

INTRODUCTION

Geology
Wildlife and Flowers
History
What's in a Name?
Architecture
Culture
Getting There
Getting Around
When to Go
Accommodation
Health and Safety
Food and Drink
Language
Money
Post, Phones and Internet
Cycling in Ireland
What to Take
Maps
Using this Guide

THE ROUTES

Route 1 Belfast to Derry – the Causeway Coast and the Sperrin Mountains

Stage 1 Belfast to Carnlough
Stage 2 Carnlough to Ballycastle
Stage 3 Tour of Rathlin Island
Stage 4 Ballycastle to Portrush
Stage 5 Portrush to Derry
Stage 6 Derry to Omagh
Stage 7 Omagh to Armagh
Stage 8 Armagh to Belfast

Route 2 Derry to Donegal Town – Tour of Donegal

Stage 1 Derry to Culdaff
Stage 2 Culdaff to Clonmany
Stage 3 Clonmany to Letterkenny
Stage 4 Letterkenny to Portsalon
Stage 5 Portsalon to Downies
Stage 6 Downies to Bunbeg
Stage 7 Bunbeg to Portnoo
Stage 8 Portnoo to Carrick
Stage 9 Carrick to Donegal Town

Route 3 Donegal Town to Sligo – the Irish Lakelands

- Stage 1 Donegal Town to Castle Archdale
- Stage 2 Castle Archdale to Garrison
- Stage 3 Garrison to Crom Estate
- Stage 4 Crom Estate to Ballyconnell
- Stage 5 Ballyconnell to Carrick-on-Shannon
- Stage 6 Carrick-on-Shannon to Sligo
- Stage 7 Tour of Sligo

Route 4 Sligo to Achill Island – into the Atlantic

- Stage 1 Sligo to Ballina
- Stage 2 Ballina to Belmullet
- Stage 3 Belmullet to Achill
- Stage 4 Tour of Achill Island
- Stage 5 Achill to Foxford
- Stage 5a Link from Newport to Westport (Route 5)
- Stage 6 Foxford to Sligo

Route 5 Tour of Connacht – Pilgrims and Islands

- Stage 1 Galway to Cong
- Stage 2 Cong to Westport
- Stage 3 Westport to Roonah Quay
- Stage 4 Tour of Clare Island
- Stage 5 Roonah Quay to Tully
- Stage 6 Tully to Clifden
- Stage 7 Tour of Inishbofin
- Stage 8 Clifden to Kilkieran
- Stage 9 Kilkieran to Galway

Route 6 The Aran Islands and the Burren – Music and Rock

- Stage 1 Galway to Inishmore
- Stage 2 Tour of Inishmore
- Stage 3 Tour of Inisheer
- Stage 4 Round the Burren
- Stage 5 Doolin to Kilrush
- Stage 6 Kilrush to Ennis
- Stage 7 Ennis to Limerick
- Stage 8 Limerick to Tarbert (Optional)

Route 7 Dublin to Limerick – the Guinness Route

- Stage 1 Dublin to Edenderry
- Stage 2 Edenderry to Shannon Harbour
- Stage 3 Shannon Harbour to Mountshannon
- Stage 4 Mountshannon to Limerick

Route 8 The Southwest Peninsulas – Ringing the Changes

- Stage 1 Tarbert to Tralee
- Stage 2 Tralee to Dingle
- Stage 3 Tour of the Dingle Peninsula
- Stage 4 Dingle to Killorglin
- Stage 5 Killorglin to Portmagee
- Stage 6 Portmagee to Caherdaniel
- Stage 7 Caherdaniel to Kenmare
- Stage 8 Kenmare to Killarney
- Stage 9 Killarney to Tralee

Route 9 Kenmare to Cork – the Fuchsia Coast

- Stage 1 Kenmare to Allihies
- Stage 2 Allihies to Glengarriff
- Stage 3 Glengarriff to Schull
- Stage 4 Schull to Clonakilty
- Stage 5 Clonakilty to Kinsale
- Stage 6 Kinsale to Cork

Route 10 Cork to Killarney and Waterford – the Blackwater Valley

- Stage 1 Cork to Youghal
- Stage 2 Youghal to Fermoy
- Stage 3 Fermoy to Killarney
- Stage 4 Youghal to Waterford

Route 11 Dublin to Waterford – Beyond the Pale

- Stage 1 Dublin to Donard
- Stage 2 Donard to Kilkenny
- Stage 3 Kilkenny to Waterford
- Stage 4 Waterford to Rosslare
- Stage 5 Rosslare to Courtown
- Stage 6 Courtown to Rathdrum
- Stage 7 Rathdrum to Dublin

Route 12 Dublin to Belfast – A Trail of Two Cities

- Stage 1 Dublin to Navan
- Stage 2 Navan to Carlingford
- Stage 3 Carlingford to Newcastle
- Stage 4 Newcastle to Strangford
- Stage 5 Strangford to Belfast

- Appendix 1 Route Summary Table
- Appendix 2 Grand Tours
- Appendix 3 Useful Contacts
- Appendix 4 Further Reading