

# Cycling Safaris

## COPPER COAST

Self Guided Tour 2017

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!!

The tour starts and finishes in the beautiful city of Kilkenny before heading south to the coast. 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 our 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 us 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 we take our 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 us 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 and organised your bike, 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**

**28 MILES/ 45KMS**



The first day of your cycle takes us south on quiet backroads. You pass Mount Juliet, one of Irelands most prestigious golf courses en route to Jerpoint Abbey. You have a chance to visit this 12th Century ruined Abbey before we stop off for lunch in Thomastown.

The afternoon cycle takes you further south on our 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 ( www.dunbrody.com ) 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**

**35 MILES / 57KMS**

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**

**35 MILES / 57KMS**



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 night's 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 CAHIR**

**30 MILES / 51KMS**



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

You then follow the river Suir along its valley to the unique Swiss cottage, designed by the regency architect John Nash. From here it is just a few more gentle kms to the delightful town of Cahir, home to one of the largest and best preserved castles in Ireland.

## DAY 7

## CAHIR TO CASHEL/KILKENNY

16 MILES / 25 KMS

The terrain gently undulates as you make our way towards the town of Cashel. Cashel is 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 the Queen of England visited on her trip to Ireland in 2011! [www.heritageireland.ie/en/south-east/rockofcashel](http://www.heritageireland.ie/en/south-east/rockofcashel)



We keep the last day cycle short to give you a chance to visit this attraction before taking a short transfer back to the city of Kilkenny, where you have a final night amongst the Medieval streets. An option for those not wishing to visit the Rock of Cashel is to cycle into the Glen of Aherlow (64km).

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.

### 2017 TOUR DATES

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

### 2017 TOUR PRICE

- € 810.00 per person sharing off peak
- € 845.00 per person sharing July & August
- € 245.00 single occupancy (if travelling with others)
- € 350.00 single tour supplement (for solo travellers)

### WHAT THE TOUR 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
- Back up service/24 hours service hotline
- The Passage East ferry is not included in the tour price and is €2.00

### 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 €15 for lunch each day and an evening meal each night costing somewhere between €20 and €30.

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

Coffee/tea	€2.00	Glass of Beer	€2.80 (this is half a pint!)
Soft drink	€2.00	Pint of Beer	€4.80 (this is a full pint!)
Bottle of water	€1.70	bottle of wine	€18.00

### 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

### Accommodation list – subject to availability

Day 1 & 7: Kilkenny  <b>Fanad House B&amp;B</b> <a href="http://fanadhouse.com">fanadhouse.com</a>		Day 3: Dunmore East  <b>The Haven Hotel</b> <a href="http://thehavenhotel.com">thehavenhotel.com</a>	
Day 2: New Ross  <b>Inishross House B&amp;B</b> <a href="http://inishrosshouse.com">inishrosshouse.com</a>		Day 4 & 5: Dungarvan (Dinner included)  <b>Park Hotel</b> <a href="http://flynnhotels.com/Park-Hotel-Dungarvan">flynnhotels.com/Park-Hotel-Dungarvan</a>	
Day 3: Dunmore East  <b>Creaden View B&amp;B</b> <a href="http://discoverdunmore.com/Bed-Breakfasts/creaden-view-bed-breakfast.html">discoverdunmore.com/Bed-Breakfasts/creaden-view-bed-breakfast.html</a>		Day 6: Cashel  <b>Ashmorehouse B&amp;B</b> <a href="http://ashmorehouse.com">ashmorehouse.com</a>	

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 endeavour to provide a high standard.

### 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. 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 there are a huge range of websites offering a reservation service.

A good starting place is Dublin Tourism – their website ([www.visitdublin.com](http://www.visitdublin.com)) or [www.booking.com](http://www.booking.com).

## 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 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. We do not provide helmets so you must bring your own one.

\*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

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

In 2017 we will be using the **GIANT CITY** bicycles for our 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.

### 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 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.discoverireland.com](http://www.discoverireland.com) – Irish Tourist Board (Failte Ireland) official website

[www.heritageireland.ie](http://www.heritageireland.ie) info on historical sites