

IRELAND – CONNEMARA & COUNTY MAYO

8-day / 7-night easy **SELF-GUIDED** West Coast cycling from Clifden to Westport



Ireland is a fascinating holiday destination and the west-coast is synonymous with cycling holidays. Immerse yourself in the history, culture and breath-taking scenery of the West of Ireland as you make your way along this wild, magnificent Atlantic coastline. Travelling inn-to-inn (with your luggage moved for you) independently or with friends, you will never feel alone surrounded by the warmth and hospitality of the Connemara people.

The average cycling distance is 30km per day through rolling countryside which gives you plenty of time to stop and visit local historical and cultural attractions. Chosen with expert local knowledge, our route is off the main tourist track which makes this region all the more special, with unspoilt and peaceful roads, beaches and villages. All cycling equipment, local information, route notes and maps are included. Easily accessed from Galway, Shannon Airport or Dublin, the unspoiled Connemara landscape offers up some magnificent views, unique villages and ancient sites and your hosts along the way are warm and welcoming. You can choose to stay in either hotels or B&B's, all with en-suite rooms and excellent breakfasts along the route.

Duration: 8-days / 7-nights

Cost from: \$1595 per person (twin share), Single supplement \$365, Solo Traveller supplement \$1195

Departs: Any Monday, from April to October - starting in Clifden and ending in Westport

Includes: 7 nights in twin-share accommodation in either in 3-star hotels or traditional Irish guesthouses with 7 full Irish breakfasts; luggage transfers; touring bike with helmet, handlebar bag, water bottle, tool kit and bike lock; Inishbofin ferry return ticket; pre-tour briefing; full route notes and maps.

Not included: lunches (packed lunches can be ordered from accommodation – cost paid locally), dinners or other meals, drinks, transfers to the start and from the end of the tour (can be arranged at extra cost), side panniers (at extra cost), optional activities, personal expenses.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested itinerary:

Day 1: Arrive in Clifden

The coastal town of Clifden (@ 1 hour drive from Galway and 2.5 hours from Shannon airport), often called the '*capital of Connemara*', is the site of the famed Alcock and Brown landing after their first ever transatlantic flight in 1919. The town is full of restaurants and traditional pubs. Bikes, equipment, maps and information packs will be waiting for you on your arrival – we suggest you plan to arrive mid-afternoon - and a local representative will brief you and make any adjustments to the bike either this afternoon or the following morning.

Day 2: Sky Road and Roundstone

cycling – options @ 35 – 45km

Today you have a choice to cycle along the famous Sky Road or to discover the south of Connemara and the rugged Roundstone Peninsula, offering spectacular views of the Atlantic coastline and the stark peat wilderness.

Day 3: Clifden to Inishbofin Island

cycling @ 35km

After breakfast, cycle along the Sky Road with cliff-top views of the Atlantic Ocean and the nearby islands, then take the Bog Road across native peat land to the fishing village of Cleggan, which is the departure point for the 40-minute ferry ride to Inishbofin Island, your destination for the night. The island is peppered with ancient sites, including the ruins of Cromwell's promontory fort and gaol, set high above the entrance to the island's harbour. Its meandering laneways, remote beaches and old stone walls contribute to the feeling of stepping back in time.

Day 4: Inishbofin Island to Renvyle

cycling @ 20km or longer options

After a morning on the island, catch the ferry back to the village of Cleggan and cycle to the Renvyle peninsula. The whole area is rich in archaeological sites and the scattered ruins of a more populated era. Take time to stop and examine some megalithic tombs, holy wells and standing stones. Passing through the village of Letterfrack, take a small detour up to the Connemara National Park where you have the option of climbing Diamond Hill (this can also be done the following day). Continue on to your accommodation in Renvyle.

Day 5: Renvyle to Leenane

cycling @ 25km or longer options

After breakfast, set out from Renvyle for the village of Leenane. You have the option of cycling along the quiet coastal route to explore the Renvyle Peninsula and its coves, white sandy beaches and villages; or choose to take the Connemara Lady catamaran along Killary Fjord for a 1.5 hour sightseeing boat ride departing at set times (at extra cost, paid locally). The trip is often accompanied by a pod of dolphins and includes commentary on major points of interest along the way. You stay in the village of Leenane tucked at the foot of mountains and overlooking Killary Fjord.

Day 6: Leenane to Louisburgh

cycling @ 30km or longer options

The route from Leenane to Louisburgh offers some of the most breathtaking scenery in Ireland. Ride through the spectacular Delphi Valley to the pretty little town of Louisburgh, which retains many 18th Century features in both style and scale. It is an area of immense natural beauty with Croagh Patrick to the east, the Atlantic to the west, the Sheaffrey and Mweelrea Mountains to the south and Clew Bay to the north. The route through a tranquil, rural landscape culminates in splendid ocean views tonight as you meet the Atlantic Ocean again at Louisburgh.

Day 7: Louisburgh to Westport

cycling @ 25km or longer options

After breakfast your route follows the coastline along Clew Bay to Westport. You can stop off at the 14th Century Murrisk Abbey for a break. There is also a chance to observe life in this historic West of Ireland town which was built in the late 18th Century by the Brown family who are still in residence at Westport House. Their magnificent Georgian mansion is open for a visit and is only a short stroll from the town centre. For the more energetic, you can climb the nearby holy mountain of Croagh Patrick with its tiny church at the summit and its breathtaking view over the 365 islands of Clew Bay (@ 20km). You stay in Westport and perhaps experience the heart-stirring beat of traditional music in one of its pubs, or sample one of its many restaurants.

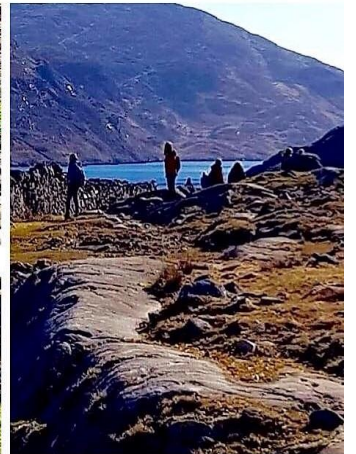
Day 8: Depart Westport

Tour ends after breakfast. Regular buses go to Galway or trains to Dublin. Transfers or extra nights of accommodation can be arranged at extra cost.

Outdoor Travel offers a choice of self-guided or small group guided cycling or walking holidays in Ireland – including the **Wicklow Way**, the Dingle **Peninsula** and the famed **Ring of Kerry**. Walking and cycling or boating holidays are available in France, Italy, Spain, Germany, Poland, England, Scotland, most other areas of Europe, China, the United States, Canada, Australia or New Zealand:

Contact Outdoor Travel direct for more details and reservations

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia



Call **OUTDOOR TRAVEL** on **1800 331 582** for details or reservations