

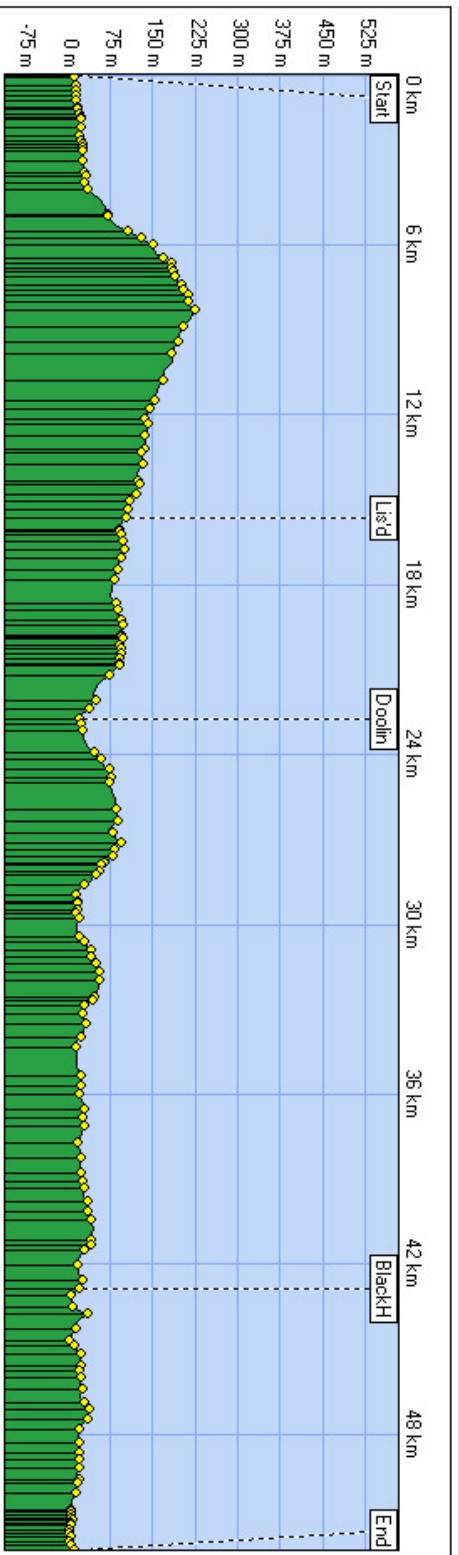


Trail

Flat distance	52.06 km	Total height ascended	796 m
Actual distance	52.07 km	Total height descended	797 m
Minimum height	0 m	Height difference	0 m
Maximum height	222 m		

Description

A beautiful scenic cycle including a category 2 climb - Corkscrew hill and coming home via black head



Directions:

South on N67, up the Corkscrew to food stop at The Roya Spa Hotel in the Square in Lisdoonvarna.

Downhill past the Hydro Hotel and Rt at T junction. Straight across at staggered cross roads. After approx. 3 miles, turn Rt at shop for Doolin, at T junction turn Rt for Ballinalacken and left onto R479 for coast road and home.

Useful Numbers:

Shannon Doc: 1850 212 999
 Ennistymon Gardaí: 065 707 2180
 065 707 2187