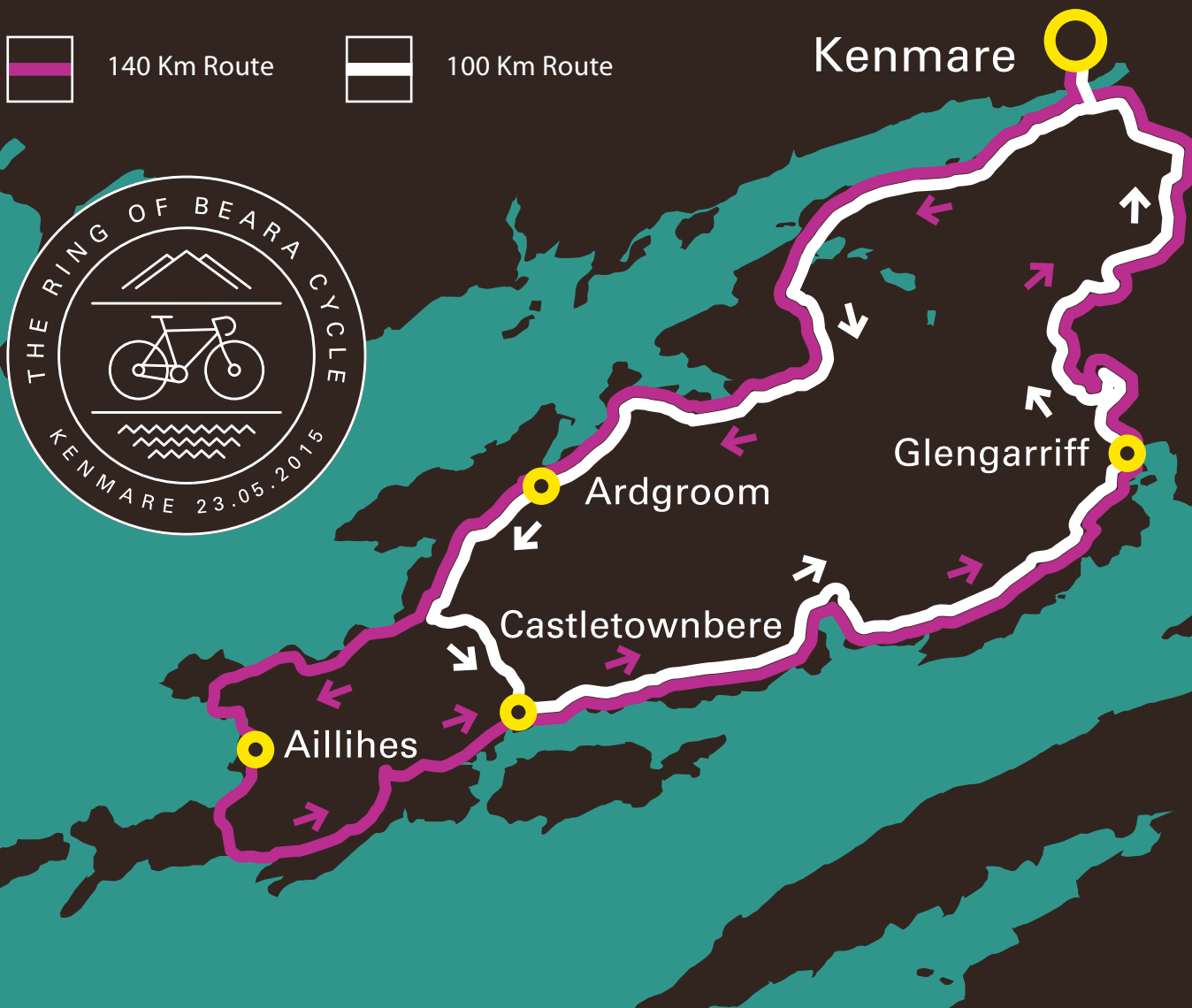


Food Stop Locations	140km	100km	Facilities							Service Available Times
Ardgroom	35km	35km	Bike Racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	————	10.00-12.00
Aillihes	60km	————	Bike Racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	————	11.00-13.00
Castletownbere	80km	50km	Bike Racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	Sandwiches	11.00-15.00
Glengarriff	120km	80km	Bike Racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	Sandwiches	12.00-17.00
Finish line in Kenmare	140km	100km	Bike Racking	Toilet	Bottled Water	Lee Strand Protien Milk	Hot Food	Massage	Music and Entertainment Kids Fun Zone	09.00-18.00



Cyclists information

Registration:
Location: Main square Kenmare Town, registration marquee
Times: Friday 22nd 5pm-10pm, Saturday 23rd 6.00am – 8.00am

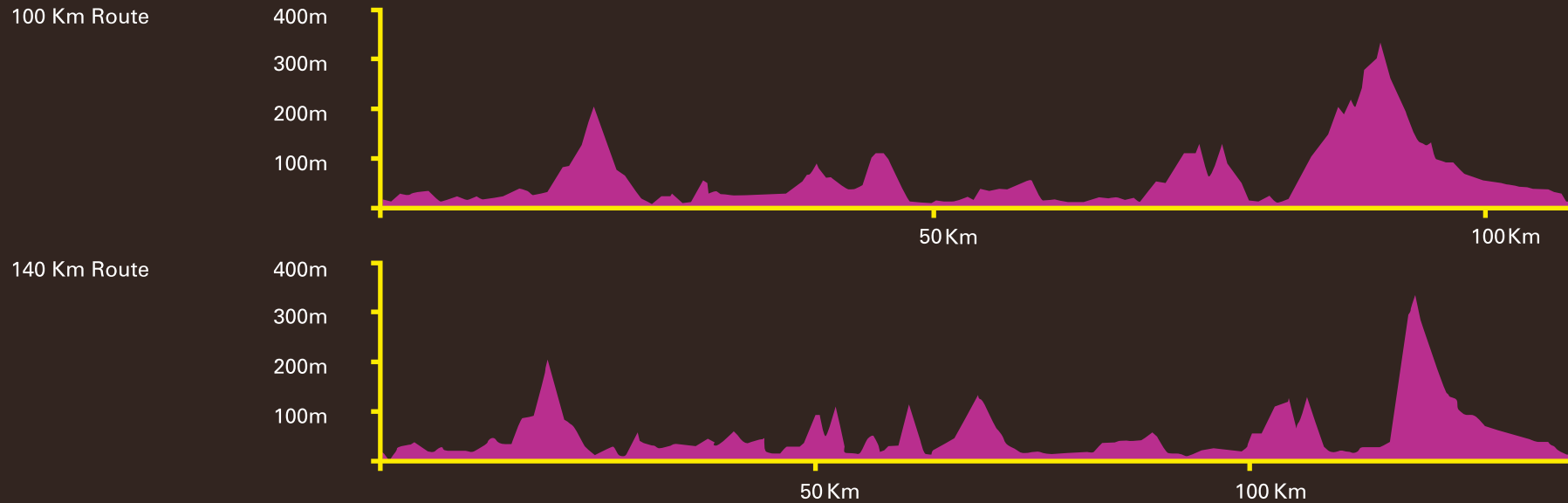
Registration Pack:
 Included in your registration pack: Detailed route map, bike sticker, helmet sticker, cyclist wrist band, event information.

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 22nd May with your registration number.

Start & Finish
Time: 09.00am
Location: Main Square Kenmare (start & finish)
 Cut off times: All medical & event safety services will be operational until 6.00pm

Emergency contact number:
087 256 9547

Elevations



Safety information

Please note the following:

- 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.
- There are fast downhill sections and dangerous bends, please pay attention to signs, flags and whistles.

Please note the dangerous surface and narrow downhill section at the road works on the N71 between Caha Pass and Kenmare in the Bonane area. Please pay particular attention to the marshals and slowdown in this section.

Car parking information

You will be directed to designated car parks by marshals on approach to Kenmare town on Saturday Morning the 23rd of May. Please park your car in designated car parks and cycle down to registration in the square in the centre of Kenmare town.

Parking in the church car park in Kenmare town is prohibited for event participants.

If you are staying in hotel or B&B accommodation for the weekend please cycle down to registration.

What to bring with you

- Water and snacks
- Spare tube x 2 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 sticker, helmet sticker & event wrist band (you will receive all these at registration)

