

Food stop locations	55km	120km	Facilities and food						
Ballyferriter	25km	25km	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & coffee	
Dingle		56km	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & coffee	Sandwiches
Camp		86km	Bike racking	Toilet	Water refill	Fruit	Snacks	Tea & coffee	Sandwiches
Finish line	55km	120km	Bike racking	Toilet	Bottle water		Soup	Hot tubs	Music & entertainment



— 120km Route  
 - - - 55km Route



### INFORMATION FOR CYCLISTS

#### Registration

**Location:** Dingle Marina, Registration marquee

#### Times

Friday 26th April 18.00 – 21.00  
 Saturday 27th April 06.00 – 07.30

#### Registration pack

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

#### Please note

You must have pre-registered for this event. Please present the number you will receive via text message on Thursday 25th of April when registering. International participants will not receive a text and are asked to bring their confirmation email with them.

#### Start

**Time:** no cyclist is permitted to start before 08.00

**Location:** Dingle Marina (start & finish) all medical & event safety services will be operational until 16.00.

#### Emergency contact number

**087 122 1234**

## SAFETY INFORMATION

### Please note the following:

- Medical services will operate between 08.00 and 16.00.
- 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.
- Participants undertake Ride Dingle at their own risk.
- Your bike must be roadworthy and in good working order.
- Please be vigilant of fellow cyclists. Remember, not everyone has the same level of experience.
- There are fast downhill sections & dangerous bends. Please take extra care on these sections.
- Please pay attention to signs, flags and whistles, they are there for your safety.

## CAR PARKING INFORMATION

You will be directed to designated car parks by marshals on approach to Dingle town on Saturday morning the 27th of April. Please park your car in the designated car parks and cycle down to registration at Dingle Marina.

If you are staying in a 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 – 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 wristband (you will receive all these at registration).

