside village of Duncannon for lunch.

That afternoon you keep to the coast as much as possible, you take a short ferry ride across Passage East, that brings you ever closer to the beautiful seaside town and fishing port of Dunmore East where you spend the night.



### DAY 4 DUNMORE EAST TO DUNGARVAN

60KMS / 37.5 MILES



Today's cycle brings you along the beautiful [Copper Coast](#), and inspiration for this tour.

A stunning section of the Irish Coastline, it rolls up and down along an unspoilt shoreline.

Although hilly in sections all climbs are worth the literally breathtaking views.

The last section of the cycle is on one of the few dedicated cycle paths in the area. Your nights destination is the attractive town of Dungarvan where you are spending two nights.

## DAY 5 REST DAY IN DUNGARVAN

A chance to relax in this seaside town. There is an attractive harbour area with restaurants where you can relax and watch the world go by. There is a golf course nearby if you fancy something different.

You can visit [Waterford Country Museum](#), or even download an app onto your phone and to discover the history of the town explore some of the historic landmarks. This easy to use audio tour features contemporary accounts from soldiers, travellers and writers from times past!



## DAY 6 DUNGARVAN TO CASHEL

66KMS / 41 MILES



As you leave Dungarvan the cycle takes you on some very quiet and remote roads between the Knockmealdown and Comeragh mountains.

Your destination is the town of Cashel, home to the iconic [Rock of Cashel](#), the ruined castle and traditional seat of the Great Munster Kings. One of the more spectacular tourist attractions in Ireland and one of the most visited, indeed it was one of the few places, outside Dublin & Cork, the Queen of England visited on her trip to Ireland in 2011!

## DAY 7 CASHEL TO KILKENNY

54 KMS / 34 MILES

Our last days cycle takes you on quiet back roads all the way back to the city of Kilkenny for your final night.

If you arrive back early you can spend time in the grounds of the Castle and visit the castle itself



There are a number of hills on this route but you have all day to do the cycling. With the exception of the roads in and out of the larger towns, 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.

## 2025 TOUR DATES

Our Self guided tours can start any day from 15<sup>th</sup> April to 1<sup>st</sup> October.

## 2025 TOUR PRICE

- € 1190.00 per person sharing off peak
- € 75.00 per person high season supplement July & August
- € 380.00 single occupancy (if travelling with others)
- € 280.00 single tour supplement (for solo travellers)

Note that bike hire is separated out of the tour price

## WHAT THE TOUR PRICE INCLUDES

- Seven nights' in hotel / guesthouse accommodation with full Irish breakfast
- Route details in the form of GPS tracks
- Luggage transfer each day
- Back up service/24 hours service hotline
- The Passage East ferry is not included in the tour price and is €2.00
- One printed set of maps and details per booking

### Not included:

€125.00	24 speed touring bike with water bottle cage, lock and a small pannier bag
€260.00	Electric bike rental

### **Meal expenses**

All breakfasts are included in the tour price. Clients buy their own lunches and 6 dinners throughout the trip. You should budget between €10 and €20 for lunch each day and an evening meal each night costing somewhere between €25 and €35.

### **Optional Expenses**

Visit to Jerpoint Abbey - no charge -	( <a href="http://www.heritageireland.ie/en/south-east/jerpointabbey">www.heritageireland.ie/en/south-east/jerpointabbey</a> )
Visit to Dunbrody	( <a href="http://www.dunbrody.com">www.dunbrody.com</a> )
Visit the Rock of Cashel	( <a href="http://www.heritageireland.ie/en/south-east/rockofcashel">www.heritageireland.ie/en/south-east/rockofcashel</a> )
Visit to Bru Boro Centre Cashel	( <a href="http://www.bruboru.ie">www.bruboru.ie</a> )
Visit to Kilkenny Castle	( <a href="http://www.kilkennycastle.ie">www.kilkennycastle.ie</a> )

### **Are there facilities to change money?**

There are banks and cashpoint machines in Kilkenny, Dungarvan, Cashel. Credit cards are also widely accepted.

## 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 list - subject to availability

#### Day 1 & 7: Kilkenny [Fanad House B&B](#)



#### Day 2: New Ross [Inishross House B&B](#)



#### Day 3: Dunmore East [The Haven Hotel](#)



#### Day 4 & 5: Dungarvan [The Park Hotel](#)



#### Day 6: Cashel [Ashmorehouse B&B](#)



### What if someone needs to contact me during the week?

If you have a mobile phone which operates on the GSM 900 system, this will be compatible with the Irish system. Alternatively someone can call our office during the day and we will be able to contact anyone on the tour.

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

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

## 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 a very 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. Its possible to book a helmet with us.

\*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.

\*Don't forget **sun cream, sunglasses, sun hat** as well as a bathing suit for that refreshing dip in the Atlantic Ocean.

\*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.

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 2025 we will be renting **GIANT CITY** bicycles for Copper Coast 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.

There are a number of hills to climb on this tour so we would recommend that you do try to do some cycling before the tour in order to make your week more enjoyable, if possible do it on varied terrain and include some hill climbing.

## GENERAL INFORMATION

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### **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. You also just need an up to date passport from the UK into Ireland.

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.