

Mizen to Malin Cycle 1999

1 Introduction

For whatever reason, sane or insane, a few of us decided to cycle from Mizen Head, Co. Cork to Malin Head Co. Donegal in the spring of 1999. We complete this 641 Km with 4279M of ascent in 3½ days.

2 Cycle Route Details

The distances are measured using an opisometer with the Ordnance Survey 1:250000 map series. The climb has been estimated by inspection of the Ordnance Survey ½ inch map series. I expect that the actual climb will be higher (10%) than my estimated figures since the maps provide a limited resolution of 100 Ft (30M)

Route	Climb (Ft)	Climb (M)	Distance (Km)
Day 1 (Friday 30th April)			
Mizen Head – Goleen	400	122	10
Goleen – Tormoore	200	61	6
Tormoore – Durrus	400	122	20
Durrus – Glengariff	500	152	20
Glengariff – Kenmare	1000	305	20
Kenmare – Killarney	1000	305	30
Killarney – Castleisland	400	122	24
Castleisland – Listowel	1200	366	26
Listowel – Tarbert	300	91	20
Day 1 Total	5400	1646	176
Day 2 (Saturday 1st May)			
Tarbert – Kildysert	200	61	22
Kildysert – Ennis	200	61	22
Ennis – Gort	300	91	27
Gort – Ardrahan	200	61	11
Ardrahan – Athenry	300	91	19
Athenry – Monivea	300	91	9
Minivea – Menlough	200	61	10
Menlough – Mountbelleu Bridge	200	61	9
Mountbelleu Bridge – Roscommon	400	122	30
Roscommon - Tulsk	350	107	18
Tulsk – CarrickOnShannon	450	137	22
Day 2 Total	3100	944	199
Day 3 (Sunday 2nd May)			
CarrickOnShannon – Drumshambo	300	91	14
Drumshambo – Blacklion	700	213	32
Blacklion – Enniskillen	400	122	16
Enniskillen – Lisnarick	500	152	21
Lisnarick – Castleberg	700	213	28
Castleberg – Strabane	300	91	21
Strabane – Saint Johnstown	250	76	13
Saint Johnstown – Bridge End	250	76	13
Bridge End – Buncrana	300	91	13
Day 3 Total	3700	1125	171
Day 4 (Monday 3rd May)			
Buncrana – Carndonagh	600	183	20
Carndonagh – Malin Head	50	15	21
Malin Head – Carndonagh	600	183	21
Carndonagh – Derry	600	183	33
Day 4 Total	1850	564	95
Totals	14050	4279	641