



The National Cycle Network is being developed throughout Ireland. A number of Cycle Hub towns are located across the country. Each hub town has a number of looped cycle routes consisting of half day & day cycles.

The North Clare Cycle Network, with the town of Doolin – centre of traditional Irish music in Clare - as its hub, offers four new cycle routes varying in distance from 18km to 47km with numerous shorter alternatives. Each cycle offers wonderful views of the local countryside with stunning coastal panoramas. There are numerous stop-off points along the routes with excellent restaurants, pubs and other facilities and services.

Loop 1 :

18 kilometres
1.30 - 2 hours

Start: Doolin

This is a short but steep trip out to the Cliffs of Moher and back via Knocknalarabana; the hill overlooking Doolin. Cyclists will pass the round tower of Doonagore Castle along this route but prepare for a severe climb. This route follows the coast road where magnificent views await.

Loop 2 :

26/39 kilometres
3 - 4 hours

Start: Doolin

This looped route visits the south west corner of North Clare taking in some amazing coastal views. Cyclists can also stop off at the famous St.Bridget's Well situated approximately 300-400 metres south of the Cliffs of Moher, or enjoy a walk or swim at Lehinch beach. There is an option to short cut this route just before O'Briens Bridge which lies just north of Lehinch.

Loop 3 :

43 kilometres
4 - 4.30 hours

Start: Doolin

This predominantly inland cycle route brings cyclists along some very peaceful, scenic routes towards Kilfenora which is situated in the southern tip of the Burren. Continuing on from here cyclists can visit the famous Poul nabrone Dolmen in the heart of the Burren, which was constructed around 3500 B.C. and is one of Ireland's most distinctive landmarks.

Loop 4 :

21/47 kilometres
4.30 - 5 hours

Start: Doolin

This route takes cyclists along the coast road, with spectacular views out to the Aran Islands. The full route takes in some challenging climbs over Slieve Elva, but there is also an option to head inland to Lisdoonvarna at Kilmoun Bridge before the mountains, having already enjoyed the Atlantic views.

For further information and related services visit:

www.discoverireland.ie/shannonregion, www.shannonregiontrails.ie