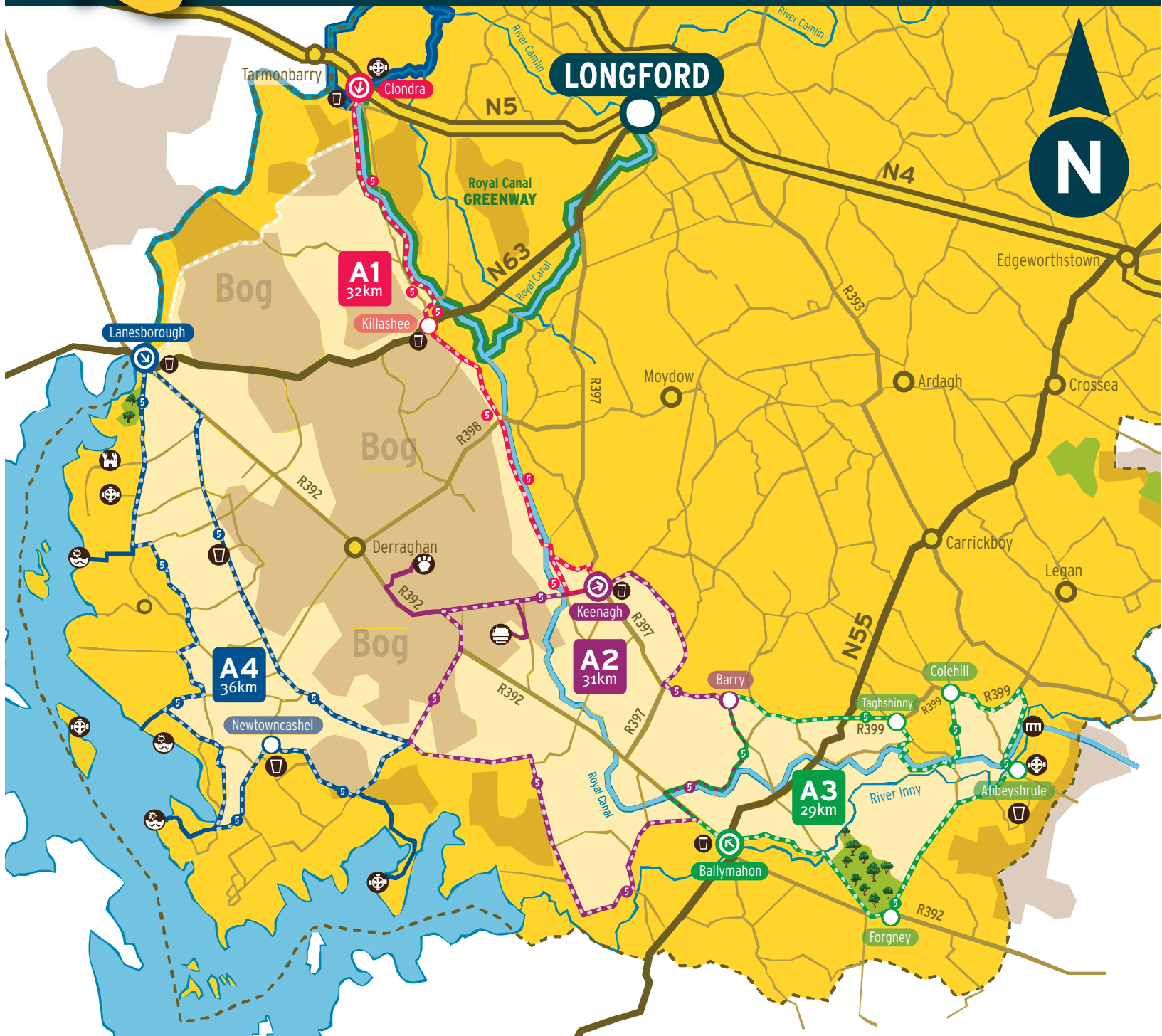




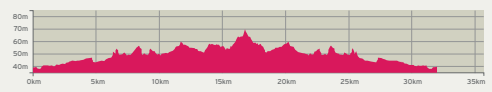
South Longford



Route Classification

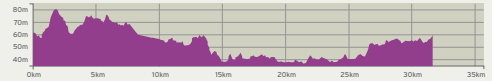
All routes and elevations represent a clockwise direction. Routes can be cycled in either direction. Incidences of crossing traffic can be reduced, particularly on routes A2 & A4, by cycling anti-clockwise.

A1
32km



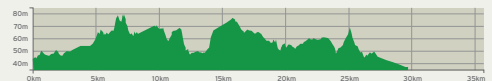
Classification — Moderate
Great family cycle following the Royal Canal for most of the route. Care should be taken crossing the R398. Clipping in and out of pedals can prove awkward at canal bridges and gates. Soft surfaces on the canal can be difficult for some road bikes. Facilities at Clondra and Keenagh villages.

A2
31km



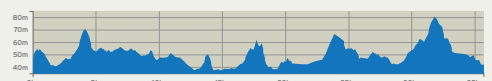
Classification — Moderate
Cycle loop following small country roads. It includes interesting bog views and an opportunity to visit Corlea Bog Interpretive Centre, home to an Iron Age bog road. Keenagh village offers the only access to refreshments and toilet facilities.

A3
29km



Classification — Moderate
Shortest route in South Longford, taking in Abbeyshrule (Tidy Towns winner), the Royal Canal, Newcastle Woods and Ballymahon Town. Care should be taken when crossing the R392 around Newcastle Woods. Facilities at Abbeyshrule and Ballymahon Town.

A4
36km



Classification — Moderate
Longest route in South Longford, featuring beautiful views of Lough Ree and its islands, with opportunities to visit Barley Harbour, Saints Island and Rathline Castle along the way. The picturesque towns of Lanesborough and Newtowncashel offer plenty of facilities.

National Trails Office Trail Classification

Easy: Route uses cycle lanes or quiet virtually traffic-free roads. The roads on the route are flat with some gentle slopes. Suitable for all cyclists including those with a low level of fitness and family groups with children over 11 years of age under supervision. Any sort of bike is suitable.

Moderate: Some sections of the route or junctions on the route may be on regional roads. The roads on the route are undulating with some slopes requiring a reasonable level of effort to climb. Suitable for cyclists with moderate level of fitness and experience cycling on public roads. Any sort of bike with a selection of gears would be suitable.

Difficult: The route may use national, regional or unclassified roads including mountain roads with steep gradients both to be ascended and descended. Overall ascent or gradient is unlimited. A bike, well-maintained and suitably equipped to cope with long climbs and steep descents is recommended.