

Malin Head to Mizen Head 2018

29th May

Bikes loaded for transport.

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| Day 1 | Malin Head | to | Malin | 12km | | 46A leaving the Club very early heading for Malin Head |
| 30th May | Malin | to | Burnfoot | 38km | 101 km | |
| | Burnfoot | to | Letterekenny | 31km | | After been stuck on the bus for 5/6 hours youll be mad for road |
| | Letterkenny | to | Ballybofey | 20km | | Staying in Ballybofey |
| Day 2 | Ballybofey | to | Ballyshannon | 49km | | A spin up Barnesmore Gap to settle the breakfast |
| 31st May | Ballyshannon | to | Sligo | 41km | | |
| | Sligo | to | Tobercurry | 34km | 168 km | When you get as far as Knock you could say a prayer, you will have nearly completed the longest day |
| | Tobercurry | to | Charlestown | 12km | | |
| | Charlestown | to | Claremorris | 32km | | Staying in Claremorris |
| Day 3 | Claremorris | to | Tuam | 26km | | |
| 1st June | Tuam | to | Oranmore | 31km | 129 km | Short day, only corkscrew hill to get over |
| | Oranmore | to | Ballyvaghan | 39km | | |
| | Ballyvaghan | to | Lahinch | 33km | | Staying in Lahinch |
| Day 4 | Lahinch | to | Kilrush | 39km | | |
| 2nd June | Kilrush | to | Kilimer | 10km | | Now that the saddle is getting used of your arse, a short boat trip a quick pull up Molls Gap & your there. |
| | Tarbert | to | Tralee | 47km | 160 km | |
| | Tralee | to | Killarney | 32km | | |
| | Killarney | to | Kemare | 32km | | Staying in Kenmare |
| Day 5 | Kemare | to | Glengarriff | 28km | | Depending on the "volume" of both liquid & song the previous night Caha Pass could be interisting |
| 3rd June | Glengarriff | to | Bantry | 17km | 87 km | |
| | Bantry | to | Schull | 25km | | Mizen Head - you have made it, well done everone Group Hug & back to Bantry |
| | Schull | to | Mizen Head | 17km | | Bus back to Bantry for a few quiet ones and possibaly some late night chips for Hugh |
| 4th June | | | | | | Sobering Bus trip back to club |

There could be between 70 & 80 cyclists on the road, we will probably have 4 groups, with safety the most important aspect of each day.

Fitness - you need to put in the training spins on a weekly basis building up distance all the time

You need to get comfortable cycling in groups & get used of the cycling etiquette, this will make the long spins easier & safer

There are regular cycles from the club at weekends, it is important for cyclists to go on these spins so you can get to know your other M2M participants

We will have back up vans with helpers/drivers - they are club members as well, who will look after bags and bananas, they are not bike mechanics so everyone need to be able to do the basic bike repairs themselves