

### Trail

<b>Flat distance</b>	151.61 km	<b>Total height ascended</b>	2358 m
<b>Actual distance</b>	151.66 km	<b>Total height descended</b>	2366 m
<b>Minimum height</b>	-2 m	<b>Height difference</b>	-7 m
<b>Maximum height</b>	222 m		

#### Description

An active, challenging undulating course taking in some category 2 climbs and beautiful scenery

### Directions:

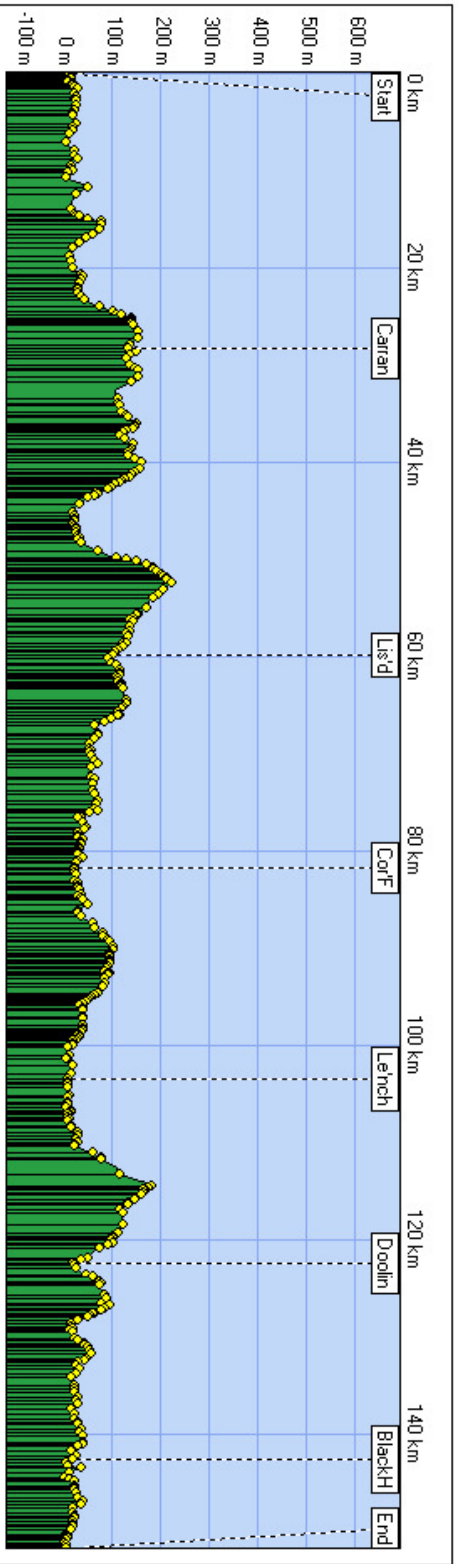
North on the N67, left at Belharbour on the N67, climbing the Ballaghdirne and Rt up the Corker hill and on to Sheshymore Cross via Carron. Turn Rt and down to Ballyvaughan on the R480.

Turn left on the N67 up the Corkscrew to Lisdoonvarra. Food stop at Royal Spa Hotel in square.

Left out of "The Spa" on the R476 for Kilfenora where you turn left onto the R476 for Corofin, through the village, over the bridge and Rt at Co-Op for Ennistymon, careful at the T junction and Rt on to Ennistymon, turning left over the bridge and to Lahinch for Water Stop.

Next on to the Cliffs of Moher via Liscannor. To Doolin via a left at a shop and Rt at next T junction.

Up to Ballinalacken Left on to R479 home to Ballyvaughan via the spectacular coast road.



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### Useful Phone Numbers

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