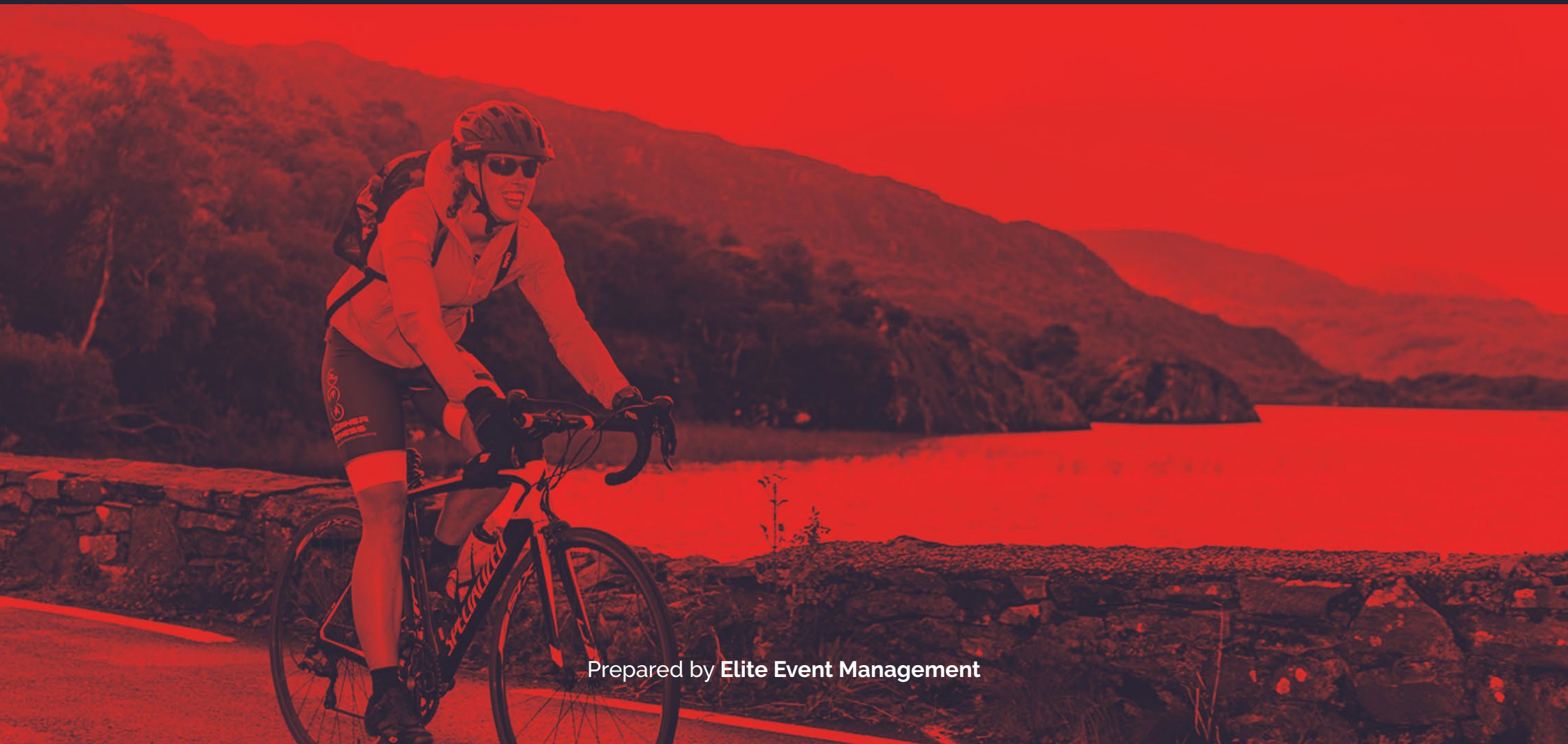




Critical Bike and Hike Events 2023



Prepared by Elite Event Management

About The Critical Bike And Hike Challenges 2023

The Critical Bike and Hike Challenges will take place in three picturesque locations, encompassing Irelands dramatic climbs and the Wild Atlantic Way.

The dates for the events are as follows

- **Bike & Hike Westport 13.05.2023**
starting and finishing in Westport Harbour
- **Bike & Hike Killarney 03.06.2023**
starting & finishing at Killarney Brewery
- **Bike & Hike Donegal 23.09.2023**
starting & finishing in Gortahork

These events will be fully supported with bike mechanics, mountain safety and medical assistance throughout.



Bike & Hike Westport

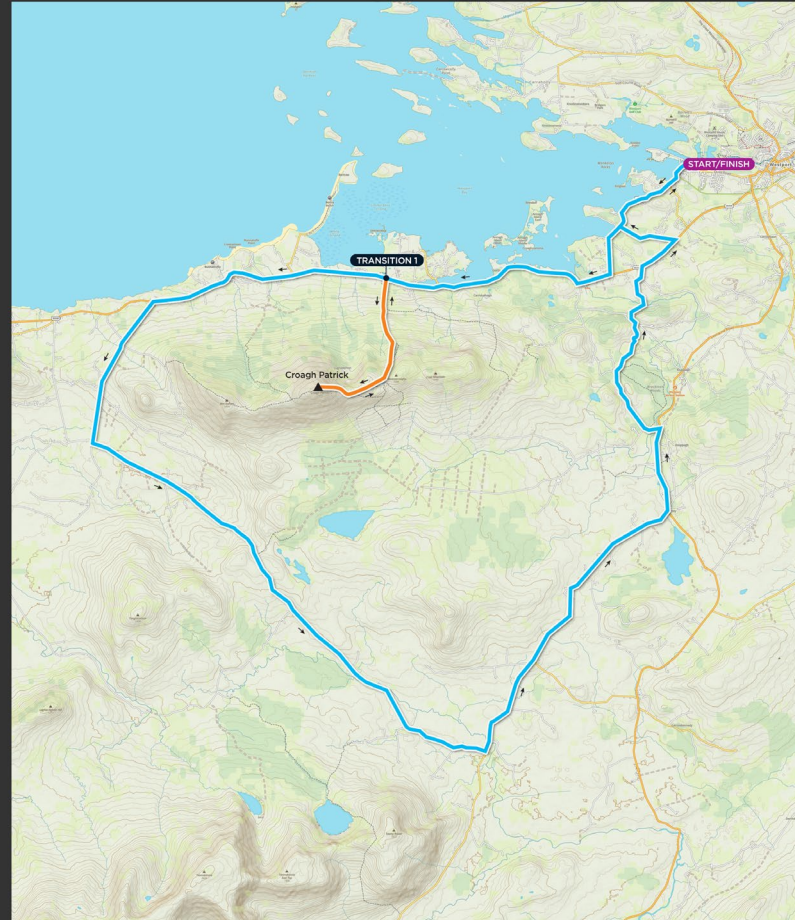
13th May 2023

You will start your day on your bike and depart Westport harbour and head for the base of Croagh Patrick. From here you will rack your bike, and as a group embark to the summit to take in the breath-taking views of Co. Mayo and beyond. Once you have completed your hike, you will return to your bike and head for Lecanvey before turning left and heading south of Croagh Patrick. You will join onto the N59 before turning left around Brackloon Woods and heading back into Westport Town.

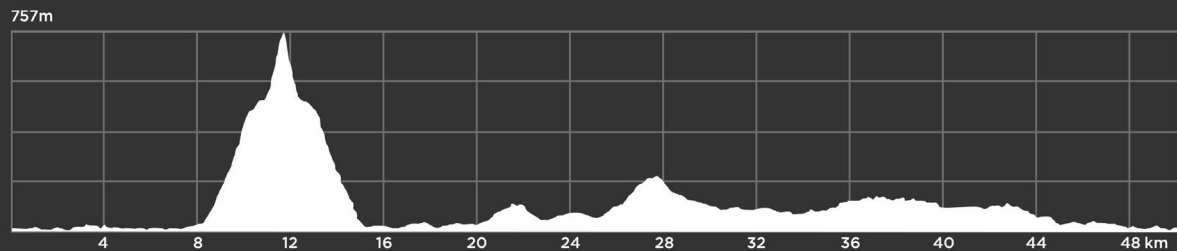
Stage 1 Cycle: 8km
Stage 2 Hike: 7km
Stage 3 Cycle: 35km

Total Combined Distance: 50km

- Bike Section: 43km
Max Elevation: 575m
- Hike Section: 7km
Max Elevation: 738m



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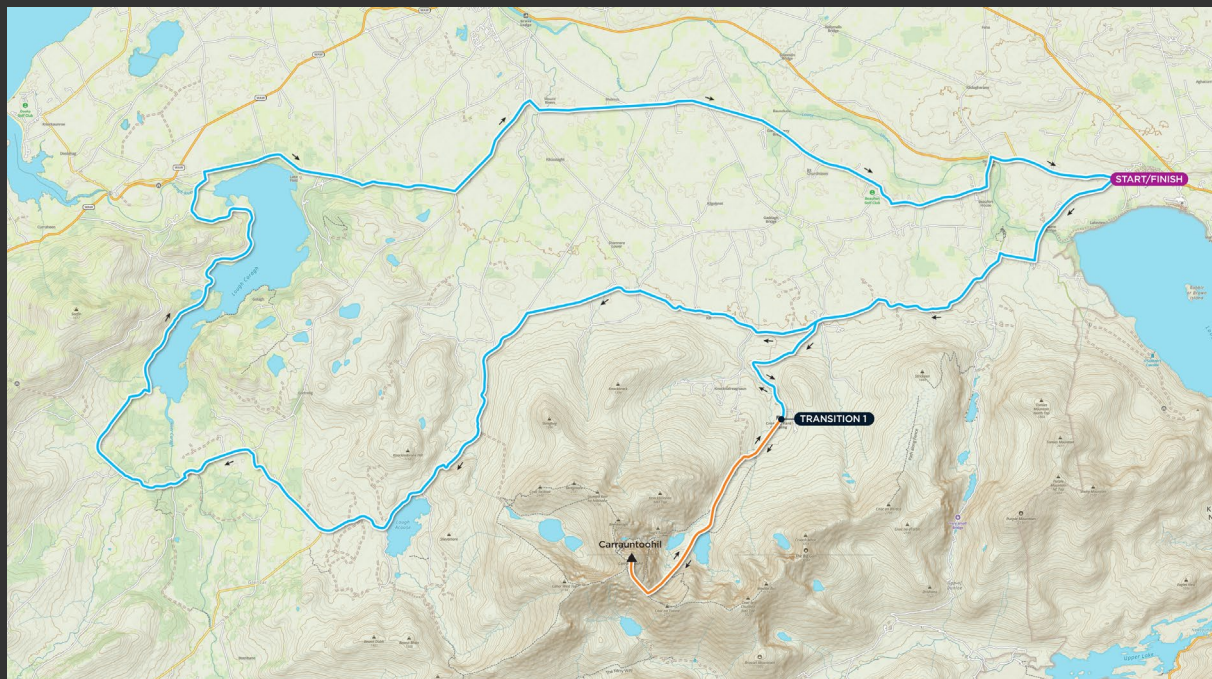


Bike & Hike Killarney

3rd June 2023

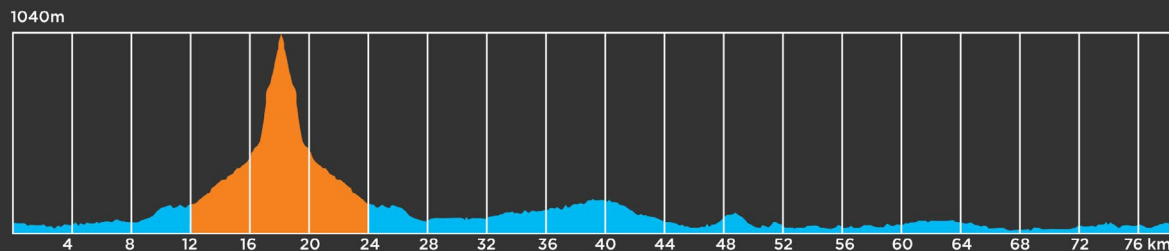
Departing from Killarney Brewery, you will turn left onto the N72 Ring of Kerry road before turning right and heading towards Cronin's Yard – the base for your hike. Here you will rack your bike and take on Ireland's highest mountain Carruntuohill. After embarking on this epic climb, you will return to your bike and head back to the L4040 where you will be able to marvel at the exquisite scenery Kerry has to offer. You will continue to cycle around Lough Acoose and Lough Caragh before turning right and heading back to your start point of Killarney Brewery.

Stage 1 Cycle: 11km
Stage 2 Hike: 12km
Stage 3 Cycle: 55km



Total Combined Distance: 78km

- Bike Section: 66km
Max Elevation 715m
- Hike Section: 12km
Max Elevation: 934m



Bike & Hike Donegal

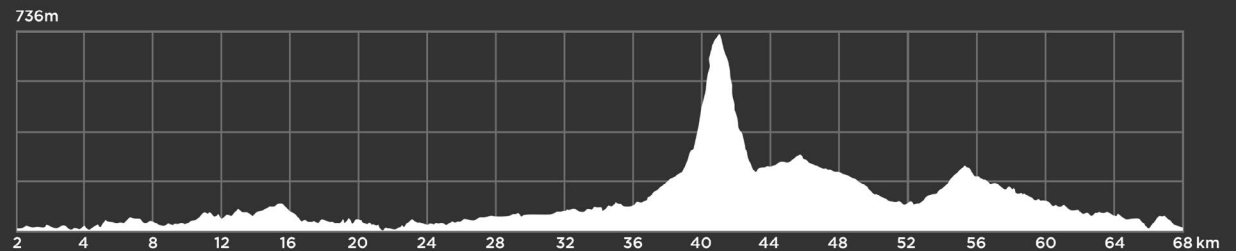
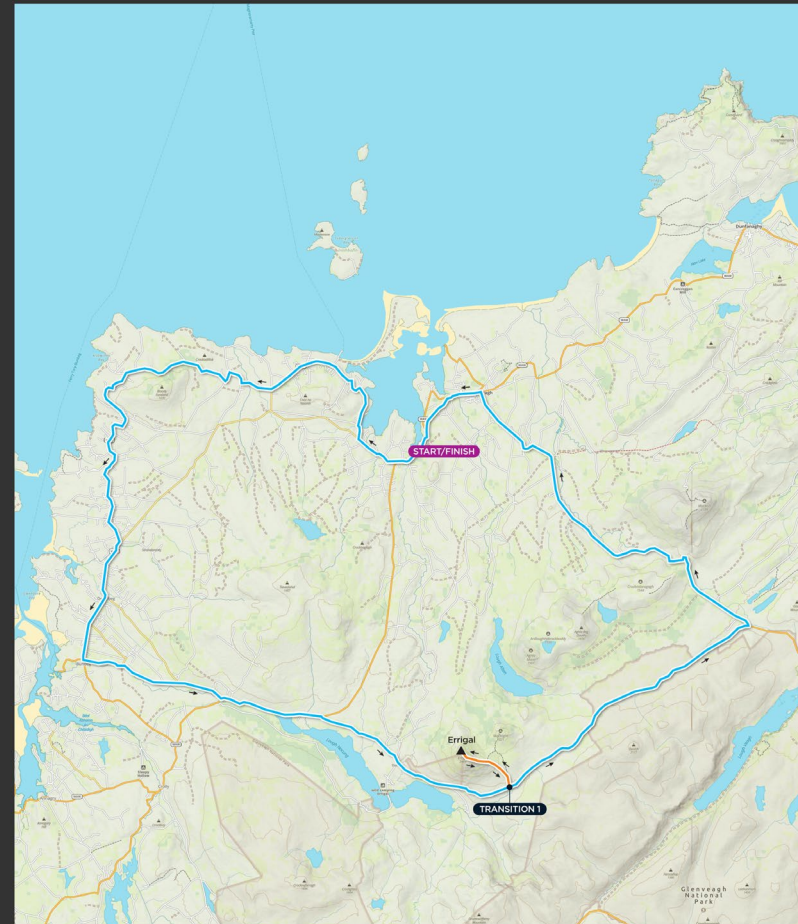
23rd September 2023

Departing from Gortahork, you will begin your day on your bike and head on the R257 taking in the stunning scenery that Donegal has to offer. Once you reach Derrybeg, you will join onto the R258 and head for the Irish speaking village of Gaoh Dobhair. From here, you will continue on the R251 before reaching Glenveagh National Park and the base of Mount Errigal. You will then complete your hike of Mount Errigal before returning to your bike to cycle the last leg of your cycle which will bring you onto the R256 to Falcarragh and back to your finish line location in Gortahork.

Stage 1	Cycle: 39km
Stage 2	Hike: 4.5km
Stage 3	Cycle: 24.5km

Total Combined Distance: 68km

- Bike Section: 63.5km
- Hike Section: 4.5km





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