

Cycling Safaris

DUBLIN / WICKLOW Self-Guided Tour 2010

Nestling between the sea and mountains, Dublin has an unrivalled setting, yet few visitors move beyond the city centre to experience this! With some gentle cycling we explore the gentle Southside coast and the foothills of the Dublin Mountains. We then head into the haunting beauty of the Wicklow Mountains where the bustle of a capital city will seem a million miles away.

The roads are all tarmaced and the route is designed to ensure that you spend most of the cycle on quiet back roads. To experience the majestic scenery of this area the route does have some climbs, so it is worth getting a few weekends training on a bike in varied terrain before coming thus ensuring that you can fully enjoy the tour.

The following details will help you in planning your holiday:

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

TOUR ITINERARY

DAY 1 ARRIVAL TO DUBLIN

You will be spending your first night in Dublin (details to follow). The cost of a taxi from Dublin airport into Dublin is approx. €30-€35. Alternatively, there is blue coloured Air Coach, departing every 20 minutes from just outside the Arrivals Hall at Dublin Airport, which will take you into Dublin city. The return ticket costs €12 - €14 and the journey should take around 40 minutes.

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 Dublin such a lively and popular destination.

DAY 2 DUBLIN TO ENNISKERRY 18 miles / 30kms

We will arrange for you to be brought to our bike shop in the south side of the city where we will fit you out with your bikes and route details. You begin the day in a leisurely fashion with a cycle along cycle paths and quiet roads to the coastal towns of Dun Laoghaire and the charming village of Dalkey, with its many famous residents where we can stop for lunch. You continue along the scenic Vico Road with spectacular views across Killiney Bay. You then head inland cycling along green fields to the village of Enniskerry where you overnight. A transfer can be arranged this evening to the famous Johnnie Foxes Pub, the highest pub in Ireland (www.jfp.ie). Here you can enjoy a uniquely traditional Irish night with good food and Guinness, along with entertainment from local musicians.

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+

Are there facilities to change money?

There are banks in Dublin (open Monday – Friday: 10.00am - 4.00pm). There is also a cash point machine in Enniskerry. Credit cards are also widely accepted. Travellers 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 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.

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

*Don't forget **sun cream, sunglasses , sun hat** as well as a bathing suit for that refreshing dip in the Irish Sea!

*Finally if you wish to use **toe clips** please bring your own pedals with toe clips which can be attached 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

The advantage of a cycling safari is that because you have your own map and route details you can enjoy each day's cycle at your own pace. This is a moderately difficult route as there are hill climbs 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.

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 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

Extra Accommodation.

If you are planning to spend a few days in Dublin at the beginning or end of the tour, the following websites will give you some good ideas about accommodation and things to see and do while visiting our capital city

(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

www.indublin.ie

www.irishfolktours.com

Other accommodation websites for Dublin/Ireland

www.discoverireland.ie

www.dublinhotels.com

www.irelandhotels.com

www.goireland.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 (01 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 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 - Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

www.heritageireland.ie info on historical sites

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 is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

www.celticnote.com is the perfect place to carry out your acoustic research!