

# Ireland Bike

Cycle from Cork to Dublin in 4 days



Ultimate Challenges

T: 020 7386 4680  
events@theultimatetravelcompany.co.uk  
www.ultimatechallenges.co.uk

# 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, 87kms

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 two 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 Wexford, 105kms

Another hearty breakfast will set us on our way and back along the coast. Today we follow the Deise Greenway a cycle route on a disused railway line which takes us out of Dungarvan along the golden strand of Clonea. We leave the Greenway to keep to 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 .

## Day 3 Cont.

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 on the banks of the Slaney River.

## Day 4: Wexford to Wicklow, 90kms

We leave Wexford town on the causeway bridge and re-join the scenic coastal road where we pass Curracloe beach where the film “Saving Private Ryan” was filmed. Following the coast we pass thatched cottages and sandy coves as we head into county Wicklow which probably has the best cycling in Ireland. After crossing the Avoca River in the Viking founded town of Arklow we pass some of the nicest beaches on the east coast with opportunities for a refreshing dip in the Blue Flag beach at Brittas Bay. To our left the granite mass of the Wicklow mountains loom into view as we descend to our overnight stop in the friendly compact harbour town and County capital, Wicklow.

## Day 5: Wicklow to Dublin, 85kms

This morning we leave Wicklow cycling along the coast initially, we soon turn inland and begin a gentle climb through the sylvan foothills towards Ireland’s highest village Roundwood. Looking back over your shoulder you may catch a glimpse of the peaks of Snowdonia 100km to the east. More adventurous cyclists can detour into the Wicklow Mountains National Park, riding the historic Military Road, the highest roads in the country, over Sally Gap (455 metres) before re-joining along the coast road passing some of Dublin’s more exclusive suburbs, with wonderful views across Dublin Bay. Our final stop is right on Dublin Bay, our hotel overlooking Dun Laoghaire harbour. This evening we will celebrate our incredible achievement.

## Day 6: Dublin to London

Depart on our flight back to London.

### Challenge grade

Moderate – Tough

© *Ultimate Challenges*

*This itinerary is complex and subject to change*



# Why choose Ultimate Challenges?

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event Fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximise your income

***‘Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel’***



Ultimate Challenges

25 - 27 Vanston Place, London. SW6 1AZ  
T: 020 3642 9830  
E: [events@theultimatetravelcompany.co.uk](mailto:events@theultimatetravelcompany.co.uk)  
[www.ultimatechallenges.co.uk](http://www.ultimatechallenges.co.uk)



 **ABTA**  
ABTA No. W0745