

CONNEMARA GUIDED CYCLING

Guided Cycling 2009



For discerning travelers we offer the option of enjoying cycling in fantastic settings, and explore the many attractions in the area with full support of guide and van. We cycle through mountain passes, by mountain lakes and by the shores of Lough Corrib and Lough Mask (Ireland's largest and loveliest lakes), through moors and bogs, by waterfalls and alongside rivers and the rugged Atlantic shore, over the cliffs around Killary Harbour – Ireland's only Fjord, acclaimed for its remote cycling and majestic beauty. At the end of each day, you relax and enjoy the company of your surroundings with your fellow cyclists.

Duration: 7 days (6 nights)

Tour Dates 2009:

May: Sunday 3rd – Saturday 9th
Sunday 17th – Saturday 23rd
Sunday 31st – Saturday 6th

June: Sunday 7th – Saturday 13th
Sunday 21st – Saturday 27th

July: Sunday 5th – Saturday 11th,
Sunday 19th – Saturday 25th

August: Sunday 2nd – Saturday 8th
Sunday 16th – Saturday 22nd
Sunday 30th – Saturday 5th

September: Sunday 6th – Saturday 12th
Sunday 13th – Saturday 19th

Level: Moderate cycling with average distance of 60km a day

Bicycle: Quality 24 speed trek or touring bikes (with toe strap)
CANNONDALE HYBRID €150 extra per bike
TANDEM BIKES €200.00 extra per tandem

Equipment: Helmets, front handlebar bag; pedal toe straps, water bottles.

Accommodation:

CLASSIC OPTION: Hotels, Country Manors, and Spa Resort

CHARMING INNS OPTION: Charming Inns and Guesthouses

Meals: All Irish breakfasts, courtesy fruit & snacks, 5 evening dinners

Transfers: All luggage transfers, support vehicle, pick up in Galway City.

Guide: Experience tour Guide

Miscellaneous: Detailed route notes and maps, daily briefing on tour routes.

Meeting Point: Galway City (at a pre-arranged venue)

Departure Point: You depart from Westport. There is both bus and train services on a daily basis from Westport.



PRICE 2009:

CLASSIC OPTION – €1975.00pps

(Country Houses, Castle and Health Spa Resort)

CHARMING INNS OPTION – €1515.00pps

(Charming Inns and Guesthouses)

Prices are in EURO, and based on per person sharing. Per person sharing means two people in one room.

The United States dollar rate is subject to Euro rate of exchange and will vary according to daily rate.

Single Room supplement is applied when people require a room for themselves as part of a booking of two or more. Please ask.

This tour is subject to minimum numbers booking at least 30 days in advance.



DAILY ITINERARY

DAY 1 - Welcome & Arrival

One hundred thousand welcomes! A traditional .Welcome to Connemara. dinner and overnight stay in the magnificent wilderness of Connemara. Meeting point will be confirmed in your final tour package. Pick-up from Galway City and transfer to Connemara' introductory dinner and overnight stay at **Ross Lake House Hotel (CLASSIC OPTION) / Waterfall Lodge (GUESTHOUSE OPTION)**.

DAY 2

Rosscahill to Cashel. (70km) Commencing at the gateway to Connemara, we pedal along tranquil roads. Scenery is wild and unspoiled. At Screebe we turn away from the beckoning Twelve Ben Mountains towards the rugged coastline, past mountain lakes to Derryrush. Here the mountain road narrows and a twisting medium gradient climb for a mile and rounds the shoulder of Cnoc Mordain. Overnight stay at **Zetland House (CLASSIC OPTION)**, a manor house hotel in the village of Cashel at the foot of Cashel Hill / **GUESTHOUSE OPTION: The Anglers Return**. In a lovely corner, between mountains and the sea. Peace, space, peat fires, books and antiques create an authentic atmosphere.

DAY 3

Cashel to Clifden. (45km - alternatives)

Early morning start to Roundstone village, the most picturesque fishing harbour in Connemara. Visit the Roundstone Musical Instrument centre - home of the Bodhran. Stunning beaches at Dog's Bay and Gurteen Bay near Roundstone with rugged coastline and sandy beaches. Choice of routes via the lakes, rivers and forestry surrounding Ballinahinch Castle. Our lodging in Clifden is **Ballynahinch Castle (CLASSIC OPTION in Recess)** or the historic **Quay House (GUESTHOUSE OPTION)**, with its wide vista of the inlet of Ardbear Bay. We will be here for the next two nights.

DAY 4

A free day (10km to 24km cycle to ferry - optional)

Today is a rest day with splendid opportunities to explore the little antique stores and coffee shops, of Clifden town. Begin your day with an enjoyable breakfast of fresh fruit & yogurt. Stroll through the art galleries and bookstores and along the harbour front. Optional activities today include Horse back riding along the shores of Omey Island from the village of Cleggan; Golfing at the Connemara Golf Club at Ballyconneely or Fly fishing at Ballynahinch Castle.

For the more adventurous, take a day trip from Clifden via the coastal village of Cleggan to Inishbofin Island, one of the most beautiful and unspoiled West coast islands. Population about 200 individuals. St. Colman settled here in the year 665 because of its tranquility. Traditional farming methods still practiced today resulting in the preservation of many endangered species of animals and birds, including the now rare Corncrake. Hopefully you will be lucky enough to hear one!!Return to Clifden for overnight stay.

DAY 5

Clifden to Leenane (65km - alternatives)

Today our route will take us through the Lough Inagh Valley, one of the finest valleys in Ireland. On this morning's bike ride you'll see a stunning vista of peatlands, lakes, and forests. On to Kylemore Abbey nestled between the cliffs of Doughruagh and Poulacappal Lough, followed by a terrific choice of great biking routes. Bike around Killary Fiord surrounded by Maamturk and Mweelrea mountains. Through the village of Leenane, the setting for the Oscar winning film "The Field" with Richard Harris. Ease into the evening as you watch the sunset and enjoy some gourmet delights and shared tales of the day's adventure. Stay at Portfinn Lodge (**GUESTHOUSE OPTION**) in Leenane where you share some local culinary delights with the hosts / Stay the night at the Delphi Lodge (**CLASSIC OPTION**) a wilderness retreat, which is a delight of luxury and pampering.

DAY 6

Delphi to Westport. (40km)

We cycle onward through the Mountain pass between the Mweelrea and Sheeffry mountains via Doo Lough, spectacular in its dark beauty, this route is referred to as the *Famine Trail*, dating back to tragic local events during the Famine years of the 1840's. We reach the village of Louisburgh, which translates to the delightful name of 'Meadow of the Buttercups'. Continuing from there west along Clew Bay passing Croagh Patrick a pilgrims mountain and on to the lovely town of Westport, a charming 'planned town' with unique blend of old and new. Evening of traditional Irish music where the less fainthearted can join in and sing or dance should you so desire! Final night farewell dinner. Accommodation in Knockranny House Hotel (**CLASSIC OPTION**) OR Adare Guesthouse (**GUESTHOUSE OPTION**).

DAY 7 - Farewell and departure.

Departure from Westport. Public bus and train links available in Westport.

We recommend customers to fly in & out of Dublin, as there are more connections to Galway City, and Dublin is more accessible at the end of the tour, by train, from Westport.



We are tour partners with Cycle West for this guided tour. Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered. Accommodations remain the same, but we do reserve the right to change accommodations (subject to availability) - if changed, the customer will be notified in advance, and the substituted accommodation will be of similar quality and standard as the original. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time. In such case, Killary Tours reserves the right to make any necessary decisions.

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