

# Malin Head to Mizen Head Ireland Top to Toe 2025

INFORMATION AND ADVICE



**CURE**  
PARKINSON'S

Join us in Ireland for a new cycling challenge in aid of Cure Parkinson's!

From Saturday 6 to Saturday 13 September you will cycle approximately 445 miles over seven days, from Malin Head in the north to Mizen Head in the south.

The event organisers, Sport Ecosse Events, classify this cycling challenge as “Hard” so participants are expected to have a good level of fitness in order to take part, be able to cycle up some steep and long hills, as well as being competent on a bike.

Participants are expected to bring their own bikes with them and bike helmets must be worn at all times when cycling.

## Included in the service offered by Sport Ecosse Events is:

- A Cycle Ride Leader and First Aid qualified cycle guides, plus support and encouragement from at least four Sport Ecosse Events staff
- Basic bike maintenance with spare parts available to purchase
- Seven nights hotel accommodation with breakfast
- Lunch and dinner for seven days
- Healthy snacks and drinks for each day cycling
- Luggage transfers between accommodation
- Two support vehicles
- Transport if required from Belfast or Derry/Londonderry to Malin Head
- Transport if required from Clonakilty to Cork airport
- Kit list
- Training schedule
- Public liability insurance

## What is not included:

- **Drinks with lunch and dinner** – jugs of water will be available but if alternative soft or alcoholic drinks are wanted these must be paid for separately
- **Travel insurance** – each individual should have their own travel insurance cover
- **Any individual spending money that you may want to take** – please remember that you will need both UK Sterling and Euros

## General information:

Regular stops will take place roughly every 12 to 18 miles on the cycle, giving the group a chance to get back together. For most of the event you are welcome to cycle at your own pace, but please remember that the faster you go the longer you may have to wait. Having said that, the group does need to move at a minimum pace in order to finish each day in good time.

Clear instructions about the location of the rest stops will be given in advance. The rest stops will always be in obvious places with a vehicle and a Sport Ecosse Events member of staff waiting. At each stop snacks and drinks will be provided, and a description of the next leg of the challenge will be given. Arrows will also be used as required to guide participants on the route to take, plus there will always be a Sport Ecosse Event member of staff at the back of the group so no one will be last!

The Tour Leader is responsible for the event, and will make decisions that are for the benefit and safety of the event as a whole. The decisions of the Tour Leader are final and a participant may be asked to leave the event if they refuse to follow instructions, or if by continuing on the event, they are placing either themselves or other people at risk.

## Ireland:

The cycling challenge will begin in the Republic of Ireland, before moving into Northern Ireland, and then back into the Republic of Ireland, so you may need both UK Sterling and Euros.

The weather in Ireland is very similar to the UK. In June, it is very difficult to predict what the weather will be like, so we ask that you plan for both rain and wind, but also for the possibility of some sunshine. As you will see from the kit list, both waterproof clothing and sun cream are essentials.

More details about Ireland can be found at two main websites; covering the Republic of Ireland is [www.discoverireland.ie](http://www.discoverireland.ie) and covering Northern Ireland is [www.discovernorthernireland.com](http://www.discovernorthernireland.com)

## Accommodation:

The accommodation provided will be on a twin room basis. The accommodation below has been reserved for this event, although is subject to change if there are circumstances out of our control:

**Day 1: Buncrana** – Inishowen Gateway Hotel [www.inishowengateway.com](http://www.inishowengateway.com)

**Day 2: Bundoran** – Great Northern Hotel [www.greatnorthernhotel.com](http://www.greatnorthernhotel.com)

**Day 3: Knock** – Knock House Hotel [www.knockhousehotel.ie](http://www.knockhousehotel.ie)

**Day 4: Ennis** – Treacy's Hotel [www.treacyswestcounty.com](http://www.treacyswestcounty.com)

**Day 5: Killarney** – Parkavon Hotel [www.parkavonhotel.com](http://www.parkavonhotel.com)

**Day 6: Clonakilty** – Clonakilty Park Hotel [www.qualityhotelclon.com](http://www.qualityhotelclon.com)

**Day 7: Clonakilty** – Clonakilty Park Hotel [www.qualityhotelclon.com](http://www.qualityhotelclon.com)

## Meals:

Snacks and water will be provided at the regular stops throughout the challenge. This will include bananas, apples, raisins, nuts, and cereal bars. It is important that you drink enough to remain hydrated and take on enough food to have adequate energy for this tough, physical challenge.

**Please let us know about any special dietary requirements you have.**

### **Breakfast**

This will be a combination of continental style breakfasts with traditional cooked Irish breakfasts available some days.

### **Lunch**

Soup, sandwiches, or pasta in a hotel or restaurant.

### **Dinner**

This will either be two or three courses in the hotel we are staying in. The main course will contain meat or fish with carbohydrates, and vegetarian options are always available.

## Training:

A suggested training schedule will be provided, but as a general rule the more training you have done the easier you will find the challenge and the more you will enjoy it!

## Kit:

It is strongly suggested that you make sure you have the following:

- **Helmet (must be worn at all times when cycling)**
- **Waterproofs – rain at some stage is likely!**
- **Sun cream**
- **Cycling shorts**
- **Cycling gloves**
- **A bum bag or jacket/cycling tops so that you can keep personal possessions with you**
- **Water bottle with holder on your bike**
- **A bell**
- **At least two inner tubes (we recommend having one with you when cycling)**

As you will be riding your own bike you will be responsible for making sure that it is in a good and appropriate condition for a trip of this length. We strongly recommend that you have your bike serviced prior to the challenge. We encourage everyone to have two bags with them – a day bag and a big bag. Your day bag should contain things that you may need ready access to such as waterproofs, sun cream and extra layers.

Day bags will be placed in the front vehicle so that when you arrive at each stop you can get immediate access to it. Big bags travel in the back vehicle so you can still get access at stops, but it saves a lot of time if we try and restrict this to a minimum.

## Passports, visas and health information:

If you have a UK passport, an Irish EU passport, or any other EU passport then there are no restrictions on travelling between the UK and the Republic of Ireland. We would advise you to bring your passport with you, however for other passport holders please contact your Embassy or Consulate for advice.

For those travelling from the UK or the Republic of Ireland there are no vaccinations required.

## Sport Ecosse Events:

This event is being organised by Sport Ecosse Events who are committed to responsible tourism. Sport Ecosse Events aim to minimise their environmental impact and support a number of charities including those with environmental purposes.

For more information please go to [www.sportecosseevents.co.uk](http://www.sportecosseevents.co.uk) or contact Kevin Gerrie at [kevin@sportecosse.co.uk](mailto:kevin@sportecosse.co.uk)

