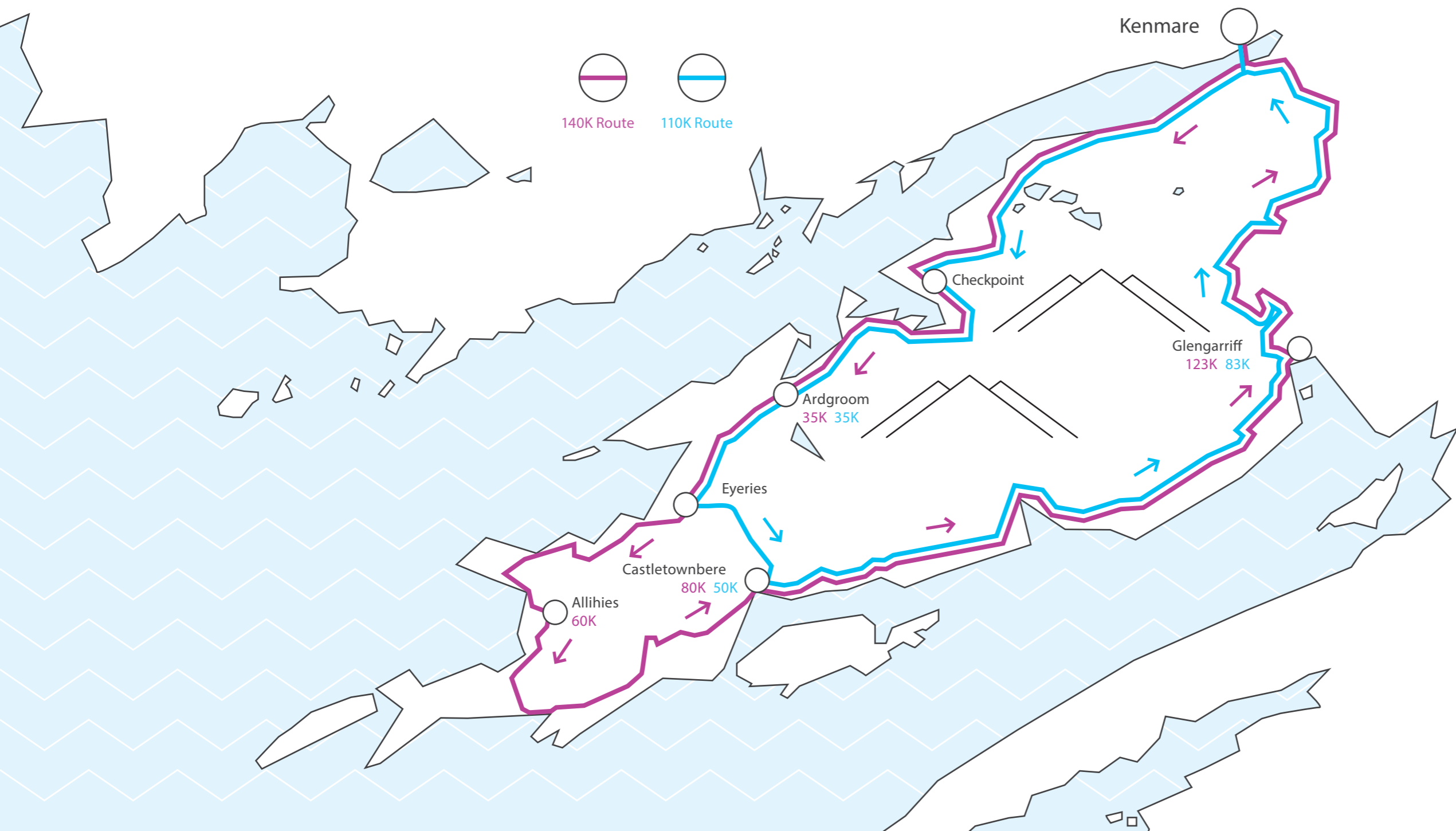


Food stops	140K	110K	Facilities							Service times
Ardgroom	35K	35K	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	—	09.00 - 11.00
Allihies	60K	—	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	Sandwiches	10.00 - 15.00
Castletownbere	80K	50K	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	Sandwiches	10.00 - 15.00
Glengarriff	123K	83K	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & Coffee	Sandwiches	11.00 - 16.00
Kenmare finish	140K	110K	Bike racking	Toilet	Water refill	—	Pasta bowl	—	Entertainment	09.00 - 18.00



Registration
Location: Kenmare town centre

Times
Friday 28th August 17.00 - 21.00
Saturday 29th August - 06.30 - 08.00

Registration Pack
Included in your registration pack: Bike plate, helmet sticker, cyclist wristband and event information.

Please note:
Please bring confirmation e-ticket with you to registration or the registration text message you will receive on Thursday 27th August, with your registration number.

Start
Time: 08.30
Location: Henry St, Kenmare (start & finish).

All medical & event safety services will be operational until 18.00. Finish line services and entertainment will finish at 18.00.

Emergency number
087 1221234

Safety information

- 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.
- All bikes to be collected from secure bike racking by 18.00.

Car park information

- You will be directed to designated car parks by marshals on approach to Kenmare town on Saturday morning. Please park your car in designated car parks and cycle down to Henry Street, in Kenmare town.
- **Please note: Parking in the church car park in Kenmare 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 x2 and pump.
- Mobile phone and emergency phone number.
- Windproof top and sunscreen - 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).



Please note: there will be partial road closures on the route with checkpoints in place, only registered participants will be able to proceed.