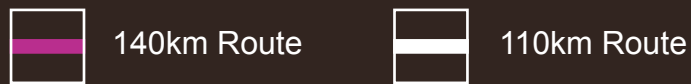


Castletownbere

Food Stop Locations	140km	110km	Facilities							Service Available Times
Glengarriff	35km	35km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	09.00 - 17.00
Star Outdoors	65km	65km	Bike Racking	Toilet	Water Refill	Fruit	Snacks			09.30 - 13.00
Ardgroom	95km	95km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	09.00 - 17.00
Allihies	122km	---	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	10.00 - 17.00
Finish Line Castletownbere	140km	110km	Bike Racking	Toilet	Water Refill	Fruit	Pasta Bowl		Music & Entertainment	09.00 - 17.00



Cyclists information

Registration

Location and times:

Friday 24th May from 19.30 - 21.30, Beara Coastal Hotel

Saturday 25th May from 07.00 - 08.00, Marquee on The Pier

Registration Pack

Included in your registration pack: Detailed route map, bike plate, helmet sticker, cyclist wristband and 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 23rd May, with your registration number.

Start

Time: 08.30

Location: Castletownbere town centre.

All medical & event safety services will be operational until 18.00

**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 Cahah 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).

