

Malin Head to Mizen Head 2018

29th May

Bikes loaded for transport.

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