

# Cycling Safaris

## CLARE & the BURREN Family self guided tour 2010



Welcome to our Family tours for 2010. We have especially chosen Clare on Ireland's western shore for many reasons. There is so much to do and see in Clare that we feel will be of interest to all the family; a tour of the Aran Islands, a visit to an Aquarium, a chance to see a wild dolphin off the coast, a wonderful walking tour of the area, horse riding and beautiful beaches, all this linked together by gentle cycling on wonderful backroads.

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 majestic cliffs of Moher one of the highest marine based cliffs in Europe and one of the best known images of Ireland.

The roads are all tarmaced and the route is designed to ensure that you spend most of the week on quiet back roads. Very 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 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 week.

The emphasis of our cycling holidays is to give you the freedom to fully enjoy this beautiful landscape at your own pace whilst having the security of knowing that your luggage will be waiting for you in your accommodation each night.

Hopefully the following details will help you in planning your holiday:

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

## TOUR ITINERARY

### DAY 1 ENNIS, CO. CLARE

On arrival in Ennis you should make your way to your B&B accommodation. Check in is after 2.00pm on your day of arrival. We will send you on full accommodation details closer to your departure date. A folder containing your route details and information on collection of your bikes will be at the guesthouse. 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 LAHINCH 18 miles / 30 kms

The tour starts out to West Clare cycling by farmyards through backroads towards the Atlantic Coast and the town of Lahinch where you are staying in for the evening.

### DAY 3 LAHINCH TO DOOLIN 14 miles / 23 kms

In the morning you can take a swim in a beautiful beach and can also visit the Aquarium there. In the afternoon you climb up to the dramatic Cliffs of Moher rising 660ft up from the Atlantic waves below, making them one of the highest marine based cliffs in Europe. You can stroll along the cliff face and watch the birds gliding in the updraft before heading down towards Doolin where we you staying in guesthouses for the next two nights.

### DAY 4 REST DAY DOOLIN

You can take a ferry trip to the famous Aran Islands and visit ancient forts and monastic sites. There will also be an optional cycle route or you could simply return to the cliffs of Moher for a longer walk along the Atlantic Coastline.

### DAY 5 DOOLIN TO BALLYVAUGHAN 18 miles / 29 km(longer options available)

Today is a beautiful cycle along the coast with Galway Bay and views of the Aran Islands on your left and the limestone cliffs which make the Burren such a unique landscape on your right. Today we will keep our eye out for "Dusty" a local dolphin who frequents this shoreline. We stop for two nights in our comfortable Hotel in the seaside village of Ballyvaughan.

### DAY 6 REST DAY IN BALLYVAUGHAN

The day can be spent doing a wide variety of activities. There is an optional short cycle to the impressive ruins of a Cistercian Abbey. Alternatively the day could be spent relaxing in this attractive village.

### DAY 7 BALLYVAUGHAN TO ENNIS 28 miles / 45 km

The cycle heads straight into the heart of the Burren where we visit the Burren's most famous historical sight, the Poul nabrowne Dolmen. Veering off the beaten track you can stop at the village of Carran for lunch. In the afternoon you cycle through quiet backroads and visit Mullaghmor Mountain with the beautiful desert limestone landscape of the Burren surrounding you before heading to our lunch stop in Corofin. After lunch you can visit a 15<sup>th</sup> Century Tower House and 6<sup>th</sup> century monastic site before cycling back into Ennis and a farewell meal.

The recommended route is relatively flat. The mileage has been kept low so as to leave plenty of time to stop to visit places of interest along the way. The traffic on the route should be quite light, however you should cycle carefully at all times, especially when going downhill or during any rain showers.

## WHAT THE BROCHURE PRICE INCLUDES

- Seven nights twin sharing accommodation with full Irish breakfast.
- One evening meal ( in Ballyvaughan )
- 24 speed touring bike with front handlebar bag / smaller bikes & tag alongs available for children
- Route maps and details
- Luggage transfer each day

### Meal expenses

All breakfasts are included in the tour price. Clients buy their own lunches and dinner throughout the trip. You should budget between €7 and €10 for lunch each day and an evening meal each night costing somewhere between €15 and €25.

Most people enjoy coming together each evening to discuss their adventures during the day over dinner, your guide will prebook and arrange a suitable venue for you each night. Nearly all restaurants in Ireland now cater for vegetarians but please inform the guide if you are vegetarian so that he/she can organise something for you in more remote places.

### 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

### Extra Expenses

The guided walk of the Burren costs approx €15.

There is horse riding in Ballyvaughan which is also approx €20.

### Are there facilities to change money?

There are banks/cashpoints in Ennis, Lahinch, Kinvara and Galway. (Banks are open Monday – Friday: 10.00am - 4.00pm). 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 Atlantic Ocean.

\*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 AND FITNESS

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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.

This is not a difficult route however there are some climbs so we 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 some hill climbing.

Our smallest Giant bike is a 17" frame (gents model) and a 15" frame (ladies model), so it is essential that we have the heights of all children so that we can arrange a suitable bike for smaller legs.

We will also provide baby seats that can be fitted to a back-carrier. This would be suitable for children up to 2 – 3 years old (depending on the size of the child)

We will leave it up to parents to decide the suitability of their child's bike, there may be a difficulty taking children between the ages of 3 and 6 but if you can come up with a solution to this we are more than happy to welcome any child.

Each child is expected to be out and about with their parents in the great outdoors. Whereas the guide will of course offer lifts to anyone who is tired of cycling, any children in the van would have to be accompanied by their parent.

This is not a difficult route however there are some 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 to include some hill climbing.

## ACCOMMODATION

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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 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 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](http://www.visitdublin.com)).

Other accommodation websites for Dublin/Ireland

[www.discoverireland.ie](http://www.discoverireland.ie)  
[www.irelandhotels.com](http://www.irelandhotels.com)

[www.dublinhotels.com](http://www.dublinhotels.com)  
[www.goireland.com](http://www.goireland.com) [www.hiddenireland.com](http://www.hiddenireland.com)

## 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](http://www.discoverireland.com) – Irish Tourist Board (Failte Ireland) official website providing a wealth of information on all regions of the country.

[www.enniswalkingtours.com](http://www.enniswalkingtours.com) - guided walking tours of Ennis that give a lively and entertaining way to appreciate this historic medieval town.

[www.heritageireland.ie](http://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](http://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](http://www.dublinuncovered.net)

[www.indublin.ie](http://www.indublin.ie)

[www.irishfolktours.com](http://www.irishfolktours.com)

### 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](http://www.kennys.ie) is a long established Galway bookshop with an enormous online catalogue of books of Irish interest.

[www.celticnote.com](http://www.celticnote.com) is the perfect place to carry out your acoustic research!