

Mizen to Malin Cycle Tour (8)

🕒 7 nights, 8 days

Overview

Our Mizen to Malin cycle tour is a legendary journey across the length of Ireland, spanning approximately 920 km from the southernmost point to the northernmost point of the island. This epic cycle tour takes you through some of Ireland's most breath-taking landscapes, charming towns, and historic sites. Expect great music and apres bike banter in the pub!

Wild Atlantic Cycling is based in Ireland! The only Irish company successfully running the Ireland End-to-End!

Mizen to Malin 8 Day Cycle Tour Route Map



The west coast of Ireland is rich in awe-inspiring landscapes, fascinating characters and foot-tapping music. Cycling Ireland End to End from the most southerly point to the most northerly will leave you with rich memories, new friends and a thirst for more! There is no better way to explore the wild beauty of the Wild Atlantic Way from Mizen Head to Malin Head than from the saddle. The grandeur of the Cork and Kerry mountains. The warmth and joy of a night in a Galway pub. The lunar like landscape of the Burren. The packed mountain ranges dominating the horizon of the Connemara National Park. The giant Sea Loughs of the Inishowen Peninsula. Your end-to-end journey of seven days has a breathtaking finish on the rocky promontory of Malin Head.

This Ireland End-to-End is suitable for the AVID Rider ([Find out if you are an AVID or ACTIVE style of rider here](#)). It is a challenging tour with some longer days in the saddle. Days vary, but generally the route has some climbs of medium difficulty and a few which are challenging. You will most likely need to train for the event and ensure you are fit enough to complete the distance and climbing. If you prefer something with shorter daily distance, then we'd love to see you on the [12-day version of the Ireland End to End](#).

Distance, Climbing & Elevation

The total distance is 925 km with 8,550 meters of climbing.

Our last day is shorter (67 km) to give time for packing and the journey back to Belfast, however it does include the iconic Irish climb of Mamore Gap (yikes!).

The first six days are representative of the average distance and elevation in general - 142 km and 1,290 metres of climbing

Price

The price is £1,625 per person sharing. Some single rooms are available for an additional supplement of £500.

Inclusions

1. Airport transfer to Belfast International Airport at the finish
2. Accommodation and breakfast in great hotels
3. Shannon Estuary ferry fare
4. Luggage transfer
5. Advice on places to stop for your morning coffee - allowing you to support many local small cafés and enjoy the ambience associated with Irish hospitality, oh and great coffee too!
6. Water, Soft drinks, fruit, cakes and bars en route
7. Hearty lunches in pubs, restaurants or picnic style on cycling days
8. Van and mechanical support
9. GPX route files

Exclusions

1. Airport transfers from Dublin Airport to Cork at the start can be provided for an additional fee (£70)
2. Evening meals - Our stopovers all have reasonably priced restaurants and pubs nearby and most of the hotels have good dining. Breakfast and lunch IS included
3. Bike box or bag removal at start, secure storage and delivery to finish (additional fee of £70 applies)
4. Optional trips / entry fees for any excursions you arrange independently
5. Insurance - you need to organise your own bike and travel insurance as required
6. Gels, high energy bars, energy powder and shakes - bring your own as per what works best for you and your tummy!
7. Flights to and from Ireland

An email will be sent out prior to the tour with a link to order extras such as bike box storage, airport transfers and merchandise

Itinerary

MizMal Route and GPX Files

All our cycle tours are supported with GPX files of the entire route. These start at the door of the hotel you are leaving and finish right at your finish hotel. The GPX route files for your Ireland End to End cycle tour will be sent well in advance for you to check uploading to your bike computer. Any revisions will be resent.

Ireland End to End Cycle Route & Itinerary

The route is very scenic with the following itinerary (note figures may differ slightly):

- Day One - Arrival Day
- Day Two – Mizen Head to Killarney 132 km 1,670 m (82 mi 5,500 ft)
- Day Three – Killarney to Spanish Point 151 km 1,036 m (94 mi 3,400 ft)
- Day Four – Spanish Point to Galway 131 km 1,091 m (82 mi 3,582 ft)
- Day Five – Galway to Westport 125 km 1,005 m (78 mi 3,300 ft)

- Day Six – Westport to Donegal town 183 km 1,463 m (114 mi 4,800 ft)
- Day Seven – Donegal town to Buncrana 133 km 1,463 m (83 mi 4,800 ft)
- Day Eight – Buncrana to Malin Head, then drive to the city of Belfast via the International Airport 67 km 823 m (42 mi 2,700 ft)

Cycling Terrain and Bike Suitability

Our uniquely designed Ireland End to End cycle tour is primarily on quiet roads with a small number of joining sections on busier roads. Some cycling in towns and cities is necessary, particularly at the start and end of the day. Roads are generally well surfaced and suitable for road bike tires of 25 mm or more. We recommend a good quality and well-fitted road bike with dropped handlebars for the 7 Day tour. If bringing your bike in a box, we can remove it and return it to you at the end of the tour.

You can arrive with your bike fully built and ready, or in a travel box or bag. In this case your box or bag will be taken away and stored securely for the duration of the tour. It will be returned to you at the end.

Accommodation on the Ireland End to End Cycle Tour

You will sleep and eat breakfast in local, good quality hotels or guest houses in shared or single rooms. Customers are delighted with the high standard of accommodation that we provide. There is a supplement for a single room and the number of singles is limited and subject to availability. Experienced crew will support the trip with help as required. All belongings will be taken ahead to your next stopover and there will be mechanical assistance if required.

Lunch, Snacks and Refreshments

Lunch is included and will be in local restaurants, cafés or pubs - or sometimes picnic style (weather dependent!). We will provide recommendations for stopping off for coffee on the way as well. Evening meals are NOT included in the price.

Water, fruit, bars and snacks are available without limit each day from the support van. Just help yourself.

Arriving for Your Mizen to Malin Cycle Tour

The first date on any advertised tour is arrival day. Our meeting point at the start is a venue close to Cork Airport.

From Dublin Airport

If required, we can provide transfers to the Cork International Hotel on start day for you, your bike and your luggage from Dublin Airport. There is an extra supplement of £70 per person for this. Please contact us if you have other travel requirements you wish to discuss and we will do our best to assist!

International Arrivals

We are delighted that so many international cyclists ride Mizen to Malin with us. We regularly have cyclists from from the USA, Australia, Canada and of course Britain and Europe to name but a few. Get in touch if you have any specific questions or concerns. By email to hello@wildatlanticcycling.com. We can help with your planning.

Departing at the End

On the last day we cycle to Malin Head where the tour finishes at a venue close to Malin Head. From there we provide transport to the Belfast International Airport and the city of Belfast. Due to the uncertainty of finish times, we discourage you from booking onward flights on the finish evening. Instead you may wish to book into the Maldron Hotel at the Belfast International Airport, or the Premier Inn at the Titanic Quarter, Belfast and continue the next day. Your bike box / bag will be taken to your set-down point where you can then repack your bike at your leisure.

What to Expect on a Wild Atlantic Cycle Tour of Ireland

Weather on the Ireland End to End Tour

The weather is changeable. The west coast attracts low pressures and it gets its fair amount of rain.

The beauty about changeable weather is that every day can be different. Clouds form overhead and completely change the look of the landscape. One hour you can be bathed in sunshine, the next you can be marvelling at the cloud shadows, colours and rainbows against the green fields, mountains and bluffs.

A challenging day of 'less than perfect' cycling weather can make you feel alive like nothing else! And you will definitely want to stick around in the pub to swap survival stories!

Group Size and Tour Leaders

Our groups are generally around 12 to 18 people. All our Ireland tours go ahead with a minimum of six people.

Our groups are supported by a tour leader and assistant, both of whom have previous tour support experience and are themselves cyclists who fully appreciate just how it feels however your day pans out. The tour leader and assistant ride in the van to better aid a speedy assist where required. On most tours we also have a rider on the road with basic mechanical and first aid skills who will try to ride 'mid-pack', but the van generally gets there first.

At the initial briefing all cyclists are provided with the tour leader and assistant's number, as well as that of the emergency services which they are instructed to use in the event of an emergency.

English is the main language of Ireland.

Camaraderie

Camaraderie forms a big part of the whole experience our tours provide and although single supplements are available, our tours are priced and catered for such that a single

cyclist can feel comfortable making a booking and opt to share a twin room with someone they don't know.

People tend to settle into their own way of cycling throughout the day and groups can vary from day to day and evening to evening. You can cycle at your own pace for a solitary cycle or join others.

Navigating the Ireland MizMal Cycle Route

We recommend you bring a bike computer onto which you can upload the GPX files of the route. GPX files of the Mizen to Malin route will be emailed to you before the start of the tour.

We will also email route profile sheets to help with finding your way.

Direction of Travel

We travel south to north. The prevailing wind is south-westerly so you should have more wind behind than in front!.

Bike Maintenance

Each morning (and evening) bike cleaning materials, basic tools, pumps and lubricants will be available so you can groom your trusty steeds.

You can telephone any time for mechanical support where required.

Mechanical Issues

With regards to mechanical issues it's helpful if everyone knows how to repair a puncture or replace a tube. However, we are on call if you need help re-seating a stiff tyre on the rim.

Minor mechanicals can be dealt with roadside and where more specialist help is required we can transport you and your bike to a local bike shop to carry out repairs.

Support Van & Cyclist

Our support van with water and refreshments will pass you at least once each morning and afternoon en route to lunch and hotel so you will normally be able to access your day pack before lunch, at lunch and in the afternoon.

We usually have a Support Cyclist on the road as well.

In the afternoon we ensure we get your bag to the hotel before you arrive.

Daily Routine

Every day starts with a hearty breakfast and a briefing.

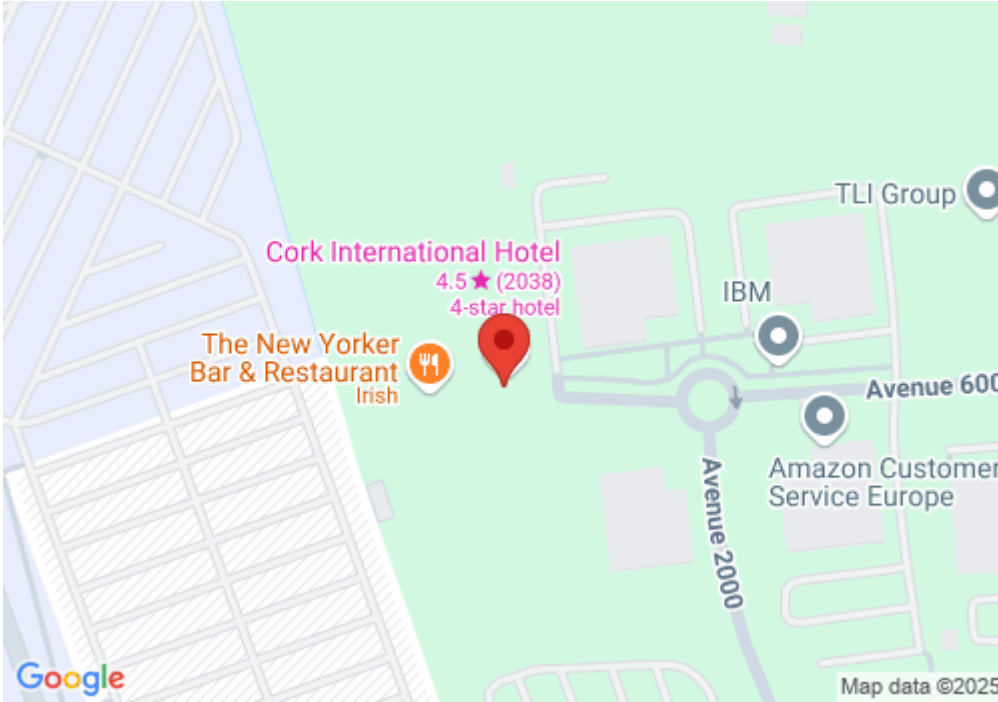
Breakfasts vary but for the most part will include full Irish breakfast (eggs, bacon, sausage, soda bread, potato bread, tomato etc. Cereals, fruit, baked goods and coffee / tea, juice are also usually available.

We'll advise of a suitable morning coffee stop for 'second breakfast' and we'll also specify a lunch stop where the van can be found.

Evening meals are available in some of our Ireland hotels. We do however advise a little walk each evening just to sample the delights these towns have to offer. Sample some Irish Guinness and enjoy the music and culture of this fun area.

Pickup point

[View on Google Maps →](#)



➔ Rider Type

Avid Cyclist

Average Daily Distance (km)

142

Average Daily Climbing (meters)

1,290