

Biking

Biking & Yoga Escape

Trip Grade: **Green 3**




Wilderness Ireland

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Biking & Yoga Escape

Leave the busy world of the 21st century behind in this biking escape on Ireland's Surf Coast. Welcome to the Ireland of WB Yeats, the island's national poet, whose poetic inspirations were drawn from Sligo's rich landscapes, mythology and stories. Cycling some of the quietest backroads and most laid-back parts of Ireland, we explore Ireland's impressive northwestern Wild Atlantic Way, where crashing Atlantic waves, craggy shores topped with romantic castles and rugged mountains abound.

From our start in the surfing village of Strandhill, around Lough Gill to the glacial valley of Glenade, journey through a hidden world of culture, tradition and scenery to which few visitors are privy. A region best known for fresh seafood, traditional Irish music and Neolithic monuments, Sligo is not a region to miss! Combined with daily yoga classes for cyclists, stretch both mind and body after cycling through the silent woods and lush wilderness of Sligo and Donegal.

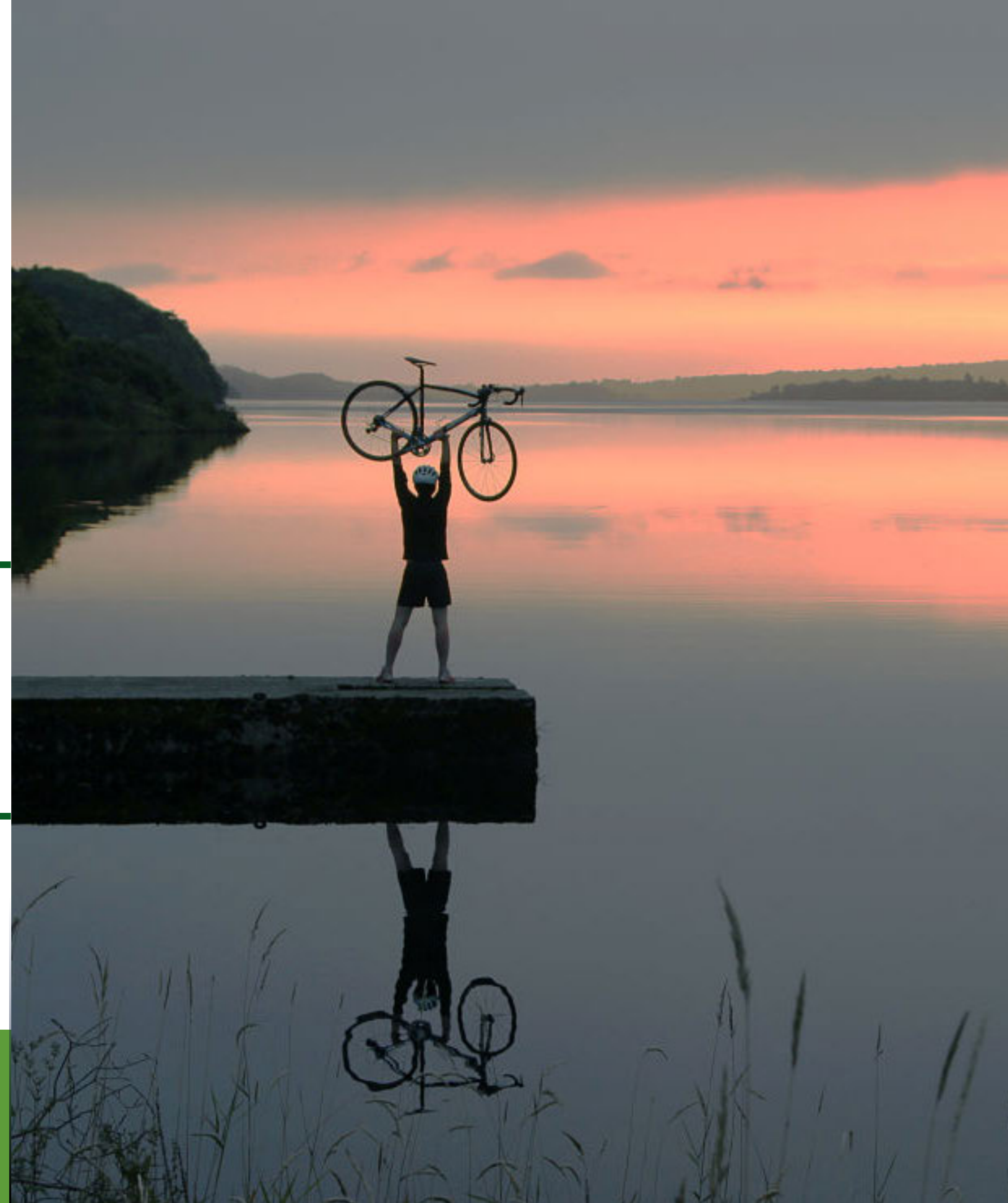
Highlights

- Experience a stress-free biking escape with daily yoga classes tailor-made for cyclists
- Bike beautiful valleys and majestic coastlines romanticised by Irish poet WB Yeats
- Far from the tourist track, discover a more relaxed pace of life in the northwest of Ireland

Book With Confidence

- We guarantee this trip will run as soon as **3** people have booked
- Maximum of **8** places available per departure

PLEASE NOTE – The itinerary may be subject to change at the discretion of the Wilderness Ireland Guide with regard to weather conditions and other factors.



Planned Itinerary

Day 1 | [Coolera Peninsula](#)

Day 2 | [Ox Mountains](#)

Day 3 | [The Lough Gill Loop](#)

Day 4 | [Rosses Point](#)

Day 5 | [Glencar & the Two Valleys](#)

Day 6 | [The Dartry Mountains to Donegal](#)

Day 7 | [Rossnowlagh Beach](#)

Arrival Info

- Your Guide will meet you in Sligo Railway Station by the ticket machines
- **12.00pm** on Day 1 of your trip

Departure Info

- You will be returned to Sligo Railway Station by **1:00pm** on the final day of your trip

PLEASE NOTE – The itinerary may be subject to change at the discretion of the Wilderness Ireland Guide with regard to weather conditions and other factors.



Wilderness Ireland

Day 1 | Coolera Peninsula

From Sligo, we set off to Strandhill, a surfing village with a chilled-out vibe, to stretch our muscles with our first yoga class that is custom designed to fit cyclists. Then it's off to explore the magic of the Coolera Peninsula! Once the centre of an ancient civilisation sustained by the abundance of local shellfish, Sligo is littered with ancient megalithic sites from the enormous cairn on top of Knocknarea Mountain to the passage tombs at Carrowmore. Our gentle afternoon cycle weaves through the rolling hills and quiet coasts of the Coolera Peninsula - a perfect introduction to Sligo! **(L,D)**

Bike details: 19km/ 12 miles | Ascent 94m/ 308ft

Day 2 | Ox Mountains

This morning, we head south into the rugged Ox Mountains. This remote mountain range offers some gentle climbs and fun descents. Our first stop is Coolaney, a charming village hugging the narrow shores of the Owenboy River, before heading down the meandering country lanes of Sligo, a quiet haven of country life. The day finishes up with a pint at a traditional pub overlooking the crashing waves of the Atlantic and a relaxing yoga session. **(B,L)**

Hike details: 47km/ 29 miles | Ascent: 311m/ 1,020ft

Day 3 | Lough Gill Loop

A favourite route with the local cycling community, our route follows the glittering, silent shores of Lough Gill. Made famous by Irish poet WB Yeats' poem 'The Lake Isle of Innisfree,' Lough Gill is the picture of serene wilderness. Along the way, we'll visit Parke's Castle, a 15th century fortified manor house perched in an idyllic setting on the shores of the lake. The lush rolling countryside, wooded shores and tiny islands paired with the lovely lakeside panoramas seem to have fallen straight from the pages of a fairytale. **(B,L)**

Bike details: 42km/ 26miles | Ascent: 343m/ 1,314ft



Day 4 | Rosses Point

Starting off at the picturesque Rosses Point, we'll take our time discovering the rocky peninsula. We'll bike past the historic Lissadell House, once home to a local revolutionary, as well as the little-known Streedagh Beach where we'll listen to the soft pounding of the waves. Exploring nameless headlands and rocky outcrops of Yeats Country, you'll even have the chance to visit bike past the famous poet's final resting place under the shadow of the local icon, Ben Bulbin mountain. **(B,L)**

Bike details: 43km/ 26miles | Ascent: 196m/ 643ft

Day 5 | Glencar & the Two Valleys

Perhaps the most picturesque route of the trip, we turn the bikes inland to the glaciated valley of Glencar and the spectacular Glencar Waterfall. Formed in the last ice age, this valley contains some of the most beautiful and yet hidden scenery in Ireland. Biking along winding country roads, drink in the brilliant emeralds and romantic remoteness of this magical place. After emerging from the enchanted valley, we'll pass under the shadow of the impressive mountain of Ben Bulbin as we follow the rugged coast of Mullaghmore Head, crowned with Classiebawn Castle - a scene fit for a fairytale! **(B,L)**

Bike details: 45km/ 28 miles | Ascent 243m/ 797ft



Day 6 | Cycling the Dartry Mountains to Donegal

A coastal bike ride with a spectacular finish! Leaving County Sligo behind, our bikes take us north into County Donegal. We pass through the busy market town of Ballyshannon before the road begins to rise towards the cliffs overlooking Donegal Bay. The final stretch of our route is a gentle downhill ride before views of the Atlantic steal the show once more. Afterwards, shake out your muscles with a final yoga class. With Rossnowlagh Beach stretching out into the distance, this is the perfect place to raise a toast before our final dinner together. **(B,L,D)**

Bike details: 42km/ 26 miles | Ascent: 189m/ 620ft

Day 7 | Rossnowlagh Beach & Departure

After a relaxed morning, we have time for a stroll on the lovely Blue Flag Rossnowlagh Beach to enjoy our final views before it's time to say goodbye to the northwest and transfer back to Sligo Train Station. **(B)**

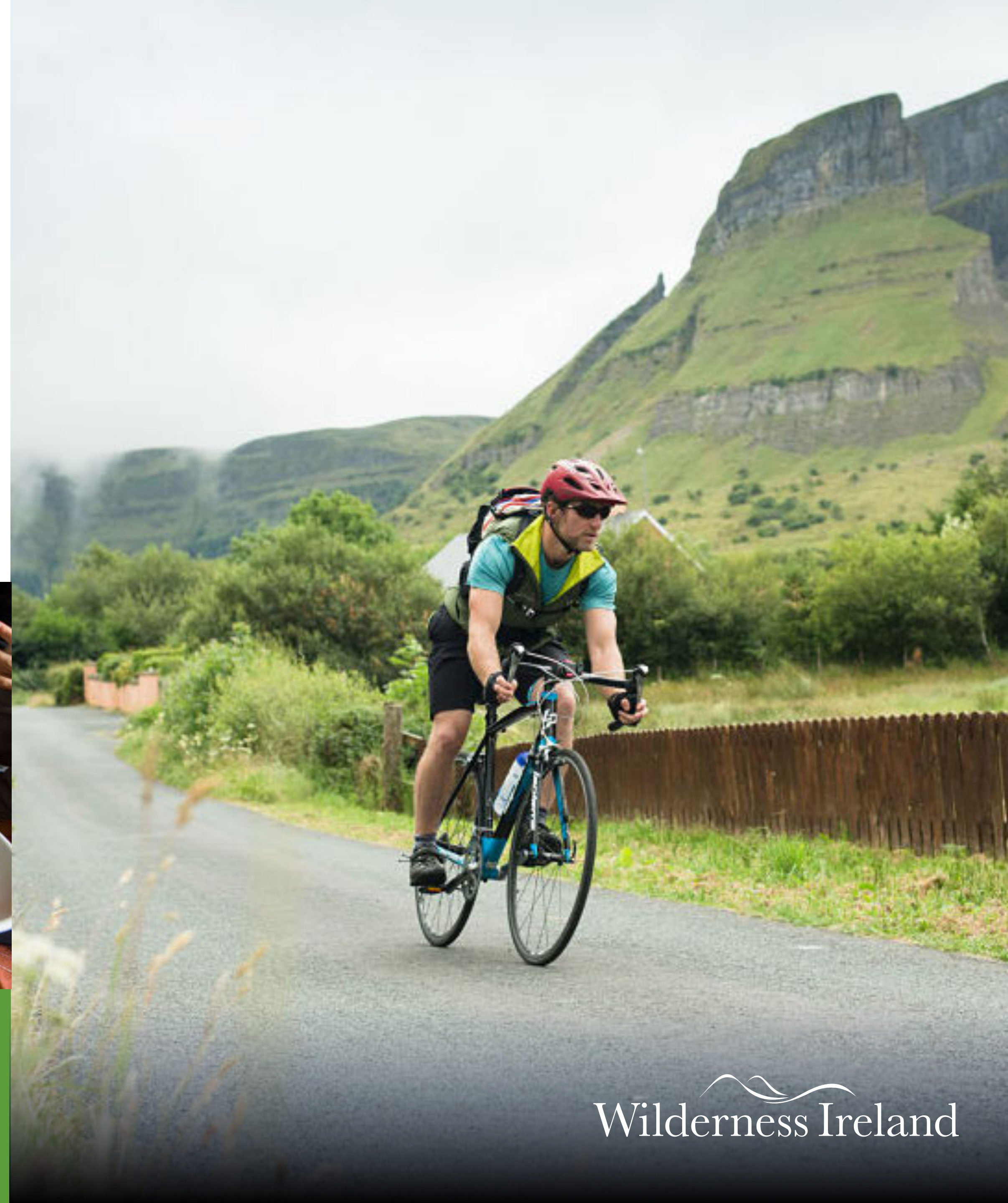


Trip Grading | Green 3 | ●●●●●●●●

Green graded trips are suitable for people with a reasonable level of fitness who enjoy biking and are looking for an active but relaxed trip. They are also suitable for active people new to biking and looking to explore the countryside.

- Distances will be between 25 - 40 miles (40 - 65km) per day, cycling at an average speed of around 12mph.
- We will ride on mostly straightforward rolling terrain with one or two more notable climbs during the trip, where some riders may opt to ride in the support vehicle.
- We will be in the saddle for 4-6 hours each day plus the odd longer day.
- There is also time each day for breaks and lunches, plus visits to sites of interest

If you have any questions about the grading, then please do give our Adventure Consultants a call to chat through your experience and suitability for this trip.



It is your responsibility to ensure you are appropriately fit and capable of doing the described hikes in the expected times. Please refer to the [grading section](#) on our website for more details. If you are unsure we encourage you to speak to us first.

Accommodation and Meals

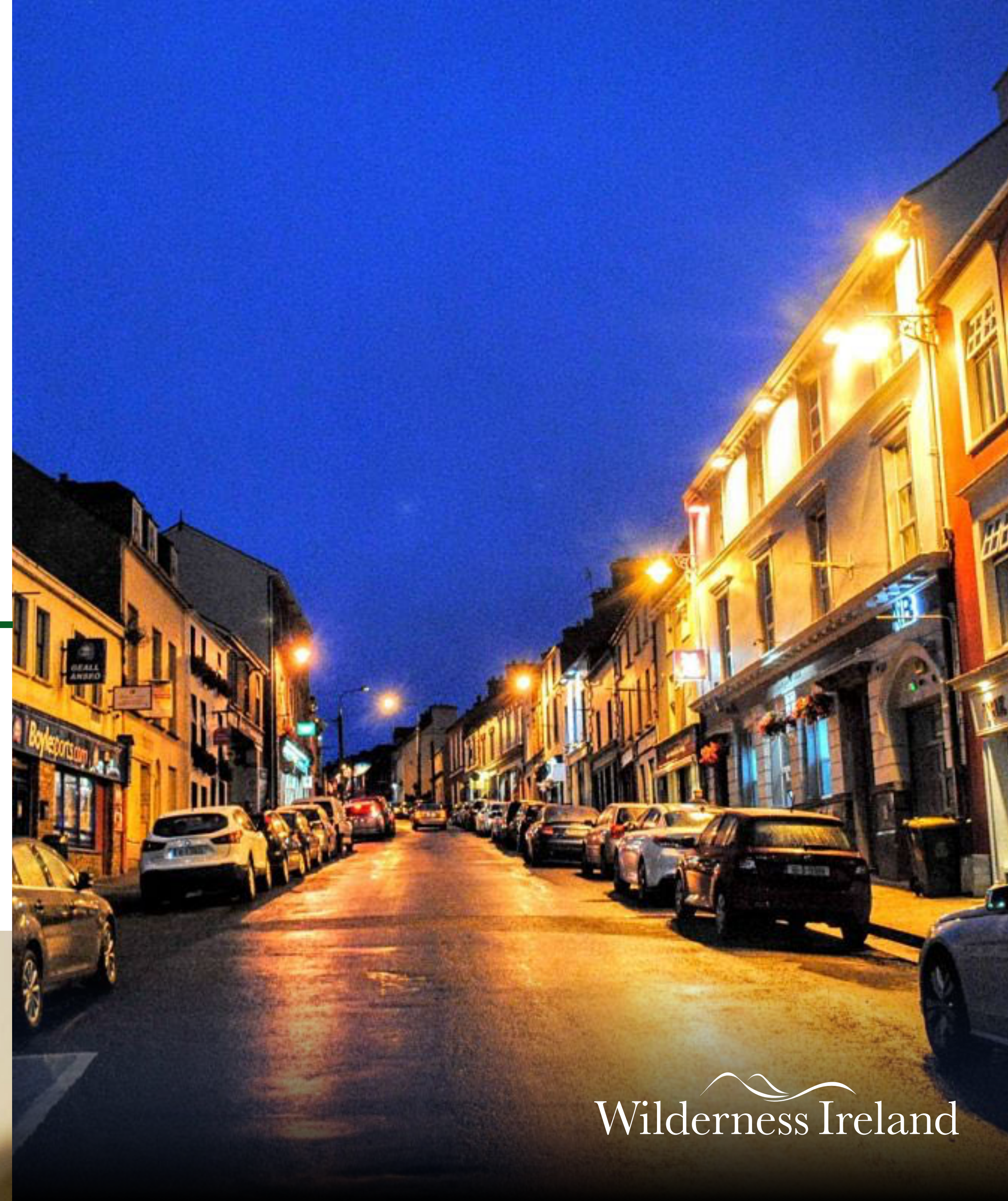
This biking trip features accommodations chosen for their excellent location, service and comfort in the wilds of Sligo. Expect small, comfortable and characterful lodging in B&Bs, family-fun hotels or guesthouses, both in towns as well as in rural communities. Accommodation is a choice of double or twin rooms, which are en-suite with a shower. Evening meals will be taken either in Sligo town, which offers a good choice of restaurants to suit every taste, or perhaps in a different location in the countryside depending on the day's ride.

Each morning, enjoy a homemade breakfast of your choice at your accommodation. Lunch will be taken in a cafe in day 1, and a Wilderness Picnic along route. Throughout the day, your guide will provide water and tasty, Irish snacks. Evening meals are included on the first and last nights only. For all other evenings, your Wilderness Guide can provide expert recommendations.

Single Rooms

There is no supplement charged to solo travellers, however you will be required to share a room with **another person of the same sex**. If you request a double room for single occupancy, a supplement of **€250** is charged.

Due to the nature of the accommodations we use, single supplement are limited and are allocated on a first come first served basis.



Inclusions

This trip includes the following:

- 6 nights accommodation in a hand-picked, family-run guesthouses, B&Bs & boutique hotels
- Most meals, incl. all Breakfasts, Lunches on Days 1-6, and Dinner on Day 1 and Day 7 (**Meals included indicated as B=Breakfast, L=Lunch, D=Dinner**)
- The services of an experienced and knowledgeable biking guide / driver throughout
- All transport throughout the trip starting and finishing in Sligo
- Activities stated in itinerary, incl. daily yoga classes tailored for cyclists

This trip includes all accommodation, guiding and travel, as well as most meals. It does not include drinks or any gratuities you may choose to leave.



Our holidays reviewed in your words...

“

Our guides Warner and Danncha were absolutely incredible! Accommodations were first class. Our fellow riders were lovely. The whole experience was top notch! I will definitely one day book another adventure with you!

A Biking & Yoga Escape Traveller 02/10/2017

”



[All Trip Reviews Here](#)

Your Guide

During this trip you will be accompanied and led by one of our professional guides. Our guides are among the most highly experienced and qualified in the country. Defined by their passion for Scotland's wild places, they have an intimate knowledge of the natural and social history of this land which they will be delighted to share with you. For more info and to meet the team please see our [Guide Pages](#).



Sustainable Travel

Wilderness Ireland is committed to the development of Ireland's sustainable tourism sector. We focus on developing sustainable operational practices and we endeavour to support the local tourism economy in each of the areas in which we work.

We are a proud partner of the Burren Beo, which enhances our commitment to responsible activity in Ireland's wild lands, particularly in the Burren region of County Clare.

Wilderness Ireland is an active, participating member of Leave No Trace Ireland, an outdoor ethics programme designed to inspire responsible outdoor recreation through education, research and partnerships.

Thanks in part to the generosity of our clients by participating in our voluntary Conservation Contribution Scheme, we are able to provide financial support to a range of environmental and nature conservation charities and rural communities.



Equipment List

Check out our guide on what to wear when adventuring in Ireland.

[Hiking-Kit-List-What-to-wear.pdf](#)



Eat | Stay | See

Looking for accommodation for before or after your adventure with us?
Check out our list of where to stay and what to do

[Eat – Stay – See – Dublin.pdf](#)



Getting Around Ireland

From airports to trains to buses, read our Getting Around Ireland document for more information.

[Getting-Around-Ireland.pdf](#)



Wilderness Ireland

Travel Insurance

It is your responsibility to take out appropriate travel insurance to cover you during your trip. This should include cover for cancellation prior to the trip*, the activities undertaken (i.e biking), curtailment, and adequate medical insurance for sickness/ injury and medical repatriation. We also strongly recommend you have cover for your other travel arrangements such as flights, and your personal possessions.

If you cancel your trip, charges will apply. Please see section 2 of our terms and conditions for a breakdown:

<https://www.wildernessireland.com/make-a-booking/booking-conditions/>

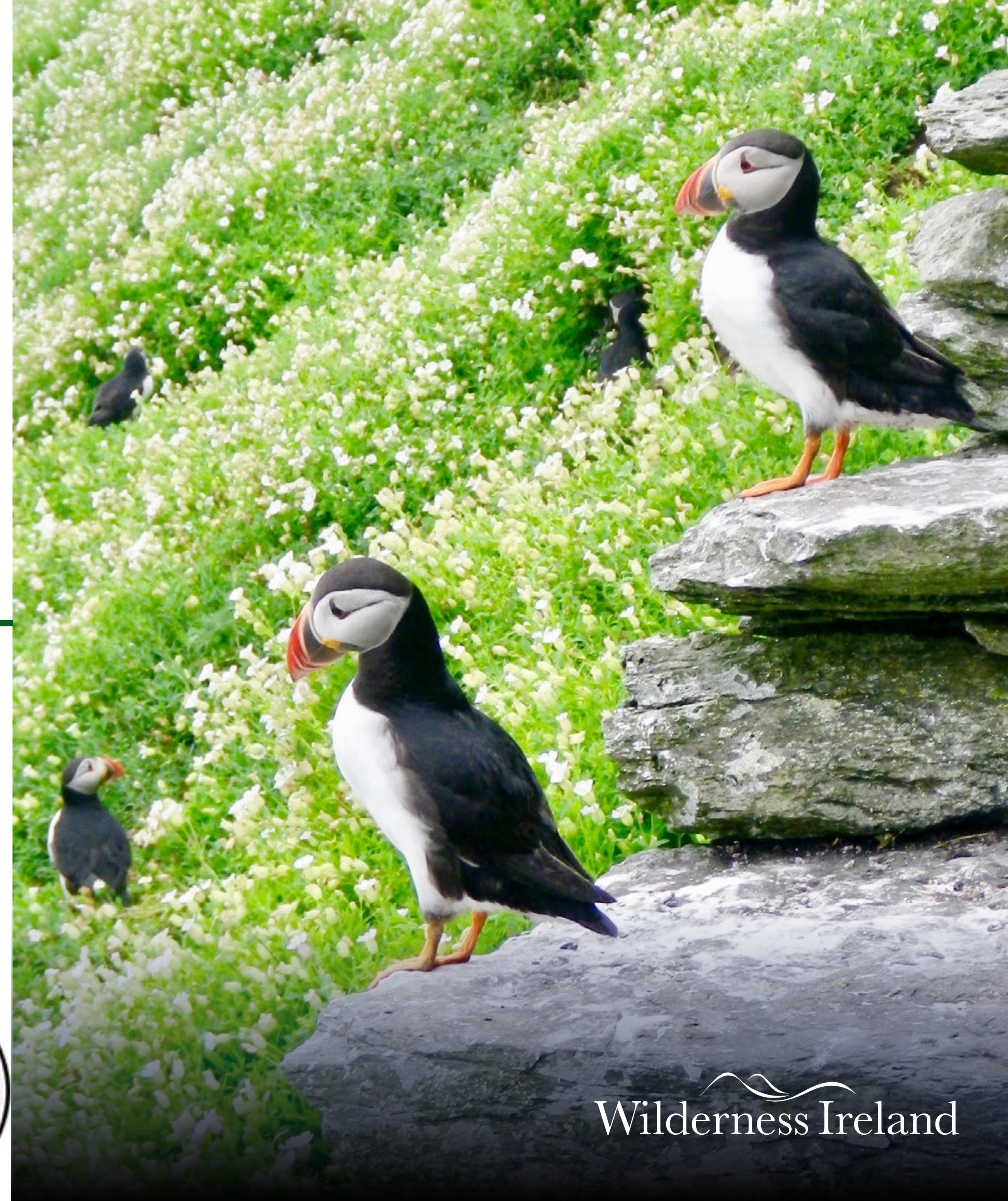
Your Satisfaction, Guaranteed

At Wilderness Ireland, we believe our tours are top notch. To back that up, we're the only Irish travel company offering a no-strings-attached 100% Satisfaction Guarantee.

If you're not completely satisfied with any aspect of your trip, then let us know. If the issue was not resolved by Wilderness Ireland during your trip, then we'll invite you back to experience another Wilderness Ireland tour of similar value, FREE OF CHARGE to prove you can have a world class vacation in Ireland. See details more here.




Wilderness Ireland



FAQs

Looking for more information? Check out our frequently ask questions page.

wildernessireland.com/faq

Questions To Ask? Ready to Book?

If you want to get in touch please send us an email or give us a call. We accept bookings online, by email, or over the phone. A deposit of 25% is required at the time of booking to secure the trip with the balance payable 8 weeks (56 days) before departure. If booking less than 56 days before the trip start date, full payment of the trip price is required immediately.

We accept payment by credit or debit card, or bank transfer.

email: info@wildernessireland.com

Tel (EU): +353 (0) 91 457 898

Tel (US and Canada): 844-235-6240

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