

# TOUR OF SLIGO 2017 (100km ROUTE)



## 100km Innisfree Tour

## General Safety Guidelines

- The **rules of the road** apply at all times and this event is being run on open roads
- Cyclists must give way to other road users where applicable
- All participants must obey the instructions of Gardai/Civil Defence/Stewards etc
- Helmets are compulsory for all riders – **NO HELMET NO RIDE!**
- Event stewards will be present to direct cyclists but **not** to stop traffic

- When leaving IT and turning right onto Ash Lane due care must be taken by cyclists
- Cyclists will turn left onto the N15 (main Dublin/Donegal) and **extreme care** is required on a busy road with traffic lights. After Hughes Bridge cyclists will take a right turn towards Finisklin which is a built up town area with narrow streets that require care from cyclists
- As cyclists approach the Strandhill road they must stop and give way to any oncoming traffic before turning right onto the Strandhill road
- On approaching the Strandhill roundabout cyclists must take care of traffic coming from all directions
- On approaching the Ransboro roundabout cyclists must take care of traffic coming from all directions as they exit off the third exit
- At the Coolera water stop cyclists are required to take care as they enter and exit the water stop on the left at Coolera House
- On passing under the bridge at Ballydrehid cyclists are advised to exercise caution as they turn right towards Ballisadare
- On entering Ballisadare due care is required as there are two small roundabouts to be negotiated
- N59 leaving Ballisadare towards Ballina is a busy road, stay left of the white line at all times, exercise caution on turning left to Ladies Brae
- When descending off Ladies Brae there are a number of steep descents and sharp bends so take **extreme care** with your speed
- Due care to be taken as cyclists enter Coolaney village. Exercise care on entering and exiting Coolaney foodstop
- When turning for Collooney road after leaving Coolaney cyclists will be crossing road and please be aware of oncoming traffic
- On returning to the village of Ballisodare cyclists are required to take care at both roundabouts
- **Extreme care** is required as cyclists approach the junction at Union Wood and must stop and give way to traffic on the R284 before turning right
- Entering Ballintogher Village proceed through the village and turn right where a food and water stop awaits cyclists at St. Michaels GAA club
- Entering Dromahair Village proceed through the village with caution as there may be traffic or pedestrians
- Leaving Dromahair exercise care on the homeward journey to Sligo along the R286, please stay to the left at all times
- When approaching the N16 Sligo Enniskillen road prepare to stop at traffic lights and cross road with due care
- Finally, care is required as cyclists take a right turn into IT Sligo where the finish line is in sight ! Well done !

Give way to oncoming traffic at roundabouts. The Sport Ireland Yeats Tour of Sligo Committee wants all riders to have a safe and enjoyable trip on the roads of County Sligo. Please keep our beautiful county tidy!