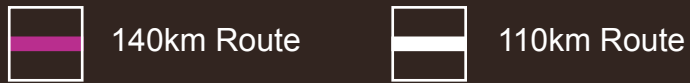


# Glengarriff

Food Stop Locations	140km	110km	Facilities							Service Available Times	
Sailors Bar Kenmare	30km	30km	Bike Racking	Toilet	Water Refill	Fruit	Snacks				09.30 - 14.00
Ardgroom	65km	65km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches		10.00 - 17.00
Allihies	87km		Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches		10.00 - 17.00
Castletownbere	105km	75km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches		08.30 - 17.00
Glengarriff	140km	110km	Bike Racking	Toilet	Water Refill		Pasta Bowl		Music & Entertainment /Kids Fun		09.00 - 17.00



## Cyclists information

### Registration

**Location:**  
Glengarriff

### Times:

Saturday 27th May - 7am to 8am

### Registration Pack

Included in your registration pack: Detailed route map, bike plate, helmet sticker, cyclist wristband, event information.

### Please note:

You must pre-register for this event online or by post. Please bring confirmation e-ticket with you to registration or the registration text message you will receive on Thursday 25th May, with your registration number.

### Start

**Time:** 8.30am

**Location:** Glengarriff town centre.

All medical & event safety services will be operational until 6.00pm

**Emergency contact number:**  
**087 1221234**

## Safety information

### Please note the following:

- Medical services will operate between 08.30 and 18.00
- Please obey the rules of the road at all times.
- The road is not closed. Vehicle traffic will be on the road throughout the day.
- Please observe warning signs and listen to event stewards.
- Participants undertake the Ring of Beara Cycle at their own risk.
- Your bike must be road worthy and in good working order.
- Helmet (every cyclist is required to wear a helmet).
- Please be vigilant of fellow cyclists. Remember everyone is not as experienced as you!
- There are fast downhill sections & dangerous bends, please pay attention to signs, flags and whistles. They are there for your safety.

**Please note the new surface and downhill section on the N71 between the Caha Pass and Kenmare in the Bonane area. Please pay particular attention to the warning signs, marshals and slowdown in this section.**

## What to bring with you

- Water and snacks.
- Spare tube x2 and pump.
- Mobile phone and emergency phone number.
- Windproof top - it's not uncommon to get 4 seasons in one day in Ireland.
- Helmet must be worn at all times.
- Bike Plate and event wrist band (you will receive all these at registration).

