



CYCLIST GUIDANCE SHEET

- Four Start times 9.30 for 120km, 9.40 85km, 9.50 65km, 10 am for 40km. All cyclists need to get to the Bramley lodge stop by 2pm.
- Cyclists to line up at Fort Camden Meagher in separate groupings, Please Obey Stewards.
- Cyclists will follow the Coast Guard which is the lead car until the end of the village, no one to overtake lead car, this is a controlled start for safety reasons.
- Monkstown Food Stop. Water and food stop at Monkstown Car Park, stewards will direct you, only for the 40Kms cyclists.
- Portaloos situated at Bramley Lodge.
- Route to Belvelly Bridge. Poor road and busy traffic, care required.
- All cyclists. right hander at Fota Hotel, Care required.
- 120km Traffic lights in Midleton after flyover, Please obey.
- 120km Slipping on to dual carriageway with speeding traffic, stay on shoulder.
- Bramley Lodge Coffee Stop. This is Bramleys busy time so no bikes inside the wall. Please permit cars to access the carpark. Portaloos available in Bramley.
- Care at Belvelly Bridge turning right. Road is tight to the Ferry and is normally busy.
- Care turning into Ferry. Do not use the first exit.

If in doubt, ask a steward or contact the emergency helpline number on your sticker.