COAST 2 C OAST

Cycle Challenge

GAL W A Y

A THL ONE

BALLINASL OE

MO A TE

K INNE GAD

TRIM

BET T YST O W N

in association with 

T O TAL DISTANCE : 220 K M D AYS /STA GES : 2 CRAIC : 90

W HAT ’ S I NVOLVED?

Cycle from the Atlantic Coast beginning in Galway to the

Irish Sea Coast finishing at Bettystown over a two day stage.

W H E N?

Start on Saturday 27/5/17; Riders & crew overnight in

Athlone and finish in Laytown on Sunday 28/5/**17**.

WH Y ?

The primary purpose of the event is to have some fun

while raising much-needed funds for Ashbourne & District

Lions Club & Make a Wish Foundation..

W H AT D O I D O?

• Commit to the Challenge;

• Register your interest with Ashbourne Lions Club by e-mailing LionsAshbourne@gmail.com, [www.ashbournelions.weebly.com](http://www.ashbournelions.weebly.com) or or directly through a member of the Club;

• Raise at least €250 sponsorship for the event; (All sponsorship must be submitted the weekend before departing for Galway)

• Enjoy the ride! Its not a race, it’s a fun cycle for serious cyclists.

T H E L I O N S C LU B W I L L P R OV I D E :

• Transport to Galway on Saturday morning for cyclists and their bikes;

• Support Vehicles for the Cycle;

• High Energy snacks for the “Pit Stops”;

• Overnight Accommodation to include evening meal and B & B in the Shamrock Lodge Hotel, Athlone;

• Insurance for the event, through Lions Clubs

International.

*We know that many of you have supported our cycle events in the past and we greatly appreciate that support. We now hope that you will join us on this our most significant cycling challenge the Lions Club “Coast2Coast” Cycle Challenge.*

*For more information email us at* *lionsashbourne@gmail.com*

*or go to website* [*www.ashbourners.weebly.com*](http://www.ashbourners.weebly.com)

*call 087-2654944 or 087 244 3042.*

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C Y C L E I T I N E R A R Y

D A Y 1 - 8 5 K M D A Y 2 - 1 3 5 K M

0730

0900

1130

1300

1430

1500

1630

1700

1815

1845

Assemble in Ashbourne at Pillo Hotel for Tea / Coffee & light breakfast. (Complimentary) (Please have a power breakfast before leaving home).

Lions Club provides courtesy transport for cyclists to

Galway & secure van transport for bikes.

Arrive in Oranmore at The Maldron Hote,l partake of some high-energy food intake with

Galway Lions Club.

Cyclists depart Galway for Athlone, (85 km journey at average speed 20 km per hour). via R339

“First Pit-Stop” at 30 km (approx). (Fruit and

Water provided)

Depart to 2nd stop (30 km).

“2nd Pit Stop at 30 km (approx.). (Fruit and

Water provided).

Restart and carry on to Athlone.

Arrive in Athlone. Check into Shamrock Lodge Hotel for B & B. (Courtesy of Lions Club; Secure Lock-Up for Bikes overnight).

Pizza Feast at the Shamrock Lodge courtesy of the

Lions Club

0800

0900

1000

10.30

1200

1300

1500

1530

1800

1830

1900

Breakfast in Shamrock Lodge Hotel.

Depart Athlone for Rochfortbridge /Kinnegad / Trim / Duleek / Bettystown via R446 and R160

“Quick Pit-Stop” (Moate), (approx. 20 km just to make sure all Cyclists & their machines are ok as its slight incline to Moate).

Depart Moate for Rochfortbridge for first Pit Stop

(approx. 30 km).

“First Pit-Stop” at 30 km (approx) in Rochfortbridge, (Sambos; Fruit & Water provided).

Depart for 2nd stop (40 km)

“2nd Pit-Stop” at 40 km (approx) in Trim, Co Meath. Depart for “End” at Bettystown (45 km)

Arrive at the Irish Sea in Bettystown. Collection for transport back to Ashbourne. “Survive Reception” in Ashbourne (Venue TBC)