



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Ireland – The Causeway Coast Bicycle Tour (2025)
Individual Self-Guided
8 Day/7 Nights



Experience a cycling holiday like no other along Northern Ireland's legendary Causeway Coast – one of the world's great destinations. On this bike tour you will visit many of the best known destinations on the island of Ireland. Marvel at the ever changing coastal views. Immerse yourself in history and folklore at every location. Feel at home in the welcoming towns and villages. Stroll or swim at one of the many sandy beaches. Take a break in Bushmills and sample the whiskey from the world's oldest distillery. If you are a Game of Thrones fan, this cycling holiday will take you to many of its iconic filming locations.



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Itinerary Day to Day

Day 1: Arrive Derry/Londonderry

Arrive in historic Derry/Londonderry, the only city in Ireland with its full medieval walls still intact. This vibrant city is rich in culture and history. Walking the walls takes around one hour. It is a great way to explore both old and recent history, as well as offering great views of the city. Derry has many lively bars and restaurants, making it the perfect location for the first night of your Irish cycling adventure.

Day 2: Derry/Londonderry to Moville 38 km

Your cycling tour starts by following the pleasant path along the River Foyle, taking you north and out of the city centre. Soon you will be cycling along quiet country roads, leading you across the border into County Donegal, in the Republic of Ireland. Bike through pleasant green pastures with Lough Foyle on one side and the Inishowen hills on the other. Continue north to the pleasant seaside town of Moville, where you stay for the night.



Day 3: Moville to Portstewart 43 km

A short cycle in the morning will take you to the ferry terminal in the pretty fishing village of Greencastle. The short ferry crossing brings you to Magilligan Point in Northern Ireland. After biking

along the coast you reach Downhill beach and Demense with the iconic Mussenden Tower. Game of Thrones fans will easily recognize this place. Cycle on to the university town of Coleraine at the mouth of the river Bann. A little further along the coast is the pretty seaside town of Portstewart, overlooking yet another magnificent strand.



Day 4: Portstewart to Ballycastle 43 km

Today your cycling tour brings you to some of the most iconic locations in all of Northern Ireland. You'll pass Dunluce Castle, impossibly perched on a cliff top. Cycle to Bushmills where you can sample a whiskey from the world's oldest distillery. Then it's on to the legendary Giant's Causeway. Further along the coast, an extra cycle will take you to the vertigo-inducing Carrick-a-Reed Rope Bridge. Your destination for the night is the lovely seaside town of Ballycastle, where the views from the harbour will make you want to sit and relax forever.



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Day 5: Ballycastle 12/44 km

Choose between resting, visiting Rathlin Island or a loop cycle to the Dark Hedges. Rathlin Island is a magical place. (Ferry tickets not included.) Life moves at a different pace here. Its two lighthouses are well worth a visit. The west lighthouse perched on the cliff edge is also a seabird observation point. If you are a Game of Thrones fan you will need no introduction to the Dark Hedges. This is one of the most photographed sites in Northern Ireland. A 35 km cycle through the lovely rolling Ulster countryside will bring you to this iconic location.



Day 6: Ballycastle to Cushendall 30 km

Amazing sea views greet you at every turn as you cycle along the north east corner of Ireland. The rolling road takes you past beautiful Fair Head and Torr Head, and into the pretty town of Cushendun. You are now in the heart of the Glens of Antrim. Follow the coast south to your destination in Cushendall. This lovely coastal village is located where Glen Ballyeamon reaches the sea.

Day 7: The Glens of Antrim 25 – 47 km

A day to explore the beautiful Glens. A leisurely 25 km cycle will allow you to explore Glen Ballyeamonn and Glenariff, “Queen of the Glens”. A longer cycle will take you through the quieter but no less beautiful Glendun and Glenann. Whichever option you choose you can enjoy a great downhill cycle back to the sea, and a final night in Cushendall.

Day 8: Departure

Following breakfast, easy bus connections will bring you to Belfast, or back to Derry, to continue your travels, or to make your way home.





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Route



Technical Characteristics: **Difficulty Rating:** Moderate. This tour is suited to anyone with a moderate level of fitness. If cycling on hilly terrain is a problem, then opt for one of our electric bikes, where even the toughest hill becomes flat!

Distance: 179- 245 km

Travel Season: Departures

Tuesday 3 June

Tuesday 1 July

Tuesday 26 August

Tuesday 02 September



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Price per Person:

Double Occupancy	€ 1490
Single Occupancy Supplement	€ 280
Hybrid Bike Rental	€ 115
E-Bikes	€250

Accommodation:

After a day spent cycling up and down the hills of Northern Ireland, you will need the reassurance of a warm welcome and a comfortable bed. We have chosen our accommodation carefully with the needs of the cyclist in mind. In Derry city we use a city centre hotel. For the rest of the tour we use small bed and breakfasts and guest houses, where you will feel right at home. In the morning you'll receive a hearty breakfast that will keep you going for a good part of the day.

Included:

- Bed and breakfast accommodation in carefully selected guest houses and B&B's
- Welcome meeting and bike set up on arrival evening or first morning
- Daily luggage transfers
- Emergency support
- Comprehensive guide booklet
- All maps and guide notes
- GPS unit with all routes pre-programmed (one per group)

Not Included:

- Travel to and from start/finish of tour
- Meals other than breakfast
- Entry to site along the way



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Equipment Rental

Hybrid Bikes

The bicycle we use on our tours is the Kellys Axis (men's frame) and Kellys Omega (women's frame), or an equivalent model. These high quality 24 speed hybrid models combine the best features of road and mountain bikes, making them the perfect choice for touring the type of terrain in North West Ireland.



E-Bikes

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 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

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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