

# TOUR OF SLIGO 2017 (160KM ROUTE)

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## 160km Ox Mountain Challenge

## 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/Marshals etc
- Helmets are compulsory for all riders – **NO HELMET NO RIDE!**
- Event marshals 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 as this is a very busy road with traffic lights to negotiate. 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 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 turning left towards Ladies Brae
- When descending from Ladies Brae there are a number of steep descents so take **extreme care** with speed and exercise caution at junctions
- **Extreme care** on taking the right turn onto the main N17 road at the outskirts of Tubbercurry and proceed through the town with caution and onwards towards Bunninadden where there is a foodstop
- Care is required on approaching the outskirts of Ballymote where cyclists need to yield to traffic before taking the left turn onto the R293
- Care is required as cyclists approach the sharp bend at Clarke's Bridge and **extreme care** needed at cyclists turn right onto the N17
- Cyclists travel along the N17 in the direction of Sligo and **extreme care** is needed along this busy stretch of road before turning left into Collooney
- 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 where they must yield to traffic on the R284 before turning right
- Entering Ballintogher Village proceed through the village and turn right where a food stop awaits cyclists on the left at St. Michael's GAA club
- The onward journey requires caution as cyclists approach junctions right onto the R289 and left onto the R280
- Entering Dromahaire Village cyclists have to turn right and proceed through the village with caution as there may be traffic or pedestrians
- Leaving Dromahaire exercise **extreme care** on taking sharp right turn onto R286 and proceed with care as the road returning to Sligo is winding and narrow and 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!