

GBI Éire – Rugged coasts and green hills



this by engaging the participants to raise funds that support charity projects in their home countries.

Explore the southwestern coast of Ireland with this new and thrilling GBI cycling tour. You will be amazed by beautiful sceneries speckled with weathered stone remains of Celtic ruins, lushly green pastures with flocks of grazing sheep, spectacular view of rugged cliffs and sandy white beaches as well as the timeless charm of an Irish pub flooded with traditional music.

Enjoy the Irish Summer on a cycling trip you will never forget.

The Global Biking Initiative (GBI) wants to show you the most interesting places in Europe the sportive way. We are proud of our international participants that make it easy for everybody to make new friends from other countries. Our main goal is the continuous support of charity projects worldwide. We achieve

Tour highlights

- ✓ Discover the vivid city of Cork
- ✓ Enter the beautiful Irish back country on two wheels
- ✓ Enjoy stunning views at the Ring of Kerry
- ✓ Let's get enchanted by picturesque villages
- ✓ Visit the colourful houses of Eyries
- ✓ Drink a pint of Guinness and enjoy the traditional folk music in an Irish pub

At a glance

Date: May 1st – 4th, 2019

Duration: 4 days / 3 nights (4 cycling days)

Event type: guided charity cycling holiday

Participants: max. 30 cyclists

Distance: approx. 425 km (Track 1) / 530 km (Track 2)

Registration period: Dec. 1st, 2018 – April 3rd, 2019

Participation fee: from € 439

Minimum donation: € 50

Pre- & post-night in Cork: from € 89/night

Bike transport: n/a

Rental bikes: we link you to local rental companies

Details & online registration: www.gbi-event.org

Included services

- ✓ Accommodation in hand-picked premium hotels with breakfast and partially sauna & pool
- ✓ Luggage transport from hotel to hotel
- ✓ Service car with bike repair toolset
- ✓ Pickup service
- ✓ Fast and easy online registration on our website
- ✓ Several cycling teams with different speed levels (min. 2 teams)
- ✓ Any kind of bicycle welcome (Roadbike, MTB, ATB, Pedelec, etc.)
- ✓ 2 different distances per day possible
- ✓ GPX tracks of the tour for download
- ✓ Route information and daily news
- ✓ Personal support during the tour
- ✓ Nutrition point with energy bars, fruits and drinks every day
- ✓ Bike bottle
- ✓ Online photo service
- ✓ International participants
- ✓ Support of charity projects worldwide
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

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Day 1: Cork – Bantry

From the tour start in Cork we follow the river Lee for a while. Later we leave the river and turn to tranquil byways through the surrounding countryside. Pleasant green hills are our companions on the way to the days destination in Bantry. Track 2 leads along the southern coast, following the Wild Atlantic Way, and through the village of Skibereen to Bantry.

Day 2: Bantry- Kenmare

Today, the Ring of Beara is on our tour schedule. Although the route always runs close to the coast, some challenging ups and downs are waiting for us. In Adrigole we turn from the coast and climb the scenic Healy Pass. Track 2 loops to the outer parts of the peninsula, while passing Eyries with its colourful



houses and tackles Healy Pass another time that day. We finish the day by following the coastal road along Kenmare Bay to our destination in Kenmare.

Day 3: Kenmare – Killarney

From Kenmare we head to the famous Ring of Kerry. Significantly increased traffic indicates that the road is a touristic highlight. We see rugged landscapes, white

Route characteristics

Ireland is a very hilly island, even at the coast. You must not expect long climbs, but they are sometimes fierce and in combination with wind and occasional rain there might be tough challenges for you.

There are no cycling paths, but we will often use minor roads that can be quite narrow. For some parts of the route we have to cycle also on major roads, e.g. the Ring of Kerry.

sandy beaches and picturesque villages while cycling this scenic route. Behind Waterville, Track 1 turns into the peninsula's highland, following the Glencar valley and the panorama of McGillicuddy's Reeks fills the horizon. A little later we reach Killarney, located on Lough Leane. Track 2 has some scenic views and an option with the standout climb of Coomanaspic with 22% max. incline and beautiful Valentia island.



Day 4: Killarney – Cork

At the beginning of the day we cross the Killarney National Park, well known for its scenic beauty. The castle ruin of Ross Castle and the manor house Muckcross House are ideal for a short stop. Track 2 starts with a detour to the mountains. We climb to the Gap of Dunloe, the most picturesque pass in the Ring of Kerry, the Black Valley and later to Moll's Gap, before enjoying an amazing panorama at Ladies' View. On the way to Cork we reach Macroom and follow the river Lee to the tour destination in Cork.

We cycle for charity

Each participant commits to raise a **minimum donation of € 50** to support a charity project in his or her home country. More information to the fund raising can be requested from the Country Champion of your country (www.gbi-event.org -> About us).

Travel advice

Flight: there are good international connections to Dublin, Cork and Shannon (Limmerick)

Train/bus: from Dublin airport to Cork

Rental car: Rental car stations in Dublin, Cork and Limmerick