

## **CYCLE Tour 55km**

The Cycle Tour 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 100km route takes a right) the 55km continues to Mitchelstown where you will turn right to a welcome refreshment stop at Mitchelstown CBS.

On leaving the food stop the route turns left back the road you arrived to Brigown cemetery where it turns right passing Park United Soccer grounds. At the end of the road the route turns right. A short while later you turn left onto the Fermoy road and proceed to the roundabout taking a right turn onto the Mitchelstown Ring Road. At the next roundabout the route goes left for Glanworth. A fast road brings the route to Glanworth Village where the route turns right with the route rising to the finish in Kildorrery 8km away.