

EVENT RULES & INFORMATION

This is an organised leisure cycle - not a race

- All entrants participate at their own risk
- Bicycles must be in good working order and appropriate for the event
- All participants must wear a cycling helmet and Hi-Vis jacket
- All participants should hold an appropriate level of fitness for the event
- Children under 16 must be accompanied by an adult
- Under 18's must have their registration form signed by a parent or guardian
- Part of the event will run involve crossing a public road. Participants must obey the instructions of the Stewards/Gardai at all times and be mindful of other road users
- Basic tools (spare tubes, tyre levers, pumps etc) should be carried
- All participants must obey instructions from Gardai and Event Stewards
- Water and refreshments will be available at the designated stop but cyclists are advised to carry a water bottle on their bikes
- Please park car responsibly, neither the organisers of the event or those providing carpark facilities accept any responsibility for loss or damage to car and/or contents.

Information on the trail

Full information on the trail is available at www.southerntrail.net

In the main, the Great Southern trail is a linear and flat cycling route, the ascent point to Barnagh is the most challenging part of the route however the gradient never exceeds 2%.