



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

**Ireland – The Backroads and Beyond Cycling and Hiking Tour (2025)
Individual Self-Guided
8 Days/ 7 Nights**



County Donegal is a cyclist's paradise, but it is equally as attractive for anyone who is willing to step off the bike to discover what lies hidden over the horizon. This 8 day adventure combines the best of both worlds. Savour the wonderful backroads, villages and jaw-dropping views of a bike tour and the undiscovered secrets of a walking tour. This mixed activity tour will take you as the name suggests – beyond even the backroads.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848

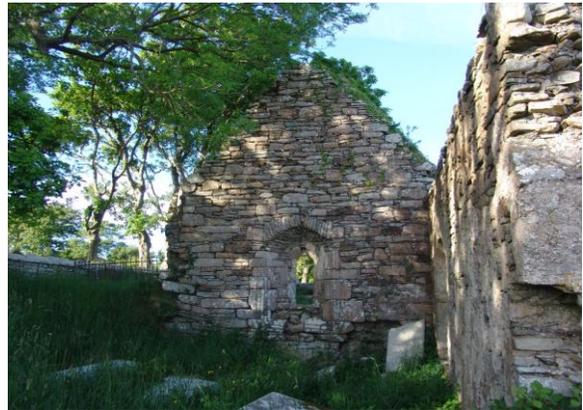
Itinerary Day to Day

Day 1: Arrive Donegal Town.

Donegal Town (ancient seat of the O' Donnell Chieftains, from where they ruled over much of Ireland), is where your bike and hike tour begins. Depending on your arrival time you might like to explore the town. The town is steeped in history, with its imposing castle and ruined Abbey. It also has a great selection of lively pubs and cafés.

Day 2: Donegal to Carrick – 58/61 km

Cycle west along Donegal Bay. The salty smell of the sea will soon be all around. Pass quiet bays and inlets. Take in the wonderful views of the mountains further west and across the bay to Sligo. Pass the fishing village of Killybegs. Follow a stunning stretch of coastline, where every turn reveals a picture-perfect vista, to your overnight destination in the village of Carrick, nestled at the foot of Sliabh Liag



Day 3: Hike Sliabh Liag – Up to 11 km

Today you hike one of Ireland's iconic landmarks. The cliffs at Sliabh Liag rise almost 600 metres above the Atlantic. Follow the cliff top route with awe-inspiring views of the coast and the sea far below. Covering the full loop involves hiking over difficult terrain. However it is possible to choose shorter and less demanding options. The shorter options will be no less dramatic. Return to Carrick for the night.



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Day 4: : Hike Glen Head. Up to 15 km

The coast between Glencolmcille and the deserted fishing hamlet of Port is among Ireland's most stunningly beautiful spots. Yet, you will almost certainly find yourself alone here, among the towering rocks and sea stacks. This is a hike that we promise you will never forget. On your return to Glencolmcille, you can visit many Early-Christian historic sites.



Day 5: Carrick to Ardara or Glenties – 30/41 km

Today the remoteness of the landscape dominates.

You cycle through one of the most sparsely populated areas in Ireland. Experience the thrill of the descend through dramatic Granny Valley to Maghera, where a pristine beach, a series of caves, and Assarancagh Waterfall await. Cycle along Loughros Beag Bay to your overnight destination either in Ardara or Glenties. These are villages where you might just be lucky enough to stumble on one of the legendary traditional music "sessions".

Day 6: : Around Ardara or Glenties – 18/30 km

Today you cycle a beautiful loop around by Portnoo and Rossbeg. Once again, the coastal views are magnificent and ever-changing. Stop at the impressive Kilclooney Dolmen, dating from the early Bronze Age. If you fancy a dip in the Atlantic Ocean there are several beautiful sandy beaches to choose from. If you would prefer a shorter route, there are easier options to choose from. Return to Ardara or Glenties for the night



Day 7: : Ardara or Glenties to Donegal 29 km From Glenties or Ardara, cycle over typical Irish boglands.

Take in the panoramic views over Donegal bay and further along the north-west coast. Finish your cycling with a long downhill bringing you back to Donegal Town. If you simply can't get enough of the area an extra 26 km cycle around Lough Eske awaits. Enjoy the last night of your tour in this pleasant town.

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Day 8: Breakfast and tour end

After one more breakfast it's time to depart, taking with you treasured memories of the natural wonders and friendly people of Donegal.





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Route



Technical Characteristics:

Difficulty Rating: Moderate. Biking is very hilly

Total Distance: 148-185 cycling

Travel Season: Tuesday departures

April 22 – September 16

High season June 3-August 19

Price per Person: *all prices are subject to confirmation on booking*

Off Peak Season Double Occupancy	€ 1340
High Season Double Occupancy	€ 1390
Single Occupancy Supplement	€ 280
Hybrid Bike Rental	€ 115
E-bike Rental	€ 250

Accommodation:

For the most part we use traditional family run Bed and Breakfasts, where you will always be made welcome. These establishments tend to cater much more to the needs of the adventure traveler than the larger hotels. All of the rooms we book have their own bathroom. In the morning you'll get a hearty Irish breakfast that will keep you going for most of the day.

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Included:

- Bed and breakfast accommodation in B&B's and small hotels
- Welcome meeting and bike set up on arrival evening or first morning
- Luggage transfers
- Comprehensive guide booklet
- Maps and turn by turn directions
- GPS unit with all routes pre-programmed (one per room)
- GPX tracks available pre-tour by request
- Emergency support

Not Included:

- Travel to and from start/finish of tour
- Meals other than breakfast





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Hybrid/Touring Bike

Based on the top of the range Thompson Arosa frame design, our bikes feature complete Shimano Deore T6000 components. This is the highest quality range of touring bike components currently available.

Bike Features:

- 3 x 9 Speed Shimano Deore gearing. With smooth shifting and a huge range of gears this is the perfect combination to tackle Ireland's varying terrain.
- Shimano Deore hydraulic disc brakes. Designed for reliability and smooth operation giving the peace of mind that only comes with top of the range components.



E- Bike

The Thompson Enigma is one of the best e-bikes currently available. This is why we have opted to use it as the perfect partner for Ireland's undulating terrain. The Enigma features the world leading Bosch Active Plus drive system and full Shimano gearing and Hydraulic disc brakes.

E-bike Features.

- Bosch Active Line plus motor. Smooth, quiet and offering 50Nm of assistance this is the world's leading e-bike motor.
- Bosch 500 wh battery. No need to even think about whether your battery will last throughout the day. Rest assured it will!
- Shimano Alivio 9 speed gearing.
- Shimano Hydraulic Disc Brakes giving smooth reliable stopping power.
- Unisex Step-through frame model for easy mounting and dismounting.
- Schwalbe Marathon Plus tyres. The world's leading puncture resistant tyre.
- Front suspension for for extra comfort.



Equipment As well as the bicycle the following are also provided.

- Helmet
- Front carrier bag with map holder
- Mudguards
- Rear luggage carrier
- Lock
- Puncture repair kit
- Pump
- Spare inner tube

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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