



Together We Thrive 14/06/25



# GAELFORCE WEST

A majestic route through a wildly beautiful  
landscape in Galway and Mayo.

# COMPETITOR IMPORTANT INFO

Welcome to the **Gaelforce West**

The information below covers **everything**

**you need to know** about participating in this event.

For those whom we may lose with too much detail, the

tables below will summarize the key info.

For those who delight in the detail keep reading!

Waves	Bus leaves Westport	Briefing at Start Line	Start Time
1	6:00am	7:20am	7:30am
2	6:30am	7:50am	8:00am
3 & 4	7:10am	8:30am	8:40am

Location start line	Buses depart from <u>Mill Street</u> in Westport to start line at Lough Inagh. This is only accessible by Gaelforce Event buses on race day. <b>Don't be late for your bus!</b>
Parking	Plenty of parking in Westport in many different car parks. Park in time to walk to <u>Mill Street</u> .
Transport	Please carpool where possible to Westport.
Registration	<ul style="list-style-type: none"><li>• <b>By post - NO registration on event day.</b></li><li>• <b>Race pack</b> will arrive by Thursday 12 June.</li><li>• <b>International competitors or race pack didn't arrive</b> - collect your race pack at an information desk at Westport/Killary Adventure Centre on Friday 13 June.</li><li>• <b>Information desks</b> are located at Westport/Killary Adventure Centre bike drop-off areas on Friday 13 June. <b>ALL queries must be dealt with on 13 June.</b></li><li>• Race numbers are <u>available on our website</u> and will also be texted to you before race day.</li><li>• <b>No wave changes</b> allowed for this event.</li></ul>
Bike Drop	<p><b>Please be on time for your bike drop - we cannot facilitate late arrivals.</b></p> <p><b>Westport: Friday 13 June - 5pm to 9pm</b> - prepaid transfer only. Skate Park Westport. [<a href="#">Google maps LINK</a>] No cars allowed - you must cycle your race-ready bike from town to the bike drop area.</p> <p><b>Killary Adventure Centre: Friday 13 June - 4pm to 10pm.</b> Located 900m from the Killary Adventure Centre. [<a href="#">Google maps LINK</a>]</p>
Cut off	<b>14:55pm</b> at the base of Croagh Patrick.
Getting ready	No changing facilities. Please change at your car before bus transfer.
Prizes	You must be in wave 1/first start to win a prize. Prize giving at <b>12:30pm</b> at the finish line.
Spectators	<ul style="list-style-type: none"><li>• Killary Adventure Centre (end run/start kayak)</li><li>• Finish line at Westport (more the merrier!)</li></ul> <p><b>NO spectators allowed at any other locations.</b></p>
Water	<b>Bring your own water bottle</b> to refill at water stations: Kayak start / Bike start / Croagh Patrick base / Finish line

Safety	<p><b>Rough uneven, slippery trail, trial runners must be worn</b></p> <ul style="list-style-type: none"><li>• Be aware that weather conditions are variable.</li><li>• Please take care if it's a warm day, hydrate and do not over-exert. Heat stroke is an extremely serious condition.</li><li>• To report an accident or incident on race day <b>CALL +353 87 3144 647.</b></li></ul>
Rules	<ul style="list-style-type: none"><li>- No headphones</li><li>- Anyone found littering will be disqualified</li><li>- On entering competitors have agreed a declaration to waive liability, confirm acceptance of rules and to share images for media purposes</li><li>- Race Directions decisions are final</li></ul>





STAGE 2 KAYAK

STAGE 3 SHORT RUN

STAGE 4 CYCLE

STAGE 4 CYCLE  
TO CROAGH PATRICK

MWEELREA

R335

BUNDORRIGHA

R335

N59



N59

KILLARY  
HARBOUR

LEENANE

N59

R336

R336

HEIGHT  
(324M)

MAAMTURKS

STAGE 1 START RACE  
RUN





LOUGH INAGH

TWELVE BENS

R344

R344

# MAP 1

- STAGE 1 RUN
- STAGE 2 KAYAK
- STAGE 3 RUN
- STAGE 4 CYCLE
-  WATER STATION
-  TOILETS
-  FIRST AID
-  SPECTATOR POINT



# EVENT DETAILS

## HOW TO GET HERE BY TRAIN

Irish Rail services Dublin to Westport [LINK [https://www.irishrail.ie/IrishRail/media/Timetable-PDF-s/Heuston-timetables/10\\_dublin-westportballina.pdf](https://www.irishrail.ie/IrishRail/media/Timetable-PDF-s/Heuston-timetables/10_dublin-westportballina.pdf)]

## HOW TO GET HERE BY CAR

If you must travel by car, please carpool, make a difference! Leave plenty of time to get here to avoid stress.

## PARKING

There is lots of parking available in the early morning in Westport. Please obey all parking rules. There is free parking available in the Tesco car park.

**The start line is accessible by Gaelforce Event bus only. If you miss your bus departure you miss your race!** There is absolutely no drop off for spectators at the start line.

## REGISTRATION

**There will be no registration on event day.** Your Race Pack will be sent by post to the address you provided as part of your online entry. You must be registered to take part in this event.

Please know your race number, wave and start time when you arrive. No wave changes are allowed for this event.

## RACE PACKS & NUMBERS

Your Race Pack includes your race number & safety pins. Please attach it securely and make sure it is visible at all times during the event. Your race number contains your automatic timing chip.

If you don't receive your Race Pack in the post by Thursday 12 June, drop us an email and you'll be able to pick one up at an information desk on **Friday 13 June.**

**International competitors** – please collect your Race Pack at an information desk on Friday 13 June.

## INFORMATION DESK

There will be information desks at the two bike drop off areas on Friday 13 June only.

- In **Westport** at the [Skate Park/Finish](#) line area.

- In **Killary Adventure Centre** in a signposted parking lot 900m from the Killary Adventure Centre.

Please come to the information desks if:

- You are an international competitor.
- You did not receive your race pack in the post.
- You forgot/lost your race number.

**ALL queries must be dealt with on Friday 13 June.**

## BIKE DROP

**Killary Adventure Centre: 4pm-10pm ONLY - Friday 13 June**

The bike drop area is in the activity area at Killary Adventure. [[Google maps LINK](#)]

Please bring your race number with you and attach your bike number tag to the crossbar of your bike - the tag is attached to the bottom of your race number. Leave your bike at the space marked with **your race number**. You can leave all cycling equipment, extra food and drinks securely attached to your bike.

**Please arrive with your bike race-ready** – this is a quick drop off area, not a prep area. This will really help us as parking is extremely limited.

**Westport Skate Park (finish line): 5-9pm ONLY**  
**Friday 13 June – paid bike transfer only.**

The bike drop area is at Westport Skate Park [[Google maps LINK](#)], just outside of town. You must cycle your race-ready bike from where you are parked in town to the bike drop area. **THERE IS NO PARKING HERE, YOU MUST CYCLE YOUR BIKE FROM TOWN. YOU WILL BE SENT AWAY IF YOU COME IN A CAR.**

Please bring your race number with you and attach your bike number tag to the crossbar of your bike - the tag is attached to the bottom of your race number. You can leave all cycling equipment, extra food and drinks securely attached to your bike. Your bike will be placed on transport (at your own risk) and delivered to the bike transfer area just past Killary Adventure Centre and placed on your race number bike rack for you.

**The last bike transfer leaves Westport at 9pm.** If you miss this, you must bring your bike to the Killary Adventure Centre bike transfer area yourself on Friday 13 June **by 10pm.**

Aerobars are not allowed and must be removed for the event.

# EVENT DETAILS (CONTINUED)

## TRANSFER BUS & START LINE

Buses depart from Mill Street in Westport to the start line at Lough Inagh. Make sure you park with enough time to walk to Mill Street for your allocated bus departure time. **If you miss your bus, you miss your race!**

## BUS LEAVES WESTPORT TO START LINE

**WAVE 1 at 6:00am**

**WAVE 2 at 6:30am**

**WAVE 3 & 4 at 7:10am**

## MANDATORY KIT

- Survival blanket and whistle
- Windproof/waterproof top
- Bike (hybrid or road bike)
- Cycle helmet (can be left with your bike at transition area)
- Spare bicycle tube/puncture repair kit
- Water bottle for refilling at water stations. No water bottles available along the route.

## RECOMMENDED KIT

- Suitable cycling shoes and gloves
- Sturdy walking/trail running shoes
- Waterproof leggings
- Course map
- Energy food and drink.

## BIKE COLLECTION

All bikes must be picked up at the finish line within 1 hour of finishing the race and **by 18.00pm** at the latest. Bikes will be transferred to Killary Adventure Centre after this time (at your own risk).

You must have your race number with you to collect your bike after the race. If you do not have your race number, photo ID will be required.

Although this is a self-supported race, if you have any bike problems, we will help you and your bike to the finish line. Your bike may arrive later than you.

Gaelforce Events is not responsible for any cycling equipment misplaced, lost or damaged in the bike drop or transition areas.

## CROAGH PATRICK MOUNTAIN

Gaelforce would like to acknowledge and thank all the landowners and stakeholders of Croagh Patrick Mountain for their continued support of Gaelforce West. We could not hold this event without this support.

**ALL COMPETITORS MUST ASCEND AND DESCEND BY THE PATH.** Any deviations will result in instant disqualification.

A Sustainable Access and Habitat Restoration project is currently underway on Croagh Patrick, which aims to restore the eroded parts of the mountain and provide a robust path for access. Gaelforce is working with, and fully supports the Croagh Patrick Shareholder Group in protecting the heritage and the landscape of the mountain, and we are committed to ensuring our competitors share this ethos of care. We ask that competitors do not use **Croagh Patrick Mountain to train** for our race at any time.

**On Event Day**, there will be a **very strict policy on keeping to the path and any competitors who deviate from the path will be instantly disqualified.**

This is to ensure that the ongoing work on the path is not adversely affected in any way. Please ensure that you 'Leave No Trace' on the mountain and what you bring up with you must come down. We also encourage you to read the Mayo Mountain Rescue Safety Guidelines for climbing Croagh Patrick.

Please be aware Gaelforce does not have exclusive use of the mountain on Event Day and competitors must be respectful of other users.



# EVENT DETAILS (CONTINUED)

## WATER STOPS

There are 4 water stops along the route:

- Kayak start
- Bike start
- Croagh Patrick base
- Finish line area.

**You MUST bring your own water bottle/container.**

To protect the local environment, we do not give out water bottles or cups during this event.

## TOILETS

There are toilets at the following locations along the route:

- Start line area
- Kayak start
- Bike start
- Darby's pub
- Croagh Patrick base
- Finish line area.

## FINISH LINE

The finish line is at Westport Skate Park. You can pick up your finishing goodies with refreshments, medal and top at a marked collection point after passing the finish line. There will be water, fruit, tea, coffee & flapjacks as well as music and an MC.

We will also have donation buckets in aid of our charity partner Jigsaw. 100% of your donation goes to this great charity.

## JIGSAW

We are proud to work with Jigsaw, our exclusive Charity Partner. Jigsaw provides free, confidential mental health supports for young people aged 12 to 25 in communities around Ireland. Support them at your next Gaelforce event. **[www.jigsaw.ie](http://www.jigsaw.ie)**  
Set up your Jigsaw EveryDay Hero Fundraising Page

## PRIZES

Prize giving takes place at **12:30pm** at the finish line. If you are a prize winner and can't make it to prize giving, please arrange for someone to pick your prize up for you. You must compete in **Wave 1/first start** to be eligible to win a prize.

## SPECTATORS

Spectators are allowed in **two locations only:**

- Killary Adventure Centre, at the end of run and start of the kayak. Please park at the centre and walk to the spectator area, approx. 1km away.
- Finish line area, Westport Skate Park. Spectators are very welcome at the finish line – it's a great opportunity to welcome the competitors home! There is strictly no parking at the finish line, but it's only a short walk from the centre of Westport. Walk along the Greenway to avoid traffic.

Please be aware so as not to be disappointed, spectators will be turned away from all other locations.

## ACCOMMODATION

If you have booked a Gaelforce West Stay & Race Accommodation Package at Killary Adventure Centre, you can **check in from 5pm on Friday evening** before the event. Post-event dinner is served at 6:30pm on Saturday in our dining room.

**Check out is before 11.00am on Sunday morning.** You must book accommodation and dinner in advance.

## LOST & FOUND

There is a Lost & Found area at the finish line where the event tops are being handed out. Any item that does not have a race number tag visible will be stored here until **18.00pm**. Make sure that all your equipment is securely fastened to your bike with your race number visible.

## RESULTS & EVENT PHOTOS

**Event results** will be available on our website the day after the event.

**Photos** of the event will be posted on our Facebook page the Tuesday after the event.





# SAFETY, RESULTS AND THE RULES

## SAFETY

**Exercise care at all times.** This is an adventure race, and the route **can be difficult and dangerous in places. Roads are not closed for this race**, and they are busy, narrow and very steep. You **must cycle with care** for yourself and other road users.

There are marshals and signage in place along the route for your safety. Parts of the route are off road so it may take a while for medical aid to reach you should you need it.

**Please slow down through the village of Leenane** as this is a heavy pedestrian area.

Be aware that weather conditions are variable. Please take extra care if it is a warm day: hydrate and do not over-exert to a detrimental level. Ireland is experiencing increasingly hot temperatures. Heat stroke (as opposed to heat exhaustion) is an extremely serious condition with a mortality rate of up to 65% and can cause lifelong illness due to organ failure.

If you have a medical condition that we need to be aware of, please drop us an e-mail in advance of the event: [info@gaelforceevents.com](mailto:info@gaelforceevents.com).

**You are responsible for your own safety.** We advise that competitors organise their own personal insurance.

To report an accident or incident on race day **CALL +353 87 3144 647**. Please enter this number into your phone before you arrive at the start line.

Please do not attend this event if you have Covid-like symptoms.

## THE RULES

This is an unsupported race. This means that you may not get food, drink, equipment, or technical support such as bike repairs from spectators or helpers along the way, unless you have permission from the Race Director due to a medical condition.

For reasons of fairness, safety and responsibility, all competitors are expected to abide by our Event Rules. We ask all competitors to:

- **Follow all event rules, instructions & signage.** Do not trespass or cut corners.
- **Please slow down through the village of Leenane.** This is a heavy pedestrian area.
- **Stay on the marked paths on Croagh Patrick Mountain.** If you run off the path you will be disqualified immediately.
- **Follow the Road Traffic laws.** Cycle on the left on all roads and keep tight to the left, especially on main roads.
- **Use one bike only, with no aerobars.** You cannot change your bike during the race.
- **Do not wear headphones.** You will need to be able to hear what is happening around you.
- **Respect the environment & local inhabitants.** We are very lucky to have access to these stunning routes.
- **Do not litter anywhere** on the route. You will be disqualified immediately with no exceptions.
- **Respect & help your fellow competitors.** You are all in this together.
- **Listen to our marshals.** They are there for your safety.
- **On entering, competitors** agree to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.
- **International competitors** must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

Rules may be modified to deal with unforeseen circumstances, at the discretion of the race organiser.

## The Race Director's decisions are final.

HAVE A GREAT RACE!





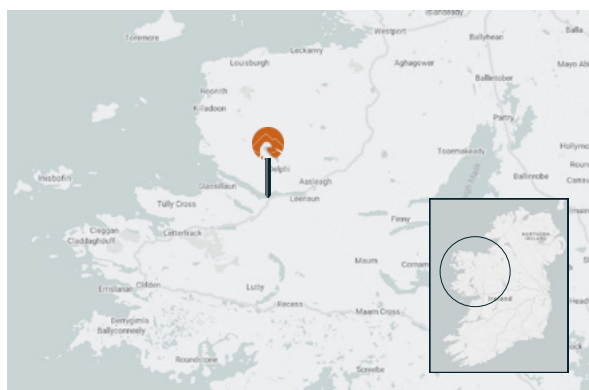


# OTTER HOSTEL

WILDLY RELAXING

## WHY STAY WITH US?

- Self-catering hostel
- Breathtaking views of Killary Fjord
- Private & dorm-style en-suite rooms
- Fully equipped kitchen & cosy lounge
- Adventure activities available on-site



Perfectly  
located



Free  
parking



Free  
wifi



“Surrounded by stunning scenery, Otter Hostel was the perfect base for our family adventure. Clean, cosy, and welcoming, with fun activities like the aerial park right on site!  
- Jenny, April 2025”





# IRELANDS **MOST ICONIC** ADVENTURE EVENTS



## **GAELFORCE**

POWERED BY KILLARY

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