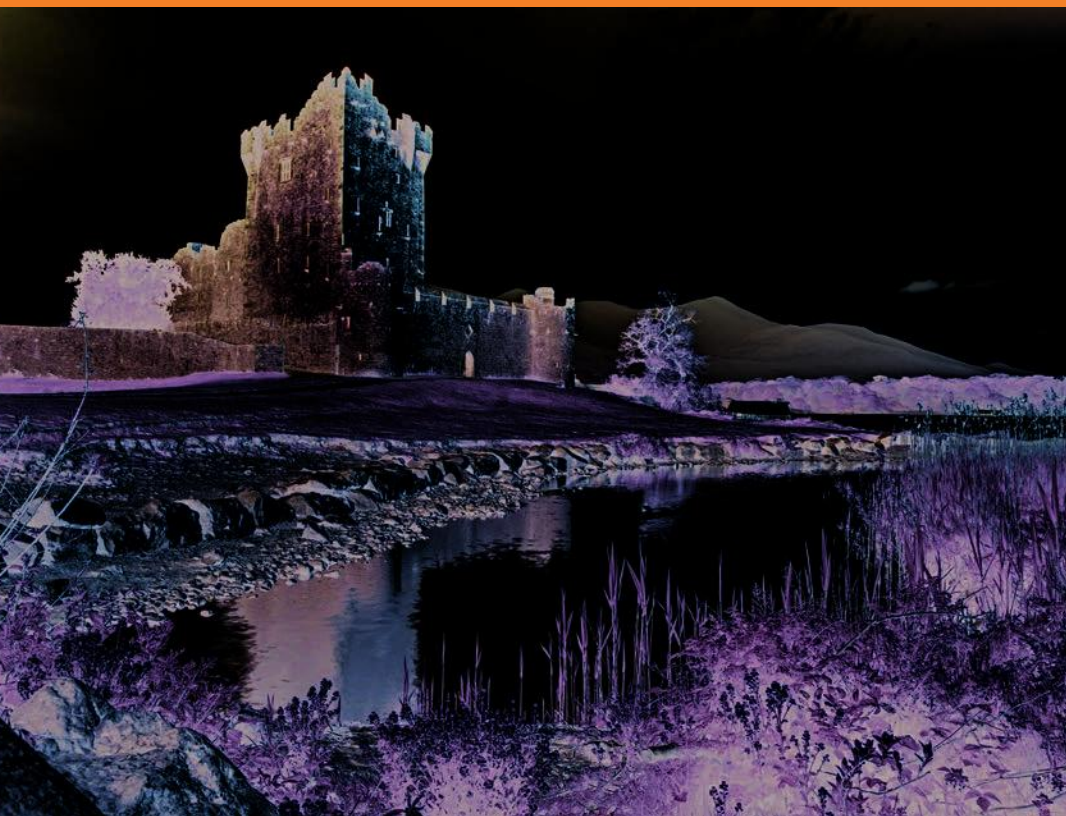


LIFECYCLE ADVENTURES' GUIDE TO SOUTHWEST IRELAND



Use this Guidebook
with the On-Tour App
– see inside cover



**LIFECYCLE
ADVENTURES**

PLANNING | ABOUT THE AREA | OVERNIGHT TOWNS | ON TOUR FAQ

Guidebook this book

Planning Your Tour

Where to stay before tour

Getting there

Things to book

What to pack

About the Area

Routes & highlights

Geography & history

Food & drink

Essentials

Overnight Towns

Overviews

Restaurants & bars

Sights & activities

Town plans

On Tour

Using the On-Tour App

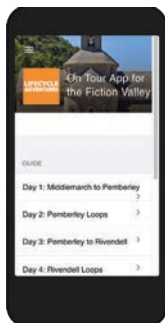
Navigating the routes

Our services

Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to **download your On-Tour App a few weeks before the start of your tour.**



The app includes everything you need to explore each day during your tour including:

- > Ride options
- > Places for lunch
- > Points of interest
- > Directions to accommodations
- > End of tour logistics
- > Contacts
- > FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.

The ✨ symbol is used to denote places that are highly recommended by the authors.



LIFECYCLE ADVENTURES' GUIDE TO **SOUTHWEST IRELAND**

Written and Researched by
Victoria Craig & Gregory Craig



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A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you discover new things along the way or have corrections for this guidebook, please drop us an email and we will incorporate your suggestions in our next edition. You can reach us at info@lifecycleadventures.com.



Image by Jeanne Hervé-Maley

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Ha Penny Bridge in Dublin

GETTING THERE

Getting to Ireland

Flying into Dublin

Most international flights to Ireland arrive at Dublin airport. There are flights from most major European cities and some North American cities, including Boston, Chicago, Los Angeles, Miami, New York, Orlando, Philadelphia, San Francisco, Toronto, and Washington. Taxis from the airport to the center of Dublin cost €25.00 to €30.00 and take around 30 minutes. Express buses cost €10.00 pp and take about the same time.

Flying into Shannon Airport (near Limerick)

Shannon Airport (SNN), near Limerick, is a medium-sized airport. There are direct flights to Shannon Airport from many European airports as well as a few US airports including Boston, New York, and Newark. The easiest way to get to Limerick from the airport is by taxi, which takes around 20 minutes and should cost €35.00. There is also a bus service every 30 minutes that costs €10.00 pp and takes around 30 minutes.

Getting to the Start of Your Tour

Tours typically start in either Tralee though you may choose Limerick or Killarney by prior arrangement and for an extra fee.

Dublin to Tralee

From Dublin (Heuston Station), there is a regular train service to Tralee. Examples of morning trains include:

- 7:00 AM service gets into Tralee at 11:00 AM with one change.
- 9:00 AM service gets into Tralee at 1:00 PM with one change.

Dublin to Limerick

There are direct buses from Dublin Airport to Limerick that take between 2:40 and 3:40 hours. There are also hourly trains from the center of Dublin (Heuston Station) to Limerick (Colbert Station) that take just over 2 hours with one change and cost €15.00 to €30.00 pp.

Dublin to Killarney

From Dublin (Heuston Station), there is a regular train service to Killarney. Examples of morning trains include:

- 7:00 AM service gets into Killarney at 10:20 AM with one change.
- 9:00 AM service gets into Killarney at 12:20 PM with one change.

Travel Sites

The following sites are helpful when booking travel within Ireland:

- Local train company: <https://www.irishrail.ie/>
- The Train Line: <https://www.thetrainline.com/en-us/>
- Rome to Rio: <https://www.rome2rio.com/>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Tralee, Killarney, or Limerick before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

In Tralee

The Grand Hotel

 Denny St, Tralee, Co. Kerry, V92 NDT8, Ireland
 +353 667 121 499
 <https://www.grandhoteltralee.com/>

The Ashe Hotel

 Maine St, Tralee, Co. Kerry, V92 W56F, Ireland
 +353 667 106 300
 <https://www.theashehotel.ie/>

In Limerick

Limerick Strand Hotel

 Ennis Rd, Stonetown, Limerick, V94 03F2, Ireland
 +353 61 42 1800
 <https://www.strandhotellimerick.ie/>

The George

 Shannon St, Prior's-Land, Limerick, Ireland
 +353 61 460 400
 <https://www.thesavoycollection.com/the-george/>

In Killarney

Great Southern Killarney

 Town Centre, Avenue, Killarney, Co. Kerry, V93 R866, Ireland

 +353 646 638 000

 <https://www.greatsouthernkillarney.com/>

Killarney Lodge

 Countess Rd, Dromhale, Killarney, Co. Kerry, Ireland

 +353 646 636 499

 <https://killarneylodge.ie/>

DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.

Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

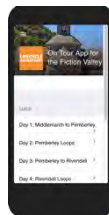
- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture



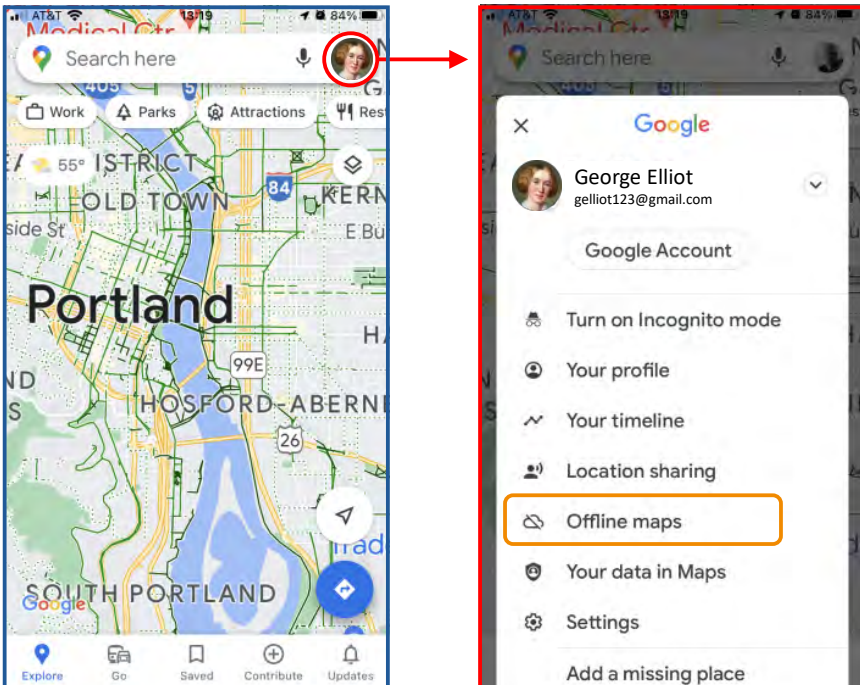
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

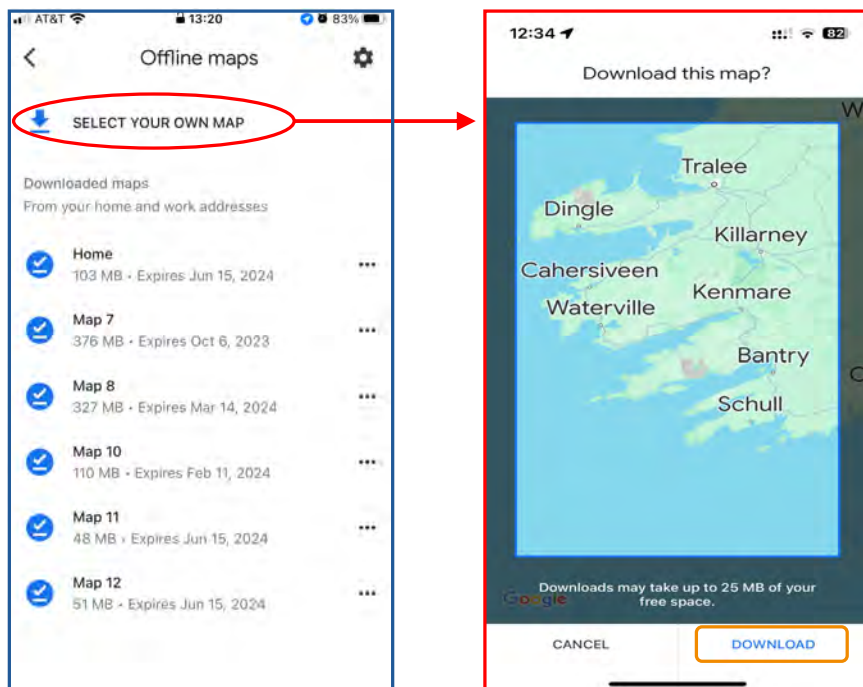
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.



In the Google Maps app, tap on your profile picture and then select Offline Maps



Zoom the map on Ireland to include Tralee, Dingle, Killarney, and Kenmare

WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you do not already have WhatsApp, we recommend that you download the app and set up an account before you travel. If you forget, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little advanced planning you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. Typically, there are packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Limerick and Shannon Airport

Typically, we collect and drop off guests at their hotel in downtown Tralee, downtown Killarney or Killarney Railway Station. We can also collect or drop off guests at Limerick or Limerick Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to August.

Dingle Distillery Tour

Dingle Distillery offers one-hour tours where visitors can view the entire production process for its artisan whiskeys, gins and vodkas – samples provided. Multiple tours times available beginning at 10:00 AM. Usually the last tour is 4:30 PM. Cost €18 per adult.

 +353 664 029 011

 <https://dingledistillery.ie/>

Great Blasket Island Tour

Off the coast of Dingle, Great Blasket Island is an uninhabited, wildly beautiful place that includes an abandoned settlement. You take a ferry to the island. The ferry leaves from Dunquin Pier at 10:30 AM / 11:30 AM / 12:30 PM / 1:30 PM returning at 2:00 PM / 3:00 PM / 4:00 PM and 5:00 PM. There is a guided tour on the island, but it isn't mandatory. €40 round trip ticket that can be paid on the day. Reservations recommended and can be made by phone or email. Best included as part of a Dingle Loop Day.

 +353 874 488 330

 excaliburp5@hotmail.com

 <https://blasketferry.ie/>

Motorboat from Ross Castle to Lord Brandon's Cottage

One of the Leisure loop rides from Killarney starts with an open motorboat ride from Ross Castle to Lord Brandon's Lodge. We recommend Killarney Day Tours for this service. Their boats depart from Reen Pier at Ross Castle and reservations are essential. You can make the arrangements yourself, but your accommodation hosts will also be happy to help. Ensure the reservation includes bike transport. If making the booking online, choose 'Cyclist and bike from Ross Castle to Lord Brandon's Cottage'.

There is one boat per day, leaving from Reen Pier, Ross Castle at 10:30 AM. Arrival at Lord Brandon's Cottage is roughly at 12:00 PM, depending on weather conditions and water levels. You are advised to bring warm clothes and a waterproof jacket.

 Killarney Day Tours, Ross Castle, Ross Rd, Killarney

+353 64 663 1068



<https://killarneydaytour.rezgo.com/details/152068/cyclist-and-bike-from-ross-castle-to-lord-brandons-cottage/>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Dingle

- Out of the Blue
- Land to Sea

In Killarney

- The Garden Room

In Kenmare

- Lime Tree Restaurant

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to the handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

In Ireland, whatever the season, you should pack waterproofs and warm clothing.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-visibility rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Waterproof shoe covers (optional)
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



Image by Jeanne Hervé-Maley

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Dingle Peninsula, County Kerry

INTRODUCTION

There are few places on earth that can match the southwest of Ireland for pure, rugged beauty. Along the coast, Atlantic rollers crash into precipitous cliffs, while inlets and bays are home to sheltered fishing harbors and white-sand beaches. Inland, rolling, emerald-green farmland is bounded by hedgerows and ancient drystone walls.

Visitors to this region are greeted with a hospitality that goes beyond mere politeness – it's a genuine, heartfelt welcome. The locals, known for their friendliness and affability, seem to possess an endless capacity for conversation and a deep love for sharing their stories, traditions, and culture. The pubs, with their snugs, stouts, and live music, complete the picture.

The southwest of Ireland is a place where the elements collaborate to create a symphony for the senses, and where the genuine warmth of its people completes the picture, ensuring that every visitor leaves not just with photographs but with a collection of enduring memories.

As a cyclist in Southwest Ireland, you should be prepared for mountainous terrain and roads with little or no shoulder.

ROUTES & HIGHLIGHTS

The map on the following page shows the *intermediate* routes between the overnight towns (marked ●). Easier and harder routes are also available. The map also shows some of the highlights in the area.

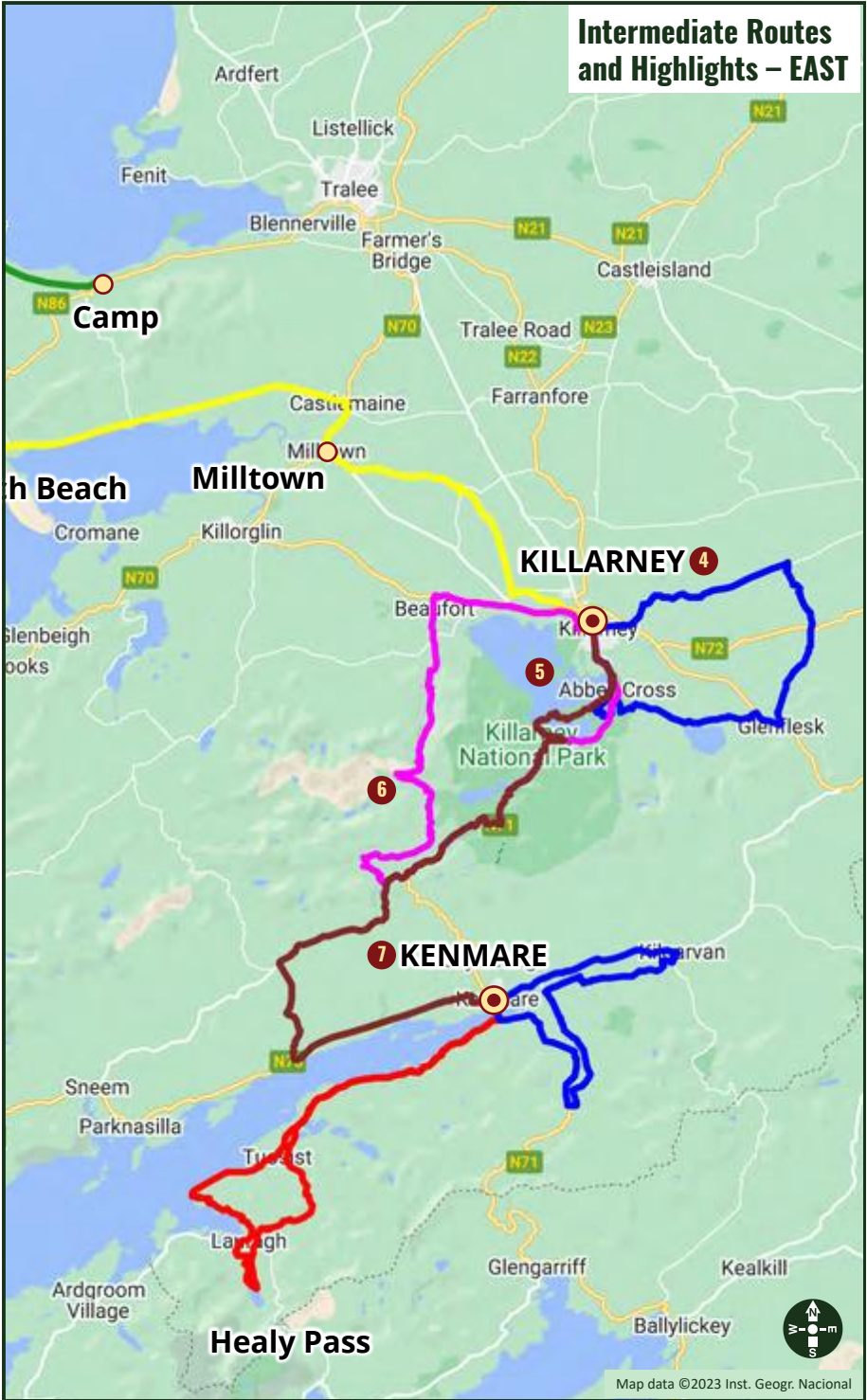
Each tour is customized to you and may not include all these routes and overnight towns. Typically, Kenmare is only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes

¹ Not all days have all levels of riding.

Intermediate Routes and Highlights – WEST





1 Connor Pass

Iconic Irish scenery – rugged mountains, lakes, and open moorland – along a narrow, twisting road that takes you over one of the highest mountain-passes in Ireland. The pass takes you from Camp to Dingle – typically on the first day of your tour.

2 Dingle

Ireland's most westerly town with brightly painted houses, traditional shop fronts and narrow streets. The town is clustered around a busy harbor that is home to an active fishing fleet. As you would expect, there are plenty of restaurants serving excellent, locally-caught seafood.

3 Slea Head Loop

This spectacular loop ride, at the end of the Dingle Peninsula, is one of the most stunning bike rides in Ireland. This is also one of the few pockets of Ireland where Gaelic is still widely spoken. Highlights include a prehistoric fort, dry-stone beehive huts, a whiskey distillery, a Celtic Museum, and the picturesque village of Ballyferriter. You might even have the opportunity to pet sheep and watch sheepdogs at work.

4 Killarney

The principal town of SW Ireland, Killarney is the touristic heart of the area. The town has one of the most beautiful settings of any in Ireland. With over 70 pubs, it is also a vibrant place full of music and poetry. It is hard not to be caught up by the positive energy of the place.

5 Killarney National Park

This stunning park has breathtaking scenery (lakes, waterfalls, and mountains) as well as an ancient castle, a Victorian manor house, and a 12th-century monastery. Adjacent to Killarney, the park features on most of the Killarney loop rides.

6 Gap of Dunloe

This narrow pass through the mountains is on the western side of Killarney National Park. After climbing up from the southern side, you are treated to stunning views in all directions as you enjoy a five-mile descent down the steep-sided valley past mountain lakes, over stone bridges, and horse-drawn buggies.

7 Kenmare

A pretty town, beautifully located on a bay and framed by mountains. Known as the thinking person's Killarney, Kenmare has great restaurants and shops but fewer tourists.

- Pubs & Music

Even teetotalers should experience the warm collegiality that makes the pub the welcoming heart of most Irish towns and villages. For non-teetotalers, the slow-poured Guinness is somehow better than anywhere else in the world. The other highlight of the pubs is the music; it can be raucous and raw or soft and lyrical, but it is always vibrant and almost impossible not to tap your foot to.

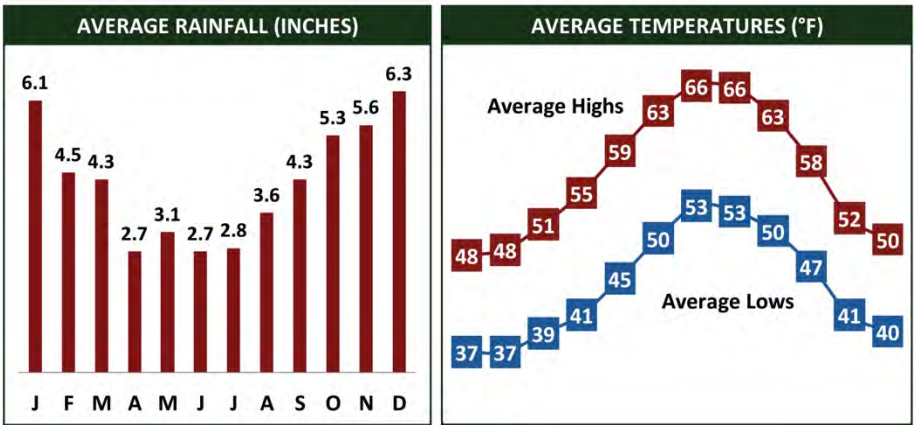
CLIMATE & GEOGRAPHY

The climate in the southwest of Ireland is influenced by its proximity to the Atlantic Ocean and the prevailing winds that blow onshore from the southwest. These conditions result in a climate that is mild, changeable, and moist.

The best time to visit is from mid-May to early-September. The sunniest months are May and June, with an average of five to seven hours of sunshine per day. July and August are the warmest months, but it is rarely hot. While winter is the wettest season, rainfall is common throughout the year. However, the Atlantic weather fronts pass quickly, and it is common for a day to include both sunshine and rain.

Whenever you choose to travel, you should pack waterproofs and warm clothing.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Killarney, a town at the center of our tours.



Data Source: www.intellicast.com

HISTORY

In One Sentence

It is complicated, the English do bad things, but it all comes good in the end.

Key Dates

16,000 BCE	Ireland covered in ice
12,000 BCE	Ice melts and Ireland becomes an Island – separate from Scotland
8,000 BCE	First evidence of humans
500 BCE	Emergence of a distinct Celtic culture
400 CE	Christianity arrives
800	The Vikings arrive
1171	The English (who were really French) arrive
1348	The Black Death arrives and the English (mostly) leave
1541	The English come back
1740 & 1741	First Great Famine – 400,000 die and 150,000 leave
1801	Ireland & Britain join to become the United Kingdom of Great Britain and Ireland
1829	Catholic emancipation
1845 to 1849	Second Great Famine – 1 million die and 1 million leave
1914	Irish Home Rule passed but delayed due to WWI
1919	Irish War of Independence
1921	Independence for Ireland (Irish Free State) but Northern Ireland remains part of UK
1922	James Joyce's Ulysses published
1969	Start of "The Troubles" in Northern Ireland
1973	Ireland joins the EEC – that becomes the EU
1995	Start of significant economic growth (the Celtic Tiger period)
1998	Good Friday Agreement brings peace to Northern Ireland
1999	Ireland adopts the Euro
2015	Referendum amends constitution to recognize same-sex marriage
2016	Leo Varadkar elected – Ireland's first openly gay (and bi-racial) prime minister
2018	Referendum amends constitution to allow for the legalizing of abortion
2016	The UK people vote for Brexit, creating a risk of a hard border with Northern Ireland in contravention of the Good Friday Agreement
2023	The Windsor Framework removes the need for a hard border with Northern Ireland

FOOD & DRINK

Overview

Irish food is rooted in simplicity and local ingredients. Hearty stews, potato-based dishes, and hearty breakfasts are central to the country's culinary identity, emphasizing warmth, tradition, and hospitality.

Irish drinks include the iconic Guinness as well as whiskey (with an “e”). Irish pubs, with their warm welcome and social rituals, are the hubs for enjoying these time-honored drinks.

Irish Breakfasts

Irish breakfasts are a hearty and iconic morning tradition, known for their robustness. A typical spread includes bacon, sausages, black and white pudding, eggs, grilled tomatoes, and beans. Accompanied by buttered toast or traditional soda bread, it is a meal designed to fuel the day – reflecting Ireland's agricultural roots. The communal act of sharing an Irish breakfast fosters a sense of warmth, camaraderie, and a full stomach!



Irish Stew

Irish Stew embodies the heartiness and simplicity of traditional Irish fare. Comprising tender cuts of lamb or mutton, potatoes, onions, carrots, and sometimes barley, this slow-cooked dish marries flavors into a comforting medley. Seasoned with herbs like thyme and parsley, it reflects Ireland's agricultural heritage. Served piping hot, Irish stew is a soul-warming staple, often enjoyed in the cozy ambience of Irish homes or welcoming pubs.



Colcannon

Colcannon is an Irish comfort dish that combines creamy mashed potatoes with kale or cabbage to create a flavorful and hearty side dish. Infused with butter and seasoned to perfection, it is a staple on Irish tables, especially during festive occasions. This humble yet delightful dish captures the essence of traditional Irish home cooking.



Boxty & Farls

Boxty, a traditional Irish potato pancake, is made from grated and mashed potatoes, flour, and buttermilk. Pan-fried until golden, it is enjoyed with various toppings or just plain. Farls, another Irish treat, are griddle-cooked flatbreads, typically cut into triangular sections. Both dishes showcase Ireland's inventive use of its agricultural staples.



Stout and Guinness

Stout, notably exemplified by the iconic Guinness, holds a revered status in Irish culture. Renowned for its velvety texture and rich flavor, Guinness has become synonymous with Irish pub culture worldwide. Brewed in Dublin since 1759, it boasts a distinctive blend of roasted barley, hops, and yeast. Poured into the perfect pint, it settles into a creamy head, creating a visual and sensory experience. The pub ritual of savoring a pint of stout, often accompanied by lively conversation and traditional music, epitomizes the conviviality ingrained in Irish social life.



Whiskey

Irish whiskey dates back centuries and is celebrated for its smoothness and distinct flavor profile. Typically, triple-distilled for refinement, it uses a blend of malted and un-malted barley. Distilleries scattered across the countryside have contributed to the resurgence of this spirit. On our tours, Dingle is one the best places to experience a distillery tour and tasting.



FUN FACTS (AND OTHER THINGS OF INTEREST)

In Dingle and Around Dingle

Fungie the Dolphin

"When there was no body, we will always wonder. He disappeared just as mysteriously as he arrived."

In 1983 a bottlenose dolphin arrived in Dingle. Exceedingly friendly and showing an unusual fondness for human company, the dolphin seemed to enjoy swimming around with the local boats and fishing fleet.



Soon there were boat tours to see the dolphin, nicknamed Fungie, and more than 1,000 tourists a day flocked to see him. Now known as Dingle's mascot, there is a bronze statue of him outside the tourist office.

In the wild, bottlenose dolphins live for an average of 25 years, though they've been known to live up to 40 years of age in captivity. Fungie was sighted for more than 37 years and was easily recognizable from his distinctive markings.

Great Blasket Island

Back in the 1920s and 1930s, the inhabitants of Great Blasket Island became famous for producing books which are deemed classics in the world of literature. Their books described the lives of Island people who lived on the very edge of Europe, and brought to life the topography, and lives of their Island. They wrote all of their stories in the Irish language.



Sadly, the Great Blasket Island community declined as a result of the continuous emigration of its youth and, in 1953, the Island was abandoned by its remaining 22 inhabitants.

The Island remains unoccupied today, but you can visit by ferry to admire the natural beauty and what remains of years of human endeavor.

In and Around Killarney

Ross Castle

Ross Castle was constructed in the late 15th century by the local ruling clan of O'Donoghues Mor (Ross) but changed ownership several times.

The castle was one of the last to surrender to Oliver Cromwell's Roundheads during the Irish Confederate Wars. Lord Muskerry (MacCarty) held the castle against Edmund Ludlow who marched to Ross with 4,000 foot soldiers and 200 horse. The final attack was across the water on ships that were built in Kinsale, brought by water to Killorglin and then dragged by oxen to Ross Castle. Legend has it that the sight of the ships unnerved the onlookers and the castle soon submitted.



The castle became a military barracks and remained so until early in the 19th century. There is a local legend that O'Donoghue leapt from the window of the grand chamber at the top of the castle and disappeared into the lake along with his horse, his table and his library. It is said that O'Donoghue now resides in a great palace at the bottom of the lake where he keeps a watch on everything he sees.

Muckross House

Muckross House was built by Henry Arthur Herbert and his wife, the watercolorist Mary Balfour Herbert, in the 1840s.

The location was chosen for its stunning location: set among lakes, hills, and woodlands. The house has sixty-five rooms with ornate plasterwork, decorative tiles, and elegant interiors.

Muckross House welcomed many notable guests over the years, including Queen Victoria who was enamored with the beauty of the estate.

In 1899, the Herbert family sold Muckross House and its estate to Arthur Guinness, the great-grandson of the famous brewer. In 1932, Muckross House and its surrounding lands were donated to the Irish nation by the daughter of Arthur Guinness. The property then became part of Killarney National Park, one of Ireland's most beautiful natural reserves.

Today the house is open for guided tours. The surrounding gardens, known as Muckross Traditional Farms, showcase traditional rural life in Ireland, and feature working farms, cottages, and various farm animals.



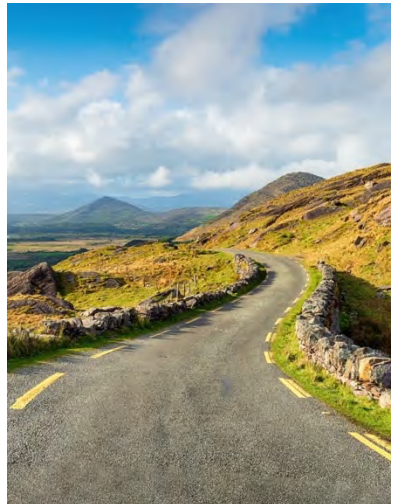
In and Around Kenmare

Healy Pass

Healy Pass cuts through the majestic Caha Mountains straddling County Kerry and County Cork. Named after Timothy Michael Healy, this winding road has sweeping views of lush valleys and serene lakes. A haven for walkers, naturalists, and cyclists.

Famine Roads

Adjacent to Healy Pass lie the poignant Famine Roads. The construction of these roads was a relief project during the Great Famine (1845-1852): a period of starvation and mass migration due to a failure of the potato crop. The narrow roads bear witness to a tragic chapter in Irish history: they provided some employment but were often of no use. Today, these roads are a haunting monument to tales of desperation, resilience, and endurance amid adversity.



McCarthy's Bar: A Book and a Pub

Pete McCarthy's best-selling book, "McCarthy's Bar" is a funny and affectionate portrait of a rapidly changing country.

Despite the numerous exotic locations Pete McCarthy has visited, he finds nothing else can match the particular magic of Ireland, his mother's homeland. His journey begins in Cork and continues along the west coast to Donegal in the north. He travels through spectacular landscapes but at all times obeys the rule, "never pass a bar that has your name on it." On his journey he encounters McCarthy's bars up and down the land – including the one in Castletownbere (on the Kenmare Epic Loop ride). The author is at once both an insider and an outsider.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Can I use my charger and hair dryer in Ireland?

Standard sockets in Ireland, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

Like the UK, Ireland has standardized on the square-pinned, Type G plugs and sockets.

To use your North American appliances in Ireland, you will need to check they are rated for use with 220 volts, and you will need a plug adapter.

Many phone and laptop chargers are rated for use at 220 volts however most North American hairdryers are not.



Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Money

The currency of Republic of Ireland is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Ireland. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not. Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Ireland. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

The short answer is, “Yes,” English is spoken almost everywhere in Ireland.

The longer answer is that the 1937 Constitution states that Irish (or Gaelic from the Irish word Gaelige) is “the first official language of Ireland.” However, only one percent of the population claims to speak Irish daily although 30 percent can speak it. Ireland’s second official language, English, by contrast, is spoken by almost everyone.

On your tour you will visit two official Gaeltacht regions: the Dingle Peninsula and western parts of the Iveragh Peninsula). Gaeltacht regions were first officially recognized in the 1920s and were an effort by the government to keep the Irish language alive. In these regions many road signs are in Gaelic – including place names. So, confusingly for non-Gaelic speakers, Dingle could be signed as Dingle, An Daingean or Daingean Uí Chúis.

Will my cellphone work in Ireland?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy an Irish SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy an Ireland SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Ireland*, above.

Exploring

How is the traffic on the roads in Ireland?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The Irish are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Ireland!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Ireland* or the *Lonely Planet Ireland*. For more on architecture, history, and the arts, we would suggest the *Michelin Green Guide Ireland*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest *National Geographic Adventure Map to Ireland* (scale is 1:385,000) or *AA Road Atlas Ireland* (scale is 1:200,000). Both are available from Amazon.

Local Customs

What are local dress codes?

Irish people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Ireland. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 9:00 AM to 5:00 PM
- Churches: 8:00 AM to 7:00 PM
- Shops: 9:00 or 10:00 AM to 5:30 or 6:00 PM. Some until 7:30 or 8:00 PM on weekends.
- Restaurants for lunch: 12:00 PM to 3:00 PM
- Restaurants for dinner: 7:00 PM to 9:30 PM
- Other businesses: 9:00 AM to 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in Ireland is far less prevalent than in the United States; the Irish do sometimes tip, but modestly. Tipping is always discretionary and only for good service.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants, you do not need to tip if a service charge is included in the bill. If there is no service charge, 10% to 15% is typical. For taxis you typically round up the fare – e.g. €9 rounds up to €10 (or roughly 10%). In pubs you do not typically tip at the bar, but you would for a sit-down meal or if drinks are delivered to your table. For guided tours, €15 to €30 per person per day is common in the industry.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in Dublin and the larger cities. However, the countryside in County Kerry is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and always lock up your bike if you cannot see it.

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 42 Elgin Rd, Dublin 4, D04 TP03, Ireland

 Telephone: +353 1 668 8777

 <https://ie.usembassy.gov/>

Embassy of Canada

 7-8 Wilton Terrace 3rd floor, Dublin, D02 KC57, Ireland

 Telephone: +353 1 234 4000

 <https://www.international.gc.ca/country-pays/ireland-irlande/dublin.aspx?lang=eng>



Image by Jeanne Hervé-Maley

OVERNIGHT TOWNS

Dingle	36
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Dingle Harbour

DINGLE

Overview

Dingle is the westernmost town in Europe; protected from the Atlantic Ocean by an impressive natural harbor which is home to an active fishing fleet. The town features brightly painted houses, traditional shop fronts and narrow streets that lead down to the busy harbor.

The harbor is also famous for its resident dolphin – Fungie: a bottlenose dolphin who swam into the harbor in 1983 and was a tourist attraction until he sadly disappeared in 2019. As you would expect, there are plenty of restaurants serving excellent, locally-caught seafood.

Dingle is located in the heart of an Irish-speaking area, known as a Gaeltacht. Even though Dingle is one of Ireland's largest Gaeltacht towns, the locals have voted to retain the name Dingle rather than go by the Gaelige name of An Daingean (which is the name you will see on most signposts).

The town is popular with tourists and expatriates, managing to be quaint, Irish, and cosmopolitan all at the same time. It is smaller and more intimate than its larger neighbor – Killarney – and despite being busy, it has a quiet charm with plenty of cafes, restaurants and, of course, bars. Guinness seems to be served everywhere and come evening; music is easy to find.

During high season, there can be high levels of tourist traffic in the area. Please take great care on the road and we recommend starting your rides earlier in the day to reduce your encounters with traffic.

Restaurants and Bars

Dingle has many great restaurants and pubs to choose from. Many of the best are seafood-based but there are other good, more 'pub-style', options as well.

Ashes Bar and Restaurant

Allegedly serves the best seafood chowder in the world. Other options, such as mushroom or prawn risotto, oysters, crab dumplings, as well as vegetarian and gluten free meals are also available. Service is welcoming and friendly but can be slow when busy. Open daily for lunch from 12:00 PM – 3:00 PM and dinner from 5:30 PM – 9:30 PM. Reservations strongly advised.

 Main St, Grove, Dingle

 +353 66 915 0989

 No website

Out of the Blue

One of Dingle's best restaurants is a quirky blue and yellow, fishing-shack-style restaurant located on the harbor. Its intense devotion to fresh local seafood (and only seafood) means that if they don't like the daily catch, then they don't open. Can be quite pricey. Open daily for dinner from 4:00 PM – 9:00 PM. Reservations essential in high season and can be made on their website.

 Strand St, Waterside, Dingle

 +353 66 915 0811

 <https://outoftheblue.ie/>

The Fish Box

For another great seafood meal can be found at the Fish Box. A family owned and run business, they catch, prepare, and serve their fish. Outstanding service by friendly, knowledgeable staff. Vegetarian friendly and gluten free options available.

 Green St, Dingle

 +353 87 602 7866

 <https://www.thefishboxdingle.com/>

Land to Sea

For a real treat, head to Land to Sea, where, as the name suggests, they serve the best on offer from the surrounding fields and waters. They have a six-course tasting menu, an a la carte menu, and an early bird (5:00 – 6:00 PM) menu. A bit on the more expensive side but excellent quality.

 John St, Farran, Dingle

 +353 66 915 2609

 <https://www.landtoseadingle.com/>

Murphy's Pub

A classic Irish pub serving traditional options such as Irish beef stew, goulash, fresh fish and chips, and burgers. Open daily from 12:00 PM until late.

 Murphys Pub, Strand St, Farrannakilla, Dingle
 +353 66 915 1450
 <https://murphyspub.ie/>

Dick Mack's Pub

Since 1899, Dick Mack's has been offering a dual experience within its historic walls. On one side of the bar, indulge in a variety of beers and a curated collection of fine whiskeys and on the opposite end, discover a leather shop. Take a journey through the bar and adjoining rooms, home to the Mac Donnell family until recent times, or nestle into one of the cozy snugs within the bar itself. Immerse yourself in the timeless atmosphere of this unaltered Irish pub. There is often live music.

 47 Green St, Dingle
 +353 66 915 1787
 <https://www.dickmackspub.com/>

Murphys Ice Cream

For a post-ride treat, head to this award-winning ice cream shop serving ice cream made in Dingle. They have an array of flavors to try such as Guinness, Kilbeggan whiskey, brown bread, sea salt, honeycomb, cooling mint. Open daily from 11:00 AM – 6:00 PM.

 Strand St, Dingle
 +353 66 915 2644
 <https://murphysicecream.ie/>

Sights and Activities

An Díséart – Centre of Irish Spirituality

On the grounds of St. Mary's Church, the Díséart Centre of Irish Spirituality has 12 stained-glass windows by the celebrated artist Harry Clarke. The center promotes cultural activities in all areas of Irish Spirituality and Celtic Culture. Open Monday to Saturday from 9:30 AM – 4:30 PM (from 10:30 AM on Saturdays). Closed on Sundays.

 46 Green Street, Dingle
 +353 66 915 24 76
 <https://diseart.ie/>

Dingle Oceanworld Aquarium

Housing over 1,000 species of marine animals, with 'Adorable Otters & Reptile' exhibits. There are daily reptile encounter sessions and feeding displays.

 The Wood, Dingle
 +353 66 915 2111
 <https://www.dingle-oceanworld.ie/>

Farmers' Market

Located on the corner of Bridge Street and Dykegate Lane. There is fresh local produce and a variety of handmade products. Fridays only from 9:00 AM – 3:00 PM.

Boat Tours

There are many boat tours available at the harbor including tours of the harbor and fast boats to Blasket Island. There are also sea fishing trips and private boat charters. Head to the marina or contact Dingle Boat Tours.

Dingle Boat Tours

 Dingle Marina, The-Wood, Dingle

 +353 87 672 6100

 <https://dingleboattours.com/>

Dingle Cookery School

Learn how to make Chowder, “one of the most welcoming dishes known to man”. The hands-on experience, if you want to get involved yourself, takes three hours and includes lunch. There is a demo option which includes tastings and is shorter, at 90 minutes.

 The Wood, The-Wood, Dingle

 +353 86 872 3521

 <https://dinglecookeryschool.com/>

Dingle Distillery

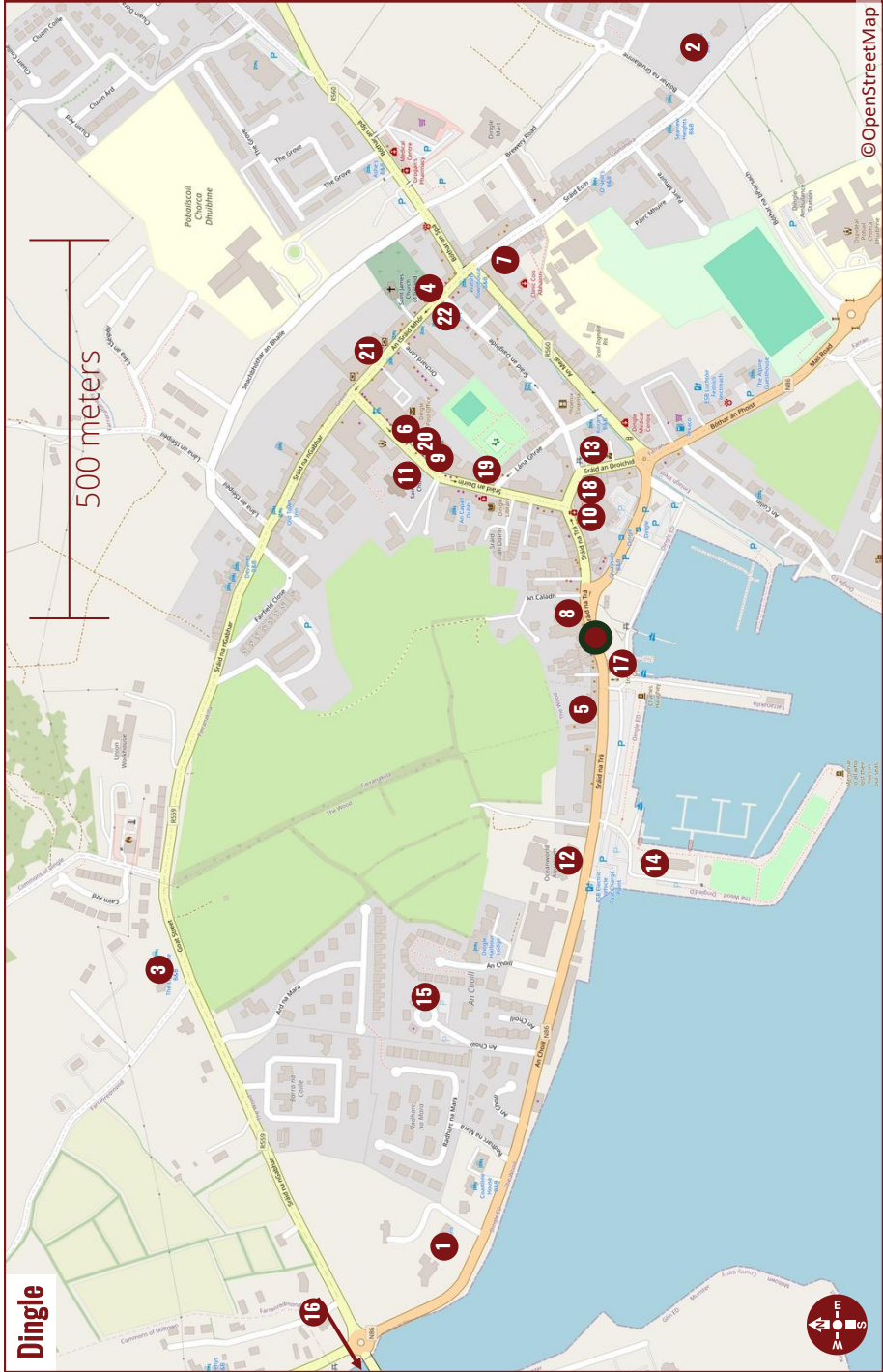
This distillery offers one-hour tours where visitors can view the entire production process for their artisan whiskeys, gins and vodkas – samples provided. Cost €18 per adult. Multiple tours times available beginning at 1030 AM. Usually the last tour is 4:30 PM and reservations can be made on their website. The distillery is open daily from 10:30 AM – 6:00 PM.

 Dingle Distillery, Kilfountan, Dingle

 +353 86 777 5551

 <https://dingledistillery.ie/>

Town Plan



Key

Hotels

1. Castlewood
2. Greenmount House
3. The Lighthouse B&B

Restaurants & Bars

4. Ashes Bar and Restaurant
5. Out of the Blue
6. The Fish Box
7. Land to Sea
8. Murphy's Pub
9. Dick Mack's Pub
10. Murphys Ice Cream

Points of Interest

11. Disart Centre of Irish Spirituality

12. Dingle Oceanworld Aquarium

13. Farmers' Market
14. Dingle Boat Tours
15. Dingle Cookery School
16. Dingle Distillery

Other Locations

17. Tourist Office
18. Garvey's SuperValu Dingle
19. The Little Cheese Shop
20. Dingle Record Shop
21. An Gailearaí Beag
22. Fiadh Woven Design



Route Start / End

Other Useful Information

Tourist Information

Dingle Tourist Information Centre. Open Monday to Saturday from 9:00 AM – 5:00 PM (closed on Sundays).

 The Quay, Farranakilla, Dingle

 +353 1800 230 330

 No website

Taxi

Dingle has a taxi service, Kathleen Curran Cabs, which can be useful to get to points of interest slightly further afield e.g. on the Sleah Head Loop if you do not want to cycle. Book by phone or email (taxikathleen@gmail.com). We recommend getting a quote on booking.

 +353 87 254 9649

 <https://www.kathleencurrancabs.com/>

Grocery Stores

There are several small supermarkets including the following which is one of the larger options.

Garvey's SuperValu Dingle

Open Monday to Saturday from 7:00 AM – 10:00 PM and Sunday from 8:00 AM – 10:00 PM.

 Holyground, Dingle

 +353 66 915 1397

 <https://supervalu.ie/>

General Shopping

Amidst the Fungie soft-toy-filled stores you'll also find plenty of shops with quality goods made by local artisans.

The Little Cheese Shop

A tiny shop that overflows with aromatic cheeses from all over Ireland. Swiss-trained cheesemaker Maja Binder also makes her own range of Dingle Peninsula Cheeses. Open Tuesday to Saturday from 10:00 AM – 4:30 PM. Closed Sunday and Monday.

 Grey's Lane, Dingle

 +353 87 757 8672

 <https://thelittlecheeseshop.ie/>

Dingle Record Shop

A real hub for Irish music tucked away in a corner off Green Street. Great selection of music and podcasts recorded in store. Hours can be erratic. Open from Monday to Saturday from 7:00 AM – 10:00 PM and Sunday from 8:00 AM – 10:00 PM.

 2-46 Green St, Dingle

 +353 87 298 4550

 <http://www.dinglerecordshop.com/>

An Gailearaí Beag

A quaint gallery showcasing the work of the West Kerry Craft Guild and is usually operated by the artists themselves. Selling ceramics, paintings, wood carvings, photography, batik, jewelry, stained glass and more. Open daily from 10:30 AM – 5:30 PM.

 18 Main St, Grove, Dingle

 +353 66 915 2976

 <https://angailearaibeag.com/>

Fiadh Woven Design

Fiadh Durham is the designer behind Fiadh Handwoven Design, which produces beautiful textiles using traditional handloom techniques inspired by the natural charms of the Dingle peninsula. Open Monday to Saturday from 12:00 PM – 5:00 PM. Closed on Sunday.

 Main St, Dingle

 +353 87 754 2141

 <https://fiadh.ie/>



Ross Castle, Killarney

KILLARNEY

Overview

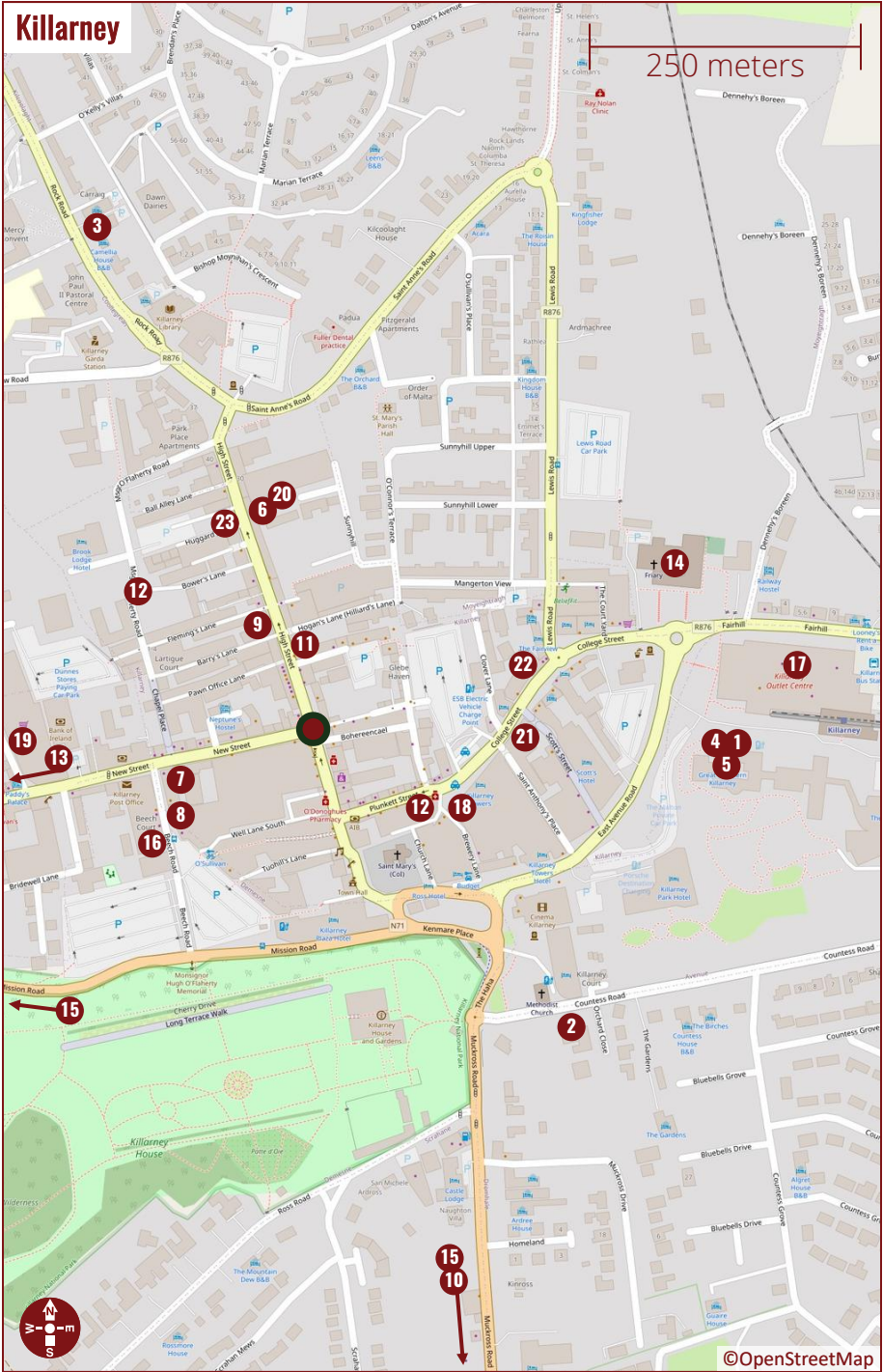
Killarney is the largest town on this tour. It is a well-oiled tourist machine set in the middle of awe-inspiring scenery. Its proximity to lakes, waterfalls, national parks, and woodlands makes it a must-visit town for the adventurous. The bars, pubs and restaurants also attract food-lovers. The daily live music sessions add further color to this lively town. In short, there is something for everyone.

The downside of all these attractions is that the town can be very busy with visitors and can feel a little manufactured. However, it has a vibrant atmosphere and is a great place from which to explore the surrounding countryside.

Killarney traces its roots back to the early Bronze Age when copper ore was mined on nearby Ross Island. However, the town did not really develop until the 1700s when Viscount Kenmare developed the region as an Irish version of England's Lake District. Things really took off with the arrival of the railway in 1853. Visits by Sir Walter Scott (1825) and Queen Victoria (1861) put the town firmly on the tourist map.

During high season, there can be high levels of tourist traffic in the area. Please take great care on the road and we recommend starting your rides earlier in the day to reduce your encounters with traffic.

Town Plan



Key

Hotels

1. Great Southern Killarney
2. Killarney Lodge
3. Ashville House B&B

Restaurants & Bars

4. Brownes
5. The Garden Room
6. Bricín and Boxty House
7. Celtic Whiskey Bar & Larder
8. Mug and Bean Café
9. Treyvaud's
10. Yew Tree Restaurant
11. O'Connor's Traditional Pub
12. Courtney's Bar

Points of Interest

13. St. Mary's Cathedral
14. The Franciscan Friary
15. Killarney National Park

Other Locations

16. Tourist Office
17. Natural Food Market
18. Spar
19. Dunnes
20. Bricín Restaurant and Boxty House
21. Variety Sounds
22. Dungeon Bookshop
23. O'Sullivan's Cycles



Route Start / End

Restaurants and Bars

Due to the large number of day trippers, many of the restaurants in the town are just "okay." However, many of Killarney's hotels have excellent restaurants and there are other good places to eat listed below.

Brownes

One hotel bar/restaurant that is worth a visit is Brownes Bar at the Great Southern Killarney Hotel, located adjacent to the train station. Serves imaginative, fresh, local food. Luxurious dining and reasonably priced for the quality. Open daily from 12:30 PM – 9:00 PM. They do not take reservations.



The Great Southern Hotel, East Ave, Avenue, Killarney



+353 64 663 8000



<https://www.greatsouthernkillarney.com/dining/brownes-bar>

The Garden Room Restaurant

For a more formal meal, the main restaurant at Great Southern Killarney Hotel is very elegant with its gilded ceilings and views onto their manicured gardens. The menu is varied and presented beautifully, with a price to match. Reservations are essential and possible via their website. Afternoon Tea is available from Wednesday to Sunday from 1:00 PM – 3:00 PM and dinner is served daily from 6:30 PM – 8:30 PM. Dress code is smart-casual.



The Great Southern Hotel, East Ave, Avenue, Killarney



+353 64 663 8000



<https://www.greatsouthernkillarney.com/dining/garden-room-restaurant>

Bricín Restaurant and Boxty House

This establishment doubles as the town museum complete with Jonathan Fisher 18th century paintings of the national park and is decorated with antiques from a convent, an orphanage, and a school. The house specialty is the boxty (traditional potato pancake). They also offer a two- or three-course fixed price menu before 6:45 PM. Open Tuesday to Saturday from 6:00 PM – 9:00 PM. Closed Monday to Wednesday.

 26 High Street, Killarney

 +353 6 46 63 4902

 <https://bricin.ie/>

Celtic Whiskey Bar & Larder

An Irish bar offering small plate food options with whiskey and wine tastings. Can be quite expensive but makes for an enjoyable evening if you like a tippie of the amber nectar. Service is very friendly, and the staff are very knowledgeable. Open daily from 12:00 PM.

 93 New Street, Killarney

 +353 6 46 63 5700

 <http://www.celticwhiskeybar.com/>

Mug and Bean Café Restaurant

A local family run business open for breakfast and lunch every day. Welcoming atmosphere and gluten free available. Open 8:00 AM – 4:00 PM.

 Killarney Shopping Arcade, Beech Road, Killarney

 +353 85 157 2781

 <https://mug-bean.business.site/>

Treyvaud's

With delicious, high-quality food, and generous portions, Treyvaud's is a family-run restaurant in the heart of town. They specialize in Irish cuisine such as Kenmare Bay scallops, Kerry Beef, and venison. Open Tuesday to Sunday from 12:00 PM – 11:30 PM. Closed on Monday.

 62 High Street, Killarney

 +353 6 46 63 3062

 <http://www.treyvaudsrestaurant.com/>

Yew Tree Restaurant

If you fancy a walk (or a buggy ride) into the National Park, the Yew Tree Restaurant is in the original Victorian lounge at Muckross Park Hotel. Executive Chef John O'Leary has created a wonderful choice of menus celebrating the best of the famous Wild Atlantic Way route using local Kerry produce. Full vegetarian menu available. Open Tuesday to Saturday from 6.00 PM – 9:00 PM. Closed on Monday and Sunday. Closed on Wednesday until May 31. Reservations are essential and can be made on their website. Dress code is smart-casual.

 Muckross Rd, Dromyrouk, Killarney

 +353 6 46 62 3400

 <https://www.muckcrosspark.com/dining-in-killarney/yew-tree-restaurant/>

O'Connor's Traditional Pub

Very popular with the locals this pub was originally opened in 1929 by Matt Cahill (Cahill's daughter Kitty married Teddy O'Connor, a famous Kerry footballer). Live music plays every night, and they serve good bar food in the summer months. Open Monday to Thursday from 10:30 AM – 11:00 PM, until 12:30 AM on Friday and Saturday and open on Sunday from 12:30 PM – 11:00 PM.

 7 High Street, Killarney

 +353 86 034 6949

 No website

Courtney's Bar

Inconspicuous from the outside, but inside is a real gem. Family run since the late 1800s, it has music sessions many nights a week. Locals often visit to taste the whiskey and beer of the month and to watch their friends perform. Open Sunday to Thursday from 5:00 PM – 11:30 PM, and Friday and Saturday from 12:30 PM – 12:00 AM.

 24 Plunkett Street, Killarney

 +353 6 46 63 2689

 <http://www.courtneysbar.com/>

Sights and Activities

St. Mary's Cathedral

Designed by renowned English Architect Augustus Welby Pugin and built in 1842, it is considered to be one of Ireland's finest examples of High Gothic architecture.

 New Street, Killarney

 +353 64 663 1014

 <http://www.killarneyparish.com/>

The Franciscan Friary

Beautifully built in the 1860s, this building displays a decorative Flemish-style altarpiece, some impressive tile work and, most notably, stained-glass windows by Harry Clarke.

 Fair Hill, Killarney

 +353 64 663 1334

 <https://www.franciscans.ie/our-friaries/present-friaries/killarney/>

Around Killarney

Killarney National Park

This internationally renowned National Park is famous for its scenic beauty and scientific interest. The park encompasses the three Lakes of Killarney and the mountains and woods which surround them. It is also home to Muckcross House,

Muckross Traditional Farms, Muckross Abbey, and Dinis Cottage (see below). Open all year with 24-hour pedestrian access. Admission is free of charge.

 +353 64 663 14 40

 <http://www.killarneynationalpark.ie/>

Muckross House

A magnificent Victorian Mansion, beautifully situated amidst the scenery of Killarney National Park. Its elegantly furnished rooms portray the lifestyles of those who lived in the house in Victorian times. Entry is by guided tour only and the last admission is one hour before closing time. Open daily from 9:15 AM – 5.30 PM and 9:00 AM – 7:00 PM in July and August.

Admission for House only: €7/adult

 Muckross, Killarney

 +353 64 667 01 44

 <http://www.muckross-house.ie/>

Muckross Traditional Farms

In the grounds of Muckross House, the Muckross Traditional Farms offer to transport you back in time to farming before the introduction of electricity. There are three separate working farms with animals and traditional machinery. From May to September the farms are open daily from 1:00 PM – 6:00 PM. Check the website for opening hours outside these months.

Admission for House and Farms: €12

 Muckross, Killarney

 +353 64 667 01 44

 <http://www.muckross-house.ie/>

Muckross Abbey

Muckross Abbey is a major ecclesiastical site situated in Killarney National Park. Founded in 1448 as a Franciscan friary by Donal McCarthy Mór it is remarkably well preserved. Open all year round and free of charge.

 Muckross, Killarney

 +353 64 663 14 40

 <https://www.nationalparks.ie/killarney/things-to-do/>

Ross Castle

Also found in Killarney National Park, Ross Castle is a restored 15th century castle that now houses a fine collection of 16th & 17th century oak furniture. The castle is surrounded by a fortified wall and two circular towers. Open daily from March 3rd – October 31st from 9:30 AM – 5.45 PM. Last admission 45 minutes before closing. Access by guided tour only. Admission: €5 Adult.

 Ross Rd, Ross Island, Killarney

 +353 64 663 58 51

 <https://heritageireland.ie/visit/places-to-visit/ross-castle/>

Dinis Cottage

On the western shores of Muckross Lake, Dinis Cottage dates back to the 1700s. It has been beautifully restored and operates as a tearoom. The Old Weir Bridge and the Meeting of the Waters are within walking distance of the cottage. Open daily from May to September from 9:00 AM – 6:00 PM.

 Killarney National Park, Muckross Rd, Killarney

 +353 64 663 00 85

 <http://www.killarneynationalpark.ie/>

Boat Tours

There are two styles of boat tour in the national park: large, covered water buses and small open motorboats.

Killarney Lake Tours and *Killarney Day Tours* offer a cruise around Lough Leane in their covered water buses. Tours last about an hour and depart from Ross Castle.

For a tour in small boats, *Killarney Day Tours* (AKA O'Donoghue Bros) and *Gap of Dunloe Tours* operate open boats that visit all three lakes. Both companies depart from Reen Pier at Ross Castle. Reservations are essential. Note that these are the boats you will need to arrange for if you plan to do the Leisure ride on Killarney Loop Day A.

Killarney Lake Tours

 Ross Castle, Ross Rd, Ross Island, Killarney

 +353 64 663 2638

 <http://www.killarneylaketours.ie/>

Killarney Day Tours

 Ross Castle, Ross Rd, Ross Island, Killarney

 +353 64 663 1068

 <https://killarneydaytour.rezgo.com/details/152068/cyclist-and-bike-from-ross-castle-to-lord-brandons-cottage>

Gap of Dunloe Tours

 Ross Castle, Ross Rd, Ross Island, Killarney

 +353 64 66 30 200

 <http://www.gapofdunloetours.com/>

Other Useful Information

Tourist Information

Very helpful staff. Open Monday, Tuesday, Wednesday, and Saturday from 9:00 AM – 5:00 PM, Open Friday from 2:00 PM – 5:00 PM. Closed on Thursday and Sunday.

 Beech Road, Demesne, Killarney

 +353 1 800 230 330

 No website

Taxi

Killarney has multiple taxi services such as Sage Taxis. We recommend getting a quote on booking.

Sage Taxis

 +353 86 154 2890

 <https://sagetaxis.ie/>

Natural Food Market

Killarney has a Natural Food Market / Framers Market on Fridays.

 Killarney Retail Outlet, Fair Hill

Grocery Stores

There are several small supermarkets including the following.

Spar

A small local supermarket, open daily from 8:00 AM – 10:00 PM.

 College St, Killarney

 +353 6 46 63 1319

 No website

Dunnes

There is a nice food section at the rear of Dunnes Department Store. Open daily from 8:00 AM – 7:00 PM. Later closing times Wednesday – Saturday. Open from 9:00 AM on Sunday.

 New St, Monearmore, Killarney

 +353 64 663 5888

 <https://www.dunnesstores.com/>

General Shopping

Bricín Restaurant and Boxty House

For interesting local craftwork, including jewelry and pottery, with touristy wares and a restaurant there is Bricín Restaurant and Boxty House. Open Tuesday to Saturday from 6:00 PM – 9:00 PM. Closed Monday to Wednesday.

 26 High Street, Killarney

 353 6 46 63 4902

 <https://bricin.ie/>

Variety Sounds

An eclectic music shop with a decent selection of instruments, sheet music, traditional music, and even hard-to-find recordings. Open Monday to Friday from 9:30 AM – 9:30 PM, Saturday from 10:00 PM – 6:00 PM, and 12:00 PM – 6:00 PM on Sundays.

 7 College Street, Killarney

 +353 64 663 5755

 <http://www.varietysounds.ie/>

Dungeon Bookshop

An interesting second-hand bookshop, Dungeon Bookshop is concealed above a newsagent (take the stairs at the back of the shop). Open Monday to Saturday from 9:00 AM – 8:00 PM and Sunday from 11:00 AM – 7:30 PM, or with the newsagent's hours.

 99 College St, Killarney

 +353 64 663 6536

 No website

O' Sullivans Cycles

O'Sullivan's Cycles is the main bike shop in Killarney. Open Monday to Saturday from 10:00 AM – 6:00 PM. Closed on Sunday.

 49 High Street, Killarney

 +353 6 46 63 1282

 <http://www.osullivancycles.com/>



Henry Street, Kenmare

KENMARE

Overview

The land that became Kenmare was granted to the English scientist, Sir William Petty by Oliver Cromwell as part payment for completing the mapping of Ireland (the Down Survey of 1656). Petty laid out the modern town in 1670. This “planned” town is well laid out and compact; making it difficult to get lost and easy to explore. The triangle-shaped center is where Henry Street and Main Street meet and where your routes begin and end.

Kenmare’s Irish name “Neidin” means “little nest” – the town “nestles” on the mouth of the River Sneem flanked by mountains to the north and south. It is also the link between the Ring of Kerry and the Ring of Beara and is an ideal spot to explore both. Despite its setting and location, the town hasn’t completely given itself up to tourism and goes about its business in a dignified and discreet manner – in contrast to its more commercial neighbor, Killarney.

Although small, the town is awash with restaurants, pubs, craft shops, and galleries. Kenmare is renowned for its traditional lace. During the years of famine, nuns from St. Clare’s, the local convent, introduced lacemaking to create work for the local women and girls.

There is a famous old fair in Kenmare, dating back well over 200 years. Kenmare Fair, which takes place on August 15th every year is an occasion for folk from all over Ireland to descend on the town to trade in cattle, sheep, and ponies, as well as bric-a-brac, crafts, and artisan foods.

Restaurants and Bars

Kenmare is a small town with some great restaurants.

Lime Tree Restaurant

One of Kenmare's best eateries at the 'top' of the town. The food is classic Irish with a contemporary approach. Recommended to book in advance and is one of the more expensive options in town. Open 6:30 PM – 9:00 PM every day.

 3A Shelbourne Street, Kenmare

 +353 6 46 64 1225

 <http://www.limetreerestaurant.com/>

Tom Crean Restaurant

Named in honor of Kerry's pioneering Antarctic explorer, we highly recommend this establishment. This venerable restaurant uses only the best local organic produce, cheeses, and fresh seafood, all served in modern, low-key surrounds. Personally, we suggest the oysters *au naturel* that seem to capture the scent of the sea; the homemade ravioli of prawn mousse, and sesame seed-crusted Atlantic salmon with lime and coriander - absolutely delicious. Open Friday to Sunday from 5:00 PM – 9:30 PM, and Wednesday. Closed Monday, Tuesday, and Thursday.

 Main Street, Kenmare

 +353 6 46 64 1589

 <http://www.tomcreansrestaurantkenmare.ie/>

Mulcahy's Restaurant

A Kenmare icon since 1995. Relatively casual but the food is exceptional: high quality and simply prepared. Wild, free range, seasonal, and local are the recurrent themes. Open Monday to Saturday from 5:00 PM to 12:00 AM. Closed on Sunday.

 13 Main Street, Kenmare

 +353 64 664 2383

 <http://mulcahyskenmare.ie/>

No. 35 Kenmare Restaurant

A pleasant, informal restaurant serving pizza and pasta dishes with an emphasis on local produce. Open Friday to Tuesday from 5:30 PM – 9:00 PM. Closed Wednesday and Thursday.

 35 Main Street, Kenmare

 +353 6 46 64 1559

 <http://www.no35kenmare.com/>

Kenmare Brewhouse

A bar and restaurant offering good food, coffee and a variety of interesting cocktails and drinks. Open daily from 10:30 AM – 11:00 PM.

 The Square, Kenmare

 +353 64 664 2357

 <https://www.kenmarebrewhouse.com/>

Cafe Mocha

For a delicious but simple “daytime” meal we suggest a visit to Cafe Mocha. The service is excellent, and they offer a simple but good menu. Open Friday to Wednesday from 9:00 AM – 5:00 PM. Closed on Thursday.

 The Square, Kenmare

 ++353 64 664 2133

 <http://kenmare.com/cafemocha/>

Sights and Activities

PFK Gold and Silversmith

A workshop and retail outlet where master Goldsmith and jewelry designer Paul F. Kelly produces handcrafted originals. He works in gold and silver with precious or semi-precious stones to create his distinctive style. Open Monday to Wednesday from 12:00 PM – 1:00 PM and 2:00 PM – 5:00 PM, Thursday to Saturday from 10:00 AM – 6:00 PM. Closed on Sunday.

 33 Henry Street, Kenmare

 +353 64 664 25 90

 <http://www.pfk.ie/>

Kenmare Lace

Kenmare has a Lace and Design Centre which is well worth a visit if you are an enthusiast or simply looking for a nice gift. There are demonstrations of Kenmare and other Irish laces. Located in The Square, Kenmare. Open June 1st to mid-October, Monday to Saturday from 10:30 AM – 1:00 PM and 2:15 PM – 5:00 PM. Open mid-October to June 1st by appointment only.

 Lace and Design Centre, The Square, Kenmare

 +353 87 234 6998

 <https://kenmarelace.ie/>

Market Day

Kenmare has a Farmer’s market on Wednesdays from 9:00 AM – 5:00 PM. Vendors include local specialty food, craft, plants and produce maker.

 The Square, Kenmare

 <https://www.facebook.com/kenmaremarket18>

Carnegie Arts Centre

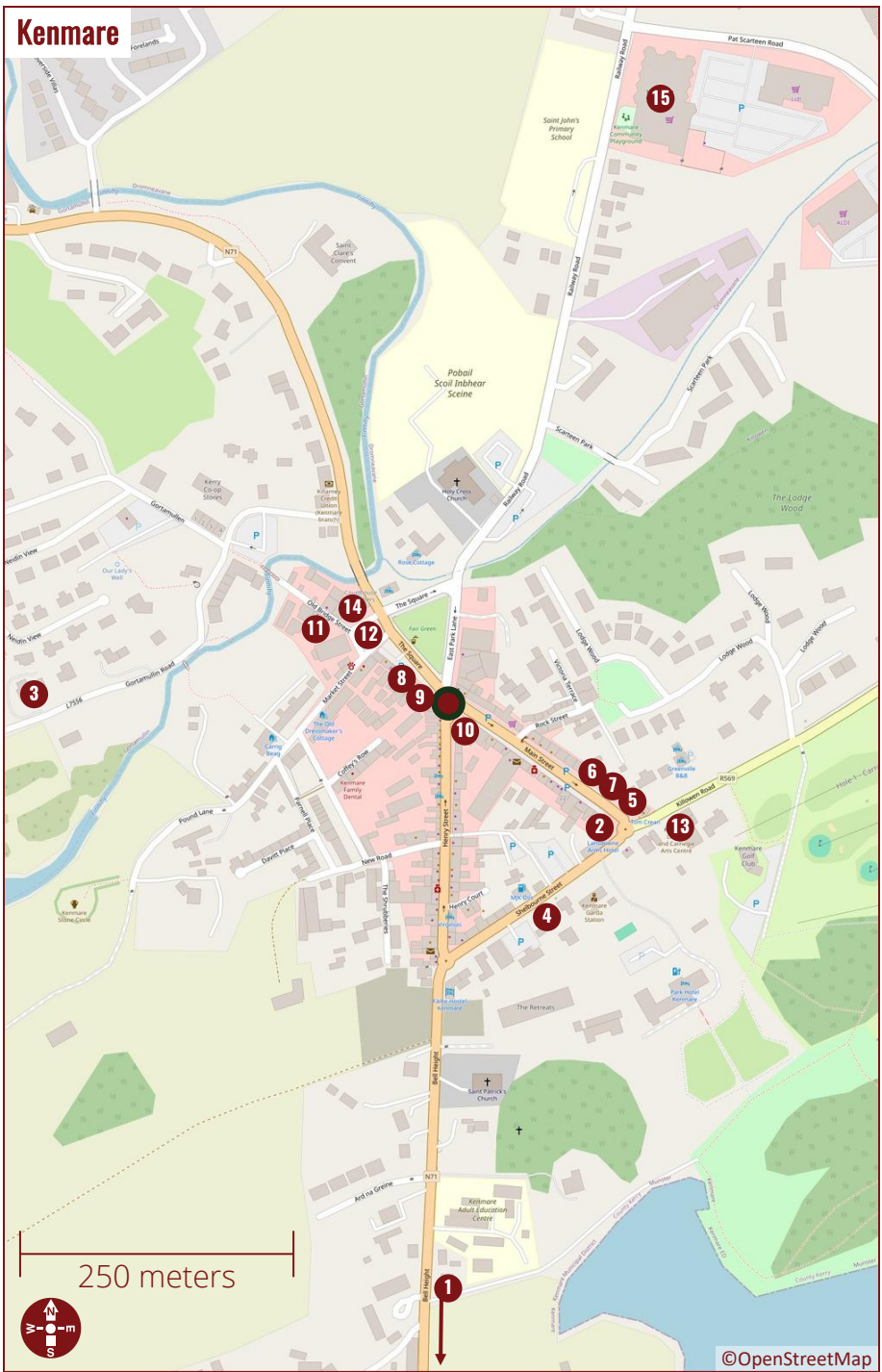
Housed in the library, where their state-of-the-art theater stages a wide range of top-quality drama and concerts. Open from Tuesday to Friday from 10:00 AM – 5:00 PM.

 Library Building, Shelborne Street, Kenmare

 +353 6 46 64 8701

 <http://www.carnegieartskenmare.ie/>

Town Plan



Key

Hotels

1. Sheen Falls Lodge
2. The Lansdowne
3. Rockcrest House

Restaurants & Bars

4. Lime Tree Restaurant
5. Tom Crean Restaurant
6. Mulcahy's Restaurant
7. No. 35 Kenmare Restaurant
8. Kenmare Brewhouse

9. Cafe Mocha

Points of Interest

10. PFK Gold and Silversmith
11. Kenmare Lace
12. Market Day Farmers Market
13. Carnegie Arts Centre

Other Locations

14. Tourist Information
15. Murphy's SuperValu Kenmare



Route Start / End

Other Useful Information

Tourist Information

Kenmare Tourist Information Centre, located next to the courthouse in The Square. Open 9:30 AM – 5:15 PM Monday - Wednesday, Friday, and Saturday from April to October.



Heritage Centre, Kenmare



+353 1 800 230 330



No website

Taxi

Despite its size, Kenmare has a taxi service, Denis Griffin - Taxi Service Kenmare. Book by phone or email. We recommend getting a quote on booking.



+353 87 614 7222



info@drivekenmare.com



<https://drivekenmare.com/>

Grocery Store

Murphy's SuperValu Kenmare

Open Monday to Saturday from 8:00 AM – 9:00 PM and Sunday from 9:00 AM – 7:00 PM.



Railway Rd, Kenmare



+353 64 664 1307



<https://supervalu.ie/>

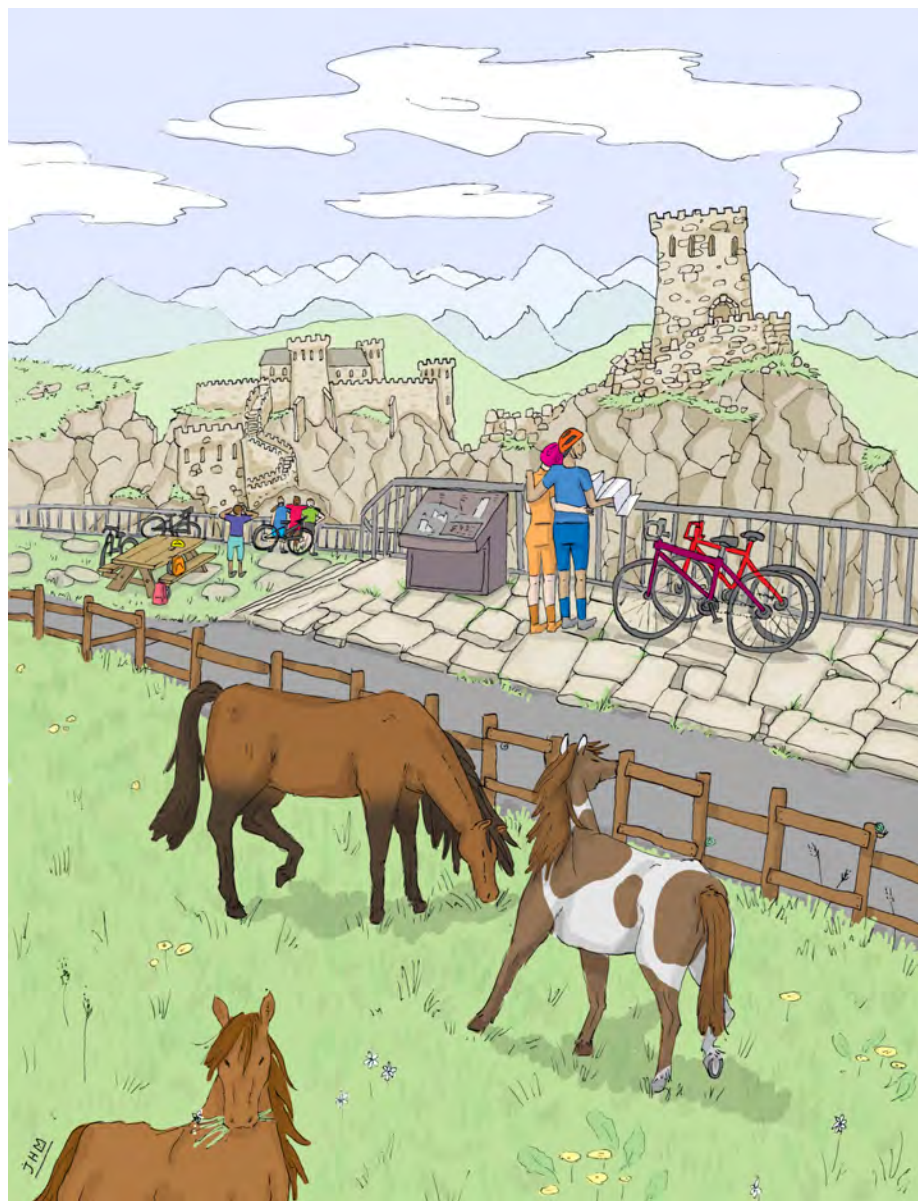


Image by Jeanne Hervé-Maley

ON TOUR

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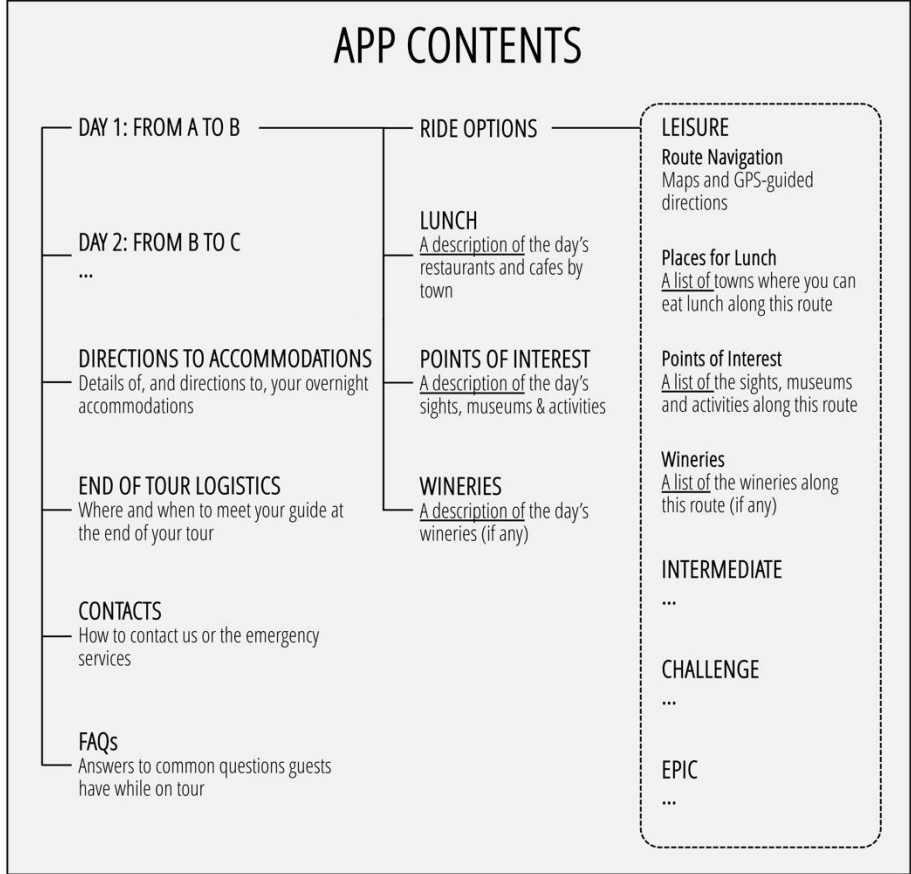
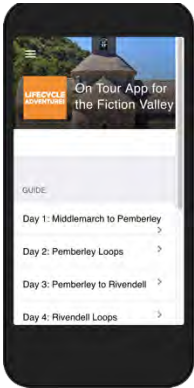
USING THE ON TOUR APP

Overview

We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The diagram below is a quick reference for how the app is organized.



The app downloads to your phone and can be used with your data plan turned off.

If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

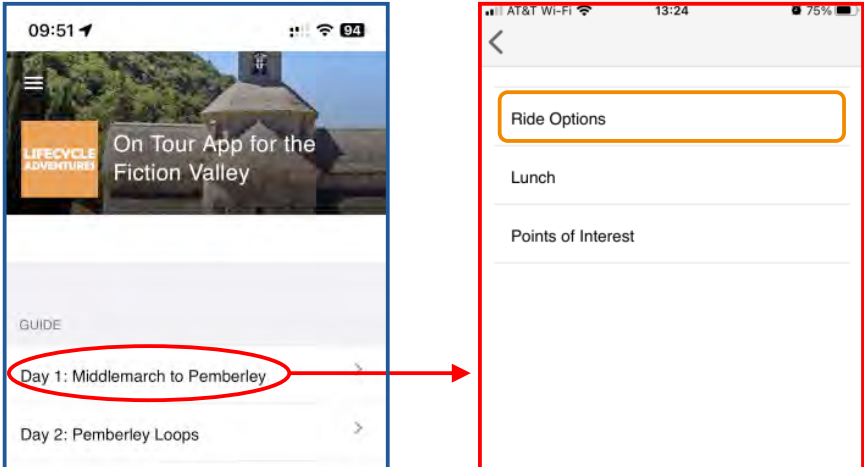
Using the On Tour App

The app helps you answer the following question while on tour.

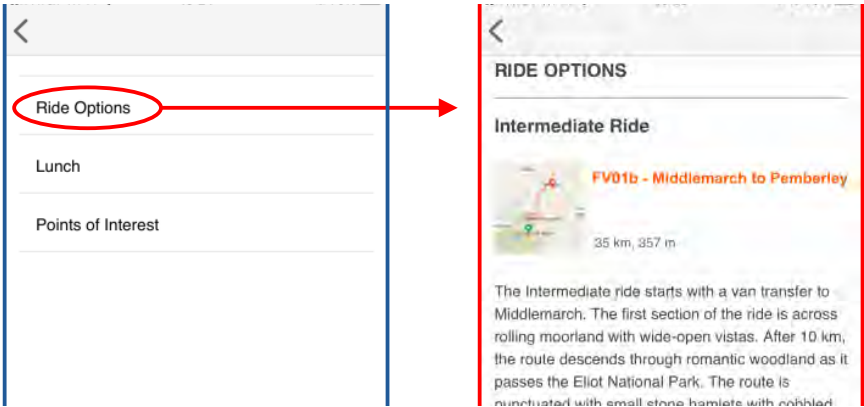
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, *as a backup*, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

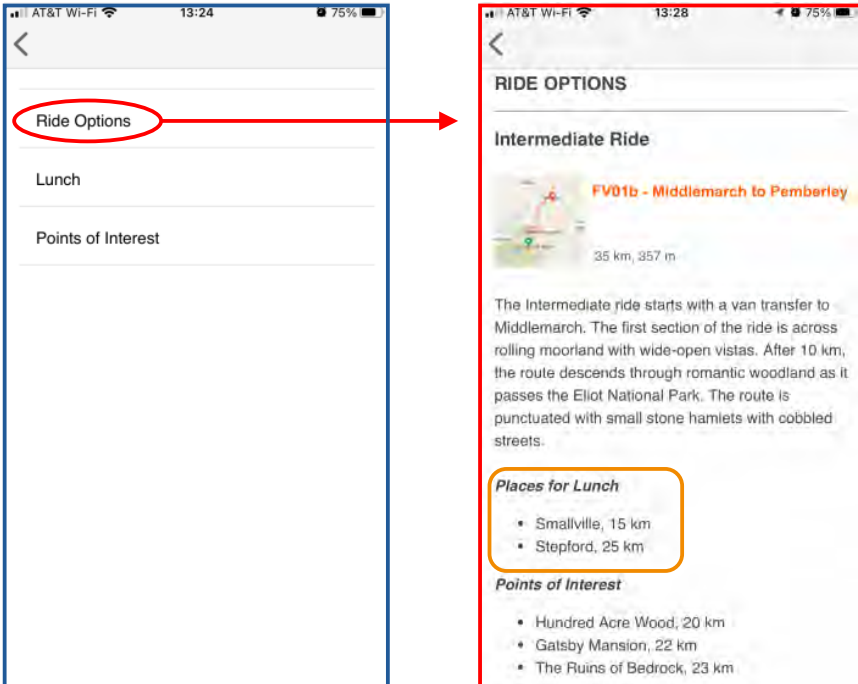


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

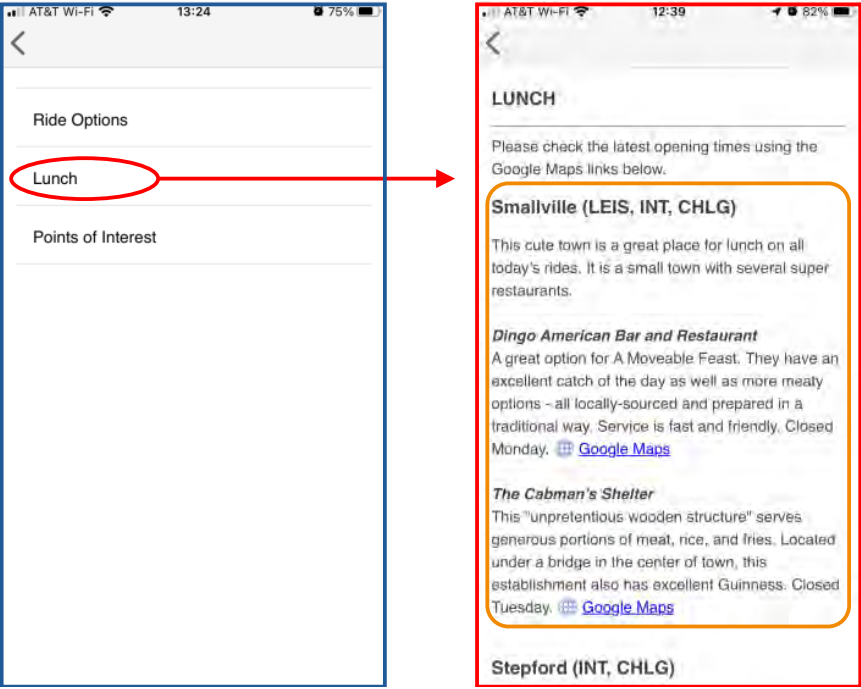
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



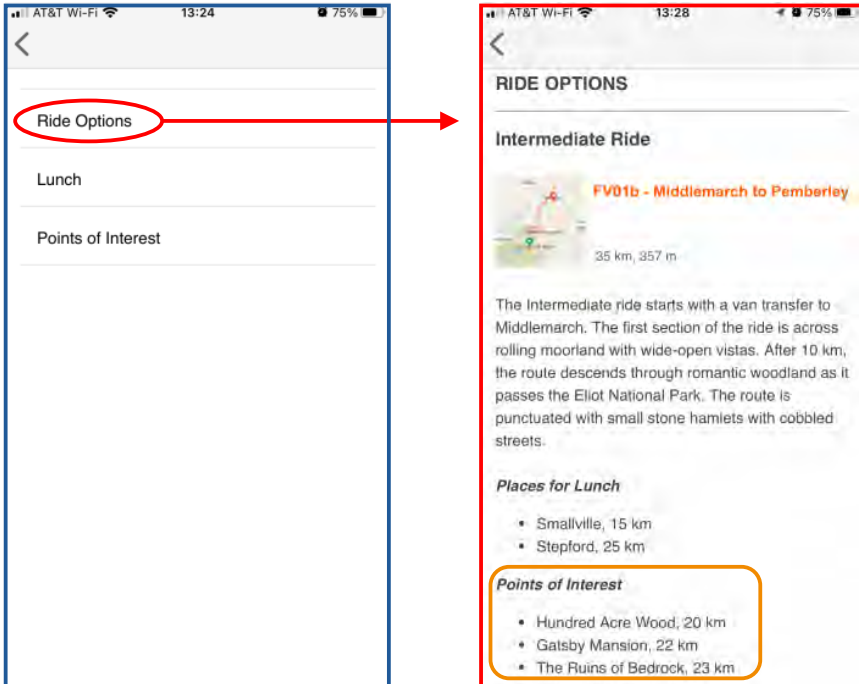
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

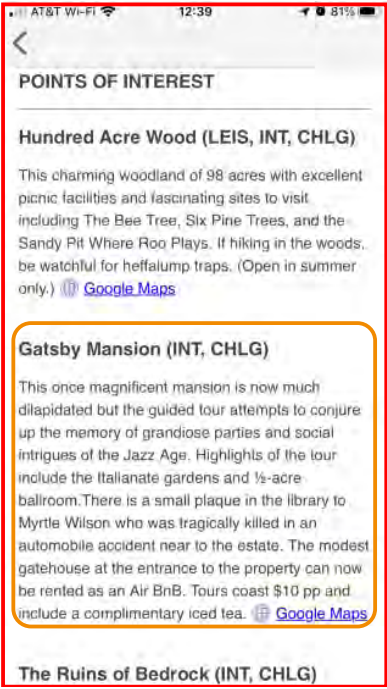
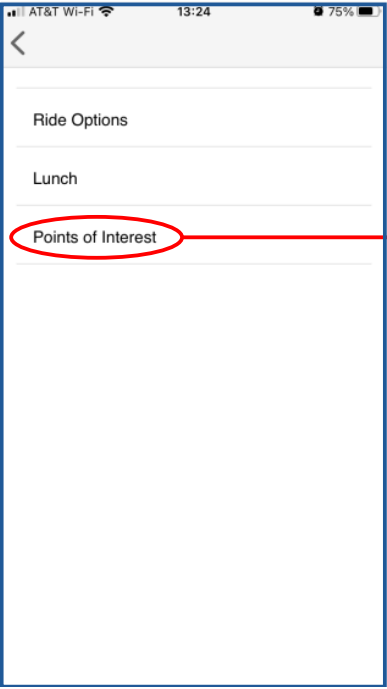
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

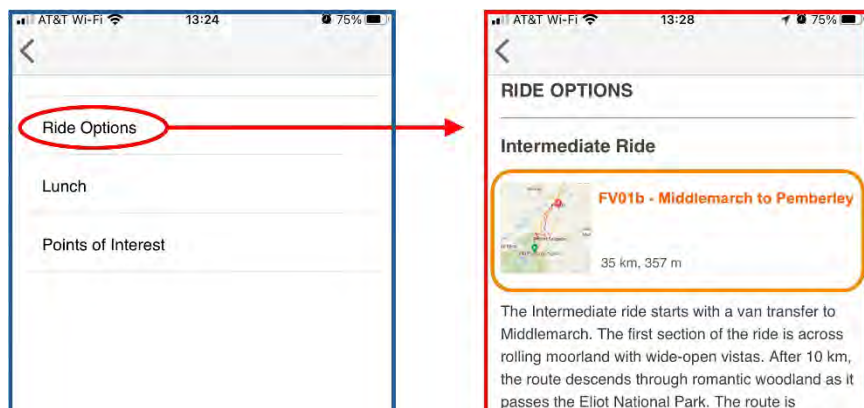
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints are

marked with a  on your routes.

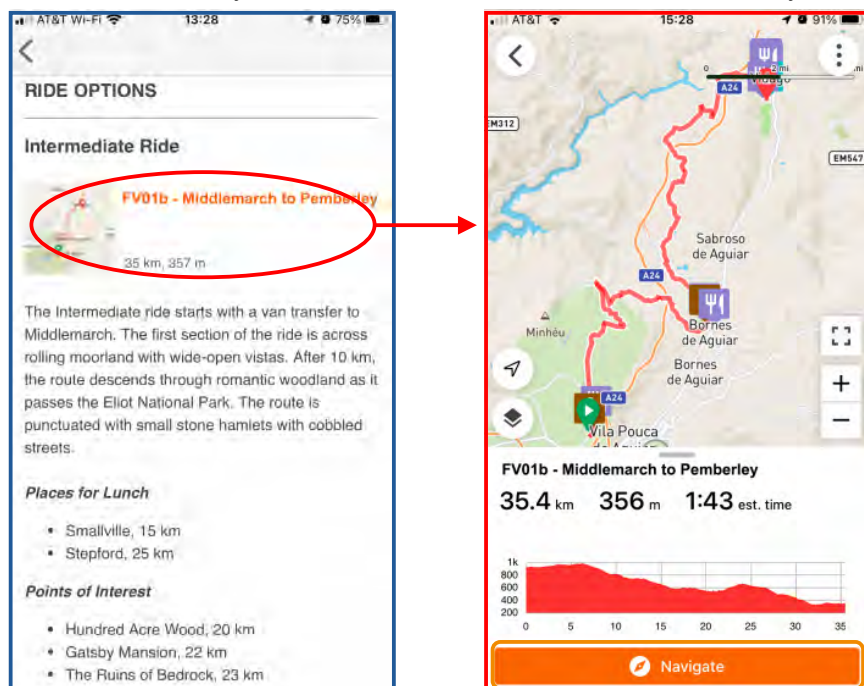
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



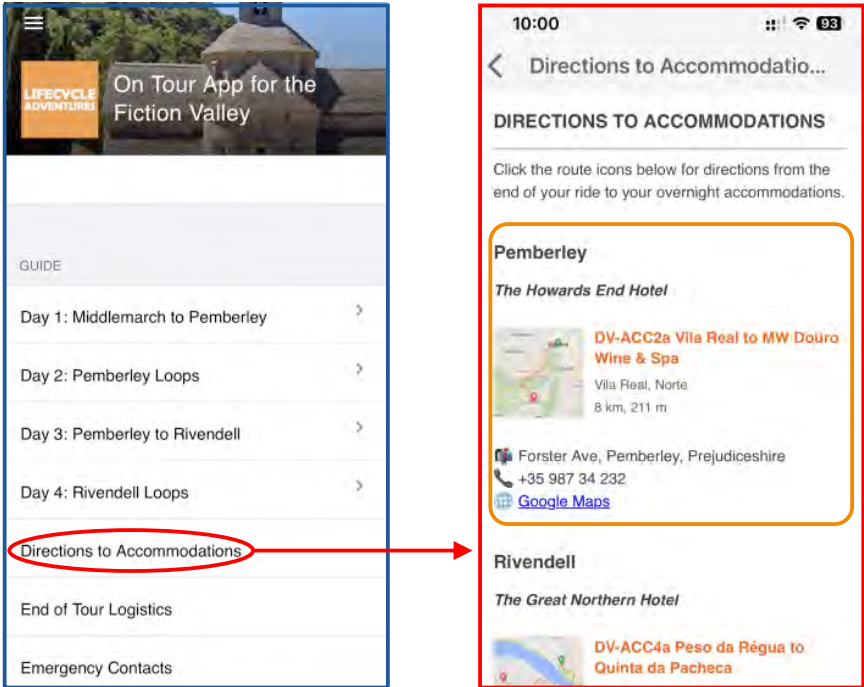
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

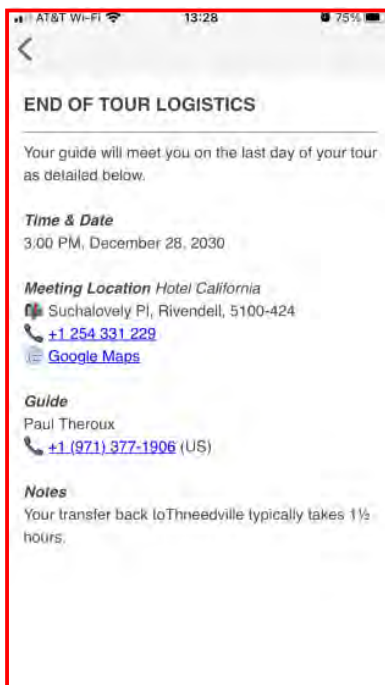
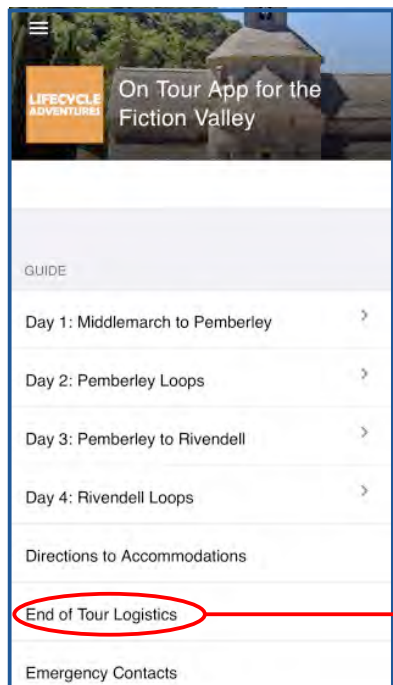
Accommodations are shown on your route with the following icon



You can also find the hotel using the *Google Maps* link.

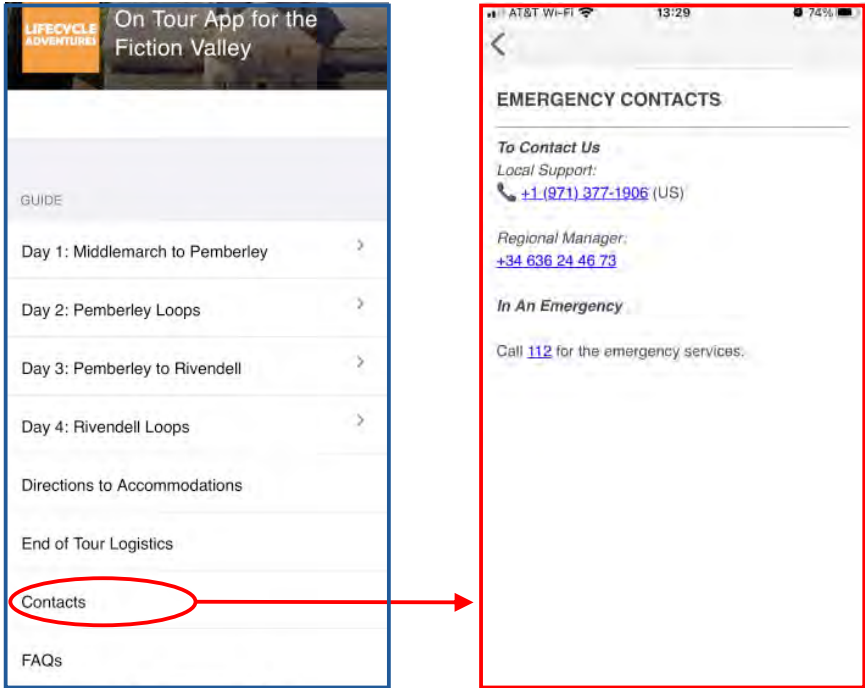
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

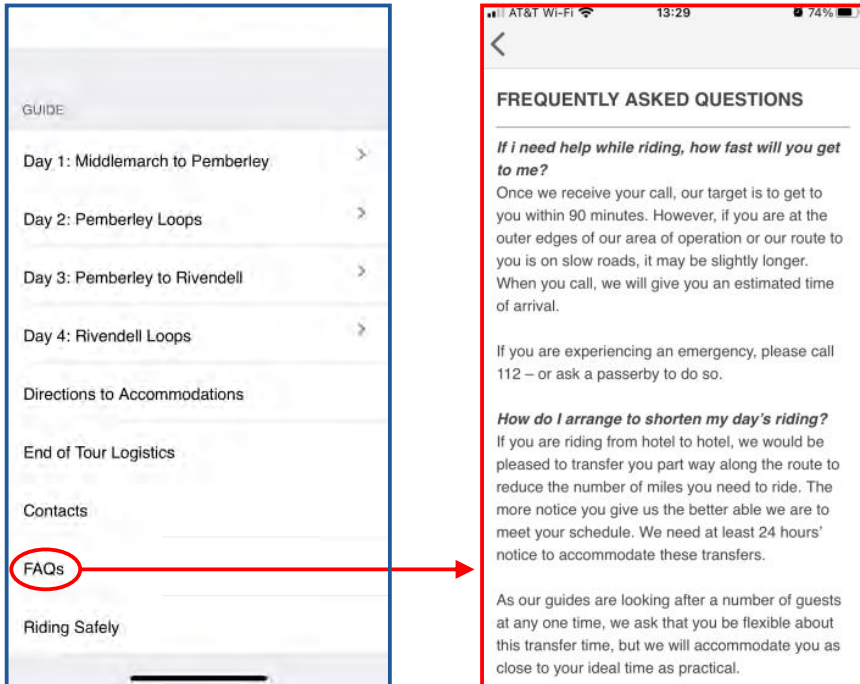
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

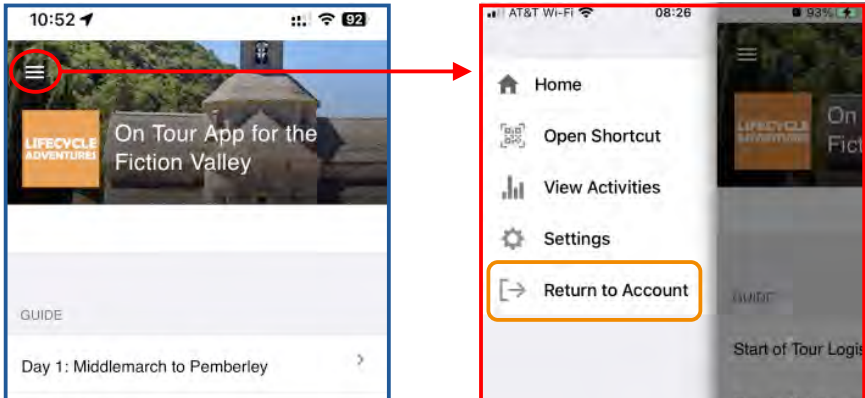


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

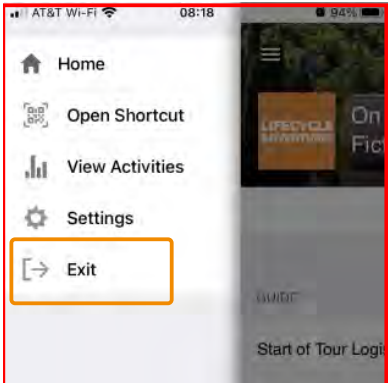
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

Troubleshooting the App

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

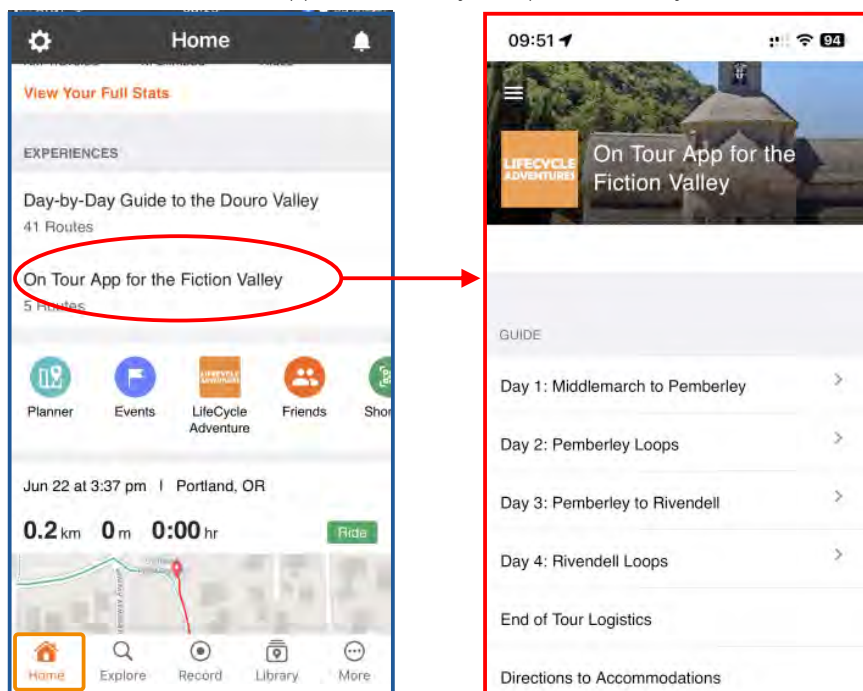
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

NAVIGATING THE ROUTES

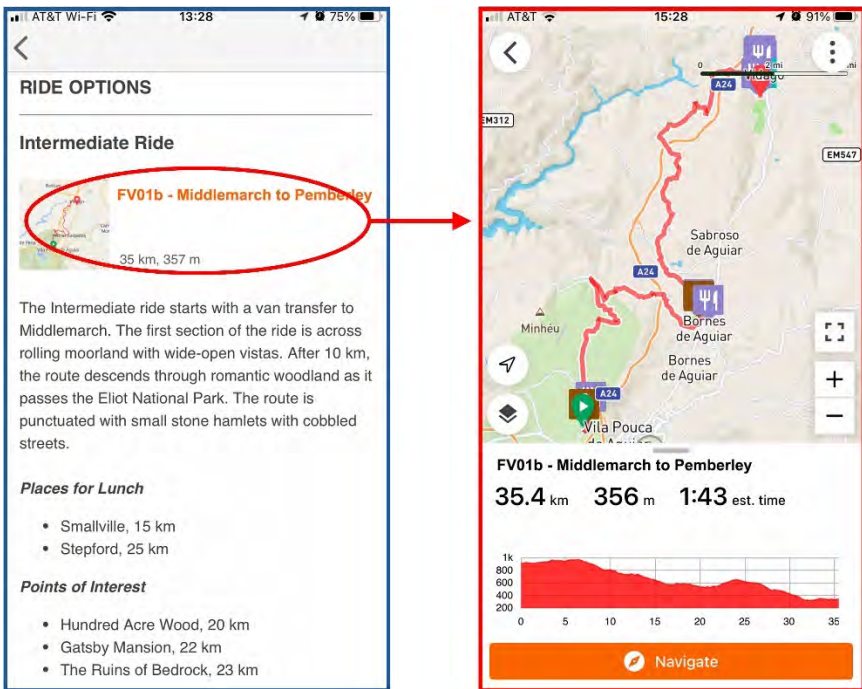
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

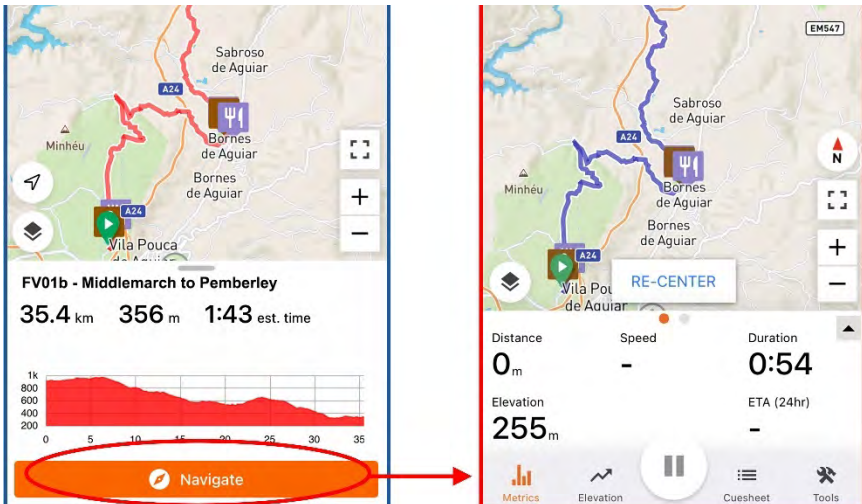
Ride with GPS navigation is intuitive to use and requires little learning. However, *as a backup*, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



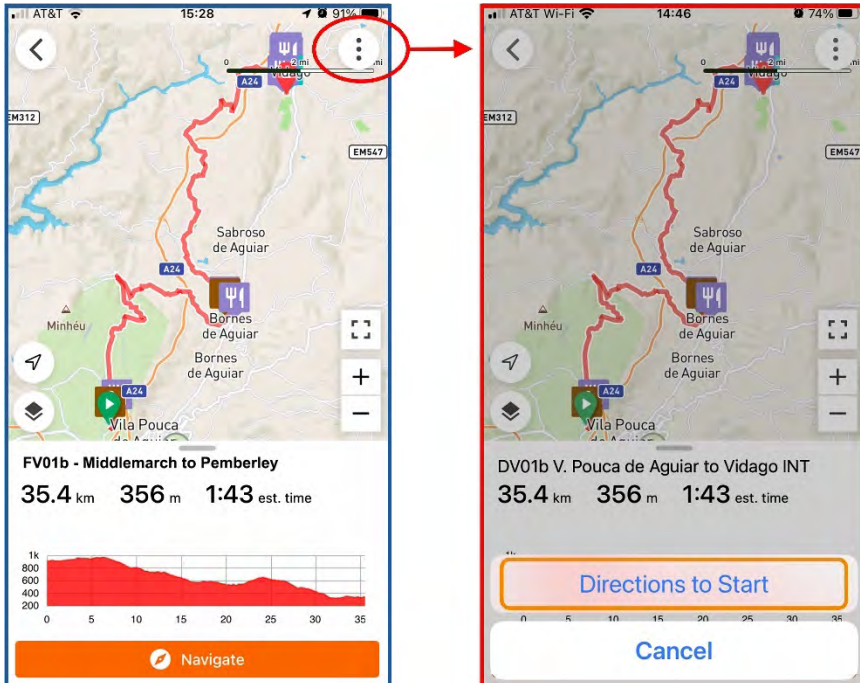
You then tap navigate to start your turn-by-turn directions.



You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

Typically, your route starts close to your hotel (where your ride ended the night before). If you need help navigating to the start of your route, **before tapping *Navigate***, tap the three-dot menu circle and select *Directions to Start*.



Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).

We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



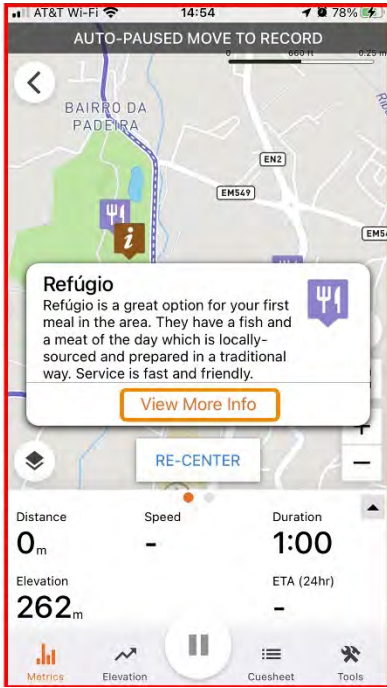
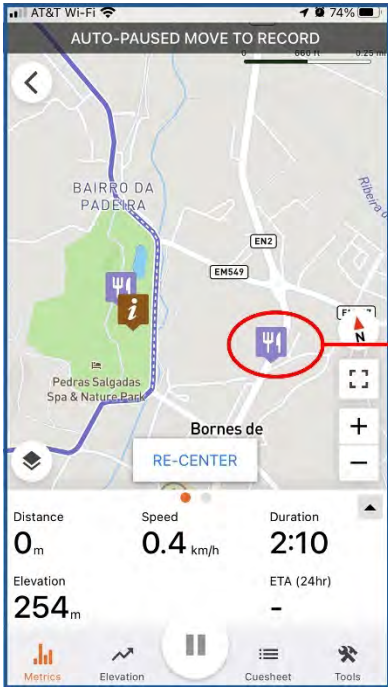
... Point of interest



... Viewpoint



... Winery (not all areas)

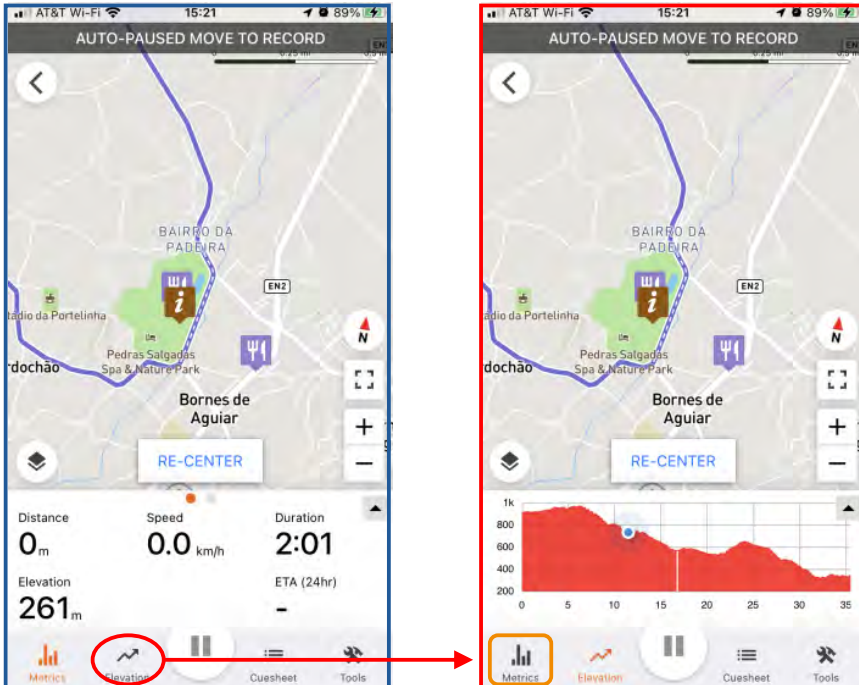


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

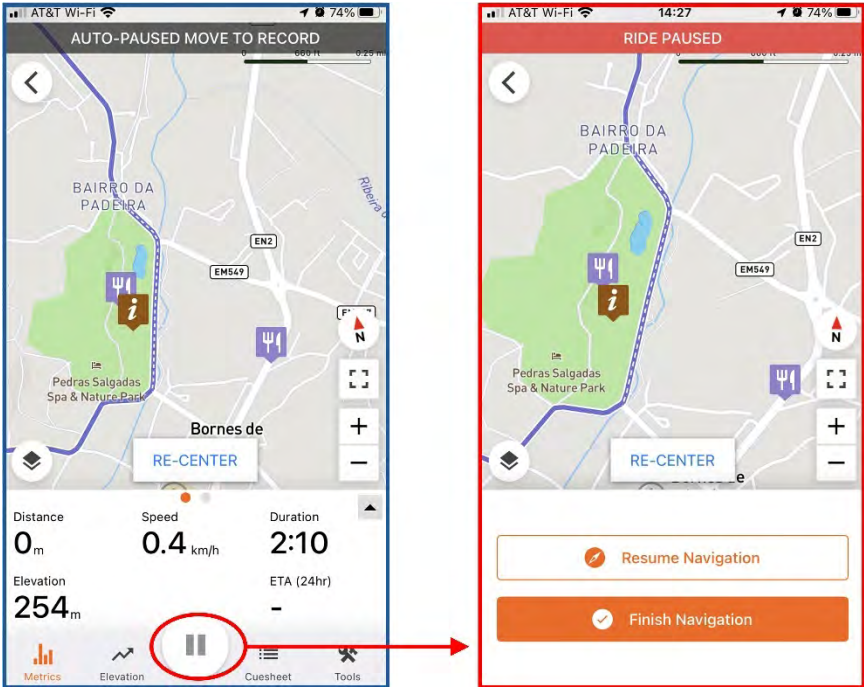
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

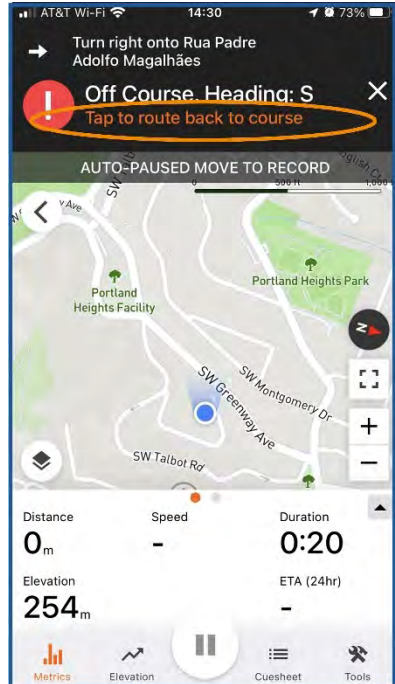


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

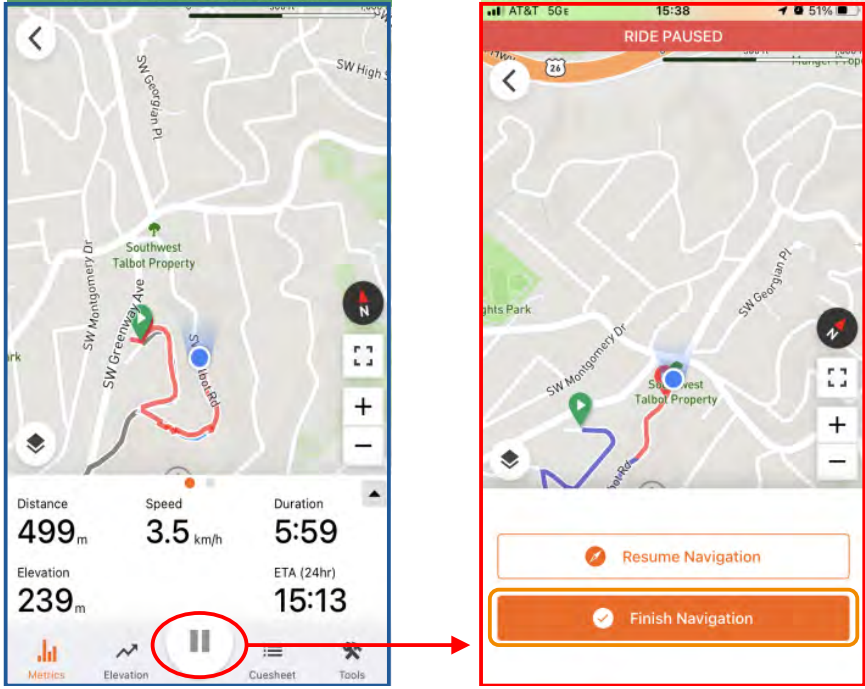
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

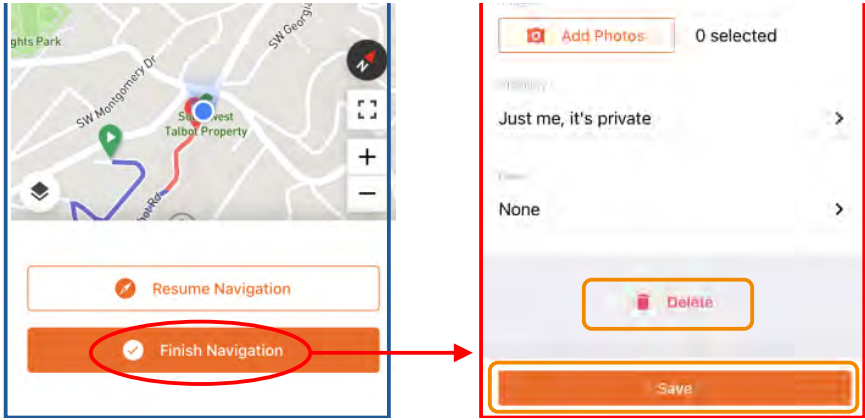


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

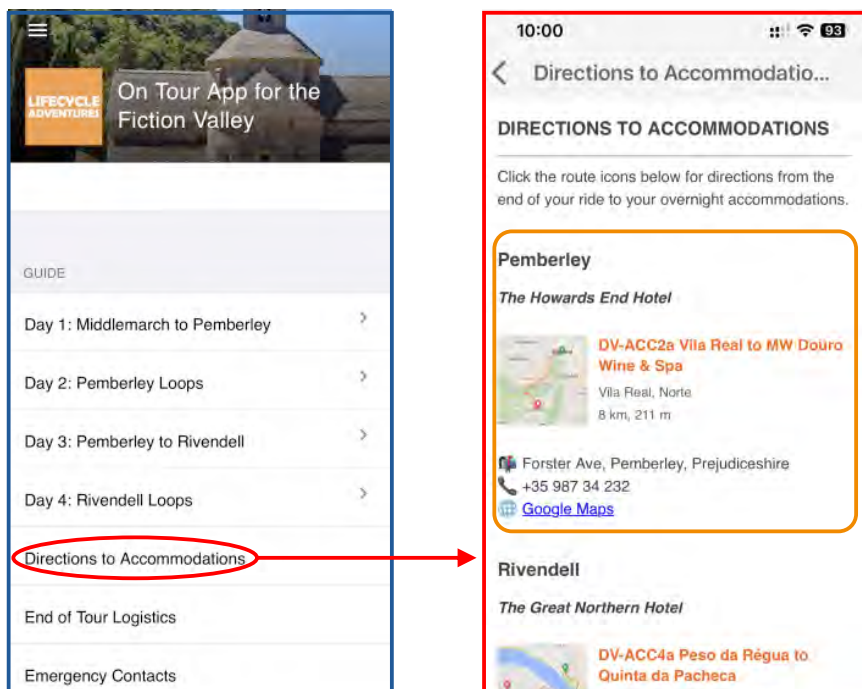


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

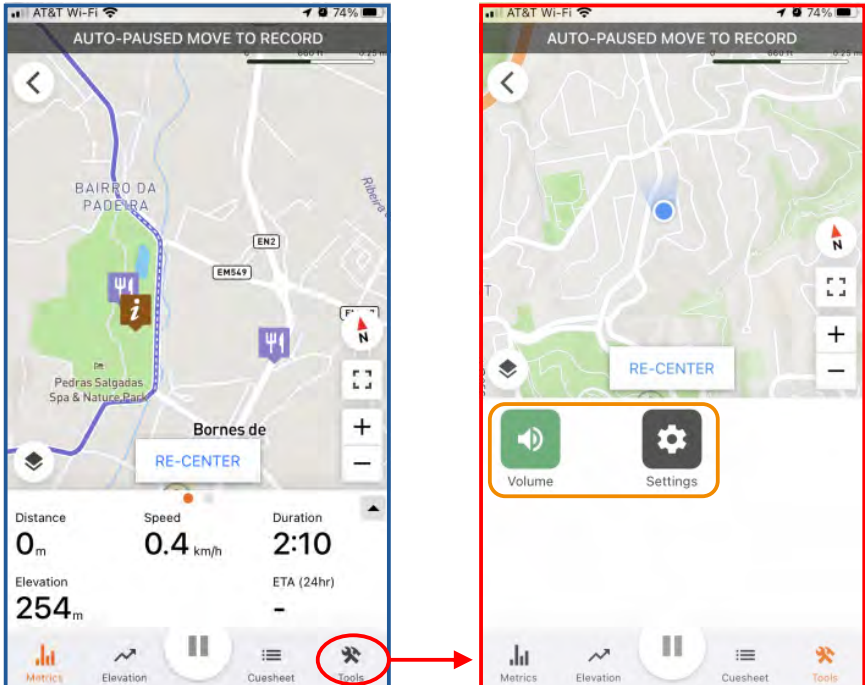
Accommodations are shown on your route with the following icon



You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



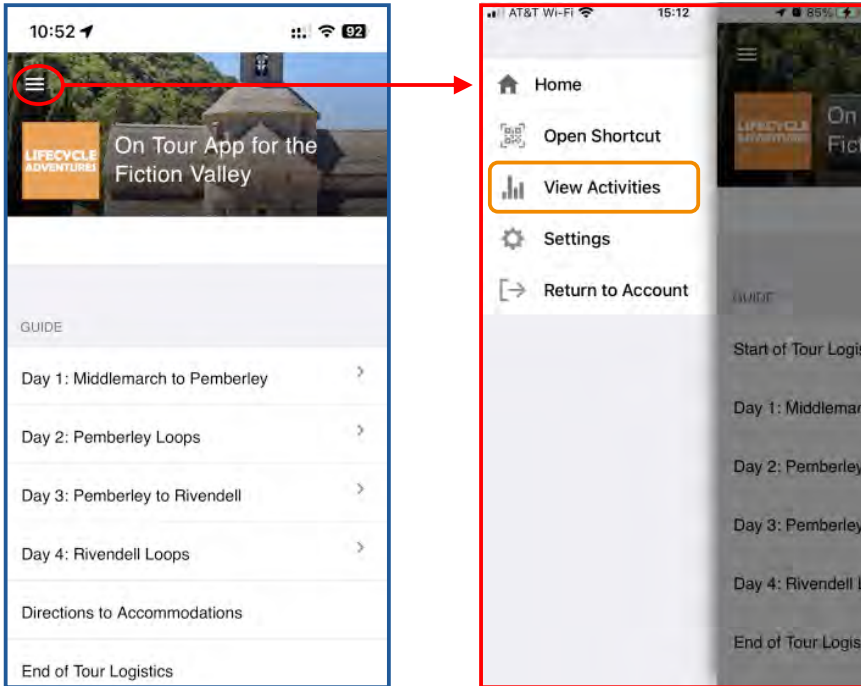
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

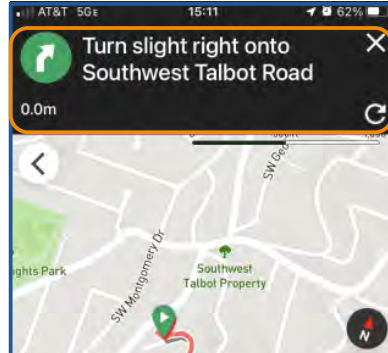
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



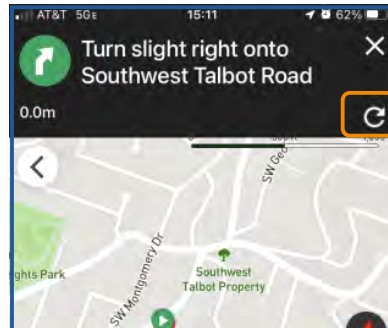
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10-15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a florescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving your body enough time to process the food before the fuel gauge reaches empty.
2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty

of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.

3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally,

abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

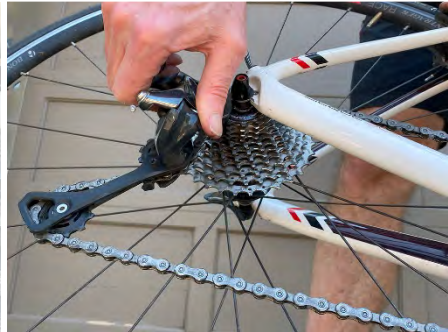
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have **disc brakes**, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a **thru axle** (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the puncture. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.



Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.

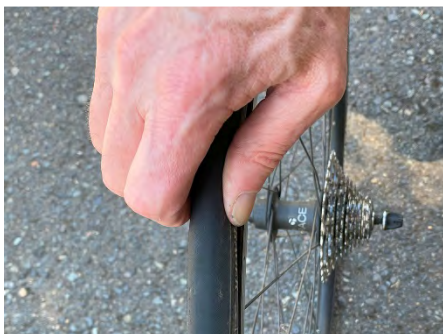


If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the

wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

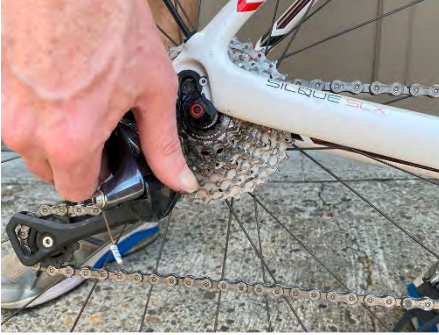
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.



If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



If you have a **thru axle** (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have **rim brakes**, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_H00kEjs.

LIFECYCLE ADVENTURES SERVICES

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check in to my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. €15 to €30 per person per day is common in the industry.

Intentionally Blank

A QUIZ

MORE FUN THAN AN INDEX

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

QUIZ QUESTIONS

Planning Your Tour

1. What is the most useful tool to help you navigate your tour?
 - ☐ A piece of string and a loadstone
 - ☐ LifeCycle Adventures On-Tour App
 - ☐ Garmin GMR xHD2 Open Array Radar
 - ☐ All of the above
2. The LifeCycle Adventures On-Tour App can be downloaded to:
 - ☐ Your smartphone
 - ☐ Your tablet
 - ☐ All of the above
3. It can be helpful to download Google Maps for the area for use offline:
 - ☐ True
 - ☐ False
4. Companies that provide cheap data plans via eSIMs are:
 - ☐ Snowman and Pharaoh
 - ☐ Nomad and Airalo
 - ☐ Roman and Hairglo
 - ☐ None of the above
5. Things to consider booking before you travel include:
 - ☐ Cooking classes
 - ☐ Activities
 - ☐ Airport transfers
 - ☐ Hard-to-book restaurants
 - ☐ All of the above
6. Useful things to pack include:
 - ☐ Floor pump
 - ☐ Your bike helmet
 - ☐ Kitchen sink
 - ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
 - ☐ All of the above
7. We provide the following equipment:
 - ☐ Two LifeCycle Adventures water bottles
 - ☐ Floor pump that travels with your luggage
 - ☐ Phone mount for your phone
 - ☐ All of the above

About the Area

8. Guinness has been brewed in Ireland since:
- ☐ 1659
 - ☐ 1759
 - ☐ 1859
 - ☐ 1959
 - ☐ None of the above, Guinness is actually brewed in Scotland
9. Boxty and Farls are a much-loved Irish TV comedy duo from the 1970s?
- ☐ True
 - ☐ False
10. A typical Irish breakfast includes:
- ☐ Bacons
 - ☐ Sausage
 - ☐ Black pudding
 - ☐ White pudding
 - ☐ Tomatoes
 - ☐ Eggs
 - ☐ Bread
 - ☐ Mild atherosclerosis
 - ☐ All of the above
11. Fungie is:
- ☐ A mushroom gathered in the Caha Mountains
 - ☐ A toe disease caused by spending too much time in damp peat bogs
 - ☐ An unusually friendly dolphin that lived in Dingle Harbor
 - ☐ The Gaelic word for Ireland's unique sense of humor
 - ☐ None of the above
12. The rule followed by Pete McCarthy when researching his book, "McCarthy's Bar", was:
- ☐ Never pass a bar that has your name on it
 - ☐ Never drink in a bar owned by your family
 - ☐ Never drink an odd number of pints of Guinness in one day
 - ☐ Never eat Fungie mushrooms when in a bad mood
 - ☐ Never eat *and* drink at the same pub
13. In what year was independence for Ireland finally achieved?
- ☐ 1914
 - ☐ 1919
 - ☐ 1921
 - ☐ 1923
 - ☐ None of the above

14. A Which of the following statements about Great Blasket Island is true:

- ☐ It is the western-most inhabited island in Europe
- ☐ Scenes from Star Wars: Revenge of the Sith were filmed there
- ☐ It has been uninhabited by humans since 1953
- ☐ The children's classic, *The Calconnon that Killed* was written there
- ☐ All of the above

15. There has never been a rain-free week recorded in Ireland:

- ☐ True
- ☐ False

Overnight Towns

16. The Out of the Blue restaurant in Dingle:

- ☐ Serves the only locally caught seafood in Dingle
- ☐ Does not open if they do not like the look of the day's catch
- ☐ Serve predominantly frozen, Icelandic cod
- ☐ Invented the fishfinger sandwich
- ☐ All of the above

17. Queen Victoria visited Killarney in:

- ☐ 1859
- ☐ 1861
- ☐ 1865
- ☐ 1966
- ☐ A waxed jacket, a tartan hat, and a rakishly bright-green pair of wellies

18. One of the best places to taste whiskey on your tour is:

- ☐ Oban Distillery
- ☐ Dingle Distillery
- ☐ Talisker Distillery
- ☐ Laphroaig Distillery
- ☐ All of the above

19. Ross Castle is:

- ☐ The birth name of Pete McCarthy
- ☐ A castle in Kenmare where the scene of Ross first kissing Rachel was filmed
- ☐ A 15th century castle that houses a fine collection of oak furniture
- ☐ The site of the final battle for Irish independence
- ☐ None of the above

20. The Gap of Dunloe is:

- ☐ A narrow mountain pass between Ben Nevis and Yr Wyddfa
- ☐ A dental void through which Patrick Dunloe is said to drink his Guinness
- ☐ In the village of Dunloe, the difference between a good night in the pub and a great night in the pub – commonly attributed to a lack of music
- ☐ A narrow mountain pass on the eastern side of Killarney National Park
- ☐ All of the above

21. Kenmare is known by the locals as:

- ☐ "Town"
- ☐ "Home"
- ☐ "The thinking person's Killarney"
- ☐ "Kenmare"
- ☐ All of the above

22. Dungeon Bookshop in Kenmare can be found:

- ☐ Sharing a space with Café Mocha on the Square in Kenmare
- ☐ At the back of the wardrobe in Room 7 in Sheen Falls Lodge
- ☐ Up the back stairs behind the newsagents
- ☐ Wanting, if you're wanting a copy of James Joyce's *Finnegans Wake*
- ☐ All of the above

On Tour

23. List all the works of fiction mentioned or alluded to in the section *Using the On-Tour App*

QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. 1759
9. False, they are a potato pancake and a traditional flatbread respectively
10. All of the above, enjoy!
11. An unusually friendly dolphin that lived in Dingle Harbor
12. Never pass a bar that has your name on it
13. 1921
14. It has been uninhabited by humans since 1953
15. False, though it can sometimes feel like it might be true

Overnight Towns

16. Does not open if they do not like the look of the day's catch
17. 1861
18. Dingle Distillery. The rest are in Scotland, where they make whisky (no "e")
19. A 15th century castle that houses a fine collection of oak furniture
20. A narrow mountain pass on the eastern side of Killarney National Park
21. All of the above
22. Up the back stairs behind the newsagents

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

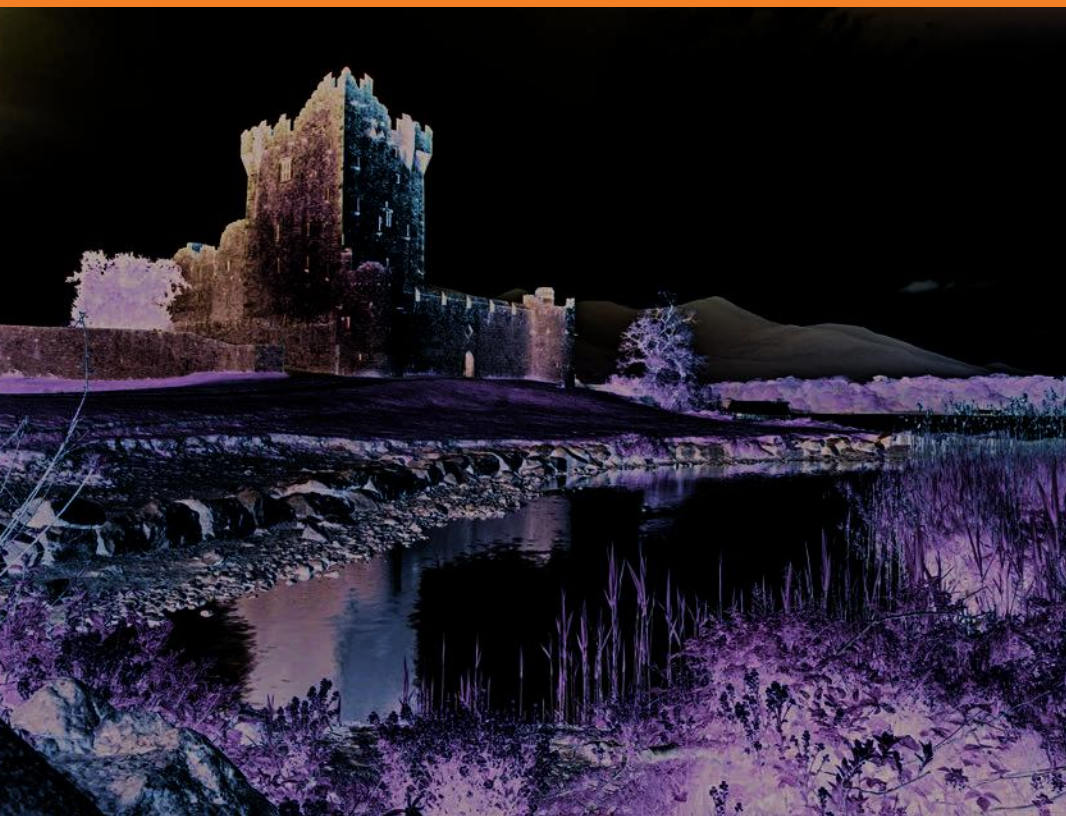
YOUR SCORE

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

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LIFECYCLE ADVENTURES' GUIDE TO SOUTHWEST IRELAND



Use this Guidebook
with the On-Tour App
– see inside cover



**LIFECYCLE
ADVENTURES**

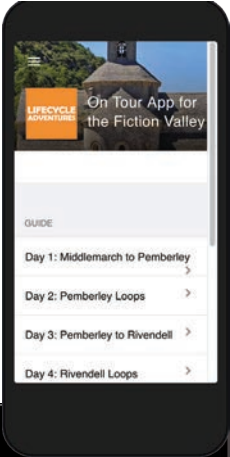
PLANNING | ABOUT THE AREA | OVERNIGHT TOWNS | ON TOUR FAQ

On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.





Explore the world by bike, on your own terms

NORTH AMERICA

Big Island, Hawaii
Mount Hood, Oregon
San Juan Islands,
Washington
Willamette Valley, Oregon



SCAN

TO DOWNLOAD THE eBook
VERSION OF THIS GUIDEBOOK
see page 7 for details

EUROPE

Catalonia, Spain
Douro Valley, Portugal
Holland
Loire Valley, France
Provence, France
Puglia, Italy
Istrian Peninsula, Croatia
Pyrenees, France
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+1 415.366.3806



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