

Cycling Safaris

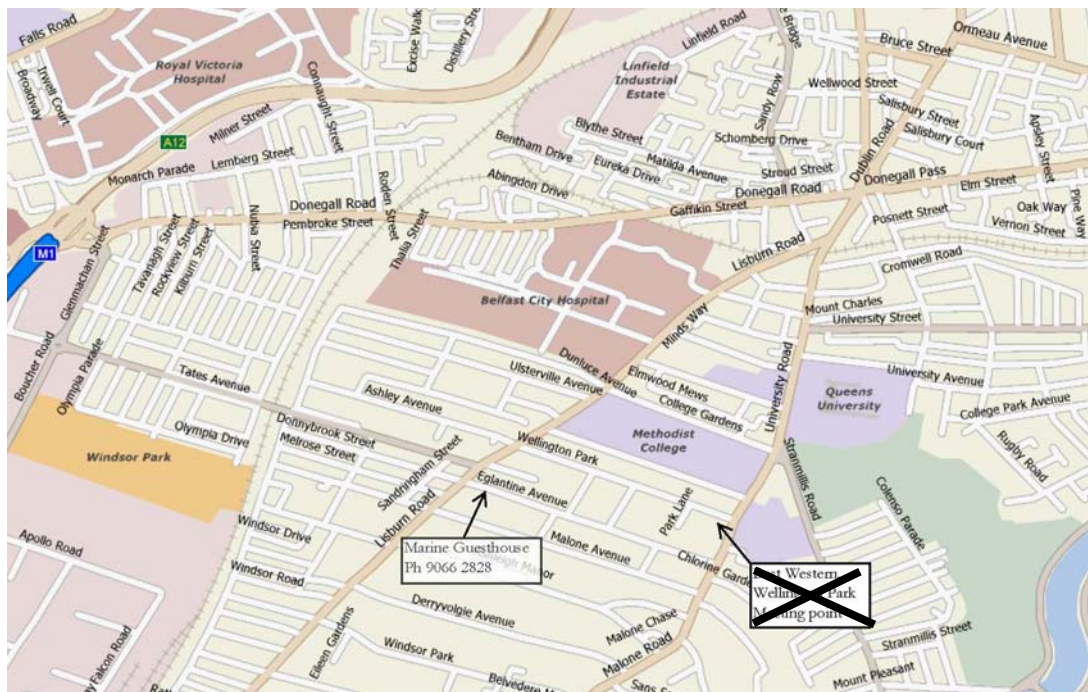
ANTRIM COAST ~ Self Guided Tour 2010

This tour offers you some of the most spectacular coastal scenery in the country, with cliffs and rolling green fields sweeping down towards the Irish Sea along a coastline dotted with ancient forts and castles. You also cycle inland up into the famous Glens of Antrim with some wonderful highland cycling on quiet back roads. Other highlights of this spectacular week include visits to the world famous Giants Causeway and Bushmills, the oldest licensed whiskey distillery in the world.

The roads are all tarmaced and the route is designed to ensure that you spend most of the week on quiet back roads. Occasionally it will be necessary to ride on busier roads, which is unavoidable as there may be no minor roads on certain stretches of the route. To experience the majestic scenery of this area the route does have quite a few climbs, so it is worth getting a few weekends training on a bike in varied terrain before coming. This will ensure that you can fully enjoy the week.

The following details will help you in planning your holiday:

- ❖ Tour Itinerary
- ❖ Tour price & expenses
- ❖ What to bring
- ❖ Bikes & level of fitness
- ❖ Back up support
- ❖ Accommodation
- ❖ General information



TOUR ITINERARY

DAY 1 BELFAST

On arrival in Belfast you should make your way to your accommodation. If you get there early the rooms in the B&Bs will not usually be ready till midday so you can leave your luggage at the guesthouse and explore this bustling town.

We will send you on a copy of your accommodation and contact details closer to the tour start. Your bikes, route details and maps will be waiting for you in your guesthouse.

DAY 2 BELFAST TO CARNLOUGH 40 miles / 64kms

Setting out on a Sustrans Cycle path you cycle out of Belfast along the coast to Carrickfergus and its famous 12th Century castle. You then head inland and up into the mountains before descending to the first of the Antrim Glens with beautiful views of the ocean below. That night you stay in the quiet seaside village of Carnlough.

DAY 3 CARNLOUGH TO CUSHENDALL 35 miles / 56kms

In the morning you cycle up into the hills and see the Sperrin Mountain. It is here where legend has it that St Patrick spent his youth in captivity as a pig farmer before escaping back to England, only to return as a Bishop to convert Ireland to Christianity. You then return to the coast for lunch in a seaside hotel. That afternoon you cycle along the beautiful Antrim coastline to Cushendall where you will spend the night.

DAY 4 CUSHENDALL TO BALLYCASTLE 35 miles/56kms

In the morning you explore the pretty and less visited Glen of Glенаan and then return to the coast for lunch in Cushendun. In the afternoon comes one of the highlights of the week, a breathtaking cycle along the coast road to Ballycastle passing along green fields dotted with sheep, while you look out over beautiful views of Scotland and the Mull of Kintyre, just across the sea.

DAY 5 REST DAY IN BALLYCASTLE

One attractive option on the rest day is to take the ferry to explore nearby Rathlin Island which has one of the largest bird colonies in the country as well as a small seal colony. It is a wonderful place to spend a rest day giving you that sense of being away from it all that you can only experience on an island.

DAY 6 BALLYCASTLE / BUSHMILLS / BALLYCASTLE 35 miles/56ms

You start with a cycle along beautiful coastline to view the hexagonal basalt rock formations at the Giants Causeway, Northern Ireland's most famous landmark. When you see this geographical wonder you will understand why it has been awarded World Heritage Site status. Your next stop on a day of spectacular sights is the Carrick-a-Rede Rope Bridge. This swinging bridge to Carrick-a-Rede island was originally erected by local fisherman over a 23m-deep and 20m-wide chasm to check their salmon nets. After taking the "rope-bridge challenge" you head on along the coast to Bushmills where you have lunch before heading back to Ballycastle for the night

DAY 7 BUSHMILLS TO COLERAINE - BELFAST 25 miles/40kms

For your last days cycle you head South back into the Glens towards the ECOS centre. From here you take a transfer back to Belfast and a last night on the town.

DAY 8 BELFAST - HOME

You are free to make your own way home after breakfast

WHAT THE BROCHURE PRICE INCLUDES

- Seven nights accommodation with full Irish breakfast.
- One evening meal
- 24 speed touring bike with a pannier bag.
- Route maps and details.
- Luggage transfer each day.

NB - Northern Ireland does not use the euro so be sure to have Sterling with you when you arrive.

Meal expenses

All breakfasts are included in the tour price. Clients buy their own lunches and dinner throughout the trip. You should budget between £5 - £10 for lunch each day. An evening meal each night costing somewhere between £15 - £25. We will provide you with some recommendations for dinner places on your route details.

Price of other extras (these are only approximate prices and will vary from region to region)

Coffee/tea	£1.20	Glass of Beer	£1.20 (this is half a pint!)
Soft drink	£1.20	Pint of Beer	£3.00 (this is a full pint!)
Bottle of water	£1.10	Bottle of wine	£10 +

Extra expenses

The boat trip to Rathlin Island is approx £13 return and £2 extra for a bike.

The tour of Bushmills Distillery is approx £8.

Are there facilities to change money?

There are banks and cash machines in Belfast and Ballycastle. Banks are open on Monday - Friday: 10.00am - 4.00pm. Cash point machines are in Cushendall. Credit cards are also widely accepted. Traveller's cheques are accepted in banks and post offices.

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 fit on 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.

*We do not provide **helmets** on our self led tours. It is very recommendable you wear one, so please bring your own.

*Don't forget **sun cream, sunglasses, sun hat.**

*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

In 2010 we will be using the new version of the **GIANT CRS 3.0 City** bicycle for our tours. To see the specification for this you can visit the website <http://www.giant-bicycles.com/en-GB/bikes/lifestyle/2464/32854/> (gents model) <http://www.giant-bicycles.com/en-GB/bikes/women/2585/32844/> (ladies model)

Bikes come in different sizes and in gents and ladies style frames. It is 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.

ACCOMMODATION

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 almost all of the time however in some of the more remote spots one might occasionally have to share a bathroom.

We do reserve the right to change the accommodation around during the tour, but we will always endeavour to 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 outside of Dublin for the start or the end of the week. If you would prefer to organise it yourself please see the websites below. If you are planning to spend a few days in Dublin at the end of the tour, we recommend that you book accommodation well in advance as the capital is very busy on weekends. We do not actually organise accommodation in Dublin but there are a huge range of websites offering a reservation service. A good starting place is Dublin Tourism (www.visitdublin.com).

Other accommodation websites for Dublin/Ireland

www.discoverireland.ie

www.dublinhotels.com

www.goireland.com

www.irelandhotels.com

www.hiddenireland.com

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 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 (00353-(0)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 (01 2600749).

GENERAL INFORMATION

Weather

Because we are an island located near the gulf stream Ireland and Northern 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 will need photo identification travelling between Britain and 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.

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.discovernorthernireland.com - Northern Ireland Tourist Board's official website providing a wealth of information on the region.

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, 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