End to End Cycle
Mizen Head to Malin Head
2nd - 6th May 2013

A Challenge of a life time.

The Cycle | The CyclePlus Mizen to Malin Head Cycle will cover the length of Ireland through some of the most scenic and beautiful spots this island has to offer.

Join us for this epic 742km ride that will climb over the Cork & Kerry Mountains, through the Burren and Connemara then finishing at the untouched Inishowen Peninsula in Donegal.

This challenge is aimed at people with a reasonable level of fitness and will require pre-event training to be able to spend regular long days in the saddle. This is the second year of running this annual event.

Charity | This is a perfect opportunity to raise funds for your chosen charity. Last year over €45,000 was raised for various charities. Cycleplus also set-up a public access Defibrillator program, installing two defibrillators and training many of the local businesses in CPR and the use of the Defibrillators.

Costs | The cycle will cost €800 which will cover B & B, transport to/ from Dublin, van support along the route and roadside snacks. Cyclists will also be rewarded with a free Jersey and a Gala Dinner upon completion. We ask for a non-refundable deposit of €4000 euro to be paid before the 1st March.

There and Back | Transport will be provided from Greystones to Mizen Head on Wednesday evening to allow an early start the following morning. Participants will be transported back from Malin Head on Tuesday the 7th May. Bike transport is also included.
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Itinerary | Day 1: Thursday 2nd May, Mizen Head to Killarney (120km)
The cycle will begin at Mizen Head, through Bantry Bay followed by a long climb into the Cork/ Kerry Mountains and finishing with a fast descent into Killarney.

Day 2: Friday 3rd May, Killarney to Lahinch - (132km)
On the second day cyclists will carry onwards towards Tralee then crossing the Shannon via a ferry at Killrush. A cycle through the Burren will lead to Lahinch.

Day 3: Saturday 4th May, Lahinch to Leenane (155km)
The spectacular sight of the Cliffs of Moher will reward tired cyclists, followed by a beautiful coastal cycle towards Lisdoonvarna, Galway and finishing with a breath-taking cycle through Connemara to the coastal town of Leenane.

Day 4: Sunday 5th May, Leenane to Ballyshannon (183km)
The longest but flattest day of the challenge will see cyclists continuing towards Westport, Sligo, past the unique Ben Bulben Mountain to the surf town of Bundoran.

Day 5: Monday 7th May, Ballyshannon to Malin Head (152km)
The final day sees cyclists passing through the remote Bluestack Mountains, past Derry and finally to the Inishowen Peninsula and to their final destination at Malin Head.

Training | In order to complete this challenge and to enjoy it properly, pre-event training is essential. We will be organising shop rides from March and a training schedule will be provided upon registration.

Summary | We will do our utmost make the Mizen to Malin cycle fun and enjoyable for everyone, while benefiting the local community. We will accommodate particular needs where possible and ensure that everyone gets the most out of this cycle. This will be an epic cycle that will remain fondly in your memory for years to come. Places are limited so check out www.cycleplus.ie or ask in-store to reserve your place.

Time 33:10:25
Elapsed Time 111:47:26
Max Speed 57.8km/h
Avg Speed 22.7km/h