



CYCLIST GUIDANCE SHEET

If in doubt ask a steward.

- Four Start times: 10:00 (120km), 10:10 (85km), 10:20 (65km), 10.30 (40km). 120km and 85 km cyclists will be called 1st followed by the 65km and 40km called 2nd. - Please Obey Stewards.
- Cyclists will follow the Coast Guard which is the lead car until the end of the village – no one to overtake lead car, this is a controlled start for safety reasons.
- Only cyclists that have pre-registered online will qualify for KOM/QOM. To be timed on King/Queen of the Mountain challenge - you have to have F2F Sticker on the LEFT HAND SIDE of your helmet and on the saddle post of your bike.
- King/Queen of the Mountain challenge is a sharp left turn to start at Raffeen – Care required.
- 40Kms - Do not turn left up Raffeen Hill –you go straight onto Monkstown
- For the King/Queen of the Mountain challenge the road is not closed to other vehicles.
- End of KOM/QOM – very steep downhill to Rochestown and sharp right hander at the bottom - Cyclists to take due care. (40km cyclists do not participate in the KOM)
- Monkstown Food Stop - Water and food stop at Monkstown Car Park, stewards will direct you – only for the 40Kms cyclists
- Carrigmahon to Ferry – Again steep downhill and sharp right hander by ferry – Extreme care required.
- Portaloos situated on both sides of the Ferry. Toilets on the Ferry are not open. Portaloos will also be at Monkstown Car Park and Brambly Lodge.
- Route to Belvelly Bridge – poor road and busy traffic – Care required.
- All cyclists – right hander at Fota Hotel – Care required.
- 85Kms – entry on to dual carriageway at Midleton – extreme Care required.
- 120Kms – Traffic lights in Midleton after flyover – Please obey.
- 120Kms– Slipping on to dual carriageway with speeding traffic – stay on shoulder.
- 120Kms - Lower Aghada - Left at Rosies Steep Hill
- 85Kms and 120Kms – PLEASE DO NOT EXIT THE MAIN MIDLETON TO CORK MOTORWAY AT CARRIGTWOHILL- PLEASE CONTINUE ONTO J3 COBH CROSS
- Belvelly Bridge Return – Cyclist spilt 65Kms go RIGHT, 85KMS and 120KMS go LEFT
- Brambly Lodge Food Stop – This is Brambly’s busy time so no bikes inside the wall. Please permit cars to access Carpark. Portaloos available in Brambly. Do not use Brambly’s Lodge Toilets
- Care at Belvelly Bridge – turning right. Road is tight to the Ferry and is normally busy.
- Care – turning into Ferry – Do not use the first exit.
- Downhill into Ringaskiddy – sharp right turn at speed.
- Fort Camden – Dismount at Finish and please walk into Camden. It would be easier for all if bikes are returned to your vehicle (ensure securely) before entry to Fort Camden for refreshments.