

# GET ON YER BIKE!

Cycling in Ireland is an age-old tradition, and there's a movement underway encouraging children to ride their bikes to school and adults to ride to work!

Ireland's National Bike Week, May 10-18, 2025, celebrates what everyone knows about cycling: it's good for your health, good for the environment and good for Ireland! For visitors, the spring temperature is typically mild, perfect weather to go off the beaten

track and enjoy the sights and scents of Ireland's rural trails.

Among the established cycling trails are the Great Western Greenway in Co. Mayo, the Waterford Greenway in Waterford, and the Comber to Newcastle Greenway in Co. Down. In Galway, take the Seven Castles Looped Cycle Heritage Tour, a guided off-the-beaten-track heritage excursion across beautiful countryside to pass by seven castles on the north and eastern side of Galway city and Galway county.

[ireland.com](http://ireland.com)



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## TOURS TO IRELAND



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345 Park Avenue  
New York, NY 10154  
1-800-223-6470  
[ireland.com](http://ireland.com)

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