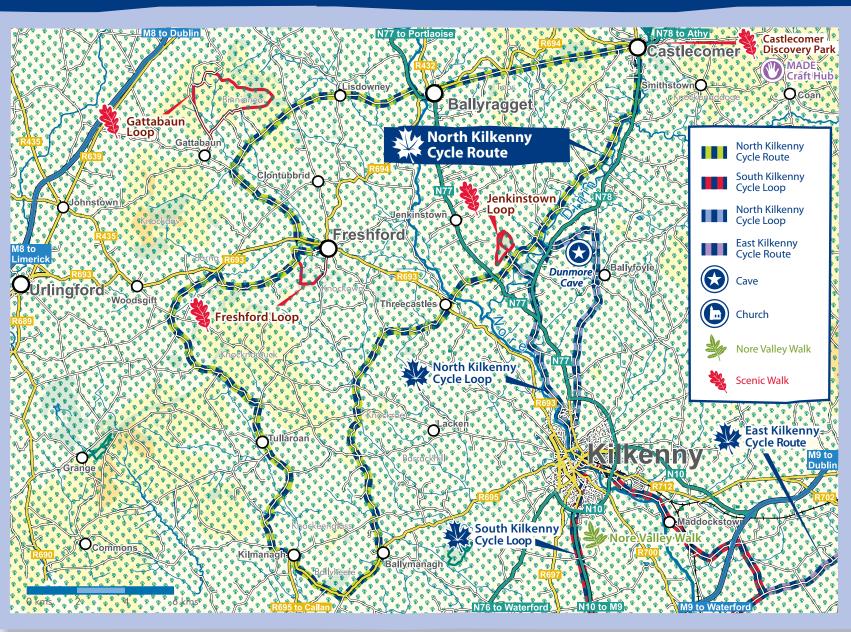




Distance Time	82km 4.5 to 6 hours
Terrain	Quiet country roads and laneways suitable to hybrid type bikes
Traffic	Mainly on quiet roads joining N roads in sections. Caution for farming machinery at certain times of the yea
To Suit	Experienced, moderately fit self sufficient cyclists
Minimum Gear	Spare tube, pump, liquids, food, mobile phone

Overview

This route is the most challenging in the Trail Kilkenny portfolio of cycling trails. It winds its way through rural North Kilkenny bringing the cyclist through beautiful villages like Freshford and Castlecomer.



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