



CYCLIST GUIDANCE SHEET 2024

If in doubt ask a steward.

- Four Start times: 09:30 (120km), 09:35 (90km), 09:40 (60km)
- Cyclists to line up at Fort Camden Meagher in 3 separate groupings - Please Obey Stewards.
- Cyclists will follow the lead car until the Royal Cork Yacht Club at the far edge of the village – no one to overtake lead car, this is a controlled start for safety reasons.
- Crosshaven to Glenbrook – busy route with care required at Rafeen junction due to traffic to amenity site. **Note** that **all** routes are travelling direct to Monkstown with **no** turnoff to Dump road (120km/90km/60km will continue on to Ferry at Glenbrook).
- Route to Belvelly Bridge – poor road and busy traffic – Care required.
- 120km/90km/60km cyclists – right hander at Fota Hotel – Care required.
- 120km/90km – Traffic lights in Middleton after flyover – Please obey.
- 120km/90km – Slipping on to dual carriageway with speeding traffic – stay on shoulder.
- 120km/90km – Right turn at Lakeview Roundabout – Care required
- 120km/90km – Descent to Saleen – Extreme care required as 90km take right turn for East Ferry
- 120km - Lower Aghada - TWO options – Gradual Slope or Steep Hill
- 120km/90km – Care required on N25 and turnoff at Castlerock roundabout, taking third exit toward Ballintubber.
- 120km/90km/60km – caution required crossing roundabout at Cobh Cross.
- Bramley Lodge – Coffee Stop – This is Bramley’s busy time so no bikes inside the wall. Please permit cars to access Carpark. Portaloos available in Bramley.
- 120km/90km. Care at Belvelly Bridge – turning left. Road surface poor in places along Pottery Road. Care required when descending from Ballymore to Cuskinny. Care at Cow Cross, busy junction. Also care required at T junction with R624, taking right turn towards Ferry.
- 60km Care at Belvelly Bridge – turning right. Road is tight to the Ferry and is normally busy.
- 60km Care – turning into Ferry – Do not use the first exit.
- Downhill into Ringaskiddy – sharp right turn at speed, and traffic lights.
- Carrigaline – Crosshaven – busy open road - Take Care.
- Fort Camden – Dismount at Finish.