

## Tour of Inishowen Cycle Event - 21<sup>st</sup> June 2009

- Cycle with cycling legend **Sean Kelly who will cycle the full course.**
- 100 miles of terrific scenery and traffic free roads around the Inishowen peninsula.
- Two really tough climbs at **Kinagoe Bay** and **Mamore Gap** and many other challenging climbs at Malin Head.

Three courses.... This year after leaving Buncrana we will be taking a flatter course by travelling southwards through Fahan, then to Burnfoot in order to keep the tour together longer. The towns/villages on the route are Fahan, Burnfoot, Muff, Quigley's Point and Moville. We will have travelled 40k (25miles) by the time we reach Moville. Then the fun starts....

### **BLUE ROUTE (DIFFICULT) 160k.**

From Moville its on to Greencastle Port, Shroove, back to Upper Greencastle and then onto first climb over Cooks Hill, Kinnagoe Bay, Ballymagaraghy, Tremone and onto Culdaff for lunch-stop, Total 74k. (46miles).After a break its onto Portaleen, Ballysalagh, Bree, Malin Head, and south along the coast to Malin Town, total so far 112k (70miles).Last leg is through Carndonagh, Ballyliffin, Clonmany and over Mamore Gap before reaching Buncrana after 157k.(98 miles).

### **YELLOW ROUTE (MODERATE) 100k.**

From Moville it's on to Leckemy, Gleneely and Culdaff. Total so far 56k (35miles). Another 44k.brings us to Carndonagh, Ballyliffin, Clonmany, Drumfrees and Buncrana. Its 100k but the break at Culdaff will take much of the pain out of it.

### **GREEN ROUTE (EASY) 75k.**

At Quigley's Point 28k (18miles) take a left turn heading for Carndonagh. From Carndonagh having travelled 47k, the journey through Ballyliffin, Clonmany, Drumfrees to Buncrana will have covered a round trip of 75k.(47 miles).There will be a roadside feedstop on this course at Glentogher **Sean Kelly** will cover the long course at his own pace taking time to talk to as many cyclists as possible especially at the early stages where the three groups will be together.

The **best lunch stop** in Ireland in the village of Culdaff at 74k. where we recommend you take at least a 20 minute break,

Full use of the Leisure Centre facilities at **The Inishowen Gateway Hotel, Buncrana, plus refreshments at the finish.**

Commemorative tee-shirt and finisher's certificate, plus goody-bag for all.

Full support of first aid team, motor bike marshals, static marshals, water stops and broom wagons on all courses.

To complete the full course will be a memorable achievement for even the most experienced cyclists but remember there are a variety of courses suitable for all skill levels.

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