

IRELAND



CYCLING IRELAND

Is your school up for the Cycle Around Ireland Challenge! Can your school Cycle Around Ireland completing all the routes on the map?

Inspired from the Active Schools - Run Around Ireland Challenge, Cycling Ireland have developed this cycling challenge for schools to complete over a 4-week period. This 4-week challenge encourages schools to incorporate cycling into their everyday routine, from cycling to and from school, as part of PE curriculum, to setting up a cycling after school club.

The Cycle Around Ireland challenge is designed to promote cross-curricular learning, as well as benefits of physical activity and the importance of sustainable travel. Cycle Around Ireland introduces children to cycle paths that are located across the island of Ireland suitable for beginner cyclists, on flat surfaces, in off road environments.

The 4-week Cycle Around Ireland challenge starts during Active Schools Week and ends during Bike Week: -

- **Week 1 – 23rd April – 30th April (Active Schools Week)**
- **Week 2 – 1st May – 7th May**
- **Week 3 – 8th May – 14th May**
- **Week 4 – 15th May– 21st May (Bike Week)**

****Please note** - If the above dates do not suit, schools are free to complete this 4-week Cycle Around Ireland challenge at a different time throughout the year.*

The Cycle Around Ireland Challenge is a Whole School Approach, meaning that every class and skill level in the school has the opportunity to participate in the challenge. The challenge can be made easier or harder for the different skill levels of the class by selecting routes that are at appropriate distances for example 5th / 6th classes will have greater cycling ability than Juniors / Seniors. Different types of bikes can be used as part of the challenge for example: - balance bikes, mountain bikes, hybrids, trikes etc.

A series of popular **cycle routes** have been chosen as part of the challenge, one for each county. Classes have the opportunity to cycle the distance of each of the cycle routes before, during or after school, with the end goal of cycling the total distance of each of the 32 routes combined. If possible, we would encourage the schools to have a day out during the last week of the challenge to visit your county route and cycle collectively to complete the route as an end of challenge celebration.

Ensure that pupils of all ages, and all abilities, can participate in the Cycle Around Ireland Challenge. The emphasis should always be on the class working together as a team to complete as many KM as possible each day. Try to build variety into the cycling challenge by cycling at different times of the day. cycling for different lengths of time, change the direction of the cycling route, work together for relay races hopping on and off the bikes or focus on different fundamental cycling skills. Ask children to mark out the area that will be used to measure the distance on the school grounds, involve them in calculating how far has been covered during each cycling session.

The **School Challenge Chart** and **Progress Sheet** should be position where it is visible to the whole school. The distance covered during each cycling session should be worked out and recorded noting the day, time, and distance, then tallying up the total for each week and keeping on track for the final target. If successful **certificates** of completion will be awarded to each student!

Teachers should be encouraged to explore all possibilities of cross-curricular learning for their class level and the opportunity for project work should be utilised by teachers. The Cycle Around Ireland Challenge can be implemented and taught alongside other subjects which may relate to it. While completing the Cycle Around Ireland Challenge, the history and geography of areas close to the cycle routes could also be taught. The Cycle around Ireland Challenge should be used as an opportunity to develop the physically literate child through the teaching of the cycling fundamental movement skills: - balancing, breaking, cornering, and pedalling.

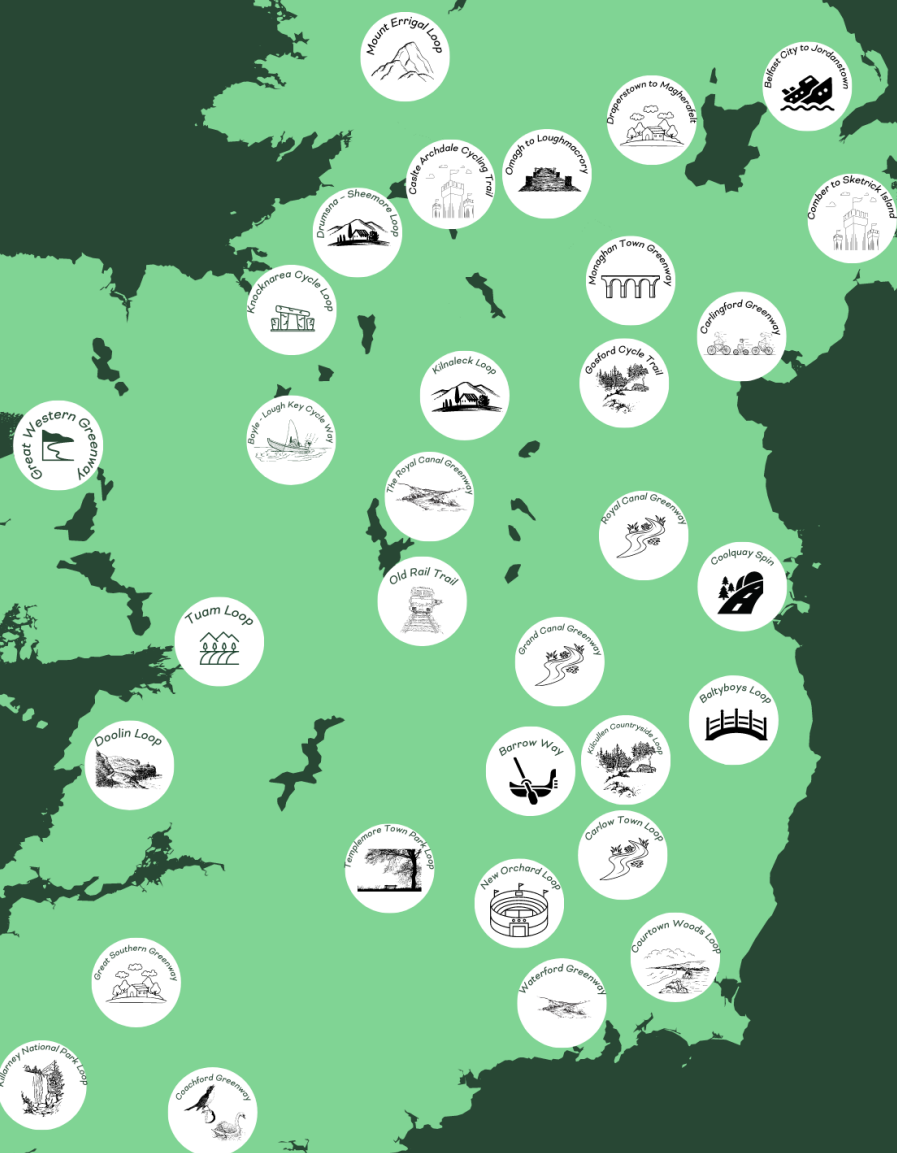
Do not forget to complete a [Safety Check](#) before each cycling session, including a Risk Assessment.

Be sure to capture the fun and enjoyment had by the school to complete this challenge. We would love to hear how you are progressing, please tag **#Cycling Ireland**.

Best of luck completing all the routes on the Cycling Around Ireland Challenge!











Cycle Around Ireland Map













On the map below find all the locations of each Cycling Routes.



























CYCLING IRELAND















Cycle Around Ireland Cycling Routes





CONNACHT	ROUTE	DISTANCE COMPLETED
Galway 	TUAM LOOP On these quiet, flat, country roads, you will barely realise that you are on a bike at all, as you lose yourself in the Galway countryside. You will pass through Caherlastraine and Kilconly before returning to Tuam.	35km 
Mayo 	GREAT WESTERN GREENWAY Great Western Greenway - The world class Western Greenway is a traffic free cycling trail which follows the route of the former Achill to Westport railway line. The route passes through the towns of Newport and Mulranny as it runs along the coast of Clew Bay.	46km 
Sligo 	KNOCKNAREA CYCLE LOOP Knocknarea Cycle Loop - The Knocknarea cycle route is a mainly flat route which circles around Knocknarea and passes one of Ireland's largest and Europe's oldest megalithic cemeteries.	21km 
Roscommon 	BOYLE TO LOUGH CYCLE WAY This scenic route takes you through Boyle Marina, along the banks of the Boyle Canal, and through amazing woodland and onto the magnificent Lough Key. Explore Boyle Abbey and learn the story of Boyle and its people in King House.	8km 
Leitrim 	DRUMSNA – SHEEMORE LOOP This route takes you on quiet roads from Drumsna to the little village of Efrinagh and on to Sheemore. A ten-minute climb to the top of Sheemore is well worth the stunning views of Leitrim, Sligo and Roscommon. The way back is a nicely hilly route through Kilclare for more views of the locality and on to Drumsna.	25km 

MUNSTER	ROUTE	DISTANCE COMPLETED
Cork 	COACHFORD GREENWAY <p>This route is a purpose-built off-road trail developed to provide a safe recreational facility for walkers, cyclists and anglers. Visitors can enjoy beautiful flora and fauna; animals and birdlife that live on or near the water to include Heron's, Kingfishers, Geese and the occasional sea eagle.</p>	6km 
Clare 	DOOLIN LOOP <p>This route takes you from Doolin south towards the Cliffs of Moher, offering wonderful views of the local countryside with stunning coastal panoramas. There are numerous stop-off points along the routes with excellent restaurants and other facilities and services.</p>	18km 
Kerry 	KILLARNEY NATIONAL PARK LOOP <p>This wonderful route includes all the National Park's attractions as well as many other Killarney historical and natural wonders. Killarney National Park has so much to see including streams, rivers, waterfalls, lakes, beautiful oak forests and horse trails.</p>	27km 
Limerick 	GREAT SOUTHERN GREENWAY (RATHKEALE – NEWCASTLE WEST) <p>Following the old Limerick to Kerry railway line, the Limerick Greenway seamlessly links the West Limerick landscape with bustling towns and villages and some of the country's most historic sites. Starting from Rathkeale, you will continue through Ardagh onto Newcastle West. There is lots to see and explore along the greenway such as Ardagh Station House which served its first train in 1867 and Ferguson's Viaduct.</p>	13km 
Tipperary 	TEMPLEMORE TOWN PARK LOOP <p>Beginning in Borrisoleigh, this route takes you past Kilfithmone and Barnane before arriving in Templemore. Tracing alongside the Templemore Town Park, the rider would be forgiven for taking a slight detour into the park to enjoy the beautiful scenery and magnificent lake. Resuming the spin, the return leg of the loop makes for straight and mostly downhill cycling which will be welcome on your way back to the start point.</p>	25km 
Waterford 	WATERFORD – KILMEADEN GREENWAY <p>This short spin is a great introduction to the Waterford Greenway. Since its opening in 2017, the greenway has been a popular destination for cyclists travelling from near and far, and it is easy to see why! This route begins in Waterford City and continues along the scenic banks of the River Suir before rolling into Kilmeaden. Turning back in Kilmeaden, the return journey offers a second chance to take in those stunning river views on the short journey back to Waterford!</p>	24km 

LEINSTER	ROUTE	DISTANCE COMPLETED
Longford 	THE ROYAL CANAL GREENWAY <p>Starting from Longford town, this off-road greenway travels along the old Royal Canal towards Cloondara. This is a completely flat route and provides an excellent way to enjoy some of Longford's scenic landscape.</p>	17km 
Offaly 	GRAND CANAL GREENWAY (TUALLAMORE – LOUGH BOORA) <p>The Tullamore to Lough Boora Section of the Greenway links two landmark sites along Ireland's Ancient East - Tullamore DEW and Lough Boora Discovery Park. The journey westwards offer historic sites and rural tranquility in abundance.</p>	22km 
Meath 	ROYAL CANAL GREENWAY <p>This route begins in Enfield and will take you all the way to the Hill of Down, where you can stop and catch your breath before returning back via the same route. This easy to navigate greenway is perfect for beginners and as it is out and back, you can choose to make the distance as short or long as you like!</p>	32km 
Westmeath 	OLD RAIL TRAIL <p>The Old Rail Trail runs through County Westmeath from the thriving town of Athlone to Mullingar. The path follows the old track of the Midlands Great Western Railway, past renovated station buildings and under beautiful stone arched bridges.</p>	43km 
Kildare 	KILCULLEN COUNTRYSIDE LOOP <p>Beginning in Kilcullen, this short route offers stunning views of the local scenery. After crossing the Liffey, you track alongside the New Abbey Woods, Coillte Forest and Glen Wood before making your way back around and crossing the Liffey for the second time. Although short, this spin around the countryside certainly has no shortage of beauty.</p>	11km 
Louth 	CARLINGFORD GREENWAY <p>The Carlingford Greenway is a must-do route in County Louth. The well-signposted route brings cyclists along the shoreline of Carlingford Lough between Omeath and Carlingford. The greenway is traffic-free for the most part making it suitable for parents to cycle with children.</p>	7km 
Laois 	THE BARROW WAY <p>Starting from Vicarstown village, you will continue from Vicarstown bridge along the scenic Barrow Way for 8kms before turning around and heading back the way you came. If you feel like switching up the reverse journey, it's possible to head back to Vicarstown via both sides of the canal!</p>	16km 

Dublin 	COOLQUAY SPIN <p>This spin, beginning at Forrest Little Golf Club, brings you all the way out of Dublin and briefly into County Meath before looping back to the start location. Using a variety of local and main roads, this route is about exactly that, variety! From the hustle and bustle of city living experienced on the N2, to cycling down country roads with old cottages and cemetery walls coloured spectacularly with ivy, there is a little bit of everything on this route.</p>	27km 
Wicklow 	BALTYBOYS LOOP <p>Leaving Blessington Town Square, you will very briefly enter into County Kildare before turning left and crossing the Baltyboys Bridge. Continuing on, the rider goes through the village of Humphreystown before looping back around and passing the Tulfarris Holiday Village on the Liffey and the Baltyboys Cemetery. The ride back to Blessington follows the same route upon meeting the R758.</p>	20km 
Kilkenny 	NEW ORCHARD LOOP <p>Beginning in the heart of Kilkenny City, this short spin takes you out to the countryside as far as Kilkieran Church before looping back to the start point. Don't let the distance fool you, your journey will be filled with interesting stop-off points, including The Famine Memorial Gardens and the infamous Nowlan Park, home of the Kilkenny hurlers!</p>	16km 
Carlow 	CARLOW TOWN LOOP <p>Starting in Carlow town at the Éire Óg GAA grounds, this is a flat route with a combination of bike paths and main roads. You will pass Carlow IT campus and travel alongside the Barrow River before enjoying some quieter, scenic roads on this enjoyable looped cycle.</p>	15km 
Wexford 	COURTOWN WOODS LOOP <p>The route is beautiful and features both open terrain and woodlands. It is also nearby to the beach if you wish to stop and have a quick dip after exploring the woods.</p>	1.6km 

ULSTER	ROUTE	DISTANCE COMPLETED
Cavan 	KINALECK LOOP <p>This route, beginning in Crosserlough GAA Grounds, loops back on itself using a variety of quiet country roads. The lush Cavan countryside is truly a sight to behold as you work your way to Ballyjamesduff. A quick coffee break here, in any of the local coffee shops, is recommended before making your way back to the starting point.</p>	20km 
Donegal 	MOUNT ERRIGAL LOOP <p>This scenic bike ride is perfect for beginner or intermediate cyclists. This looped route takes place on rolling, paved roads with stunning views of Dunlewy Lough and Mount Errigal, the tallest peak in Donegal!</p>	15km 
Fermanagh 	CASTLE ARCHDALE CYCLING TRAIL <p>The route consists of a mixture of forest roads and single track, for people of all ages and skill levels. The Old Castle, which was destroyed during the Irish Rebellion in the 17th century, roughly denotes the halfway point and offers a distinctive location to take a short break.</p>	8km 
Tyrone 	OMAGH TO LOUGHMACRORY <p>Beginning at the Tyrone & Fermanagh Hospital, this spin takes you across main and back roads before arriving at Loughmacrory Lake. If your legs need a break at this stage, there is a pristine nature trail at the lake which is always worth a stroll, before making the return journey to Omagh.</p>	29km 
Derry 	DRAPERSTOWN TO MAGHERAFELT <p>Beginning in Draperstown, this loop takes you around stunning rural Derry, encountering a number of the county's quaint villages. Passing Desertmartin Motocross Track before meandering through the village of Desertmartin itself, you continue parallel to the Moyola River through Magherafelt, Curran and Tobermore, before returning to the start point in Draperstown.</p>	32km 
Down 	COMBER TO STERICK ISLAND <p>Beginning in Comber, this route tracks down the West side of Strangford Lough, the largest inlet in either Ireland or Britain. On your way to Sketrick Island, you will pass the WWT Castle Espie, a nature reserve, along with the ruins of Tullynakill Church. Feel free to hop off your bike and take a walk! On the Island, a coffee break at 'Daft Eddies' is a must before returning along the same route back to Comber.</p>	26km 
Monaghan 	MONAGHAN TOWN GREENWAY <p>Starting at Coolshannagh Roundabout, following the towpath of the abandoned Ulster Canal, the route has a combination of urban and rural landscapes. Heritage structures along the route include three bridges, a lock house and two locks.</p>	4.2km 

Antrim 	BELFAST CITY TO JORDANSTOWN <p>Beginning at Hazelbank Park in Belfast City, this short route certainly has no shortage of sights to see! You won't be on your bike long by the time you come across the Belfast Seafront and Docks, followed by the infamous Titanic Centre. Making a U-Turn shortly after, you continue back to Hazelbank Park to finish your ride. This cycle is rare in that almost all this route is traffic-free, making it an ideal spin for beginners!</p>	21km 
Armagh 	GOSFORD CYCLE TRAIL <p>This woodland trail is filled amazing plants and animals. The trail combines two brief segments of single track with forest roads. Riders with a rudimentary understanding of off-road cycling can use the trail.</p>	7km 

Cycle Around Ireland Challenge Progress Chart

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKLY TOTAL
Before school						
During school						
After school						
TOTAL						

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKLY TOTAL
Before school						
During school						
After school						
TOTAL						

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKLY TOTAL
Before school						
During school						
After school						
TOTAL						

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKLY TOTAL
Before school						
During school						
After school						
TOTAL						

Cycle Around Ireland Challenge Total: 637.8km	Cycling Around Ireland Challenge Completed:
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CYCLE AROUND IRELAND

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

HAS SUCCESSFULLY COMPLETED
CYCLE AROUND IRELAND CHALLENGE



**CYCLING
IRELAND**