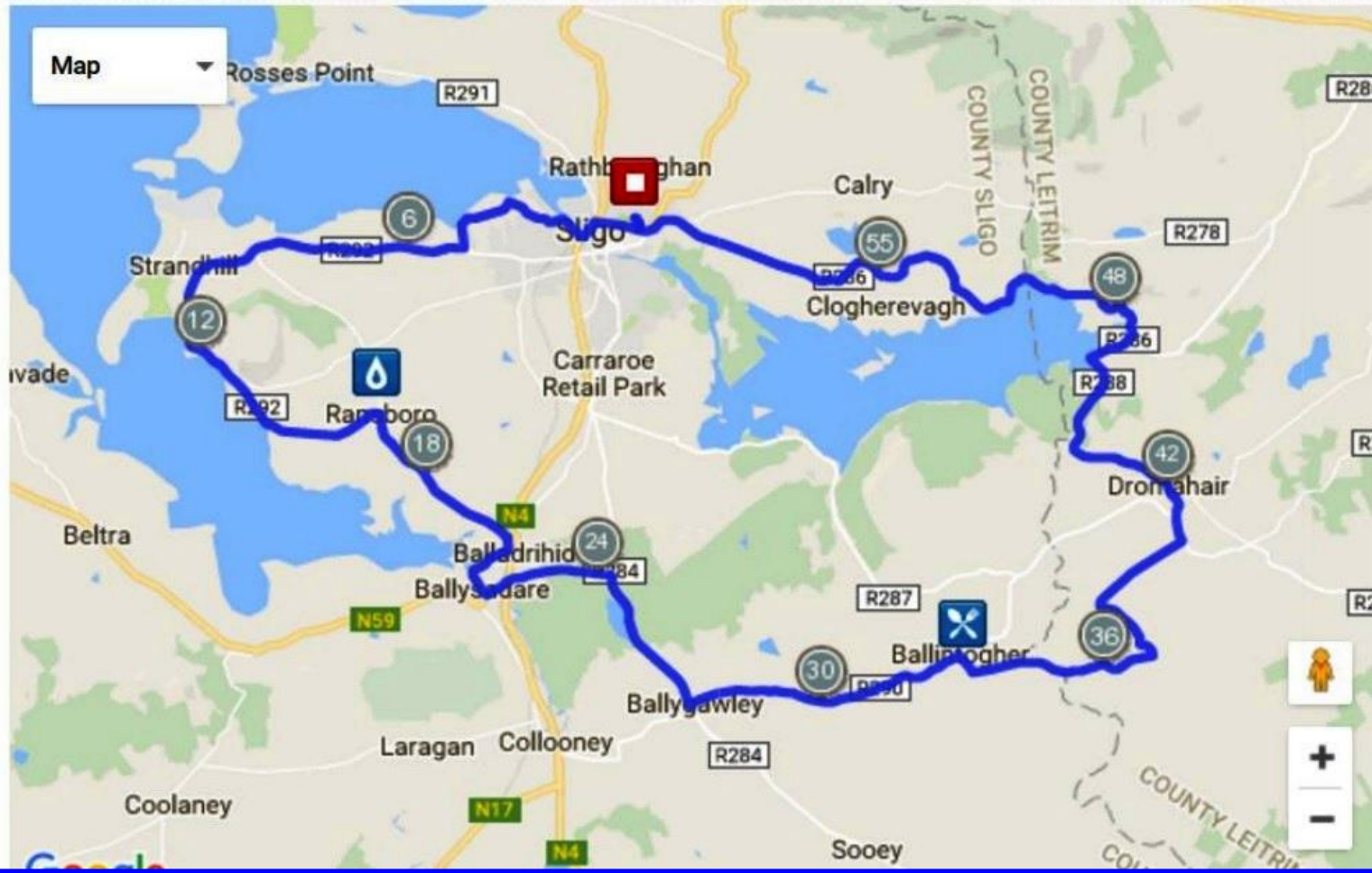


TOUR OF SLIGO 2017 (60KM ROUTE)

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60km Lough Gill Circuit

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 heavy traffic and 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 traffic before turning right onto the Strandhill road
- On approaching the Strandhill roundabout cyclists must take care of traffic coming from all directions
- Due care needs to be taken of on downhill stretches after departing Strandhill
- 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 cyclists approach the roundabout and take the first exit towards Union Wood
- **Extreme care** is required as cyclists approach the junction at Union Wood where they must stop and give way to traffic on the R284 before turning right
- Entering Ballintogher Village proceed through the village and approach the food stop on the right at St. Michaels GAA club with care
- Entering Dromahair Village proceed through the village with caution as there may be traffic or pedestrians
- R286 Dromahair to Sligo is a winding narrow road, 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!