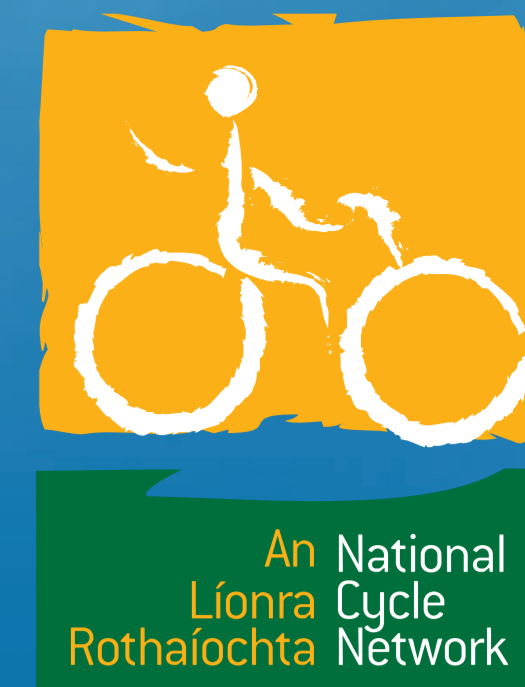


COSÁN ROTHÁÍOCHTA/COSÁN Ó INIS DÍOMÁIN GO DTÍ AN LEACHT ENNISTIMON TO LEHINCH CYCLEPATH/FOOTPATH



Fáilte, Welcome, Bienvenue, Willkommen, Benvenuto, Bienvenida



What you will see going towards Ennistimon:

Lehinch or An Leacht or Leacht Uí Chonchubhair, meaning 'Memorial cairn of O'Connor'. Lehinch is a small town on the picturesque Liscannor Bay, on the northwest coast of County Clare. It lies on the N67 National Secondary Road, between Milltown Malbay & Ennistimon, roughly 75 Kilometers (47miles) by road southwest of Galway & 68 kilometers (42miles) northwest of Limerick.

Your starting point is Marine Parade in Lehinch. You can cycle on road for approximately 580m to the east to where the off road cycle path starts. On leaving Lehinch you will pass the R478 to the North, which will take you along the Wild Atlantic Way Irelands first long distance touring route leading to Liscannor Village & the spectacular world renowned Cliffs of Moher.

Following along the route in an easterly direction towards Ennistimon you will pass the Ennistimon Hospital to the south, itself built on the grounds of the local workhouse.

To the North along the route to Ennistimon you will see 'An Gorta Mor' Memorial which is located 1.6km outside Ennistimon on the road to Lehinch to commemorate the memory of the victims of the Great potato crop failures/famine of 1845 to 1850 know as the Great Hunger, An Gorta Mor. It was dedicated on August 20th 1995, the 150th anniversary of that tragedy.

The end of the off road cycle path is located approx 450m outside the town of Ennistimon at Woodview Park approximately 100m from St Michael's Catholic Church where you will see a notice Board & bike stands. You can continue to cycle into Ennistimon Square which is on road cycling on the N67 for approximately 450m.

Ennistimon or Inis Díomáin is a bustling market town set in an undulating landscape, traversed by the Inagh River on which lie the famous Cascades. It is the largest town in North Clare. The town is connected to Ennis by N85 (which is actually the main street through the town).

Cycling Safety

Advice and tips on how to stay safe while cycling on Irish roads.

Cycling is a common means of transport in Ireland. It's popular for several reasons: it's great exercise, it's cheap and it cuts down on travel time, especially during rush-hour. But cyclists are also a vulnerable category of road user. Every year there are several cycling fatalities on Irish roads and countless collisions involving cyclists.

As a cyclist, you can reduce your risk of death or injury by following some simple advice:

- Never cycle in the dark without adequate lighting – white for front, red for rear
- Always wear luminous clothing such as hi-vis vests, fluorescent armbands and reflective belts so that other road users can see you
- Wear a helmet
- Make sure you keep to the left. Always look behind and give the proper signal before moving off, changing lanes or making a turn
- Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic
- Maintain your bike properly – in particular, your brakes should work properly and your tyres should be inflated to the right pressure and be in good condition
- Respect other road users – don't get into shouting matches with motorists; stop at pedestrian crossings; don't cycle on the footpath
- Watch your speed, especially when cycling on busy streets and going downhill
- Steer well clear of left-turning trucks: let them turn before you move ahead

Cycling for Children

Using a bike for the first time and learning to ride has been a rite of passage for generations of Irish children. Cycling is fun and sociable and, like swimming, a life-skill that stands to children in later years.

Yet, like many activities, cycling carries an element of risk. Parents play an important role in minimising the risk by giving them proper guidance and instruction at an early age to ensure that basic safety rules are absorbed while young.

Do's and don'ts of safe cycling for children

Do ensure they:

- Cycle a bike matched to their height and experience
- Wear a safety helmet
- Use lights in dark or dusky conditions

Don't allow them to:

- Cycle on public roads unsupervised (if under 12)
- Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set
- Take unnecessary risks



"Cliffs from boat" by Kevin Lynch



Leave No Trace

Clare County Council encourages all trail users to apply the Leave No Trace ethic when walking, hiking or biking in the Irish outdoors.

"Pack it In - Pack it Out"

The 7 basic Principles of the Leave No Trace ethics offer a guide to all trail users:

- Plan Ahead and Prepare
- Be Considerate of Others
- Respect Farm Animals and Wildlife
- Travel and Camp on Durable Ground
- Leave What You Find
- Dispose of Waste Properly
- Minimise the Effects of Fire

Bike Hire / Repair

Bens Surf Clinic
Promenade, Lehinch, Co. Clare
(086) 8448622
www.lahinchadventures.com

Top Bike
Claureen, Lehinch Road, Ennis, Co. Clare
(065) 682000
www.topbike.ie

Clare Bike Hire / Tierney's Cycles
17 Abbey Street, Ennis, Co. Clare
(065) 6829433
www.clarebikehire.com

Gary's Bike Repair, Rental & Tours
Tracklands Business Park, Tobertascain,
Ennis, Co. Clare
(086) 8909448

In case of Emergency Contact 112

Trail Management

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