

How Not to Do the Lap of Ireland: A Cautionary Tale



(how not to do) A Lap of Ireland: mud, sweat and tears

by Richard Georgiou

★★★★☆ 4.3 out of 5

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The Lap of Ireland is a challenging but rewarding cycling route that takes riders around the entire island of Ireland. It's a great way to see the country's stunning scenery and experience the warm hospitality of the Irish people. However, there are a few things you should avoid ng if you want to have a successful trip.

1. Don't overpack

One of the most common mistakes that cyclists make is overpacking. It's tempting to bring everything you might need, but it's important to remember that you'll be carrying your luggage with you every day. Stick to the essentials and leave the rest at home.

2. Don't underestimate the weather

Ireland is known for its unpredictable weather, so it's important to be prepared for anything. Pack layers of clothing so that you can adjust to changing conditions. And don't forget to bring a waterproof jacket and pants.

3. Don't ride too fast

The Lap of Ireland is a long and challenging route, so it's important to pace yourself. Don't try to ride too fast, or you'll quickly burn out. Take your time and enjoy the scenery.

4. Don't neglect your bike

Your bike is your most important piece of equipment, so it's important to take care of it. Make sure to get it tuned up before you start your trip and carry a basic tool kit with you in case of any repairs.

5. Don't forget to have fun

The Lap of Ireland is a great way to see Ireland and experience the country's unique culture. But it's also important to remember to have fun. Take some time to relax and enjoy the scenery. And don't be afraid to stop and chat with the locals.

The Lap of Ireland is a challenging but rewarding experience. By following these tips, you can avoid the most common mistakes and have a successful trip.

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