

Food stop locations	55km	120km	Facilities and food						
An Gaeltacht GAA	34km	34km	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	Water refill		Soup		Music & entertainment



— 120km Route
 - - - 55km Route



INFORMATION FOR CYCLISTS

Registration

Location: Paul Geaney's Bar, V92 W2Y3
 Please use Relief Road entrance,

Times

Friday 22nd April 18.00 – 21.00
 Saturday 23rd April 06.00 – 07.30

Registration pack

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

Please note

You must have pre-registered for this event. Please present the number you will receive via text message on Wednesday 20th 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: Pobalscoil Chorca Dhuibhne, Spa Road, V92 DR04.
 All medical & event safety services will be operational until 16.00.

Emergency contact number

087 122 1234

SAFETY INFORMATION

Please note the following:

- Official start time - 0800am
- 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.
- Bike Mechanics available on route, please contact emergency number for assistance.

CAR PARKING INFORMATION

You will be directed to designated car parks by marshals on approach to Dingle town on Saturday morning the 23rd of April. Please park your car in the designated car parks and cycle down to registration at Paul Geaneys Bar, V92 W2Y3.

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, wristband & helmet sticker (you will receive all these at registration).

