

Cork ARC Cancer Support House – Version 1 Charity Cycle

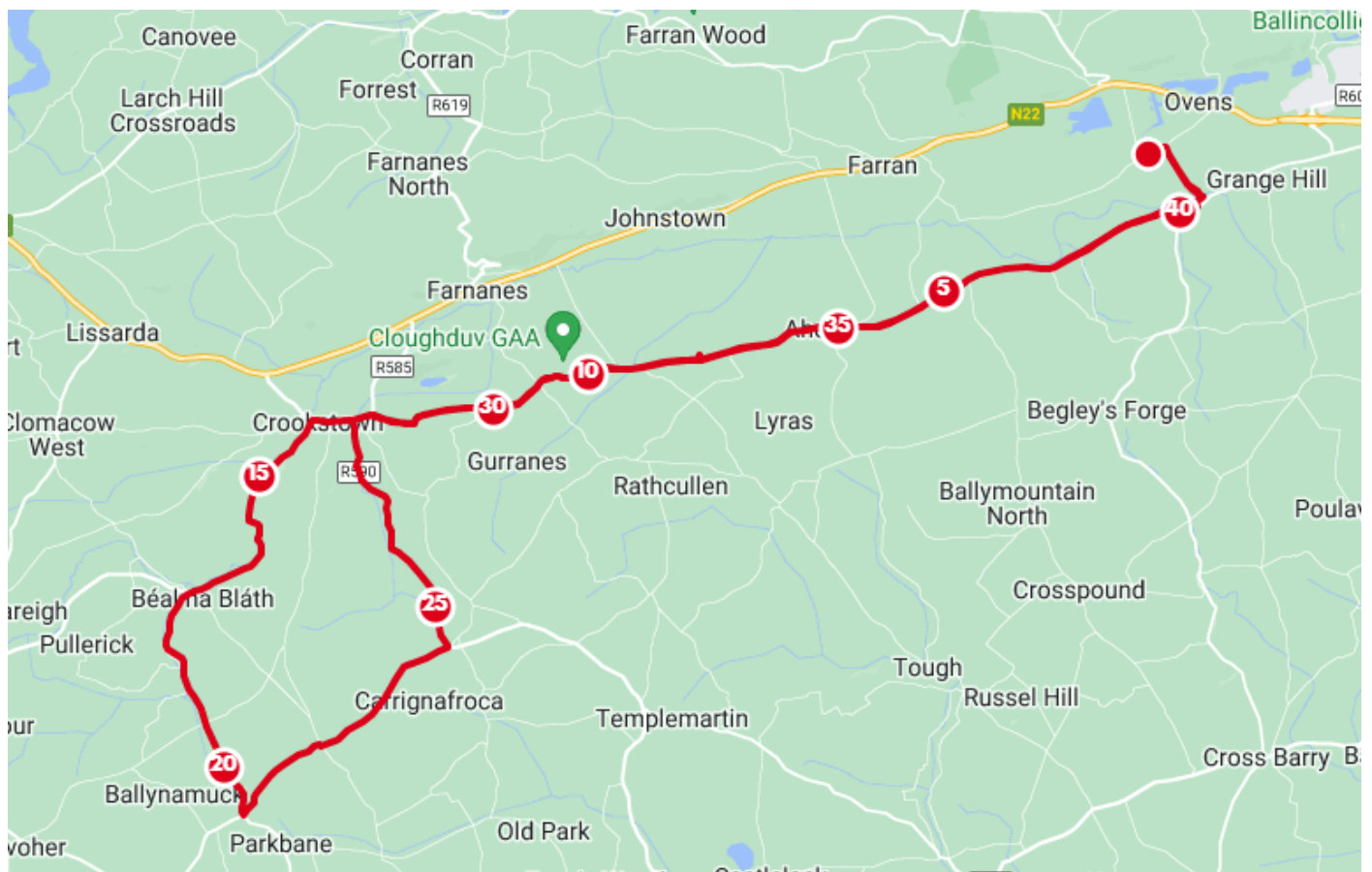
Start / Finish Location: Éire Óg GAA Club in Ovens, Cork (P31 F861)

Start Time: Registration will open at 8am with official start at 9am

We offer two routes, namely an 80km (80.80km) for more experienced cyclists, and a 40km (41.5km) route for the more leisurely inclined. Both are extremely enjoyable offering a rolling scenic view of the countryside. For the historians among us the 40km route will take you past the Michael Collins Ambush Memorial, in case you have not had a chance to visit yet, given that we are in the centenary year.

Both routes will start and finish at Éire Óg GAA Club in Ovens, Cork (P31 F861). From here we will descend to Kilumney village before heading right along a rolling route to Crookstown passing through Aherla and Cloughduv along the way. From Crookstown we make our ascent to Béal na Bláth which is decision time as to whether you take the 40km Ambush Route or go Full Assault along the 80km route.

“Ambush” - 40km Route

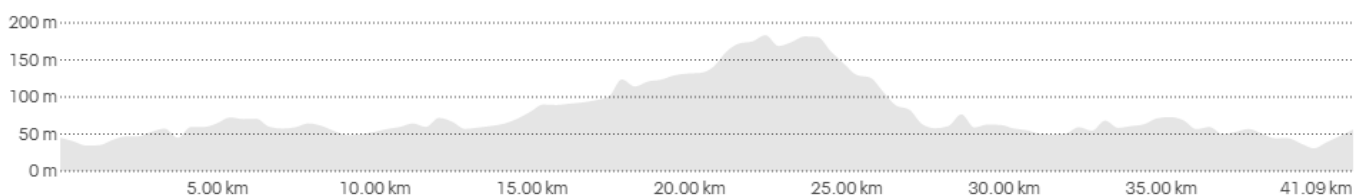


From Béal na Bláth we continue our ascent and pass the Michael Collins Ambush Memorial. This is the most challenging stretch of the route as we continue to ascend for a few kilometres taking a hard left, joining back up with the R590 and enjoy a well-earned descent back into Crookstown. From here we head right along the same rolling route we started on before finishing at Éire Óg GAA Club for refreshments.

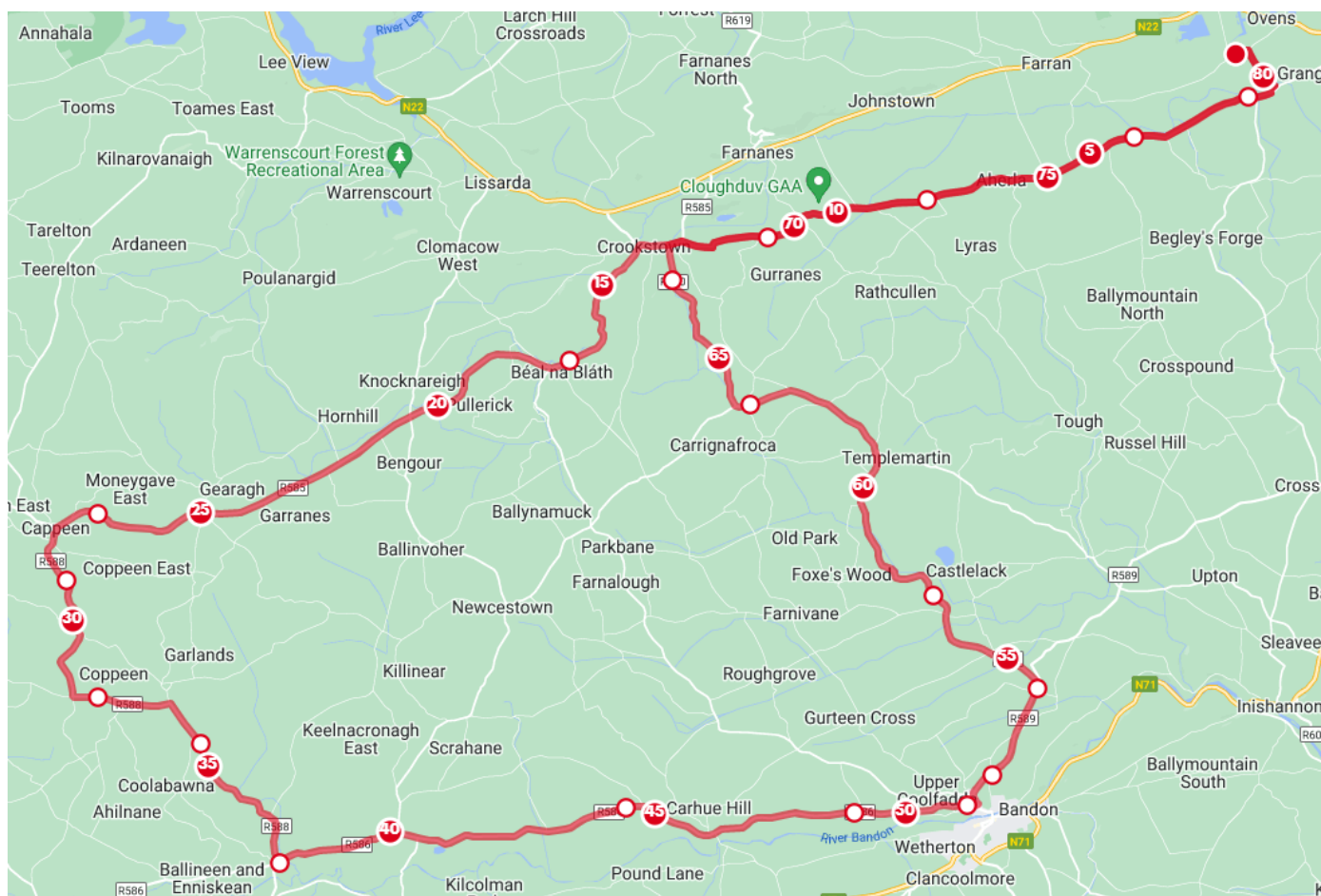
Elevation

Start **45 m** Max **183 m** Gain **332 m**

Click and drag over a section to get elevation data



“Full Assault” – 80km Route



Continue the gradual ascent from Béal na Bláth for 10km or so towards Coppeen. Here we will take a sharp left and recover by way of a descent along the winding road to Enniskeane. From here we will take a left and head along the rolling road to Bandon. By-passing Bandon town we follow the R589 before turning left onto the R590. Small bit if a fitness test then as we embark on a 5km Category 5 climb before enjoying a fantastic scenic descent back into Crookstown, while maybe also giving ourselves a small pat on the back! From here we head right along the same rolling route we started on before finishing at Éire Óg GAA Club for refreshments.

Elevation

Start **45 m** Max **195 m** Gain **536 m**

Click and drag over a section to get elevation data

