



Meath

BMX Come and Try Session

Date: Saturday, 11th of May

Time: 12pm

Location: Ratoath BMX Track, Fairyhouse Road, Ratoath, Co. Meath

Details: An introduction to BMX for all ages and abilities. Bikes and helmets will be provided (please wear long sleeves, long trousers and gloves). Aimed at beginners with little to no experience of BMX – open to all ages and abilities.

Meath County Council – Biking Quiz

The general public will be invited to test their biking knowledge during bike week with our online Bike Quiz which will run from May 11th to 19th. Those who enter their quiz will be entered into a draw for 1 of our 5 x €100 voucher prizes.

Time: May 11th to 19th

Location: On-line quiz

Suitability: Everyone

Navan Cycling Initiative – Boynevalley Greenway Cycle

The Sunday Cycle on BVL Greenway is an inclusive family-friendly event for all. Starting at Blackwater Park, volunteers from Navan Cycling Initiative will escort less-confident people to and from the new greenway and encourage them to get out themselves when the opportunity arises. Young families in particular are keen participants in these events.

The road crossings at Gibstown and Wilkinstown will be marshalled and the support of An Garda Síochána will be requested. Information boards about the history of the Navan – Kingscourt Railway will be on display at Park Beo Greenway Hub. Distance is about 8 km each way (total = 16km), almost all on greenway.

Time: 10am – 12pm

Date: Sunday 12th May

Location: Blackwater Park, Navan, Co. Meath

Suitability: Families



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Meath County Council – Dr Bike Clinic

Meath County Council will provide a free basic bike service for the pupils of Dunshaughlin Community School to ensure that their bikes are safe to cycle to school for their Bike to School event which has been organised during bike week.

Time: 9am – 2pm

Date: May 13th, 2024

Location: Dunshaughlin Community National School

Suitability: Pupils from Dunshaughlin CNS

Bike Maintenance Workshop

Meath LSP and delighted once again to offer a bike maintenance workshop for women, this simple M check bike maintenance workshop could save you time and money. The M check is a basic safety check of all the main working parts of a bike, moving from the front hub back. It's quick to do and will ensure you don't get caught out by a loose bearing, dodgy spoke or slow puncture when you're mid-ride. The workshop concentrates on gears (front & back), brakes, tyres, puncture repair, headset and cranks. So, if you are a regular cyclist or a social cyclist, this workshop is your basic one stop shop for safe cycling. Recommended for everyone planning to take to the roads this summer! Cost is €5 and includes a puncture repair kit. Registration is essential.

Time: 7pm – 8.30pm

Date: Monday 13th May

Location: Scoil Naomh Eoin, Windtown, Navan, Co. Meath

Suitability: Adults 18+



St. Pauls Primary School Bike Week

St. Pauls NS are holding a Greenway Cycle involving over 140 cyclists including students from 5th and 6th class, teachers, parents, Guards and members of The Order of Malta. The cycle will depart the school grounds and travel to the greenway. The cycle will be fun but also orientated around safety, cycling on the road and how to cycle with other road users. There will also be a healthy “Bike Breakfast” for any child who cycles to school during the week. There will also be a series of week-long bike / helmet safety checks and cycling / scooting activities on school grounds for younger classes.

Time: 08:45-10:00am

Date: Monday 13th May

Location: St. Pauls NS, Navan

Suitability: Primary School students and their parents

Carrickleck NS – Bike Maintenance

A bike safety/maintenance workshop in school in preparation for the Greenway cycle. This event will have a huge emphasis on participation and having fun. Childrens bikes will be checked over to make sure they are safe and in good working condition prior to the greenway cycle, all children will receive bells for their bikes.

Time: 1:00-2:00pm

Date: Monday 13th May

Location: Carrickleck NS, Kingscourt

Suitability: Children and their families

Culture Cycle Connect “Ride Together, Thrive Together”

Culture Cycle Connect (“Ride Together, Thrive Together”) has been created to encourage cycling and showcase the scenic routes along the Navan Green Cycle Route. This tour will take you through local landmarks and attractions and is designed to offer a multitude of benefits for migrant men and society as a whole. Along with the joy of cycling, there will also be an interactive session that highlights the positive effects of physical activity on mental health and provides a space for networking. A volunteer migrant physician will deliver this session.



Time: 11:00am

Date: Tuesday 14th May

Location: Boynevalley Greenway

Suitability: Adults

Claremont Stadium – event for Primary Schools

A tutor from Cycle Right is delivering Stage 1, core road and handling skills, balancing, signalling, shoulder checks, corners, meeting hazards, in Claremont track for seniors and returning cyclists Encouraging more safe use of bicycles among the general public.

Time: 09:30am

Date: Tuesday 14th May

Location: Claremont Stadium Navan

Suitability: Primary School Students

Navan Road Club – Introduction To Cycling

Navan Road Club are running an introduction to Cycling for Adults Male and Female on Tuesday 14th May. This will be for beginner or returning cyclists to increase their confidence on a bike, learn how to cycle in groups and on the road and increase the distance they can cycle up to 20k.

Time: 7:00-8:00pm

Date: Tuesday 14th May

Location: Colaiste na Mhi, Navan

Suitability: Adults 18+

Meath County Council – Dr Bike Clinic

To help the general public get ready for Bike Week and a summer of cycling, Meath County Council will be offering a FREE bike check to members of the public. The general public can drop their bike off to SPUN Cycles & Run on Metges Rd., Navan and avail of a basic service (checking brakes, tyres, gears & lights etc.). Numbers are limited so to avail of the service only those who pre-register for the event on-line will be able to avail of the free service.



Time: 09:00 – 16:00

Date: May 15th, 2024

Location: Spun Cycle, Metges Rd., Navan, County Meath, C15 CR6W

Suitability: General Public

Meath County Council – Lock Your Bike Campaign

Meath County Council in association with An Gardai Siochana will promote the Lock your Bike Campaign with the pupils of Beaufort College.

Time: 9am – 3pm

Date: May 15th

Location: Beaufort College

Suitability: Pupils of Beaufort College.

SMART project Kells – Bike Maintenance

Our project works with 8 to 11 year old children, , we have 10 children in our project, our planned event is to do a bike maintenance and rules of the road cycle, as some of our young people have bikes that are in need of repair.

We would like to arrange a fun cycle in or around the kells area with a qualified tutor

Time: 4:00pm

Date: Wednesday 15th May

Location: Kells Co. Meath

Suitability: Children & Young people 8-11 years engaging with the service

Women On Wheels Programme

Women on Wheels is a programme aimed at women of all ages 18+ who would like to improve their biking skills and techniques. The 4-week programme includes Bike Maintenance, Bike Safety, Bike Handling Skills and learning to cycle as part of a group. There will also be weekly bike spins between 10k + to increase stamina and bike fitness.



**CYCLING
IRELAND**



Time: 7pm

Date: Wednesday 15th

Location: Buvinda House, Johnstown, Navan, Co. Meath

Suitability: Women 18+

Dunshaughlin Community National School – Primary School Event

As part of Bike Week in the school, the school are organising a dedicated “Cycle to School” day where staff along and members of the parents’ association, will organise different pick-up points across Dunshaughlin village from where the children will be escorted to school on their bikes.

On the day of Cycle to School, the children will have their bicycles to school with a day of cycling related activities to encourage the children to further develop their cycling skills. Using the astro pitch from Dunshaughlin GAA there will be an obstacle course and cycling track on which the children will get time to use over the course of the day.

Time: 9am – 2:30pm

Date: Wednesday 15th May

Location: Dunshaughlin Community National School

Suitability: Primary school aged children & their families

Loreto Secondary School – Greenway Cycle

This is a leisurely Greenway cycle for Loreto staff members starting in Loreto and going as far as Doughty’s in Wilkinstown. It will allow the group to cycle in a mostly traffic free environment and get to experience the beautiful countryside of north Meath. It will be led by teachers from the school.

Time: 2:00-3:30pm

Date: Wednesday 15th May

Location: Loreto Secondary School

Suitability: Adults 18+



Navan Cycling Initiative _ Ramparts Cycle

The route follows the Boyne Road eastwards from the Ramparts Canal & River Boyne Walk Car Park and returns along the canal tow path from Broadboyne Bridge.

The evening cycle introduces adults and teenagers who might not normally cycle to a pleasant short local route and to like-minded people. Volunteers from Navan Cycling Initiative will lead the group. An ice cream stop is mandatory. Distance 14km. Quiet road and tow path.

Unfortunately there are restrictive gates along the Boyne canal tow path so standard bikes only can come on this event.

Time: 6:30-8:30pm

Date: Wednesday 15th May

Location: Ramparts Canal & River Boyne Walk Car Park, Navan , Co Meath

Suitability: Adults

Carrickleck Ns – Primary School Event

The school plans to run a Greenway cycle with all of the children and some of the parents as supervisors. This event will have a huge emphasis on participation and having fun.

Time: 09:30am – 11:30am

Date: Wednesday 15th May

Location: Boyne valley Greenway, Kingscourt

Suitability: Children & their parents

Inclusive Family Cycle

Inclusive family cycle for children with additional needs and their families who have participated on our Learn 2 Cycle programme to come together in a safe space and be guided by our cycling instructor.

Time: 4:30pm-5:30pm

Date: Thursday 16th May 2024

Location: Claremont Stadium Navan

Suitability: Children with Additional needs aged 6-17 years.



Loreto Secondary School – Greenway Cycle

This is a leisurely Greenway cycle starting in Loreto and going as far as Doughty's in Wilkinstown. It will allow students to cycle in a mostly traffic free environment and get to experience the beautiful countryside of north Meath. It will be led by teachers from the school and a Bike Ride Leader from the local cycling club.

Time: 11am – 1pm

Date: Thursday 16th May

Location: Loreto Secondary School, Navan

Suitability: Young people aged 12-17 years.

Bohermeen Cycling Club – Family Cycle

The event is aimed at getting families out on their bikes. Bohermeen Cycling Club will complete some cycling safety checks and then run a bike skills session for the youth members. This will be followed by a few skills competition to offer a bit of fun for the younger age groups. There will also be a family fun cycle approx 5km for the older family members. We will continue with the skills session at the same time for the younger family members.

Time: 7:30-9:00pm

Date: Thursday 16th May

Location: Bohermeen Community Centre

Suitability: Families

Navan Road Club – Kids Cycle In The Park

An opportunity for children to cycle around Blackwater Park, getting used to their local park which has a path and an off road track both suitable to cycling. Children will be given the opportunity to learn new skills, improve their bike handling and knowledge on how to cycle.

Time: 6:30-7:30pm

Date: Thursday 16th May

Location: Blackwater Park, Navan

Suitability: Primary school aged children



Meath County Council – Dr Bike Clinic

To help the general public get ready for Bike Week and a summer of cycling, Meath County Council will be offering a FREE bike check to members of the public. The general public can drop their bike off at Trim Municipal District Office, Mornington House, Trim and avail of a basic service (checking brakes, tyres, gears & lights etc.). Numbers are limited so to avail of the service only those who pre-register for the event on-line will be able to avail of the free service.

Time: 09:00 – 16:00

Date: May 17th, 2024

Location: Trim Municipal District Office, Mornington House, Summerhill Rd., Trim, County Meath, C15 P2HE

Suitability: General Public

Inclusive Handcycle Taster Event

Opportunity for adults and children with a physical disability to try out our inclusive handcycles along the new greenway route.

Time: 11am-1pm

Date: Saturday 18th May 2024

Location: Park Beo Greenway Wilkinstown

Suitability: Adults & Children with a physical disability and those with reduced mobility.

Moynalty Why Nots – Return To Cycling

Moynalty Why nots Cycling Club are aiming to hold a leisure spin to encourage past members to reconnect with the group and get involved in cycling again. To promote Bike week and encourage those who have not cycled before or have not cycled for some time the club are proposing to have a short distance of a 20k which is achievable for all. The cycle will be co-ordinated by qualified Ride Leaders.

Time: 2:00pm

Date: Saturday 18th May

Location: Moynalty Co. Meath

Suitability: Adults – Returning Cyclists



Scoil Naomh Pio – Primary School Bike Event

Bike Safety event for primary school students

Time: 09:00am

Date: Saturday 11th May

Location: Scoil Naomh Pio, Knockcommon

Suitability: Primary School Children

Wild About Navan – Biodiversity Cycle

Wild About Navan will lead a biodiversity cycle along the Navan ramparts exploring the rich biodiversity along the riverside. Led by scientist and biodiversity expert, the group will stop at several key points along the river path to identify and learn about the habitats of native plants, trees and animals that thrive along the Boyne. This event will attract nature lovers curious about the biodiversity of Navan's ramparts with a desire to explore this waterway by bike. Wild About Navan will highlight the benefits of biking along this safe route as well as the positive impact on the water quality and local habitats as we leave our cars at home.

Time: 10am – 12pm

Date: Sunday 19th May

Location: Ramparts Car Park, Boyne Rd, Navan, Co. Meath

Suitability: Families

Grass Track Cycling and Racing, and Para Come and Try

Date: Sunday, 26th of May

Time: 10am

Location: Gormanstown, Co. Meath

Details: A fun and inclusive event to showcase grass track cycling at the Community Games National Championships. A family event for all ages and abilities. Cycling Ireland Para-cycling Development Coach Marcin Mizgajski will be on hand for a para-cycling come and try session, open to all interested in para-cycling.



Kilkenny

Pop Up Bike Repair

Pop up bike repairs, take the fear out of fixing a bike puncture or changing a chain!

Time: 12 – 2pm

Date: Saturday 11th of May 2024

Location: Kilkenny Market, The Parade

Suitability: Everyone

Parade Your Bike With Relay For Life

Our event will encourage families to get creative by decorating their bikes & join us for a leisurely cycle while we parade our spectacular bikes. We will have a variety of decorations for the participants to use to decorate their bikes, we will have face painting & entertainment. Everyone will then follow us for our bicycle parade.

Time: Meet at 2pm to decorate bikes, Parade at 3pm

Date: Saturday 11th of May 2024

Location: The Parade

Suitability: Families

Introduction To Mountain Biking

Introduction to Mountain Biking for those aged 12+ at Castlecomer Discovery Park.

Time: 10.30am – 11.30am

Date: Saturday 11th of May 2024

Location: Castlecomer Discovery Park

Suitability: Anybody aged 12+ who hasn't mountain biked before

For more information contact: aisling@trailbikebody.ie



Kilkenny Historic Cycle Tour

Come and take a spin through historic Kilkenny with our knowledgeable local tour guide!

Time: 2-3pm

Date: Sunday 12th of May 2024

Location: Kilkenny City

Suitability: Adults or teenagers who are comfortable cycling.

Beginner Bike Maintenance Class

A bike maintenance class for teenagers and adults to learn basic maintenance for their bike.

Time: 7-8pm

Date: Tuesday 14th May 2024

Location: Sullivans Taprooms, Kilkenny

Suitability: Teenagers and Adults

Primary School Bike Class

A bike class introducing school children to a bike, their functions and information on them

Time: 11-12pm

Date: Tuesday 14th of May 2024

Location: CBS primary school, Kilkenny

Suitability: School children

Bike For Life Level One

This adult cycling course is ideal for anyone who might be a bit rusty in terms of their cycling skills. It is also for someone who might be using cycling for rehabilitation from an injury or illness, or someone who is nervous cycling on the road, and wants to learn the basic skills. The focus in this group is on building confidence and competence and introducing the concept of group cycles. Start your programme with a bike check and coffee to meet with other beginner cyclists on the 14th of May during BikeWeek!



Time: 11am

Date: 14th, 21st, 28th May, 4th and 11th June

Location: County Hall, John St Entrance, John St, Kilkenny

Suitability: Adults who want to build confidence. Register your interest here.

Primary School Bike Class

A bike class introducing school children to a bike, their functions and information on them.

Time: 9:30-10:30am

Date: Wednesday 15th of May 2024

Location: GaelScoil, Kilkenny

Suitability: School children

Advanced Bike Maintenance

An advanced bike maintenance class for those with some knowledge of bike maintenance or those who want a challenge and to learn new skills.

Time: 7-8pm

Date: Thursday 16th of May 2024

Location: Sullivans Taprooms, Kilkenny

Suitability: Teenagers and adults

Primary School Bike Class

Basic bike maintenance for school children!

Time: 11:30-12:30pm

Date: Friday 17th of May 2024

Location: St. Johns Senior School, Kilkenny

Suitability: School children



Introduction To Cycling

Introduction to cycling to people who want to learn to cycle or regain their confidence

Time: 6 – 7.30pm

Date: Friday 17th of May 2024

Location: Castlecomer Discovery Park

Suitability: Anybody aged 18+ who wants to get back cycling or who has never cycling

For more information contact aisling@trailbikebody.ie

Introduction To Mountain Biking

Introduction to Mountain Biking for those aged 12+ at Castlecomer Discovery Park.

Time: 1:30pm – 3pm

Date: Saturday 18th of May 2024

Location: Castlecomer Discovery Park

Suitability: Anybody aged 12+ who hasn't mountain biked before

For more information contact: aisling@trailbikebody.ie

Basic Bike Maintenance

Learn the basic skills of bike maintenance and how to keep your bike in good working order!

Time: 1.30pm – 4.30pm

Date: Sunday 19th May 2024

Location: Castlecomer Discovery Park

Suitability: Anyone Aged 16+

For more information contact: aisling@trailbikebody.ie

Bike Fest

Bike Fest returns this year on the 19th of May 2024! There are more things to experience, join us for a slow roll through the city, test bikes, children's balance bike course, join a leisure cycle, nature walks, pop-up mountain bike course, arts and crafts workshops and so much more!



Time: 12-4pm

Date: Sunday 19th May 2024

Location: County Hall, Kilkenny

Suitability: Open to all

Kilkenny Bike Fest

Date: Saturday and Sunday, 18th and 19th of May

Time: 10am

Location: Kilkenny Castle, Co. Kilkenny

Details: A fantastic family event that will include a pump track demo, kids skills area, balance bike area, grass track cycling, introduction to road cycling, Watt Bike power challenge, freewheel challenge, face painting, scavenger hunt, music, food and drinks. A family event for all ages and abilities. Click here for more information - <https://visitkilkenny.ie/bikefest/>

Westmeath

TY CYCLING

TY students cycling in small groups and cycling on the greenway.

Time: 1.40pm – 3.40pm

Date: Final school term, April 15th to May 10th.

Location: Colaiste Chiarain Athlone. Athlone, Mullingar greenway.

Suitability: Transition Year students.

Cycle Safely With Scouts

We plan to hire bikes from OE Bike Hire in Mullingar and cycle along the Old Rail Trail to Ballinea Bridge, take a break there and return to Mullingar. Total distance is 8km. Prior to the event, we plan to hold cycle talks and demos with our scouts so they are familiar with how to cycle safely.



Time: 10.00am

Date: Saturday 11th May 2024

Location: Old Trail Rail route in Mullingar

Suitability: All scout members, aged 6 to 15 years

School Bike Week

At our school, we're excited to introduce an engaging outdoor cycling activity for our students. We'll be transforming the tarmac area into an obstacle course where children can learn essential cycling skills and navigation techniques. Our goal is to gradually build their confidence and competence, leading to small group excursions along the cycle path on the Ardmore Road.

Time: 9.30 am

Date: 11th May to 19th May 2024

Location: Holy Family Primary School Mullingar

Suitability: Pupils

Cremin's NS Duathlon

Our school started a 'Run Club' every Tuesday lunchtime this year where teachers and pupils go running in groups in our village. This group is now developing in a cycling club where pupils will bring bikes to school and cycle on the Astro Turf pitch at break time. The culmination of this work will see a duathlon event on Saturday 18th May where all the children will take part in an organised event at Lough Derravaragh holiday park.

Time: 10.30am

Date: Sunday 11th – Saturday 18th May

Location: Lough Derravaragh Holiday Park (To be confirmed)

Suitability: Children 3rd to 6th classes



Bike Week For The Environment

Cycle or scoot to school using bike and scooter stands to store bikes and scooters

Writing competition in relation to the benefits of cycling and how it benefits the environment. Art based lessons on cycling/bicycles, Road Safety and cycle safety in SPHE, Acrostic poetry based on the word BICYCLE, History lessons based around different types of bicycles around the world past and present

Time: 9am

Date: Throughout Bike Week

Location: At the school and within the village

Suitability: Children and their families

Càman N Cycle

5k Cycle

Time: 11am

Date: Tuesday 12th May 2024

Location: Ringtown GAA

Suitability: Yes open to all families, adults and children

Milltown 5 Mile Spin

The central focal point will be the community centre in Milltown Rathconrath (Eircode N91VA06). There will be a set time of departure for all cyclists, with safety 'outrider' cyclists accompanying groups to ensure safe passage along the route. The route is on local access roads, avoiding main regional roads and will be marked in advance with signage warning other road users in the area that a community cycle is commencing. After the cycle, there will be light refreshments served in the community centre building and facilities for people to change clothing if it is a wet day.

Time: 3pm

Date: Sunday 12th May 2024

Location: Milltown Community Hub, Rathconrath, N91VA06

Suitability: Children over the age of 8 can attend as 5 mile route might be difficult for younger children



C2S – Cycle To School

Cycle to school each day of bike week, cycle along canal (weather permitting), bike maintenance.

Time: 9am

Date: Beginning Monday May 13th, with big emphasis on cycling on Friday 17th May

Location: Coralstown National School

Suitability: Pupils of Coralstown National School

Bicycle Maintenance Workshop And Safety Talks

Hands on experience fixing puncture and minding bike by specials in bike repair and servicing. Safety talk on rules of the road etc. possibly by local Gardai.

Time: 10.00am

Date: During Bike Week

Location: Ardnagrath N.S

Suitability: Children

Cycling Skills Course For Pupils With Special Educational Needs

We have a school court where we propose creating an obstacle course for the children to learn how to cycle and navigate through. Pupils will use their specialised 3-wheel bikes to participate.

Time: 9.30am

Date: Monday 13th May 2024

Location: St. Hilda's Special School

Suitability: Pupils from Senior classes, 12-18 years old.

Columba College Kilucan Bike Week

The RSA will come speak to all pupils about road safety and cycling safety.

We will also run various activities such as a slow bicycle race, Bike and spoon race and hopefully a raffle with prizes revilement to Bike week



Time: 1:20pm – 2pm Lunch Time

Date: Monday 13th – Friday 17th of May

Location: Columba college Kilucan Co. Westmeath

Suitability: Students and Teachers

Bike Week For The Environment

Cycle or scoot to school using bike and scooter stands to store bikes and scooters

Writing competition in relation to the benefits of cycling and how it benefits the environment, Art based lessons on cycling/bicycles, Road Safety and cycle safely in SPHE, Acrostic poetry based on the word BICYCLE, History lessons based around different types of bicycles around the world past and present

Time: 9am

Date: During Bike Week

Location: At the school and within the village

Suitability: Children and their families

TYs Take The Trail

Our route starts on the banks of the Royal Canal where we will join up with the Old Rail Trail at Newbrook and Cycle towards Castletown, Streamstown, Moate, Athlone. In preparation for this, our students will have to create a Strava account for their teacher to view. They will be required to upload evidence of cycling practice to ensure the student is preparing themselves adequately for this event.

Time: 9am

Date: Monday 13th May 2024

Location: Coláiste Mhuire Mullingar – Athlone

Suitability: Transition Year students from Coláiste Mhuire Mullingar



CCK Bike Week

The RSA will come in to speak to all pupils about road safety and cycling safety.

We will also run various activities such as a slow bicycle race, Bike and spoon race and hopefully a raffle with prizes revilement to Bike week

Time: Lunch Time 1:20-2pm

Date: Monday 13 – Friday 17th of May

Location: Columba College Kilucan Co. Westmeath

Suitability: Students and Teachers

Dalystown National School Cycle To School

Local children will cycle to School (children who live approx. 5k from the school).

All children are encouraged to bring bikes to school so an bike challenge can be organised in the school yard

Time: 10.00am

Date: Tuesday 14th May 2024

Location: Dalystown National School

Suitability: All children enrolled in the school

Greenway Ice-Cream Cycle

Leaving from the carpark at the entrance to the Greenway in Mullingar and travelling to Ballina and back along the same route. Stopping in Ballina for ice-cream or a coffee.

Time: 6:30pm (subject to change)

Date: Tuesday 14th May (subject to change)

Location: Greenway carpark entrance, Mullingar.

Suitability: Everyone with a bike and a helmet



Bike Week

We have access to the main Castlepollard road and a track around our school. Cycle safety demonstrations.

Time: 10am

Date: Wednesday 15th May 2024

Location: Diarmada National School

Suitability: Families

COW - Cycle On Wednesday

Children from Junior infants to 2nd class will cycle around the school yard and the school carpark. Teachers will mark out a route. Children from 3rd to 6th class will cycle along the N4 and down a local lane covering approximately a 5k distance. Teachers and parents will be welcome to complete this cycle also.

Time: 9:20am

Date: Wednesday 15th of May

Location: In the school and school carpark and also along the N4 and Loughlinstown Lane, Rathowen.

Suitability: Children, parents, teachers and SNAs

Raharney Blue Biker's

We are going to do a cycle around Raharney village with all children in our local school and with locals that are free on the day. Starting at the pavilion (community centre) we will do the slow bike race. And involve the much younger children 5/6yrs old to take part in a race. We will have a decorate a bike competition. And (weather permitting) we will do a bike wash. The community Gardai will call out for chat and join in on the fun.

Time: 10:30am

Date: 15th, 16th, 17th of May 2024

Location: Raharney pavilion

Suitability: Everyone there no age limit on having fun it's opened to everyone



Superhero Cycle Day

A superhero dress up day where pupils come to school with their scooters/bikes dressed as their favourite superhero. We will invite a local bike expert to talk about how to look after their bikes and about bike and road safety. Pupils will be brought on a cycling trip along the Blueway to Abbeyshrule and back...with light refreshments on their return. Pupils will receive bike safety accessories to celebrate Bike Week.

Time: 9.30am until 3.10pm

Date: Wednesday 15th May 2024

Location: Emper NS

Suitability: Pupils, teachers, parents.

Bike Safety Awareness

Bike to school (for those it's possible), bike colouring competition, safety talk

Time: During school time

Date: Wednesday 15th – 16th May 2024

Location: Dysart NS

Suitability: Children in our school

Greenway Cycle Athlone To Moate Return Journey

Members and staff of RehabCare will be cycling from Athlone to Moate and back, we will be encouraging friends, family and members of the community to join us for for the full journey or they can link in along the route at their leisure. We will be commencing at the Dunnes Stores Montree entrance to the Greenway.

Time: 11:00am

Date: Wednesday 15th of May

Location: Dunnes Stores Montree entrance to the Greenway – Athlone to Moate

Suitability: Everyone- open to all ages and abilities



Get On Your Bike “Be Busy”

The route we take will be as follows: Leave the school, in small groups depending on the ability of the children. Cycle to the canal line proceed up and down the canal line.

Time: 11am

Date: Wednesday 15th of May

Location: Ballynacargy National School

Suitability: Children, Parents, community and teachers

Kilbeggan Mini Racers

As our building used to be a play center, we are incredibly lucky to have a small “town” inside our service, with ring road all around our shops. Our children are able to scoot or bike around this area, and we use the space to practice for the many parades we have held through Kolbeggan town

While many children have and will use their own bikes or strikes, many of our children come from disadvantaged areas. We propose a new set of vehicles to be kept in creche to ensure all children have access to a bike or trike in their childhood, launching the award with a road race from the Square to Child’s Play in Riverview

Time: 1:30pm

Date: Friday 17th May 2024

Location: Riverview, Kilbeggan

Suitability: Children and families of Kilebggan, invited/notified through students of our service

Bike Week

We have access to the main Castlepollard road and a track around our school. Cycle safety demonstrations.

Time: 10am

Date: Friday 17th May

Location: Diarmada National School

Suitability: Families



Family Fun Week Festival

We plan to organise the 17km each way cycling trip using our Trishaw bike, accommodating some service users from Irish Wheelchair Association (IWA) at Clonbrusk Resource Centre, located on Abby Road, Athlone along the Green Cycle Way up to Dun Na Si Amenity and Heritage Park in Moate.

Additionally, our staff will join in, cycling their own bikes. At Dun Na Si, families with their children from IWA Sunshine club, staff, and volunteers will bring their bikes to explore the park together.

We will arrange lunch to celebrate the end of Bike Week, along with entertainment.

Moreover, staff members aim to cycle to work whenever possible, while our service users will engage in daily exercise sessions using the THERA-Trainer, this exercise bike is specifically designed for individuals with disabilities.

Time: 10.30am – 3pm

Date: Saturday 18th May 2024

Location: Dun Na Si Park, Moate Co. Westmeath

Suitability: Children from Irish wheelchair Association Sunshine Club, families, friends, staff and volunteers

New2tri Bike Maintenance, Puncture Repair And Bike Handling Skills Day

Our event will take place at Colaiste Chiarain in Athlone Co Roscommon. This venue allows us to operate in a private area with closed roads and no risk of traffic. Cyclists will be able to practice balancing skills and handling skills on grass area, group cycling commands and etiquette on straight flat tarmaced area, and simulate racing conditions with makeshift transition and mini race route on enclosed road.

Time: 3pm-6pm

Date: Saturday 18th May 2024

Location: Colaiste Chiarain, Athlone, Co Roscommon

Suitability: All members ranging in age from 14-70. Option for novices in the club to participate, and those making a return to the sport



TY Cycle To Moate

We will cycle from school to Moate, have a picnic and return.

Time: 9.30am

Date: Sunday May 19th 2024

Location: Our Lady's Bower Athlone to Moate

Suitability: TY students

Grass Track Cycling and Fun Races

Date: Sunday, 26th of May

Time: 10am

Location: Mullingar, Co. Westmeath

Details: Suitable for beginners and children (aged 2-12) of all abilities.

Longford

Family Fun Cycle

A Family Fun Cycle where parents and children will cycle together and take advantage of the ideal Royal Canal Walking and Cycling Loop in Longford Town.

Time: 11am

Date: Sunday 12th May 2024

Location: Rear Market Square/Harbour View, Royal Canal Greenway, Longford

Suitability: For Families

Longford Schools Royal Canal Greenway Cycle Day

Each day during Bike Week, secondary schools from Longford will get the opportunity for a class to spend the day cycling the length of Royal Canal Greenway Longford. Students will receive a safe cycling talk before participating in our cycle.



Time: All day

Date: Monday 13th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Secondary school students

Longford Schools Royal Canal Greenway Cycle Day

Each day during Bike Week, secondary schools from Longford will get the opportunity for a class to spend the day cycling the length of Royal Canal Greenway Longford. Students will receive a safe cycling talk before participating in our cycle.

Time: All day

Date: Tuesday 14th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Secondary school students

Bike Workshop And Cycle

As part of the Homework Club and Kids Club we will hold bike workshop on how to check you bike followed by a cycle.

Time: 4.30pm – 5.30pm

Date: Tuesday 14th May 2024

Location: Ardnacassa Community House

Suitability: Primary school students

Bike Workshop And Cycle

As part of the Homework Club and Kids Club we will hold bike workshop on how to check you bike followed by a cycle.

Time: 4.30pm – 5.30pm

Date: Tuesday 14th May 2024

Location: McEoin Park Community House

Suitability: Primary school students



**CYCLING
IRELAND**



Longford Schools Royal Canal Greenway Cycle Day

Each day during Bike Week, secondary schools from Longford will get the opportunity for a class to spend the day cycling the length of Royal Canal Greenway Longford. Students will receive a safe cycling talk before participating in our cycle.

Time: All day

Date: Wednesday 15th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Secondary school students

Cycle To Work & Bikers Lunch Day

Workers will be encouraged to cycle to work. On this day our bikers' lunch will take place, workers will gather at 1pm to cycle in convoy through Longford Town and onto the Royal Canal Loop before returning to the town.

Time: 1pm

Date: Wednesday 15th May 2024

Location: Royal Canal Greenway Longford

Suitability: Employees of local businesses

Longford Schools Royal Canal Greenway Cycle Day

Each day during Bike Week, secondary schools from Longford will get the opportunity for a class to spend the day cycling the length of Royal Canal Greenway Longford. Students will receive a safe cycling talk before participating in our cycle.

Time: All day

Date: Thursday 16th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Secondary school students



Longford Schools Royal Canal Greenway Cycle Day

Each day during Bike Week, secondary schools from Longford will get the opportunity for a class to spend the day cycling the length of Royal Canal Greenway Longford. Students will receive a safe cycling talk before participating in our cycle.

Time: All day

Date: Friday 16th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Secondary school students

Royal Canal Greenway Leisure Cycle Tour

Our Royal Canal Greenway Cycle Tour will take recreational cyclists on a guided cycle along the Royal Canal Greenway from Clondra to either Killashee (13K – shorter option) or Kenagh (30K – longer option). Refreshments will be available at the turn points and finish.

Time: 11am

Date: Saturday 18th May 2024

Location: Royal Canal Greenway Clondra

Suitability: Adults/Recreational Cyclists

Louth

Learn To Cycle

As part of our theme of getting more children cycling safely, we engaged with local community groups in DEIS areas in Dundalk to offer Learn to Cycle and Bike Skills workshops through a collaboration with the assistance of a local Cycle Right Learn to Cycle tutor. This is 5-week pre booked programme leading into Bike week, started on 20th of April and finishes on the 18th of May.

Time: 10am to 10.45am / 11am to 11.45am

Date: Saturday 11th of May 2024

Location: Dundalk Sports Centre, Muirhevnamor, Dundalk.

Suitability: Children and parents



Ladies Bike & Brunch With Drogheda Cycling

Social cycle FREE to women interested in getting involved in this local cycling group. Average distance of 30km with a coffee stop to get to know others in the club and enjoy a chat over a cuppa.

Time: 11am to 12.30pm

Date: Saturday 11th of May 2024

Location: Start in Courtyard Coffee, Merchants Quay, Drogheda.

Suitability: Adult Women ONLY, suits all fitness levels.

Free Family Greenway Cycle

Family FREE Cycle Event was in conjunction with a local cycling provider On Yer Bike who is based at the picturesque location of the Carlingford Greenway. All family members cycle for free, the ethos is "No bike NO PROBLEM". For the weekend bikes, helmets and bike safety instruction are provided located at the Carlingford Greenway, hosted by On Yer Bike from 11am to 5pm. All bookings through On Yer Bike see the booking details below.

Time: 11.00am to 17.00pm

Date: Sunday 12th of May 2024

Location: Carlingford Marine, Carlingford Greenway

Suitability: Children and Adults, family event

For more information contact: Joei O Rourke 087 9921559 or email info@onyerbike.ie

Family Cycle To The Beach

A family cycle from Drogheda town to local beach approximately 10km away, plan to hold a family fun day at the beach with refreshments and then cycle back. Children of all ages are welcome so long as they are accompanied by an adult. Children are the responsibility of their parent/ guardian who must ensure they have a roadworthy bike that fits correctly and are confident they can cycle the distance. We will be on quiet roads as much as possible, but we will encounter some traffic. It is essential that all participants understand basic road safety rules and wear appropriate safety gear including helmets and hi-vis vests.



Time: 10.30am (meeting 15mins beforehand)

Date: Sunday 12th of May 2024

Location: Meet at Courtyard Coffee, Merchants Quay, Drogheda.

Suitability: For families, children must be accompanied by an adult.

Bike Safety Demonstration St Malachys Ns

As part of our theme of getting more children cycling safely, we have engaged with Primary Schools all over County Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We deliver this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.30am to 12.30pm

Date: Monday 13th of May 2024

Location: St Malachys Boys NS, Dundalk

Suitability: Primary School Children

Bike Safety Demonstration Scoil Bhríde Siolach Ns

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 1.00pm to 3.00pm

Date: Monday 13th of May 2024

Location: Scoil Bhríde Siolach NS, Shelagh

Suitability: Primary School Children

Learn To Cycle Rathcor Ns

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Learn to Cycle and Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through



bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.30am to 2.30pm

Date: Monday 15th of May 2024

Location: Rathcor NS, Cooley

Suitability: Primary School Children

Bike Safety Demonstration Scoil Ni Mhuire

As part of our theme of getting more children cycling safely, we engaged with a local Secondary School to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.30am to 10.30am

Date: Monday 13th of May 2024

Location: Scoil Ni Mhuire, Dunleer

Suitability: Secondary School Children

Bike Maintenance For Beginners

White River Wheelers Cycling Club to organising bike safety check on bike and teach basic bike maintenance to ensure you are more prepared to cycle and handle repairs if needed. The bike maintenance will reassure cyclists, especially beginners that they can deal with minor mechanical issues, such as punctures etc., thus encouraging longer and more carefree cycles.

Time: 7.30pm to 8.30pm

Date: Wednesday 15th of May 2024

Location: Market Hall, Dunleer

Suitability: Adults

Bike Maintenance For Beginners

Teaching beginner cyclists the basics on bike maintenance to ensure they feel more confident to go for a cycle and be able to repair their bike if needed. This is a basic course for people who enjoy cycling but are not confident about basic maintenance. It will be followed by a cycle



around the Drogheda area for any participants who would like to join us. This will be a leisurely cycle of an hour's duration.

Time: 7pm to 8pm

Date: Tuesday 14th of May 2024

Location: The Thatch Pub, Drogheda

Suitability: All Adults

Bike Safety Demonstration

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.00am to 2.30pm

Date: Tuesday 14th of May 2024

Location: Tullyallen NS, Drogheda

Suitability: Primary School Children

Learn To Cycle Mullaghbuoy NS

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Learn to Cycle and Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.30am to 2.30pm

Date: Tuesday 16th of May 2024

Location: Mullaghbuoy NS, Cooley

Suitability: Primary School Children



Couch To 50k Dundalk

Local cycling club Cuchulainn Cycling Club in Dundalk to give people in the communities of Dundalk and Drogheda the opportunity to get involved in a cycling club. As part of the programme the cycling clubs arranged a 6-week programme of two group cycles per week increasing distances each week and teaching the participants how cycle in groups, the etiquette of cycling on the road, bike maintenance and bike safety. They are getting their Jersey presentation as of their 50km loop cycle event.

Time: 6.30pm to 8.00pm

Date: Tuesday 14th of May 2024

Location: Felda Health Spa, Dundalk

Suitability: Adult Beginners

Bike Maintenance For Beginners

Teaching beginner cyclists the basics on bike maintenance to ensure they feel more confident to go for cycle and be able to repair their bike if needed. This is a basic course for people who enjoy cycling but are not confident about basic maintenance. It will be followed by a cycle around the Drogheda area for any participants who would like to join us. This will be a leisurely cycle of an hour's duration.

Time: 7.00pm to 8.15pm

Date: Wednesday 15th of May 2024

Location: Courtyard Coffee, Merchant's Quay, Drogheda

Suitability: Adult Beginner Cyclists

Social Beginners Cycle

Intro to cycling for beginners and people looking to get involved in cycling with Ardee Cycling Club. 17km cycle loop of the local Ardee area with a coffee stop. Must for good working bike and helmet to participate.

Time: 6.15pm to 7.15pm

Date: Wednesday 15th of May 2024

Location: Ardee Parish Community Centre

Suitability: Adults



Bike Safety Demonstration St Francis Ns Blackrock

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.00am to 2.30pm

Date: Wednesday 15th of May 2024

Location: St Francis NS Blackrock

Suitability: Primary School Children

School Greenway Cycle

As part of our theme of getting more children cycling safely, we engaged with two local Primary Schools This adjacent to the Greenway to encourage the local school children to get more active using the Greenway as a safe way to cycle to school from the local area. We also engaged a local cycle right tutor to deliver bike safety and a bike check on the children's bikes before they set off on their cycle. With the assistance of parents and teachers, we delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.00am to 12.00pm

Date: Wednesday 15th of May 2024

Location: Greenway Carlingford Marina, Carlingford

Suitability: Primary School Children

Couch To 50k Drogheda

Local cycling club Drogheda Cycling Club to give people in the communities of Drogheda the opportunity to get involved in a cycling club. As part of the programme the cycling club arranged a 6-week programme of two group cycles per week increasing distances each week and teaching the participants how cycle in groups, the etiquette of cycling on the road, bike maintenance and bike safety. They are getting their Jersey presentation as of their 50km loop cycle event.



Time: 7.00pm to 8.00pm

Date: Wednesday 15th May 2024

Location: The Thatch, Drogheda

Suitability: Adult Beginners

Bike Maintenance For Beginners

Ardee Cycling Club to organise bike safety checks on bike and teach basic bike maintenance to ensure you are more prepared to cycle and handle repairs if needed.

Time: 5.45pm to 6.15pm

Date: Wednesday 15th of May 2024

Location: Ardee Parish Community Centre

Suitability: Adults

Bike Safety Demonstration Tullyallen NS Drogheda

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.30am to 12.30pm

Date: Thursday 16th of May 2024

Location: Tullyallen NS, Drogheda

Suitability: Primary School Children

Bike Safety Demonstration St Finans Ns Dillonstown

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.



Time: 1.00pm to 2.50pm

Date: Thursday 16th of May 2024

Location: St Finans NS, Dillonstown

Suitability: Primary School Children

Bike Safety Demonstration St Josephs NS Dundalk

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over County Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.00am to 2.30pm

Date: Friday 17th of May 2024

Location: St Josephs NS, Dundalk

Suitability: Primary School Children

Bike Safety Demonstration Dulargyn NS Ravensdale

As part of our theme of getting more children cycling safely, we engaged with Primary Schools all over county Louth to offer Bike Skills & Safety workshops through a collaboration with local cycling clubs and with the assistance of a local Cycle Right Learn to Cycle tutor. We delivered this programme to teach the children about the road safety through bike skills while cycling to school and the importance of wearing a helmet and checking your bike before cycling.

Time: 9.00am to 2.30pm

Date: Friday 17th of May 2024

Location: Dulargyn NS, Ravensdale

Suitability: Primary School Children

Family Greenway Cycle Drogheda

Cycle along the Boyne Greenway 6km to Oldbridge for family picnic in the grounds, participants bring their own food, refreshments provided by Drogheda Cycling Group. Cycle 6km cycle back to Drogheda along the Greenway.



Time: 11am (meeting 15mins beforehand)

Date: Saturday 18th of May

Location: St Dominick's Park, Drogheda under the Bridge of Peace on the South side of the river.

Suitability: Families and children

Free Family Greenway Cycle

Family FREE Cycle Event was in conjunction with a local cycling provider On Yer Bike who is based at the picturesque location of the Carlingford Greenway. All family members CYCLE for FREE, the ethos was "No bike NO PROBLEM" for the weekend bikes, helmets and bike safety instruction provided located at the Carlingford Greenway hosted by On Yer Bike from 10am to 5pm. This event took place over two weekends on both Sundays of Bike Week. All bookings through On Yer Bike see the booking details below.

Time: 11am to 5pm

Date: Sunday 19th of May

Location: Carlingford Marina, Carlingford Greenway

Suitability: Children and Adults, family event

For more information contact: Joei O Rourke 087 9921559 or email info@onyerbike.ie

Boyne Valley Hertiage Cycle

A 50 km looped cycle from Drogheda around the world famous historical/ archaeological sites in the Boyne Valley including Mellifont Abbey, Monasterboice and Bru na Boinne. A stop for refreshments at a cafe. Adult and teenage (13+) cyclists who are confident on the road. Under 18's must be accompanied by an adult. This is longer than our usual routes and is hilly but as we will cycle at a leisurely pace this event is suitable for most competent cyclists.

Time: 10am to 11.30am

Date: Sunday 19th of May

Location: St Dominicks Park, Drogheda under the Bridge of Peace on the South of the River

Suitability: Adults and Teenagers (13+)



Explore The Boyne Valley Greenway

Ardee Cycling Club arranging 50km loop cycle of the Boyne Valley Greenway, suitable for beginners. A tour of part of the Boyne to Lakelands Greenway – safe, car free, fun bike ride for all – open to all – helmets required – pick a distance and duration to suit your fitness. Providing bike checks from 9.30am.

Time: 10.00am to 12.00pm

Date: Sunday 19th of May

Location: Parc Beo Wilkinstown, Navan

Suitability: Adults

Inclusive Try A Bike Day For Children With Additional Needs

Louth Disability Cycling Club are organising a come and try day for children and their parents with additional needs to have some fun and cycle some of the state of the specialised bikes, including trikes, trishaws, and bicycles for children with autism. They will have their dedicated volunteers on hand to provide spins and support throughout the day. Refreshments will be served on the day.

Time: 10.30am to 12.30pm

Date: Sunday 19th of May

Location: St Helenas Park, Dundalk

Suitability: All children with additional needs, wheelchair users, children intellectual needs and children with autism.

Inclusive Try A Bike Day For Children With Additional Needs

Louth Disability Cycling Club are organising a come and try day for children and their parents with additional needs to have some fun and cycle some of the state of the specialised bikes, including trikes, trishaws, and bicycles for children with autism. They will have their dedicated volunteers on hand to provide spins and support throughout the day. Refreshments will be served on the day.



Time: 10.30am to 12.30pm

Date: Sunday 19th of May

Location: St Helenas Park, Dundalk

Suitability: All children with additional needs, wheelchair users, children intellectual needs and children with autism.

Social Coffee Cycle

Social Coffee cycle with the Drogheda Wheelers for beginners interested in joining the cycling club and get involved cycling. Please ensure you have a working bike and helmet to participate. Easy cycle and coffee stop.

Time: 10.30am to 12.30pm

Date: Sunday 19th of May

Location: The Thatch, Drogheda

Suitability: All adults with working bike

Wicklow

Free Bike Rental In Blessington

Active Wicklow's mission for Bike Week 2024 is to get as many people as possible out and about exploring Wicklow on two wheels. We delighted to announce that we will be offering free bike rentals from in The Avon for the duration of Bike Week.

Located at the stunning Blessington Greenway, The Avon is the perfect starting point for a scenic cycling adventure. Whether you're a seasoned cyclist or just starting out, this is a fantastic opportunity to explore the beautiful countryside on two wheels. To ensure everyone has a chance to participate, we're offering a limited number of bikes available for free rental eachday. Pre-booking is essential, so be sure to secure your spot early. To avail of the offer you must book through the Active Wicklow website.

Time: All day

Dates: 11th May, 12th, 15th, 16th, 17th(evening times), 18th and 19th First 20 bike free rental

Location: The Avon

Suitability: Everyone



Learn To Cycle Tinahely

This Learn to Cycle Programme is for children who cannot cycle without stabilisers. Priority will be given to children with a disability/ diagnosis for a place on the course. Parent/Carer to stay to support and learn skills for practice between sessions. Own Bike & Helmet is needed. Helmet must be worn during programme, so practice at home might be needed. Programme Outcome: to learn to cycle by learning balance, braking, turning etc.

Time: 12:30pm & 1:15pm

Date: Sat, May 11th 2024

Location: Tinahely School NS

Suitability: Children aged 5-12

Learn To Cycle Arklow

This Learn to Cycle Programme is for children who cannot cycle without stabilisers. Priority will be given to children with a disability/ diagnosis for a place on the course. Parent/Carer to stay to support and learn skills for practice between sessions. Own Bike & Helmet is needed. Helmet must be worn during programme, so practice at home might be needed. Programme Outcome: to learn to cycle by learning balance, braking, turning etc.

Time: 10am & 10:45am

Date: Sat, May 11th 2024

Location: Arklow Basketball Court

Suitability: Children aged 5-12

Learn To Cycle Rathnew

This Learn to Cycle Programme is for children who cannot cycle without stabilisers. Priority will be given to children with a disability/ diagnosis for a place on the course. Parent/Carer to stay to support and learn skills for practice between sessions.

Own Bike & Helmet is needed. Helmet must be worn during programme, so practice at home might be needed. Programme Outcome: to learn to cycle by learning balance, braking, turning etc.



Time: 10am & 10:45am

Date: Sat, May 11th 2024

Location: Rathnew

Suitability: Children aged 5-12

Learn To Cycle Bray

This Learn to Cycle Programme is for children who cannot cycle without stabilisers. Priority will be given to children with a disability/ diagnosis for a place on the course. Parent/Carer to stay to support and learn skills for practice between sessions. Own Bike & Helmet is needed. Helmet must be worn during programme, so practice at home might be needed. Programme Outcome: to learn to cycle by learning balance, braking, turning etc.

Time: 2:15pm and 3pm

Date: Sat, May 11th 2024

Location: Ballywaltrim Bray

Suitability: Children aged 5-12

Learn To Cycle Greystones

This Learn to Cycle Programme is for children who cannot cycle without stabilisers. Priority will be given to children with a disability/ diagnosis for a place on the course. Parent/Carer to stay to support and learn skills for practice between sessions.

Own Bike & Helmet is needed. Helmet must be worn during programme, so practice at home might be needed.

Programme Outcome: to learn to cycle by learning balance, braking, turning etc.

Time: 12PM & 12:45PM

Date: Sat, May 11th 2024

Location: Greystones Charlesland (basketball court)

Suitability: Children aged 5-12



**CYCLING
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Peak Pedals: A Beginner's Introduction To Mountain Biking

Join us on Sunday, 13th May for an exciting Introduction to Mountain Biking event at Biking.ie Ticknock! This event is perfect for beginners who are eager to learn the basics of mountain biking and explore some of the most breathtaking trails in the county.

Time: 10:30am

Date: Sunday, 13th May

Location: Ticknock

Suitability: Active Beginner/Intermediate. 16 years +

Electrify Your Ride: Introductory Mountain E-Biking

Join us for an unforgettable adventure as we explore the breathtaking Wicklow and Dublin Mountains on electric mountain bikes! Our Mountain E-bikes provide just the right amount of assistance to make conquering the hills a breeze, allowing you to focus on enjoying the thrilling descent down the mountain.

Time: 10:30am & 1:30pm

Date: Tuesday, 14th May 2024

Location: Ballinastoe

Suitability: Active Beginner/ Intermediate. Ages 16+.

Electrify Your Ride: Introductory Mountain E-Biking

Join us for an unforgettable adventure as we explore the breathtaking Wicklow and Dublin Mountains on electric mountain bikes! Our Mountain E-bikes provide just the right amount of assistance to make conquering the hills a breeze, allowing you to focus on enjoying the thrilling descent down the mountain.

Time: 10:30am & 1:30pm

Date: Thursday, 16th May

Location: Ballinastoe

Suitability: Active Beginner/ Intermediate. Ages 16+.



**CYCLING
IRELAND**



Peak Pedals: A Beginner's Introduction to Mountain Biking

Join us on Sunday, 13th May for an exciting Introduction to Mountain Biking event at Biking.ie Ticknock! This event is perfect for beginners who are eager to learn the basics of mountain biking and explore some of the most breathtaking trails in the county.

Time: 4pm to 6pm

Date: Thursday, 16th May

Location: Ticknock

Suitability: Active Beginner/Intermediate. 16 years +

Blessington Streetvelodrome Bike Festival

Experience the thrill of StreetVelodrome in Blessington for the first time ever! This FREE event is guaranteed to bring laughter and excitement to the town center. Watch cyclists of all levels compete on our thrilling track in a day packed with high-speed action. Don't miss out on this unique opportunity to witness and take part in the excitement of StreetVelodrome right here in Blessington!

Time: 10am – 3pm

Date: Friday 17th May 2024

Location: Blessington Town Square

Suitability: Schools

Blessington Streetvelodrome Bike Festival

Experience the thrill of StreetVelodrome in Blessington for the first time ever! This FREE event is guaranteed to bring laughter and excitement to the town center. Watch cyclists of all levels compete on our thrilling track in a day packed with high-speed action. Don't miss out on this unique opportunity to witness and take part in the excitement of StreetVelodrome right here in Blessington!

Time: 10am – 3pm

Date: Saturday 18th May 2024

Location: Blessington Town Square

Suitability: Children and Teens



Bike Maintenance Workshop

In this hands-on class, you'll learn essential skills to keep your bike in top shape and ensure smooth, safe rides. This workshop is designed to empower you with the knowledge and confidence to perform basic repairs and maintenance on your own bike.

Time: 4pm

Date: Saturday, 18th May

Location: Cycle Plus Greystones

Suitability: Everyone

Kildare

Narraghmore Leisure Cycle

Narraghmore Leisure Cycle will take a cycle route from the town centre.

Time: 10am -12pm

Date: 11/05/24

Location: Narraghmore Village Centre

Suitability: All cyclists

Roberstown Nature Cycle

Roberstown to Rathangan Nature Cycle, located at the edge of the Bog of Allen, will proceed along the Barrow Blueway, commencing at from Lock 22/ Feighcullen towards Rathangan and will include a nature talk about the Bog of Allen's fascinating fauna and flora and return for refreshments.

Time: 2pm- 4pm

Date: 11/05/24

Location: Lock 22 /Feighcullen towards Rathangan

Suitability: All cyclists



Ballitore Heritage Cycle

Moone to Crookstown Heritage Cycle, will proceed along the old N9, commencing at Moone Village Bar and passing Timolin Village onto old N9. Route and will include a Heritage talk about the Quaker history of Ballitore with refreshments at Crookstown and return cycle to Moone.

Time: 11am- 1pm

Date: 12/05/24

Location: Moone Village to Crookstown

Suitability: All cyclists

School Cycle

School Cycle event for Cloche Rince National School

Time: 10am -12pm

Date: 13/05/24

Location: Cloche Rince, Carbury.

Suitability: All student cyclists

School Cycle

School Cycle event for Gaelscoil Cill Dara

Time: 10am – 12pm

Date: 14/05/24

Location: Gaelscoil Cill Dara, The Curragh, Newbridge

Suitability: All student cyclists

School Cycling Lectures

School Cycle event for Gaelscoil Athy

Time: 9.30am -12.30pm

Date: 15/05/24

Location: Gaelscoil Athy, Athy



Suitability: All student cyclists

History Of Irish Cycling Exhibition

History of Irish Cycling exhibition in Naas Library

Time: 9.30am – 4.30pm

Date: 16/05/24

Location: Naas Library, Main Street, Naas

Suitability: N/A

Monasterevin Leisure Cycle

Monasterevin Leisure Cycle from Monasterevin Town Centre out to the Barrow Blueway and along the Blueway to Fisherstown for refreshments and return to Monasterevin.

Time: 6.45pm-8.45pm

Date: 16/05/24

Location: Monasterevin to Fisherstown

Suitability: All cyclists

School Cycle

School Cycle event for Pipers Hill School complex.

Time: 10am – 1pm

Date: 17/05/24

Location: Pipers Hill School complex, Naas

Suitability: All student cyclists

Athy Leisure Cycle

Athy Leisure Cycle event from Athy Sports Hub to Bert Cross on the Monasterevin Road, and over the River Barrow to Milltown Bridge on the Barrow Blueway to Dilly Dallys Café for refreshments and onto Vicarstown with return.

Time: 11am – 1.30pm



Date: 18/05/24

Location: Barrow Blueway, Athy to Vicarstown

Suitability: All cyclists

Maynooth Leisure Cycle

Maynooth Leisure Cycle from Royal Canal Greenway along the Greenway to Kilcock for refreshments and return to Maynooth

Time: 9.30am – 11am

Date: 19/05/24

Location: Royal Canal Greenway, Maynooth

Suitability: All cyclists

Naas Leisure Cycle

Naas Leisure Cycle event from the Grand Canal Harbour, Naas along the Naas Branch of the Grand Canal to Osberstown and onto the Sallins Bypass and Sallin Link Road cycleways to Sallins Village for refreshments and return to Naas.

Time: 12.30pm – 2.30pm

Date: 19/05/24

Location: Grand Canal Harbour, Naas

Suitability: All cyclists

Offaly

LYNX CYCLING CLUB – E-Bike The Blooms

Lynx Cycling Club, Ferbane will be hosting an Ebike the Blooms session on the Slieve Bloom Mountain Bike Trails on Sunday, 12th May

Date: Sunday, 12th May 2024

Location: Slieve Bloom Mountain Bike trail

Suitability: Adults

Contact lynxcyclingclub@gmail.com for more information



LYNX CYCLING CLUB – Women On Wheels

Lynx Cycling Club, Ferbane will be hosting a women on wheels programme in Ferbane on Monday, 13th May

Date: Monday, 13th May 2024

Location: Ferbane

Suitability: Women on Wheels cycling programme

Contact lynxcyclingclub@gmail.com for more information

GRAND CANAL WHEELERS, DAINGEAN – School Cycle Day (Closed Event)

Grand Canal Wheelers, Daingean and Daingean National School will be taking part in a school cycle day from Daingean to Ballycommon

Time: 10am – 1pm

Date: Friday, 17th May 2024

Location: Grand Canal Greenway commencing at Molesworth Bridge, Daingean

Suitability: School cycle day

LYNX CYCLING CLUB – School Cycle Day (Closed Event)

Lynx Cycling Club, Ferbane and St Cynoc's National School will be taking part in a school cycle day in Ferbane

Time: 10am – 1pm

Date: Friday, 17th May 2024

Location: Ferbane

Suitability: School cycle day

GRAND CANAL GREENWAY CYCLE RELAY – Stages Event

Join Offaly Sports Partnership for our second annual Grand Canal Greenway Cycle Relay along 55km of the Greenway from George's Bridge, Edenderry to Gallen Bridge, Ferbane

Time: 9am – 4pm

Date: Saturday, 18th May 2024



Location: Grand Canal Greenway commencing at George's Bridge, Edenderry & concluding at Gallen Bridge, Ferbane. Join the event at: – George's Bridge, Edenderry at 9am, Toberdaly Bridge, Rhode at 10am, Molesworth Bridge, Daingean at 11am, Digby Bridge, Cappincur, Tullamore at 12.15pm, The Thatch at Rahan at 1.30pm, Plunkett Bridge, Pollagh at 2.30pm

Pre booking essential. Bike hire available

Suitability: Families, Recreational cyclists

Laois

Cycle Challenge

Cycling Challenge (Couch to 50K) – The purpose of this programme is to promote cycling in Laois and act as an introduction pathway to Laois Cycle Club. This initiative gives the participants the opportunity to build up their cycling experience and confidence of cycling out on the roads as part of a group. 8-week programme with finale 50k cycle. Finale will take place as part of Bike Week. Laois Sports Partnership.

Time: 6.45pm

Date: 6 Week Programme from 10th April 2024

Location: Portlaoise – Race Right Cycles (R32K7TX)

Suitability: All Ages

Fun Event (Mountrath Health & Fitness Academy/Bloom Hq)

A fun event for 6-12 year olds, warm up then try our Bike Obstacle course. Talks on basic bike maintenance and First Aid. Face Painting, snacks and get high Visibility gear.

Time: 12pm – 2.30pm

Date: Saturday 11th May 2024

Location: Bloomhq, Patrick St, Mountrath, Co Laois R32 DC85

Suitability: 6 – 12 Years Old

Back On Your Bikes 1 (Svt)

8km Cycle with safe cycling talk from local Garda and free 99 ice cream for all participants

Time: 2pm – 3.30pm



Date: Sunday 12th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Everyone

FAMILY FUN CYCLE (Irish Country Roads And Culture Trails)

Family cycle Including reffreshments and Music. Cycle from Durrow to Aylward's Museum Dunmore and back to Durrow

Time: 2.30pm

Date: Sunday 12th May 2024

Location: From Bobs Bar Durrow

Suitability: Everyone

AN E-BIKE SAFARI (Irish Country Roads And Culture Trails)

A 35km Ebike cycle Durrow Shanahoe Abbeyleix Ballinakill Durrow

Time: 2.30pm

Date: Sunday 12th May 2024

Location: From Bobs Bar Durrow

Suitability: Everyone

Cycle Classes For Beginners (Healthy Ireland/Laois County Council)

There will be three beginner cycle classes each day from Monday May 13th to Wednesday May 15th at 10.30 am and 12.00pm and 2.00pmThe lessons will take place away from traffic in a quiet indoor space, at County Hall so do not worry about the weather. You can have fun trying an E-bike and enjoying the pleasure of being on a bicycle but you must have a reasonable level of fitness.

Time: 10am, 12pm & 2pm

Date: Monday 13th May 2024 – Wednesday 15th May 2024

Location: Áras an Chontae, James Fintan Lalor Ave, Kylekiproe, Portlaoise

Suitability: Adults with a reasonable level of fitness & mobility



Bike Theft Awareness (Garda)

Garda Bike theft awareness and prevention stand. Gardaí will hold an information stand and hand out advice to cyclists on best practice in locking your bike.

Time: 4pm – 6pm

Date: Monday 13th May 2024

Location: Outside The Library, Abbeyleix

Suitability: All Cyclists

Couch To 30k Cycle Challenge (Rathdowney-Errill Activity Hub)

The Hub aims to liaise with Ossory Cycles to deliver a Couch to 30k for the community. And we also plan to revisit the Bike Hospital which was so successful last year. We will also liaise with Ossory cycles and Scoil Brid parents council to deliver the community cycle, which was also very successful last year.

Time: Wednesday Evenings

Date: Every Wednesday Evening during May 2024

Location: Rathdowney

Suitability: New Residents from Ukraine in The Commercial Inn Accommodation Centre

Back On Your Bikes 2 (SVT)

Children's easy Loop Cycle – From Sacred Heart Church, Stradbally. Ice Cream at Simpsons afterwards. Adult Cycle – A Loop out on the Athy Road – Onto Barrow Way Blueway at Vicarstown, Finish at Simpsons for tea/coffee/ice cream

Time: 7pm

Date: Monday 13th May 2024

Location: The Market House, Stradbally

Suitability: A Children Cycle & An Adults Cycle

SAFE CYCLE TRAINING (Irish Country Roads And Culture Trails)

A Safe cycle training incorporating a back on your bike experience

Time: 2.30pm



Date: Tuesday 14th May 2024

Location: Manor Stone Service Station, Ballacolla

Suitability: Everyone

Bike Theft Awareness (Garda)

Garda Bike theft awareness and prevention stand. Gardaí will hold an information stand and hand out advice to cyclists on best practice in locking your bike.

Time: 2pm – 4pm

Date: Tuesday 14th May 2024

Location: Shopping Centre Portlaoise

Suitability: All Cyclists

Bike Repair Workshop (Rathdowney – Errill Activity Hub)

The Hub aims to liaise with Ossory Cycles to deliver a Couch to 20k for the community. We plan to revisit the Bike Hospital which was so successful last year. We will also liaise with Ossory cycles and Scoil Brid parents council to deliver the community cycle, which was also very successful last year.

Time: 11am

Date: Tuesday 14th May

Location: Scoil Bride (If Any)

Suitability: New Residents from Ukraine & Brazil as well as the Wider Community

Group Cycle Challenge (MYFRC)

10KM Turbo Trainer

Time: 2.45pm – 4.15pm

Date: Tuesday 14th May 2024

Location: Mountmellick Youth and Family Resource Centre

Suitability: Confident Cyclists



Bike Nite (SVT)

Night Time Cycle

Time: 9pm – 11pm

Date: Tuesday 14th May 2024

Location: The Old School House, Vicarstown

Suitability: Adults Only

Safe Cycle Training (MYFRC)

Time: 4.15pm – 5.15pm

Date: Tuesday 14th May 2024

Location: Mountmellick Youth and Family Resource Centre

Suitability: Everyone

Bike Repair Workshop (MYFRC)

Time: 4.15pm – 5.15pm

Date: Tuesday 14th May 2024

Location: Mountmellick Youth and Family Resource Centre

Suitability: Everyone

Safe Cycle Training (MYFRC)

The Group of Young People will participate in a safe cycle training. The group will participate in a session on bike safety/bike rules of the road etc.

Time: 4.15pm – 5.15pm

Date: Tuesday 14th May 2024

Location: Mountmellick Sports Complex, Mountmellick, Co. Laois

Suitability: Everyone



School Run

A 3 school cycle with safety awareness , road rules and bike inspection. Views of Irish country roads and culture trails.

Time: 10am

Date: Wednesday 15th May 2024

Location: Commencing at Clough N.S.

Suitability: School Children

Cycle As Gaeilge (SVT)

Improve your Irish as you Cycle

Time: 6.45pm

Date: Wednesday 15th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Everyone

LEISURE CYCLE (Irish Country Roads And Culture Trails)

“Bob meets Polly on the N77”
Time: 11am
Date: Thursday 16th May 2024
Location: Commencing at Manor Hotel, Abbeyleix
Suitability: Everyone

BIKE REPAIR WORKSHOP (Irish country roads and culture trails)

Time: 2pm

Date: Thursday 16th May 2024

Location: Bike Shed, Durrow

Suitability: Everyone

Leisure Cycle Involving Community Groups I.E. Scouts (Rathdowney – Errill Activity Hub)

The Hub aims to liaise with Ossory Cycles to deliver a Couch to 20k for the community. And we also plan to revisit the Bike Hospital which was so successful last year. We will also liaise with Ossory cycles and Scoil Brid parents council to deliver the community cycle, which was also very successful last year.

Time: 7pm



Date: Thursday 16th May 2024

Location: Return Trip from Scoil Bride around by Bealady

Suitability: New Residents from Ukraine & Brazil as well as the Wider Community

Seniors At Sunset (SVT)

Moderate/easy cycle along the Blue Way, followed by tea/coffee and cake. Disability Bikes available to support people with reduced mobility, visual or intellectual impairment.

Time: 6.45pm

Date: Thursday 16th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Seniors

Leisure Cycle Involving Community Groups (MYFRC)

Our Fun Club Youth Group group will participate in a leisure cycle as a group together

Time: 2.45pm – 4.15pm

Date: Thursday 16th May 2024

Location: Mountmellick Sports Complex, Mountmellick, Co. Laois

Suitability: Everyone

Cycle For Your Lunch (MYFRC)

The plan for the event is for the Young People to Cycle for their lunch. The group will participate in a cycle and enjoy a dinner together afterwards.

Time: 4.30pm – 6pm

Date: Thursday 16th May 2024

Location: Mountmellick Sports Complex, Mountmellic, County Laois

Suitability: Youth 7-15 Years



Buzzards, Bluebells And Tall Tales (SVT)

Discover flora and fauna, birds & wildlife along the Grand Canal with our own local expert as our guide. Hear folklore and yarns directly from the horse's mouth!!

Time: 7pm

Date: Friday 17th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Adults

Family Fun Cycle (Ballinakill Dev Com)

Family fun cycle in Ballinakill & surrounds. Raffle prizes for those taking part and refreshments at Ballinakill Amenity park

Time: 6.30pm

Date: Friday 17th May 2024

Location: Ballinakill & Surrounds

Suitability: All Cyclists

Cross County To Co-Operation (SVT)

Taking in the two Counties of Laois & Kildare Refreshments at the Fishermans Thatched Inn. All are welcome.....wear your county colours

Time: 12.30pm

Date: Saturday 18th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Everyone

Family Fun Cycle (Laois Sports Partnership)

Family Inclusive cycling event along the Blueway in Vicarstown.

Time: 12pm

Date: Saturday 18th May 2024

Location: Vicarstown Blueway



Suitability: Families

5km Cycle Challenge (Kiln Lane Residents Association)

Time: 2pm

Date: Saturday 18th May 2024

Location: From Kiln Lane, Mountrath

Suitability: 10yrs – Adults

Cycle Challenge (Mountrath Development Ass & Mountrath Youth Theatre)

A Cycling Challenge followed by a Spoken Word Session where young people work with a spoken word poet to devise a poem about cycling and record it.

Time: 11am

Date: Saturday 18th May 2024 Location: Mountrath

Suitability: Everyone

Leisure Cycle (Mountrath Development Ass & Mountrath Youth Theatre)

A Leisure Cycle followed by a Spoken Word Session where young people work with a spoken word poet to devise a poem about cycling and record it

Time: 11am

Date: Saturday 18th May 2024

Location: Mountrath

Suitability: Everyone

Leisure Cycle Involving Community Groups (Kiln Lane Residents Assoc)

“Olksander Yasnitski tribute cycle” – In conjunction with Ukrainian Communities in Durrow & Rathdowney.

Time: 2.30pm

Date: Saturday 18th May 2024

Location: Castle Arms Hotel, Durrow



Suitability: Everyone

Park Cycle (SVT)

An invite to Park Run participants to swap their runners for bicycles and bring a picnic! Drinks, Fruit and Sweet Treats will be provided. A moderate 12/15km Cycle

Time: 3pm

Date: Sunday 19th May 2024

Location: The Old Schoolhouse, Vicarstown

Suitability: Everyone

Bike Repair Workshop (Laois Sports Partnership)

Hiring a bike mechanic to run workshops on bike maintenance for event days.

Time: 11am – 2pm (will be held in conjunction with Couch to 50km Finale)

Date: Sunday 19th May 2024

Location: Race Right Cycles (R32K7TX)

Suitability: All Ages

Cycle For Your Lunch (Kiln Lane Residents Association)

Time: 2pm

Date: Sunday 19th May 2024

Location: In Kiln Lane Housing Estate, Mountrath

Suitability: 3yrs – 9 yrs

PEDDLING POETRY & NATURE CYCLE (Irish country roads and culture trails)

Learn about Bees, Birds and thatching along the way. Refreshments and Music. Time: 12pm

Date: Sunday 19th May 2024

Location: Faith Mission Complex Tubberboe

Suitability: Everyone



Leisure Cycle (Mountrath Development Association & Mountrath Youth Theatre)

A Leisure Cycle followed by a Spoken Word Session where young people work with a spoken word poet to devise a poem about cycling and record it. Time: 11 am

Date: Saturday 25th May 2024

Location: Mountrath

Suitability: Everyone

Carlow

Cycle For Life

This event will run throughout the week 13th-17th May and will include: Let's Go! Beginner Balance bike sessions, Safety Training, Road Travel – This will consist of a community cycle.

Time: 9.00am-3pm (School Hours)

Date: Monday 13th– Friday 17th May 2024

Location: Ardattin National School and Village, Co. Carlow

Suitability: Children and Parents

Cycle To School Week

This event will run throughout the week 13th-17th May. Pupils with bikes will be encouraged to cycle to school for the full week.

Time: 9.00am – 3pm (School Hours)

Date: Monday 13th – Friday 17th May 2024

Location: Holy Family Boys National School

Suitability: Children who attend the school

Cycle Waterford Greenway

Cycle 20/30km of the Waterford Greenway using electric bikes.

Time: 9am-3pm

Date: Monday 13th May 2024

Location: Waterford Greenway



Suitability: Active Retired members

Carlow Educate Together_ - Active Travel

This event will run throughout the week 13th-17th May. It will include: Afternoon cycling sessions with improver cyclists in School. These will be children from the ASD classes, Senior Infants Cycling Lessons Daily, Senior Classes cycle from School and Town Park and further along the Barrow Track, Community Bike Bus with children, staff, and parents to our school across Carlow Town

Time: 9.00am – 3pm (School Hours)

Date: Monday 13th – Friday 17th May 2024

Location: Carlow Educate Together, Athy Rd., Carlow, River Barrow Track for the senior class cycle.

Suitability: Children, Staff, and Parents

Bike Week Competition & Cycling Instruction

This event will run throughout the week 13th-17th May and will include: Cycling Instructor to deliver Workshops with all the classes. Bike week competition where children will do a project and art competitions with the theme 'Cycling'.

Time: 9.00am – 3pm (School Hours)

Date: Monday 13th – Friday 17th May 2024

Location: Tinryland National School, Tinryland, Co.Carlow

Suitability: Primary School Children

Cycle Training Courses

This event will run throughout the week 13th-17th May and will include: Cycle Right Training Course, Safety Training, Rules of the road

Time: 9.00am – 3pm (School Hours)

Date: Monday 13th – Friday 17th May 2024

Location: St. Columbas National School, Tullow, Co. Carlow

Suitability: School Going Children



Cycle Safety

This event will run throughout the week 13th-17th May. It will include: Cycle safety school art competition, Cycle Safety training

Time: 9.00am-3pm

Date: Monday 13th – Friday 17th May 2024

Location: Bishop Foley School, Station Rd., Carlow

Suitability: School going Children-2nd-6th class

Carlow Regional Youth Services Bike Fest 2024

Bike Fest 2024 will consist of pop-up workshops across Carlow Town -The Vault on Burrin Street, Hanover Park, Carlow Town Park, Carlow Skate Park and Tullow rd., area. Activities will include 5 bike repair workshops led by an experienced tutor to teach young people about taking care of their bikes and doing their own basic repairs. Information on cycling safety and rules of the road, fun activities for young people to work on their balance, bike handling skills, obstacle course, and bicycle treasure hunt.

Time: 3pm – 6pm Daily

Date: The Vault: 13/05/2024: 4pm – 6pm: pop up repair workshops & safety information.

Hanover Park: 14/05/2024: 4pm – 6pm: pop up repair workshops, safety information, bike handling obstacle course.

Tullow Road Community Pitch: 15/05/2024: 4pm-6pm: pop up repair workshops, safety information, bike handling obstacle course.

Carlow Town Park: 16/05/2024: 4pm – 6pm: pop up repair workshops, safety information, bike handling obstacle course and treasure hunt.

Carlow Skate Park: 17/05/2024: 3pm – 5pm: pop up repair workshops, safety information, bike handling obstacle course and treasure hunt.

Location: The Vault on Burrin Street, Hanover Park, Carlow Town Park, Carlow Town Park, Carlow Skate Park, and Tullow Road area.

Suitability: Children aged 10-12 years and teenagers

Safe Cycling

This event will run throughout the week 13th-17th May. It will include: Promote cycling to and from training and match events during the week, Bike Maintenance, High Visibility and safety measures.



Time: 6 – 8pm

Date: Monday 13th – Friday 17th 2024

Location: Palatine G.A.A Club

Suitability: Juveniles, U7's, U9's, U11's, U13's and U, 15's

Girls Blueway Track Social Cycle

This will provide an opportunity for Teenage Girls 2nd-5th year to enjoy a leisurely cycle from Bagenalstown to Graiguenamanagh/St. Mullins along the scenic Barrow Track. A buddy system will be in place so the girls can bring a friend with them on the cycle.

Time: 9.00am – 3pm

Date: Friday 17th May 2024

Location: Bagenalstown- Graiguenmagh/St. Mullins. Along the Barrow Track

Suitability: Teenage Girls 2nd-5th Class

Ouragh Cycle

This will give boys and girls aged 8-12 years and their families an opportunity to engage in a 4-mile annual cycle. The kids will engage in a bling your bike competition, art competition and a Bike repair workshop.

Time: 9am-3pm

Date: Friday 17th May 2024

Location: Ouragh, Co. Carlow

Suitability: Boys and Girls aged 8-12years and their families

Bike Day

Children between the ages of 5-12 years and their families can enjoy a fun day of Bike events which will include: Relay Race, Obstacle course, Wash your bike, Learn how to fix your punctures

Time: 9am-3pm

Date: 17th May 2024

Location: Queen of the Universe, Bagenalstown, Co.Carlow



Suitability: Primary School Boys & Girls & parents

Pedal With Power

Call into the Exchange, Potatoe market Carlow Town from 10am -1pm and pedal with power on a Bolt e bike. Representatives from Bolt Ireland will be on hand to help you take a trial, set up the app and go through the basics of using an e Bike. Carlow County Council, in partnership with Bolt, will also provide discount codes that will allow new or existing users to take up to two 20-minute journeys during Friday 17th to allow for a free round-trip.

Time: 10am-1pm

Date: Friday 17th May 2024

Location: The Exchange, Potato Market, Carlow Town

Suitability: Over 18 years

Teenage Cycling Group – Camp Leighlinbridge To Clashganny And Graiguenamanagh

Cycle from Leighlinbridge along the Barrow Track through Bagenalstown, Goresbridge, Clashganny and arriving in Graiguenamanagh where we camp for the night in Brandon Hill Campsite. Return by bike the following morning. Cub scout and Beavers to join us for a cycling activity in Graiguenamanagh on Sunday afternoon.

Time: 10am-4pm

Date: Saturday 18th May & Sunday 19th May 2024

Location: Leighlinbridge- Clashganny/Graiguenamanagh along Barrow Track

Suitability: Teenagers between the ages of 12-16 years

Street Velodrome

Carlow Sports Partnership are holding a mass participation event for Bike week this year. We are bringing the award-winning StreetVelodrome series – a mobile ‘pop-up’ style cycling velodrome to Carlow. StreetVelodrome’s core purpose is to provide easy access to cycling, particularly among grassroots and hard-to-reach groups. It can facilitate people of all ages and physical abilities and has been used widely by councils to promote the benefits of active lifestyles with schools, families, and community groups.

Time: 11am-4pm



Date: Sunday 19th May 2024

Location: SETU, Main Campus, Kilkenny Rd., Carlow

Suitability: Children & Families

Carlow RCC Youth Races

Carlow RCC are hosting a 2-stage youth race open to boys and girls from across the country. This will be open to the following age categories: under 12, under 14 and under 16 youths.

Time: 9am-3pm

Date: Sunday 19th May 2024

Location: MSD, Dublin Rd., Carlow

Suitability: Boys and Girls, aged 10-15 years, their families, and supporters.

Rathoe Community 5km Cycle

A chance for Children from the age of 4-16 to enjoy a leisurely cycle in the vicinity of Rathoe Village.

Time: 12noon

Date: Sunday 19th of May 2024

Location: Rathoe, Co. Carlow

Suitability: Boys & Girls aged between 4-16 years of age.

Wexford

Cargo Bike Demo With Wexford Bicycle Users Group (WexBUG)

A chance for people to see a variety of cargo bikes and learn from experienced users how they can be a practical and versatile option for use as an urban transport mode.

Time: 11pm-1pm

Date: Saturday 11th May 2024

Location: Trimmer's Lane West, Selskar, Wexford town (in pedestrian area outside The Bike Shop)

Suitability: All



Bike Maintenance Demo

For those keen to gain a basic understanding of bicycle maintenance, instructor Jack Thiel will demonstrate how to carry out basic bike safety checks, using the “M” Check method. A puncture repair demo will also be included.

Time: 2pm

Date: Saturday 11th May

Location: Woodbine Estate at the Multi Use Games Area/ mini all-weather pitch, Irish Town, New Ross

Suitability: All levels. Numbers limited. Please register in advance

Please register in advance by emailing wexfordbikeweek@lathiel.com

Teenage Hangout At Courtown BMX Club

Hangout with your friends, have fun and learn some cycling skills with Courtown BMX Club. Bikes, helmets and snacks provided.

Time: 6 – 7pm

Date: Monday the 13th of May

Location: Courtown BMX Club.

Suitability: Teenagers, all levels.

For more information: To book your place email bikebuddiesirl@gmail.com

BMX Come and Try Session

Date: Tuesday, 14th of May

Time: 6pm

Location: Courtown BMX Track, Riverchapel Community Complex, Co. Wexford. Y25 A3TO

Details: An introduction to BMX for all ages and abilities. Bikes and helmets will be provided (please wear long sleeves, long trousers and gloves). Aimed at beginners with little to no experience of BMX – open to all ages.

Adapted Bike Taster Session



**CYCLING
IRELAND**



This event is aimed at those who would like to try out a variety of adapted bikes from trikes to tandems, handcycles to wheelchair platform bikes.

Time: 10am to 12 noon

Date: Wednesday 15th May

Location: South East Greenway, Rosbercon, New Ross, County Wexford

Suitability: Adults with additional physical needs. Booking essential and places limited.

To register please email anna.flynn@wexfordcoco.ie

Bolt Bike Demo And Assistance With Using The App

This event is aimed at those who are curious about trying out the Bolt public eBike sharing scheme in Wexford town but may not have had the confidence to have a go yet. Aisling Dunne from Bolt will be on hand to talk first time users through downloading and setting up the app. Georgina Gaul from Wexford Sports Active will then assist with trying out the eBikes in a safe, off road environment in County Hall grounds

Time: 2:30pm – 4:30pm

Date: Wednesday 15th May

Location: Wexford County Council Offices, County Hall, Carricklawn, Wexford town

Suitability: Over 18's. Beginners to eBikes or those returning to cycling after some time. Also aimed at those who need assistance with using the Bolt app which unlocks the eBikes for use.

To book your place please email cyclingofficer@wexfordcoco.ie

Wexford Bike Week – Night Ride

This will be a fun, social spin, under the night skies led by Community Bike Ride Leader Jack Thiel and Georgina Gaul of Sports Active Wexford. Booking is through the 'Link My Ride' app – details below (This app replaces the older Community Bike Rides website which regular cyclists may have been familiar with).

Time: 9:30pm

Date: Wednesday, 15th May

Location: South East Greenway, New Ross. Meet at Greenway Car Park in Rosbercon

Suitability: Over 18's. Cyclists must have bike lights, front and rear and a helmet. Max number of participants 16. Advance booking essential, To register your place click <https://bit.ly/3VT3dFb> or Bike Week



BMX Come and Try Session

Date: Wednesday, 15th of May

Time: 6pm – 8pm

Location: Courtown BMX Track, Riverchapel Community Complex, Co. Wexford. Y25 A3TO

Details: An introduction to BMX for all ages and abilities. Bikes and helmets will be provided (please wear long sleeves, long trousers and gloves). Aimed at beginners with little to no experience of BMX.

Adapted Bike Taster Session

Date: Wednesday, 15th of May

Time: 10am - 12pm

Location: New Ross Greenway, Co Wexford

Details: Seamus Wall and Cycling Ireland Para-cycling Development Coach Marcin Mizgajski will be on hand. To book a cycle on the greenway, booking is essential by emailing anna.flynn@wexfordcoco.ie.

Learn To Cycle With Balance Bike Buddies

A fun, learn to cycle session with Daniella and Emma from Balance Bike Buddies. The event is being organised directly with local schools and will take place at the new Learn to Cycle park in Enniscorthy

Time: 9:30am – 2:45pm

Date: Thursday 16th May

Location: Enniscorthy Learn to Cycle Park, Opposite the Enniscorthy Sports Hub, Gort na Gréine, Enniscorthy

Suitability: Beginners

For more information click [Bike Week 2024 | Wexford County Council \(wexfordcoco.ie\)](#)

Bike Maintenance Demo



For those interested in gaining a basic understanding of bicycle maintenance, Sean Moore from Barrow Bikes will demonstrate how to carry out basic bike safety checks, using the “M” Check method. A puncture repair demo will also be included.

Time: 6pm

Date: Thursday the 16th May

Location: Barrow Bikes, Rosbercon, New Ross, Co. Wexford

Suitability: All levels

For more information: Please register in advance by emailing wexfordbikeweek@lathiel.com or for more information follow the link below

[Bike Week 2024 | Wexford County Council \(wexfordcoco.ie\)](https://www.wexfordcoco.ie)

Cycling And Nutrition

Join Pedal Pushers active retirement cycling group for a talk on sports nutrition and eating well to age well. Sarah Siggins, Community and Food Nutrition worker will discuss the benefits of eating well to help maintain an active lifestyle.

Time: 2:30pm

Date: Thursday the 16th May

Location: Brandon House Hotel, New Ross

Suitability: All levels. Numbers limited. Please book in advance, see link below.

For more information: Please register in advance by emailing cyclingofficer@wexfordcoco.ie .
For more information see [Bike Week 2024 | Wexford County Council \(wexfordcoco.ie\)](https://www.wexfordcoco.ie)

Bike Picnic And Family Slow Roll In Gorey Town Park

A fun morning with bike themed events in Gorey Town Park, including a short Family Slow Roll around quieter streets of Gorey town. This event is being held in association with Gorey Pedestrian and Cycle Association. Join us for a fun morning with slow bike race; prizes for best dressed bike; face painting and make your own bike safety pizza. Balance Bike Buddies staff will also be on hand to teach some basic cycling skills to younger children.

Time: 11 am

Date: Saturday, the 18th of May

Location: Gorey Town Park and local streets of Gorey, Co. Wexford



Suitability: All. Competent cyclists only on the Slow Roll as this takes place on the public streets. Children must be accompanied by an adult at all times

Bike Fest In Courtown BMX Club

An all day event in Courtown BMX Club. Join Daniella and Emma on the BMX track to learn some new cycling skills. Discover the thrill of BMX, come and give it a go with expert coaches. Sessions will include balance bikes, cycling skills, introduction to BMX (children) and introduction to BMX (families)

Time: 10:00am to 3:00pm

Date: Sunday, 19th of May

Location: Courtown BMX Club, Riverchapel, Courtown

Suitability: Families

For more information: To book your place email bikebuddiesirl@gmail.com

Get Back On Your Bike – With Wexford Wheelers

A 25km social cycle from Wexford Quay to Killinick and back with Wexford Wheelers Club to launch their 'Get Back on Your Bike' summer programme and to promote the benefits of cycling and to encourage people to get back on their bikes. This is an inclusive event, non competitive and open to beginners. It will be led by experienced cyclists

Time: 1:30 pm

Date: Sunday 19th of May

Location: Wexford Quay, Wexford town to Killinick and back (25km)

Suitability: All over 18, non competitive. Everyone joining must have a roadworthy bicycle, a helmet, hi viz and appropriate clothing. Event capacity will be capped for safety reasons.

For more information: To register your place in advance please email wexfordwheelerscc@gmail.com

Biodiversity Cycle To Wexford Wildfowl Reserve – With Wexford Bicycle Users Group (WexBUG)

Cycling tour from Ferrybank to Wexford Wildfowl Reserve with WexBUG. Coffee and cake on Wexford quay afterwards. Supported by Irish Cycling Campaign and Irish Environmental Network



Time: 11am

Date: Sunday, May 19th

Location: Ferrybank (Wexford town) to Wexford Wildfowl Reserve and back to Wexford Quay.

Suitability: Basic cycling ability – will include some busy road – but mostly quiet roads.
Everyone joining must have a roadworthy bicycle, a helmet, hi viz and appropriate clothing.

For more information: To register your place in advance please email georginagaul@gmail.com

Biodiversity Bike Ride With Gorey Pedestrian And Cycling Association

Join biodiversity expert Natasha Ariff and the Gorey Pedestrian and Cycling for a biodiversity bike ride and learn how we can protect nature in Gorey. The route will stop by several biodiversity sites in Gorey town where we will learn what we have around us, and how we can do so much more to protect our environment in Gorey. Followed by complimentary refreshments at Gorey Town Park

Time: 11:00am– 1:00pm

Date: Sunday the 19th of May

Location: Meet at the Heritage Orchard (Next to the Fire Station in Gorey)

Suitability: All fitness levels. Everyone joining must have a roadworthy bicycle, a helmet, hi viz.
Limited spaces, to book your place get your ticket on : biobike.eventbrite.com

BMX Sunday Funday

Date: Sunday, 19th of May

Time: 11am – 2pm

Location: Courtown BMX Track, Riverchapel Community Complex, Co. Wexford. Y25 A3TO

Details: Sunday Funday with local youth groups and some live music and refreshments. Aimed at beginners and families with little to no experience of BMX, open to all.