

# Ireland Bike

Cycle from Cork to Dublin in just 3 days



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# Cork to Dublin Cycle, Ireland

Ireland is the third largest island in Europe and the twentieth largest in the world and is situated in the Atlantic Ocean and separated from Great Britain by the Irish Sea.

This cycle links the countries Southern “capital” of Cork to the true capital of Dublin, by following the coastal route through the “Sunny South East”. Unfolding before us will be green fields, rugged cliffs, ruined castles, long sandy beaches (many of which have blue flag status), heritage towns, and as you would expect many wonderful Irish Pubs!

Our finish line is Dublin one of Europe’s most exciting capital cities. Where we will celebrate our achievements after our tough physical effort over the past three days!



# Detailed itinerary

## Day 1: Depart UK to Cork, Ireland

Depart London on a flight to Cork. Transfer to our hotel where we have dinner and a briefing about the challenge ahead.

## Day 2: Cork City to Dungarvan, 90kms

After a hearty Irish breakfast we will assemble into our groups to begin this incredible challenge! We start along quiet country roads to Midleton, which has a famous whisky distillery, before we take lunch in the heritage town of Youghal, with 2 lovely beaches, one of which is 8km long, in case anyone fancies a refreshing dip! We then cycle inland and over Drum Hill with its wonderful views before enjoying a great descent to the picturesque harbour town of Dungarvan, where we will be spending the night.

## Day 3: Dungarvan to Arklow, 160kms

Another hearty breakfast will set us on our way and back along the coast. Today we follow the spectacular "copper coast" road with its sea cliffs, ogham stones and wonderful views. It was given this name due to the number of copper mines that were here in the 19C and would be very similar to the rugged coastline of Cornwall

We then head inland a little along some very quiet roads rolling across rural farmland. We reconnect with the coastline by taking the small ferry across the river Suir at Passage East and cycle the last few miles to Wexford another heritage town founded by the Vikings.

We leave the town on the causeway bridge and re-join the scenic coastal road where we pass Curraclloe beach where the film "Saving Private Ryan" was filmed. Today is a tough day on our bikes!

## Day 4: Arklow to Dublin, 90kms

Leaving Gorey we head straight back to the coast circling around Tara hill, giving another lovely vista, before passing by Brittas bay with its long sandy beach and yet another great place for a swim. We then take a detour into the Wicklow mountains and a spin over one of the highest roads in the country (Sally Gap - 455 metres), before re-joining the coast road passing some of Dublin's more exclusive suburbs, with wonderful views across Dublin Bay. The last few miles will bring us into the centre of Dublin where we will have a celebration dinner and a well earned night out in one of Europe's most exciting capital cities.

## Day 5: Dublin to London

Depart on our flight back to London.

## Challenge grade

Moderate - Tough

## Best time of year

May to September

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*This itinerary is complex and subject to change*

