

Outline of route and stops



Itinerary

Mileages are approximate and dependent on hotels etc. until bookings are made.

Day 1

Bike transport from Holyhead and then coach travel from Dublin up to Rostrevor. Hill hike up Slieve Donard, if required. Dinner provided (all meals provided each day cycling – breakfast, lunch and dinner).

Day 2: Rostrevor to Dublin

DAY 2
ROSTREVOR TO DUBLIN

Distance: 84 miles (135 km) | Elevation: 1,670 m

A rewarding day's ride from the picturesque Mourne Mountains to Ireland's vibrant capital.

ROUTE HIGHLIGHTS

- Stunning coastal and countryside scenery
- Charming towns and historic landmarks
- Rolling roads and quiet country lanes
- Warm Irish hospitality along the way

ROUTE STOPS

- Rostrevor **START**
- Dundalk
- Drogheda
- Dublin **FINISH**

Plenty of photo opportunities from mountains to sea.

IRELAND
COASTAL CYCLE ROUTE

ROSTREVOR
Start your journey in the beautiful seaside town of Rostrevor, nestled beneath the Mourne Mountains.

DUNDALK
A lively medieval town with a rich history and great local charm.

DROGHEDA
Explore Ireland's oldest town, full of heritage, culture and history.

DUBLIN
Finish your ride in Dublin – a vibrant capital with world-class culture, food and hospitality.

Rostrevor start
Dundalk
Drogheda
Dublin

Approximately 71 miles

Day 3: Dublin to Wexford



Bray,
Greystones,
Wicklow, and
Arklow.
Approximately 85 miles and 4,600 feet.

Day 4: Wexford to Waterford



Kilmore Quay where we would pick up the Eurovelo Route 1, the Atlantic coast route.

We then go onto Wellingtonbridge, Passage East and onto Waterford.

Approximately 80 miles.

Day 5: Waterford to Youghal

DAY 5 

WATERFORD TO YOUGHAL

 **58 MILES**
(93 KM)

 **1,150 M**
ELEVATION GAIN

 **EST. TIME**
4-5 HOURS



A scenic coastal ride from Waterford to Youghal, packed with heritage, beaches and seaside charm.

ROUTE HIGHLIGHTS

- ✓ Stunning Copper Coast scenery
- ✓ Historic towns with rich maritime heritage
- ✓ Quiet country roads and coastal views
- ✓ Tramore's beautiful beach and promenade
- ✓ Warm Irish hospitality along the way

ROUTE STOPS

- Waterford **START**
- Dungarvan
- Youghal **FINISH**

 Plenty of photo opportunities from coastal views to historic sites.

IRELAND
COASTAL CYCLE ROUTE 

Enjoy a rewarding day along the beautiful Copper Coast from Waterford to Youghal. A perfect blend of scenery, history and seaside tranquillity.



WATERFORD

Start your day in Waterford – Ireland's oldest city, rich in history and maritime heritage.

DUNGARVAN

A vibrant coastal town with great cafés, restaurants and stunning harbour views.

TRAMORE (TOURIST ROUTE)

Enjoy the beautiful beach and promenade in Tramore – a perfect spot for a break.

YOUGHAL

Finish in Youghal – a walled medieval town with a rich history and a warm welcome.

Continue on Eurovelo Route 1

Dungarvan and onto Youghal.

Approximately 58 miles.

Day 6: Youghal to Cork

DAY 6 **YOUGHAL TO CORK**

79 MILES (127 KM) 1,750 M ELEVATION GAIN EST. TIME 6-7 HOURS

A fantastic finale as you cycle through the heart of Cork Harbour to Ireland's vibrant southern capital.

ROUTE HIGHLIGHTS

- Stunning views across Cork Harbour
- Charming seaside towns and villages
- Historic sites and rich maritime heritage
- Rolling green countryside and quiet roads
- Warm Irish hospitality all the way

ROUTE STOPS

- Youghal **START**
- Midleton
- Cobh
- Carrigaline
- Kinsale
- Riverstick
- Fivemilebridge
- Cork **FINISH**

Plenty of photo opportunities from colourful harbours to scenic countryside and historic landmarks.

IRELAND COASTAL CYCLE ROUTE

YOUGHAL **START**

MIDLETON

COBH

CARRIGALINE

KINSALE

RIVERSTICK

FIVEMILEBRIDGE

CORK **FINISH**

YOUGHAL
Start in Youghal – a walled medieval town with a rich history and a warm welcome.

MIDLETON
A vibrant town famous for Jameson Whiskey and great cafes.

COBH
Explore historic Cobh, Ireland's last port of call for the Titanic.

CARRIGALINE
A bustling harbour town with lovely riverside walks and cafes.

KINSALE
A foodie's paradise and one of Ireland's prettiest coastal towns.

RIVERSTICK
A peaceful village surrounded by countryside.

FIVEMILEBRIDGE
A scenic stop on the River Bride with a friendly local atmosphere.

CORK
Finish in Cork – Ireland's second city and a buzzing hub of culture, music and food.

Continue on Eurovelo Route 1, round to

Cobh and onto

Kinsale from where we head north to our final destination of Cork.

Approximately 79 miles.

Day 7



Coach travel back to Rostrevor.

Day 8

Coach travel back to Dublin to get ferry to Holyhead.

Google maps interactive route

<https://www.google.com/maps/dir/Rostrevor/Dundalk/Drogheda/Dublin/Bray/Greystones/Wicklow/Arklow/Wexford/Kilmore+Quay/Wellingtonbridge/Passage+East/Waterford/Dungarvan/Youghal/Midleton/Cobh/Carrigaline/Kinsale/Riverstick/Fivemilebridge/Cork>

Background on the various locations

Day 1 (Optional ?) Slieve Donard

Slieve Donard is the highest mountain in Northern Ireland, rising to about 850 metres (2,789 feet). It's part of the Mourne Mountains, a dramatic granite range known for inspiring writers like C. S. Lewis.

For visitors, Slieve Donard is a popular hiking destination, with a well-known trail starting from the seaside town of Newcastle. The route passes through forest, alongside a river, and then opens up to sweeping views over the Irish Sea and surrounding countryside. On a clear day, the summit offers some of the most spectacular panoramas in Ireland, making it a highlight for walkers and nature lovers.

Day 2: Rostrevor to Dublin

Dundalk

Dundalk is a lively town near the border between Northern Ireland and the Republic, known for its rich history and strong sporting culture. It sits between the Cooley Mountains and Dundalk Bay, giving it a scenic setting. Historically an important trading and industrial centre, today it blends heritage with a modern feel, offering visitors a taste of authentic Irish town life.

Drogheda

Drogheda is one of Ireland's oldest towns, steeped in history dating back to medieval times. It played a significant role during the Cromwellian conquest of Ireland, and you can still see remnants of its past in landmarks like St. Laurence's Gate. Today, it's a vibrant riverside town along the River Boyne with a strong sense of heritage.

Dublin

Dublin, Ireland's capital, is a dynamic city known for its literary heritage, friendly atmosphere, and historic landmarks. Visitors can explore everything from Trinity College Dublin and the Book of Kells to the lively Temple Bar district. The city blends Georgian architecture with a modern cultural scene, making it a highlight of any trip.

Day 3 – 85 miles

Bray

Bray is a popular seaside town just south of Dublin, famous for its long promenade and relaxed coastal vibe. It's a favorite spot for walkers and day-trippers, offering beautiful views of the Irish Sea and access to the scenic Bray Head walk.

Greystones

Greystones is a charming coastal town known for its marina, beaches, and friendly atmosphere. The cliff walk between Bray and Greystones is one of the most scenic routes in the area, offering stunning views along the coastline.

Wicklow

Often called the “Garden of Ireland,” Wicklow is famous for its lush landscapes, rolling hills, and natural beauty. The area includes parts of the Wicklow Mountains, with breathtaking scenery that has been featured in many films and is perfect for nature lovers.

Arklow

Arklow is a historic town located at the mouth of the River Avoca. Traditionally a fishing and shipbuilding centre, it has a strong maritime heritage and offers a quieter, more traditional Irish coastal experience.

Wexford

Wexford is a sunny southeastern town with strong Viking roots and a vibrant cultural scene. Known for its opera festival and colourful streets, it's also a gateway to some of Ireland's best beaches.

Day 4 – 80 miles

Kilmore Quay

Kilmore Quay is a picturesque fishing village with thatched cottages and a working harbour. It's one of Ireland's most charming seaside spots and a departure point for trips to the Saltee Islands.

Wellingtonbridge

Wellingtonbridge is a small rural village surrounded by farmland, offering a glimpse into Ireland's agricultural heartland. It's known for its friendly community and traditional pace of life.

Passage East

Passage East is a quiet fishing village located where the River Suir meets the sea. It offers beautiful estuary views and has long been associated with fishing and maritime traditions.

Waterford

Waterford is Ireland's oldest city, founded by Vikings in the 9th century. It's famous

for its crystal production, particularly Waterford Crystal, and its Viking Triangle area, where history comes to life through museums and restored buildings.

Day 5 – 58 miles

Dungarvan

Dungarvan is a lively harbour town set around a beautiful bay. It's known for its food scene and as a starting point for the Waterford Greenway, a popular cycling and walking trail along a former railway line.

Youghal

Youghal is a historic seaside town with medieval walls and a rich maritime past. It also has long sandy beaches, making it a great spot to relax and enjoy the coastal scenery.

Carrick-on-Suir

Carrick-on-Suir is a heritage town known for Ormond Castle, one of Ireland's finest Tudor manor houses. It's also associated with Seán Kelly, one of Ireland's greatest cyclists, making it a point of interest for sports enthusiasts.

Tramore

Tramore is a popular seaside resort known for its long sandy beach and relaxed holiday atmosphere. It's a favourite with families and surfers, offering plenty of coastal activities and scenic views.

Day 6 – 79 miles

Midleton

Midleton is best known as the home of the Jameson distillery, where visitors can learn about Ireland's famous whiskey-making tradition. The town itself is lively, with markets and local food offerings.

Cobh

Cobh is a colourful harbour town with a deep maritime history. It was the last port of call for the RMS Titanic, and today visitors can explore its heritage through museums and enjoy views of its striking cathedral overlooking the harbour.

Carrigaline

Carrigaline is a growing town near Cork Harbour, known for its welcoming community and as a gateway to the scenic coastal areas nearby.

Kinsale

Kinsale is a picturesque harbour town famous for its gourmet food scene and colourful streets. It also has historical significance due to the Battle of Kinsale, a key event in Irish history.

Riverstick

Riverstick is a quiet rural village offering a peaceful stop along the route, surrounded by farmland and traditional Irish countryside.

Fivemilebridge

Fivemilebridge is a small village known for its agricultural roots and friendly local atmosphere, providing a glimpse into everyday rural life in Ireland.

Cork

Cork, Ireland's second-largest city, is known for its vibrant culture, food scene, and independent spirit. Built on the River Lee, it offers a mix of historic sites, lively markets, and a youthful energy that makes it a fitting end to the journey.