



PEDAL & SEA
adventures

WESTERN IRELAND TOUR PACKAGE

As you start to plan for your cycling trip in
Western Ireland, here is some important
information to help you plan your vacation with
Pedal & Sea Adventures





WESTERN IRELAND PRE & POST TOUR IMPORTANT INFORMATION



AIRPORTS

Lisbon Humberto Delgado Airport (LIS)

- Fly into Lisbon Humberto Delgado Airport (LIS). From there, it's about a 40-minute transfer to Cascais, the starting point of your tour. [Lisbon Humberto Delgado Airport \(click here\)](#).

ACCOMODATIONS

Ennis Hotels

- [Old Ground Hotel \(click here\)](#)
- [Temple Gate Hotel \(click here\)](#)



TRANSPORTATION

Buses

- Found just outside of the airport to take you to Ennis. [Available busses \(click here\)](#)

Trains

- Dublin to Ennis via Limerick. Book online to save on cost. [Irish Rail \(click here\)](#)

Taxi

- Taxi from Shannon Airport to Ennis: 30 Mins 30-40 Euro.

TRAVEL TIMES

From Dublin Airport to Downtown Dublin

- Taxi – 40 Mins at 80 Euros

From Shannon To Ennis

- Taxi 30 minutes at 30 Euros

From Dublin to Ennis

- Bus – 3 hours (on average)
- Train – 3 hours (on average)



IMPORTANT INFORMATION

Tour Start

- Old Ground Hotel in Ennis with bike fitting at 4:00 PM in front of the hotel.
- Welcome Dinner at 7:00 PM.

Tour End

The tour ends in the town of Leenane between 1:00 PM and 1:30 PM. At 2:00 PM a taxi will arrive to take guests to either Westport, Ennis or Shannon Airport area.

Westport

- Westport arrival at approximately 2:30 PM.
- From Westport, you can select one of a couple of trains after 3:30 PM to Dublin (approx. 3 hour train journey). You may wish to stay in the beautiful town of Westport for the night.
- [Irish Rail - click here.](#)

Ennis / Shannon

- Ennis or Shannon Airport, arrival between 4:00 PM and 5:00 PM.
- It's likely you may need to stay the night and take a flight the following morning.

Laundry Information

Guests looking for laundry services have some options:

- Old Ground Hotel
- Clifden Laundry Mat

Suggested Apps To Install:



We use WhatsApp – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

Weather

The summer is indeed the driest season with the higher temperatures. Daytime high temperatures average from 14 °C (57 °F) in May to 22 °C (72 °F) in July. Remember that a rain shower is always possible. It is Ireland after all.



MEDICAL AND ALLERGIES

Guests with any medical conditions or allergies which we ought to be aware of, must inform our guides at check-in. GUESTS WHO CARRY AN EPIPEN OR ANY OTHER IMPORTANT DEVICE OR MEDICATION—we need to know. Please tell guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- ALLERGIES: We must be informed of any allergies you have, whether food or substance so we can make every to provide a safe environment.
- DIETARY: Please confirm any dietary needs or preferences at registration.



Nearby Hospitals and Health Care Centres

- [Ennis Hospital \(click here\)](#)
- [University Galway Hospital \(click here\)](#)
- [Westport Medical Clinic \(click here\)](#)

ADDITIONAL INFORMATION

What we provide:

- Small bike bag
- Snacks (if you have dietary restrictions or allergies you may wish to bring your own snacks)
- Cold drinks
- Bicycle rental
- Helmet - you can bring your own, or we can provide one. Helmets are mandatory.
- New cycling water bottle
- GPS navigation
- Universal phone mount for bike



Roads & Traffic

- Ireland's roads use kilometres (km) for distance and speed limits. 1 KM = 0.63 miles.
- Remember we cycle on the left-hand side of the road.



Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shopping is generally open Monday to Saturday and shortened hours on Sunday.



Tipping Your Guides

Tipping is always at the discretion of our guests. We are often asked for guidance regarding tipping, our suggested amount is 15-25 Euros per day – per guide – per guest. Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- Official travel documents
- Airline tickets
- Passport or government ID
- Mobile phone and charger
- Luggage: 1-2 carry-on sized suitcases per person (if possible)
- One personal bag: if your tour has a hiking portion, a knapsack to carry items
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers
- Cycling rain gear (jacket, waterproof/breathable pants)
- Cycling shoes
- Cycling gloves
- Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- Comfortable walking shoes
- Sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight, easily washable items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Sun hat or visor
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle (do not bring the post)
- Rear view mirror, if desired.
- Universal power outlet adapter, or European power outlet adapter
- Extra water bottle, if desired.
- Chamois cream
- Pedals: If you want to clip in, bring your own pedals. and cycling shoes. Our guides will put your pedals on your bike. This does not apply to e-bikes.

ETIAS (New European Union travel visa.)

ETIAS PROJECTED TO BEGIN IN THE 4th QUARTER OF 2026.

- As with all travel authorization and visa documents, it is your responsibility to apply for and submit an application. Please be aware of, and have received, everything you require to travel. [Monitor the European Union's OFFICIAL Website for the latest status on ETIAS \(click here\).](#)

DUBLIN POINTS OF INTEREST

WHAT TO SEE & DO

GUINNESS STOREHOUSE

Savour the sights, sounds, tastes, and aromas of Guinness. Enjoy a Guinness in the heart of Dublin. [Guinness Storehouse website](#) - [click here](#).

DUBLIN CASTLE

Constructed in the early thirteenth century on the site of a Viking settlement, Dublin Castle served for centuries as the headquarters of English, and later British, administration in Ireland. In 1922, following Ireland's independence, Dublin Castle was handed over to the new Irish government. It is now a major government complex and a key tourist attraction. [Dublin Castle website](#) - [click here](#).



BOOK OF KELLS EXPERIENCE AT TRINITY COLLEGE DUBLIN

Experience wonder and history in this immersive experience. Explore Trinity's Old Library and view the world-famous Book of Kells, a true Dublin must-see. Learn about the symbolism and artistry of the 1,200-year-old manuscript and get a close-up look at the current pages on display. Venture on an extraordinary immersive journey in The Book of Kells 360. [Book of Kells Experience](#) - [click here](#)

ENNIS POINTS OF INTEREST



BUNRATTY CASTLE

Visit the acclaimed 15th iconic Bunratty Castle - the most complete and authentic castle in Ireland. The site on which Bunratty Castle stands was in origin a Viking trading camp in 970. The present structure is the last of four castles to be built on the site. Take a tour of this iconic fortress; hear and see how the lords and ladies of this castle lived; hear stories of battles and bravery and enjoy stunning views across the idyllic Clare countryside. [Bunratty Castle website - click here](#)





A NOTE TO OUR GUESTS:

I trust this tour package answers many questions and provides insights about your upcoming trip. We are excited to have you as part of our tour and it is our role to provide you with a great cycling and adventure in Ireland! Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

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