

An Post **Rebel** Tour 2010

Leisure & Adventure Cycle... for all.

Cork, Saturday 11th September
ROAD EVENT

- 10km Family Fun Cycle
- 80km Rebel Rider
- 160km Rebel Challenge

Ballyhoura, Sunday 12th September
MOUNTAIN BIKE EVENT

- 6km Greenwood Loop
- 17km Mount Russell Loop
- 35km Garrane Loop

Choose from a range of routes over 2 days

Get on your bike!



For more information contact us:

(tel) 021 4665081 • (web) www.corkrebeltour.ie

An Post Rebel Tour 2010

Cork, Saturday 11th September & Ballyhoura, Sunday 12th September

Leisure & Adventure Cycle... for all.



Saturday September 11th

The Rebel Pedal - 10km:

Start from Grand Parade - A leisurely circuit of Cork city starting from 12 noon, suitable for cyclist of all ages. A fun filled family event followed by a party in the Cork showgrounds.

The Rebel Rider - 80km:

The Rebel Rider sets off at 10:00am from the Grand Parade in Cork City Centre, via UCC, Western Road, towards Wilton and the N71 towards West Cork. Into Inishannon and left through Balinadee for Ballinspittel. Loop around the Old Head before heading back to Cork City, finishing in the Cork City Showgrounds, where cyclists can cool down, relax and enjoy the party atmosphere.

The Rebel Challenge - 160km:

The Rebel Challenge will begin at 8.30am from Grand Parade in Cork City Centre and out of the city through the Wilton and Bandon Road roundabouts. Along the N71 road into West Cork through Halfway, right toward Crossbarry on the R589 on to Bandon, bypassing the town and proceeding on the R586 through Enniskean and Ballineen and onto Dunmanway toward Clonakilty. Continue on the R600 through Timoleague, Kilbrittan and Ballinspittel along the coast of Garretstown and the Old Head before coming back in to Kinsale. The route will then join back up on the N71 at Halfway and head back for the City via the Viaduct, and onto Bandon Road roundabout where cyclists will be directed toward the finishing point at the Cork City Showground's.

The Rebel Tour Weekend 2010

Sunday September 12th

The Rebel Rush:

On September 12th starting from 12 noon the Ballyhoura Forest will be alive with Mountain bikers, food stalls and music as part of the Rebel Series.

The Ballyhoura Trails presents riders with a combination of narrow singletrack and boardwalk sections and also has sections of forest road climbs over short and long distances. The loops are waymarked in one direction – just pick the colour of the loop you want to ride and follow the arrows.

Forest road climbs lead you into tight twisty singletrack with loads of ups and downs, tight turns and technical rocky bits and fast descents guaranteed to leave you smiling!

Greenwood Loop

Length: 6 kms
Time : 30 mins to 1 hr
Metres Climb: 110m
Degree of Difficulty: Easy

Mount Russell Loop

Length: 17 Km
Time : 1 to 2 hrs
Metres Climb: 150m
Degree of Difficulty: Moderate

Garrane Loop

Length: 35 Km
Time : 1.5 to 3 hrs
Meters Climb: 200m
Degree of Difficulty: Difficult