

# 5 STEPS...



...to the **PERFECT** Irish cycling holiday



*Ireland is a wonderful place for touring by bike. Some simple preparation will greatly add to your enjoyment.*

**OUR TOP 5 TIPS**

## Get those legs moving!

# 1

Every bit of cycling you do before you arrive in Ireland will greatly add to your enjoyment when you get here. Start by going for a short cycle twice a week and gradually increase the number of days you train and the distance you cycle.

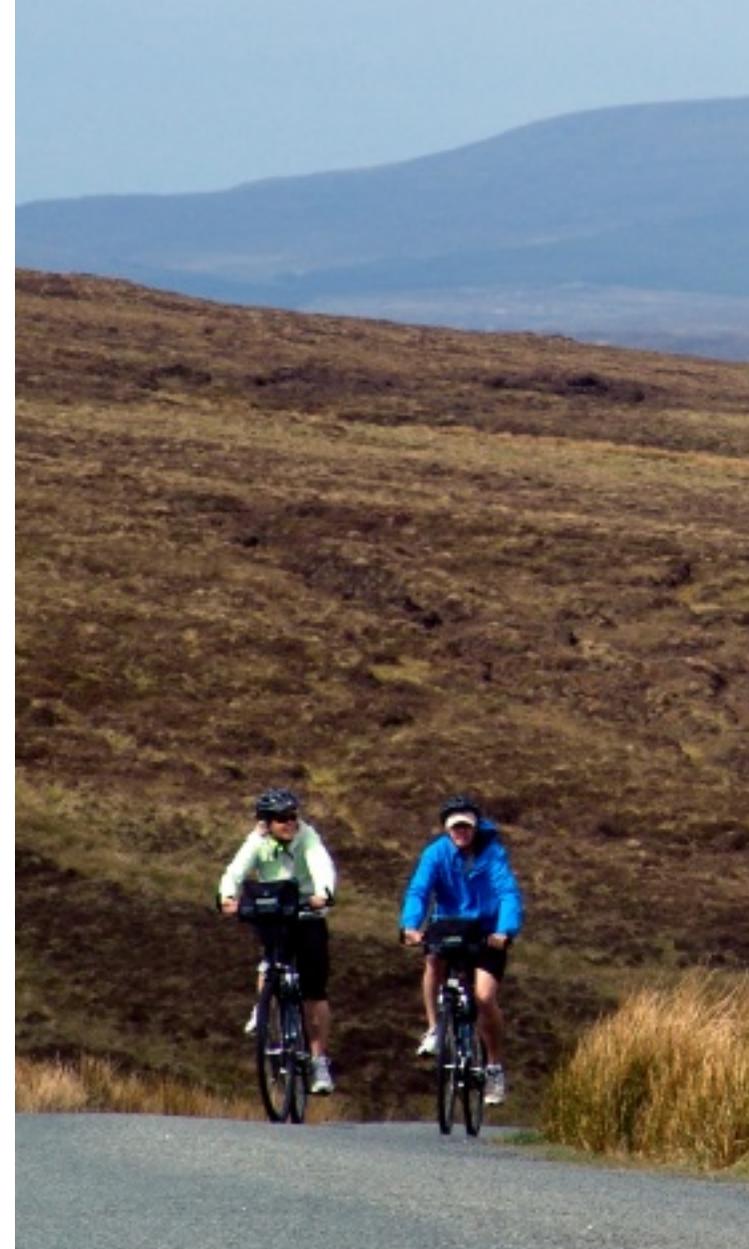
You should aim to eventually be cycling similar distances to those you intend doing on your Irish tour.

Be aware that Ireland is hilly, (this is partly what makes it so beautiful). If you can, do some cycling on hills. Always use the easy gears and teach yourself to climb at an easy pace.

Ideally you should give yourself as much time as possible to get fit, however even a couple of weeks where you do some regular cycling will be a great help.

### Tús maith leath na hoibre!

— a good start is half the work!



Cycling near the Glengesh Pass on the [Treasures Of Coast and History Tour](#)

# 2

## We know how it is when planning a cycling holiday...

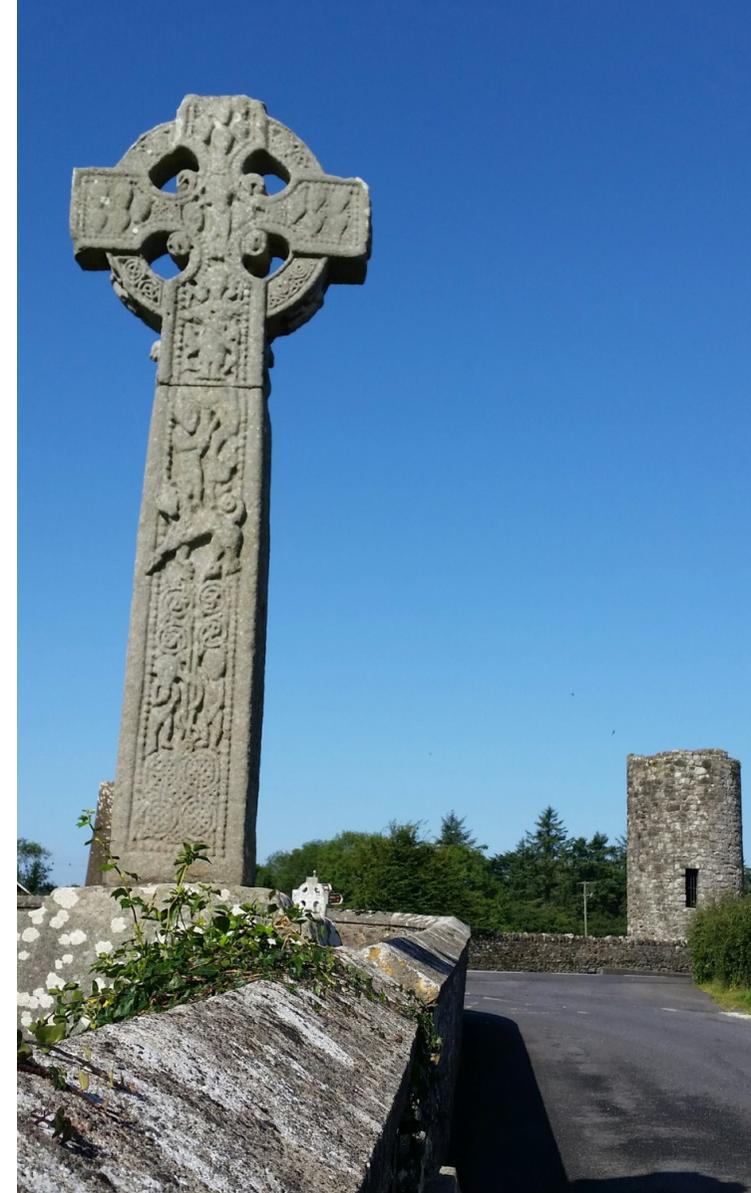
There are so many details that need to be covered... and that's where a professional cycling tour operator like Ireland by Bike can help.

Here is one of the many testimonials from customers who love the way we look after the details so that they don't have to worry...

*"I was so impressed with how meticulously Seamus had everything planned and organized. I have travelled to many countries in Europe and planned a number of tours myself and this was the best overall experience I have ever had. It was a perfect mix of activity — from biking and hiking, historical site seeing, shopping, relaxing and enjoying the food, beer and music (and the craic, of course) from restaurants and pubs. It was all really amazing!" — Katrina and Matthew Dallamann, Osceola, Wisconsin, U.S.A.*

Is fearr bheith cinnte ná bheith cailte!

— Better to be sure than to be lost!



High Cross at Drumcliffe, Co. Sligo  
From [Yeats Country and Lakelands](#) tour.

# 3

## Predicting the Irish weather is like gazing into a crystal ball!

Ireland is a lush green country because of its mild and varied climate. We simply cannot tell you what the weather will be like when you arrive, so it's best to be prepared for both sunshine and rain!

Cycling in the rain can add to the adventure when you've got the right rain gear.

On the other hand, don't be one bit surprised if you need only sunglasses, shorts, a T-shirt and plenty of sun block!

Irish people love to talk about the weather — so be prepared for long and varied conversations on the topic when you get here!

Éist le fuaim na habhann agus gheobhaidh tú breac!

— Listen to the sound of the river and you will get a trout!



## Pack Cleverly

# 4

Last summer, two customers from Germany told us that after cycling in Sweden a few years ago, they had learned what not to bring on a cycling holiday! So this year, when coming to Ireland, they brought only half the amount — which turned out to be more than enough!

Our top tips for packing:

- Choose lightweight clothing — It can be layered if you feel cold
- Bring rain gear — good waterproof pants and jacket. Ideally, waterproof overshoes should also be included
- A light loose-fitting long-sleeved synthetic shirt provides protection from the sun's rays.
- Avoid cotton as it insulates poorly when wet
- Bring versatile pieces of clothing that can be worn both on and off the bike. It's normal to dress casually in the evenings here

Don't worry if you forgot something — you'll be able to get to a shop when you're in Ireland!

If you've any questions regarding bringing a particular item, feel free to ask your Irish cycling tour operator. They will be glad to advise you

**Maireann croí éadtrom a bhfad!**

— A light heart lives a long time!



Have a beach all to yourself  
on the [Highlights of the Highlands](#) tour

# 5

## Immerse yourself totally when you get here!

A bike tour in Ireland should be about a vast amount of experiences. Take your time and experience everything the area has to offer, e.g.

- Make a splash! — Jump into the Wild Atlantic Ocean and feel totally rejuvenated!
- Feel that special connection to the past as you explore an old ruin
- Sample the tasty local brown bread and savour a pint of Guinness
- Get out on the ocean on an open boat... Smell that salt air and let the sea breeze blow your hair
- Have fun as you try on the locally made woollens and tweeds
- Enjoy a music session in a local pub — you might even be tempted to sing a few bars of a song!
- Fall in love with the beautiful Gaelic language — learn what the locals call a "*cúpla focal*"!

"Is buaine port ná glór na n-éan,  
Is buaine focal ná foice an tsaoil"

— "A tune is more lasting than the song of the birds,  
And a word more lasting than the wealth of the world".



*bainigí sult as....*

*enjoy...*

**Any questions?**

**Contact us**

**We'll be delighted to help.**



*Nora and Seamus  
(Ireland by Bike)*