

## **CYCLE CHALLENGE 100km**

The Cycle Challenge will leave Kildorrery and head south on rolling roads to the village of Glanworth here the route will take a left turn passing over Glanworth bridge with the mill on your left. From here the route continues to the village of Kilworth passing through Molly Barry's Cross ( Care needed here). On entering Kilworth village square the route turns off to the left in the direction of Ballyporeen, Shortly after leaving Kilworth the route crosses Glenseskin bridge where the first significant challenge starts, a 6km climb to the Mountain Barracks.

At the Mountain Barracks the route takes a left descending towards Mitchelstown. Approx 2.5km before Mitchelstown at Pollardstown, the route takes a right (55km route continues straight here). 2km later the route comes to a roundabout at Kilshanny where it goes in the direction of Ballyporeen on a fast flowing road. In the centre of Ballyporeen the route turns right and soon after you will be starting the second significant challenge of the day the 5.5km ascent of Higgins Hill. On reaching the summit you will have views of Co. Waterford ahead of you but wont have much time to admire them as a fast descent lies ahead with a number of sharp bends so care is needed. At the bottom of the descent you will come to a T junction where the route turns right at which point you will arrive at a welcome refreshment stop at Araglen GAA grounds.

On leaving the food stop the route follows the road skirting the Araglin river bringing you back to Kilworth village. From here the route transverses some of the earlier route towards Glanworth for a few Km's before turning right towards Curraghagalla. Soon after you will find the third significant challenge of the day the 2km climb to Curraghagalla.

A few km's after the climb the route arrives at Glocca Morra where it goes left for Mitchelstown taking care through 2 roundabouts crossing over the motorway arriving on the Mitchelstown ring road and turning left for Glanworth, A fast road brings the route to Glanworth. The route turns right here rising to the finish 8Km away in Kildorrery.