

**Stage 1: Portlaoise to Kilmallock (161.6 KM)**  
**Wednesday, May 20th 2026**

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the beginning of the 71st edition of this very special event. Stage 1 brings us from Portlaoise to Kilmallock over a distance of 161.6km. There are three hot spot sprints: Ballacolla (18.6km), Borrisoleigh (58.7km) and Hospital (142.8km). There are three King of the Mountains climbs: Dolla (Category 3) at 82.8km, followed shortly by Bollingbrook (Category 3) at 86.9km and Old Pallas (Category 3) at 128.3km.

Sign-on: O'Moore Park, Father Browne Avenue, Portlaoise, Co Laois, R32X9X4 from 09:45am to 11:00am. Advance vehicles must have departed by 11:20am or otherwise wait until after the riders have left.

Rider assembly: All riders must assemble at the gates of O'Moore Park at 11:30am, departing at 11:35am to proceed to Laois County Council offices for a ceremonial ceremony. Riders will depart Council offices at 11:53am to head to 0.0km signs.

Directions from sign on to ceremonial start: Riders will exit O'Moore Park, turning right onto the main road, continue to Fr. Browne Avenue roundabout, taking the 2nd exit (straight through), then at the O'Moore roundabout take the 1st exit (left, Dir: Town Centre). The Council offices are located on the left-hand side with entry via the second entrance opposite Lidl.

Lead car parking: Lead cars and service cars are to enter the Council offices via the second entrance opposite Lidl and park immediately on the right-hand side after entry.

Team cars: Team cars are to leave O'Moore Park only after the riders have departed for the Council offices, turn right onto main road, proceed to Fr. Browne Avenue roundabout and take the 3rd exit to the right. Team cars are to park on the hard shoulder on the LHS between the motorway roundabout and the 0.0km signs.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerably and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — five stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	Ceremonial start at Laois County Council Offices				
0.0	0.0	Turn left onto road				
0.2	0.1	Abbeyleix Road Roundabout: 1st exit - left (Dir: Cork, Dublin)				
0.4	0.2	<b>Caution: Pedestrian crossing</b>				
0.7	0.4	Fr Browne Avenue roundabout: 2nd exit - straight (Dir: Abbeyleix N77)				
1.1	0.7	Caution: Pedestrian crossing (at Emo Service Station)				
2.3	1.4	Roundabout over motorway: 2nd exit - straight (Dir: Durrow N77)				
3.3	2.1	<b>0KM signs at green sign on LHS for Durrow N77 &amp; sign below for Clonad (on N77)</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>0KM signs at green sign on LHS for Durrow N77 &amp; sign below for Clonad (on N77)</b>	12:00	12:00	12:00	
9.9	6.2	Caution: Series of islands entering Abbeyleix	12:16	12:14	12:12	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
10.5	6.5	<b>Abbeyleix, Co Laois 50km/h signs</b>	12:17	12:15	12:13	
10.6	6.6	Straight through traffic lights in Abbeyleix (at antiques shop on LHS)	12:17	12:15	12:13	
11.2	7.0	Right turn at tower monument (Dir: Rathdowney R433)	12:18	12:16	12:14	
11.5	7.1	<b>Caution: Series of ramps after right turn</b>	12:19	12:16	12:14	Caution Required
18.5	11.5	<b>Ballacoola, Co Laois 50km/h signs</b>	12:30	12:26	12:23	
18.6	26.4	<b>'Ballacoola' Hot Spot Sprint: At dis-used pub on RHS</b>	12:31	12:26	12:23	
18.7	11.6	Straight through traffic lights in Ballacolla	12:31	12:26	12:23	Caution Required
21.8	13.5	Roundabout: 2nd exit - straight (Dir: Rathdowney R433)	12:36	12:31	12:27	<b>Caution Essential</b>
22.0	13.7	Roundabout: 2nd exit - straight (Dir: Rathdowney R433)	12:36	12:31	12:27	
27.9	17.3	<b>Rathdowney, Co Laois 50 km/h signs</b>	12:46	12:39	12:34	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
28.0	17.4	<b>Caution: Bridge entering Rathdowney</b>	12:46	12:40	12:35	
28.5	17.7	<b>Caution: Ramps in Rathdowney outside school on LHS</b>	12:47	12:40	12:35	
29.0	18.0	<b>Caution: Ramp followed by rarrow bridge in Rathdowney centre</b>	12:48	12:41	12:36	
30.0	18.6	<b>30KM completed at pedestrian traffic lights/ramp after 'Emo Filling Station' on LHS</b>	12:50	12:42	12:37	
35.3	21.9	<b>Errill, Co Laois 50km/h signs</b>	12:58	12:50	12:44	Caution Required
35.5	22.1	<b>Caution: Ramps in Errill</b>	12:59	12:50	12:44	

39.0	24.2	<b>Caution: Bridge over railway</b>	13:05	12:55	12:48	Caution Required
42.0	26.1	<b>Clonmore, Co Tipperary 50km/h signs</b>	13:10	13:00	12:52	
46.4	28.8	<b>Caution: Narrow bridge &amp; dangerous bends</b>	13:17	13:06	12:58	<b>Caution Essential</b>
47.6	29.6	<b>Templemore, Co Tipperary 50km/h signs</b>	13:19	13:08	12:59	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
48.3	30.0	Turn left at T-Junction (Dir: Borrisoleigh R501)	13:20	13:09	13:00	
57.5	35.7	<b>Borrisoleigh, Co Tipperary 50km/h signs</b>	13:35	13:22	13:11	<b>Caution Essential</b>
58.3	36.2	Turn right at T-Junction onto Borrisoleigh Main Street (onto R498)	13:37	13:23	13:12	
58.7	36.5	<b>'Borrisoleigh' Hot Spot Sprint: Outside Gala Shop on LHS</b>	13:37	13:23	13:13	
62.6	38.9	<b>Feed Zone: Starts at sign on LHS 'Kilcommon 16KM'</b>	13:44	13:29	13:18	
62.8	39.0	<b>Feed Zone: Finishes at entrance on left to green industrial building</b>	13:44	13:29	13:18	
72.6	45.1	Turn left (Dir: Silvermines R499, Dolla) <b>Caution: Sharp turn - easily missed</b>	14:01	13:43	13:30	<b>Sharp junction Several markings needed</b>
80.2	49.8	<b>Dolla, Co Tipperary 50km/h signs</b>	14:13	13:54	13:40	<b>Caution Essential</b>
80.3	49.9	Turn left (Dir: Tipperary R497) across from 'The Eagle's Nest' Pub <b>Caution: Sharp turn - easily missed</b>	14:13	13:54	13:40	<b>Sharp junction Several markings needed</b>
80.3	49.9	<b>'Dolla' CAT 3 KOH: Starts immediately following left turn</b>	14:13	13:54	13:40	
82.8	51.4	<b>'Dolla' CAT 3 KOH: Finishes at farm buildings in field on RHS (Buildings are below road in field)</b>	14:18	13:58	13:43	
83.2	51.7	Turn right at Y-Junction (Dir: Tipperary)	14:18	13:58	13:44	Caution Required
83.2	51.7	<b>'Bollingbrook' CAT 3 KOH: Starts immediately following Y-Junction</b>	14:18	13:58	13:44	
86.9	54.0	<b>'Bollingbrook' CAT 3 KOH: Finishes 100m after twin barn on RHS</b>	14:24	14:04	13:48	
87.6	54.4	Keep right at Y-Junction to follow road	14:26	14:05	13:49	Caution Required
96.7	60.1	Turn right at T-Junction (Dir: Limerick 29KM, Newport 19KM)	14:41	14:18	14:00	
99.0	61.5	Turn left at signs on RHS Limerick 38KM, Newport 24KM <b>Caution: Extremely narrow road for next 13KM</b>	14:45	14:21	14:03	<b>Extremely narrow road Marshals/Gardaí well ahead</b>
106.4	66.1	<b>Caution: Narrow bridge followed by immediate right bend</b>	14:57	14:32	14:13	
109.4	68.0	Keep left at Y-Junction	15:02	14:36	14:16	
111.8	69.5	<b>Doon, Co Limerick 50km/h signs</b>	15:06	14:39	14:19	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
112.2	69.7	Turn right at T-junction at Centra (Dir: Limerick 27km) onto R505	15:07	14:40	14:20	
112.4	69.8	Left turn at 'Whelan's Bar' leaving Doon onto R507 <b>Caution: Sharp junction - easily missed</b>	15:07	14:40	14:20	
117.0	72.7	<b>Caution: Right over narrow bridge</b>	15:15	14:47	14:26	Caution Required
120.7	75.0	Turn right at crossroads onto N24 (Dir: Limerick, Pallasgreen)	15:21	14:52	14:30	<b>Turning onto major road Marshals/Gardaí well ahead</b>
125.6	78.0	<b>Pallasgreen, Co Limerick 50km/h signs</b>	15:29	14:59	14:37	<b>Caution Essential</b>
125.7	78.1	Turn left immediately after E. O'Dwyer Bar on LHS <b>Caution: Unsigned junction - easily missed</b>	15:29	14:59	14:37	
126.4	78.5	<b>'Old Pallas' CAT 3 KOH: Starts at school sign on LHS</b>	15:30	15:00	14:38	
128.3	79.7	<b>'Old Pallas' CAT 3 KOH: Finishes at 'Old Pallas' sign on LHS</b>	15:33	15:03	14:40	
129.2	80.3	Turn right at Y-Junction (Dir: Herbertstown 7km)	15:35	15:04	14:41	Caution Required
133.9	83.2	Right at Y-Junction <b>Caution: Unsigned junction</b>	15:43	15:11	14:47	
136.6	84.9	<b>25KM remaining at blue bungalow titled 'Acorn Cottage' on LHS</b>	15:47	15:15	14:50	
136.9	85.1	<b>Herbertstown, Co Limerick 50km/h signs</b>	15:48	15:15	14:51	Caution Required
137.1	85.2	Straight through traffic lights <b>Caution: Pedestrian crossing at traffic lights</b>	15:48	15:15	14:51	
137.4	85.4	Turn left at T-Junction (Dir: Hospital 6km) onto R513	15:49	15:16	14:51	<b>Caution Essential</b>
141.6	88.0	<b>20KM remaining at cream dormer bungalow on LHS with cream garage to rear</b>	15:56	15:22	14:57	
142.5	88.5	<b>'Hospital' Hot Spot Sprint: At school signs on both LHS &amp; RHS entering village</b>	15:57	15:23	14:58	
142.8	88.7	<b>Caution: Large ramp on descent into village outside school</b>	15:58	15:24	14:58	<b>Caution Essential</b>
143.0	88.9	<b>Hospital, Co Limerick 50km/h signs</b>	15:58	15:24	14:58	
143.7	89.3	Turn right at the second O'Sullivan's Centra in Hospital on LHS (Dir: Bruff) onto R516	15:59	15:25	14:59	
151.6	94.1	<b>Bruff, Co Limerick 50km/h signs</b>	16:12	15:36	15:09	
151.6	94.2	<b>10KM remaining at 50km/h signs</b>	16:12	15:36	15:09	

152.3	94.6	Turn left at T-Junction at Meany's Decorators (Dir: Kilmallock R512)	16:13	15:37	15:10	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
152.8	94.9	<b>Caution: Bridge leaving Bruff</b>	16:14	15:38	15:11	Caution Required
156.6	97.3	<b>5KM remaining at 'R.J. McAuliffe' store on RHS</b>	16:21	15:43	15:15	
157.6	97.9	<b>4KM remaining at stone front bungalow on LHS at entrance to L51209</b>	16:22	15:45	15:17	
158.6	98.5	<b>3KM remaining at 'T.M. Deady Veterinary Surgeon' on LHS</b>	16:24	15:46	15:18	
159.6	99.2	<b>2KM remaining at twin stone pillars &amp; red brick entrance on RHS</b>	16:26	15:48	15:19	
160.6	99.8	<b>1KM remaining at sign on LHS (Dir: Kildorrery etc) at end of bridge entering Kilmallock</b>	16:27	15:49	15:20	
161.0	100.0	<b>Kilmallock, Co Limerick</b>	16:28	15:50	15:21	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
161.1	100.1	<b>500M remaining at Kilmallock Castle</b>	16:28	15:50	15:21	
161.6	100.4	<b>Finish at Spar Shop on LHS (Podium on LHS)</b>	<b>16:29</b>	<b>15:50</b>	<b>15:22</b>	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>

**Post Stage Details**

**TEAM CAR DEVIATION:** Cars must turn right 400M before the finish line into council carpark at Gammell's Car Sales (immediately after castle on RHS).

**VERY IMPORTANT:** Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.

**Stage 2: Rathmore to Banteer (192.7 KM)**  
**Thursday, May 21st 2026**

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 2 brings us from Rathmore to Banteer over a distance of 192.7km. There are six King of the Mountains climbs: Morley's Bridge (Category 3) at 25.1km, Caha Pass (Category 2) at 59.2km, Glengarriff (Category 3) at 71.8km, Cougane Gap (Category 2) at 93.8km, Cuan Mhuire (Category 3) at 134.5km and Lyre (Category 3) at 169.7km.

Sign-on: Knocknagree GAA Club, Scrahan, Knocknagree, Co. Cork, P51 EF66 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

Rider assembly: All riders must assemble at the gates of Knocknagree GAA Club at 10:30am, departing at 10:35am to proceed to Rathmore Community Centre for a ceremonial ceremony. Riders will depart Rathmore Community Centre at 10:53am to head to 0.0km signs.

Directions from sign on to ceremonial start: Riders will exit Knocknagree GAA Club, turning left onto the road, continue along the R582 for 4.6km through Knocknagree village, then at the crossroads turn left. Continue to the crossroads in the middle of Rathmore, turning right (at the Renault Garage) with the Community Centre located on the RHS.

Team cars: Follow riders as above.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — four stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location	Notes			
0.0	0.0	Ceremonial start at Rathmore Community Centre				
3.8	2.4	0KM signs at Reen's Peugeot Garage on RHS				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	0KM signs at Reen's Peugeot Garage on RHS	11:00	11:00	11:00	
2.8	1.7	Caution: Right hand bend over bridge	11:04	11:04	11:03	Caution Required
5.1	3.2	Barraduff, Co Kerry 50km/h signs	11:08	11:07	11:06	
5.2	3.2	Left turn (Dir: Glenflesk 6KM, Headford 2KM) immediately before Murphy Autos on R570 <b>Caution: Sharp junction - easily missed</b>	11:08	11:07	11:06	<b>Sharp junction Several markings needed</b>
7.3	4.5	Keep right at Y-Junction	11:12	11:10	11:09	Caution Required
7.7	4.8	<b>Caution: Sharp left under bridge followed by immediate right</b>	11:12	11:11	11:09	<b>Caution Essential</b>
11.0	6.8	<b>Caution: Narrow bridge</b>	11:18	11:15	11:13	Caution Required
11.1	6.9	Left turn at T-Junction at Swift Filling Station (Dir: Macroom 34KM) on N22	11:18	11:15	11:13	<b>Turning onto major road Marshals/Gardaí well ahead</b>
16.2	10.1	Right turn off N22 (Dir: Kenmare R569, Kilgarvan 14KM) onto R569	11:27	11:23	11:20	<b>Caution Essential</b>
22.6	14.0	'Morley's Bridge' CAT 3 KOH: Starts at sign for Rossacroo Forest on LHS	11:37	11:32	11:28	
25.1	15.6	'Morley's Bridge' CAT 3 KOH: Finishes at small green shed on LHS	11:41	11:35	11:31	
30.0	18.6	30KM completed at 60km/h signs on both LHS and RHS entering Kilgarvan	11:50	11:42	11:37	
30.4	18.9	Kilgarvan, Co Kerry 50km/h signs	11:50	11:43	11:38	Caution Required
40.3	25.0	Kenmare, Co Kerry 50km/h signs	12:07	11:57	11:50	
41.1	25.5	Mini roundabout at 'The Lansdowne': Straight through (Dir: N71 All Routes)	12:08	11:58	11:51	<b>Caution Essential</b>
41.4	25.7	Mini roundabout at 'Morgans Hair Salon': 1st exit - left (Dir: Castletownbere N71)	12:09	11:59	11:51	
50.4	31.3	Bonane, Co Kerry 50km/h signs	12:24	12:12	12:03	Caution Required
54.1	33.6	<b>Caution: Bridge over Baurearagh River</b>	12:30	12:17	12:07	
54.1	33.6	'Caha Pass Tunnel Road' CAT 2 KOH: Starts at bridge	12:30	12:17	12:07	
58.0	36.0	<b>Caution: First tunnel</b>	12:36	12:22	12:12	
58.2	36.2	<b>Caution: Second tunnel (split into two)</b>	12:37	12:23	12:12	<b>Caution Essential</b>
59.0	36.7	<b>Caution: Third tunnel</b>	12:38	12:24	12:13	
59.2	36.8	'Caha Pass Tunnel Road' CAT 2 KOH: Finishes at 80km/h sign immediately after the 3rd tunnel	12:38	12:24	12:14	
67.7	42.1	Glengarriff, Co Cork 50km/h signs	12:52	12:36	12:24	<b>Caution Essential</b>
68.9	42.8	'Glengarriff' CAT 3 KOH: Starts at 'Eccles Hotel' on LHS	12:54	12:38	12:26	
68.9	42.8	<b>Feed Zone: Starts at 'Eccles Hotel' on LHS</b>	12:54	12:38	12:26	
69.6	43.2	<b>Feed Zone: Finishes at Bay View Guest House on RHS</b>	12:56	12:39	12:27	
71.8	44.6	'Glengarriff' CAT 3 KOH: Finishes 100M before school signs on both LHS & RHS	12:59	12:42	12:29	
78.8	49.0	Ballylickey, Co Cork 50km/h signs	13:11	12:52	12:38	
79.7	49.5	Straight at complex junction (Dir: Macroom R584, Crookstown R585)	13:12	12:53	12:39	
81.5	50.6	Pearson's Bridge, Co Cork	13:15	12:56	12:41	Caution Required

Ye

84.0	52.2	Kealkill, Co Cork 50km/h signs	13:20	13:00	12:45	
84.4	52.4	Turn right off R584 at Y-Junction at 'Burke's Foodstore' (Dir: Crookstown 45KM, Coppeen 30KM) onto R585	13:20	13:00	12:45	
84.4	52.4	'Cougane Gap' CAT 2 KOH: Starts immediately after right turn	13:20	13:00	12:45	
93.8	58.3	'Cougane Gap' CAT 2 KOH: Finishes at layby and sign on LHS for 'Cougane Gap'	13:36	13:14	12:57	
108.7	67.5	Turn left at T-Junction (Dir: Crookstown R585)	14:01	13:35	13:15	
110.1	68.4	Turn right at Y-Junction (Dir: Crookstown)	14:03	13:37	13:17	
114.7	71.3	Coppeen, Co Cork	14:11	13:43	13:23	
125.4	77.9	Béal na Bláth, Co Cork	14:29	13:59	13:36	
128.4	79.8	Crookstown, Co Cork 50km/h signs	14:34	14:03	13:40	
128.7	80.0	Turn right at T-Junction at 'Clifford's Bar' in Crookstown	14:34	14:03	13:40	
131.0	81.4	Turn right at T-Junction onto N22 (Dir: Cork, Ballincollig 16KM)	14:38	14:07	13:43	Turning onto major road Marshals/Gardai well ahead
131.9	82.0	Turn left off N22 (Dir: Coachford, Farnanes R619) onto R616	14:39	14:08	13:44	
132.2	82.1	Turn left at Y-Junction at 'The Castlemore Arms' (Dir: Coachford 9KM R619)	14:40	14:08	13:45	Caution Required
132.3	82.2	'Cuan Mhuire' CAT 3 KOH: Starts immediately following junction	14:40	14:09	13:45	
134.5	83.6	'Cuan Mhuire' CAT 3 KOH: Finishes at pole with transformer on LHS immediately before sharp right-hand bend	14:44	14:12	13:48	
135.8	84.4	Turn left to follow road (Dir: Coachford)	14:46	14:14	13:49	
137.4	85.4	Turn right at Y-Junction to follow road	14:49	14:16	13:51	Caution Required
139.4	86.6	Caution: Bridge entering Coachford	14:52	14:19	13:54	
140.1	87.1	Coachford, Co Cork 50km/h signs	14:53	14:20	13:55	
140.7	87.4	Caution: Ramps in Coachford	14:54	14:21	13:55	Caution Essential
141.0	87.6	Turn right at crossroads at 'Murphy's Bar' in Coachford centre on R618	14:55	14:21	13:56	
144.4	89.7	Dripsey, Co Cork 50km/h signs	15:00	14:26	14:00	
144.5	89.8	Right over bridge entering Dripsey	15:00	14:26	14:00	
144.7	89.9	Turn left at 'The Weigh Inn Pub' (Dir: Model Village)	15:01	14:26	14:00	
147.3	91.5	Caution: Left over narrow bridge and immediate right	15:05	14:30	14:04	Caution Required
148.0	92.0	Turn right at T-Junction at stop sign (Dir: Donoughmore 8KM) on R619	15:06	14:31	14:05	
149.5	92.9	Turn left at Y-Junction (Dir: Donoughmore)	15:09	14:33	14:06	
153.4	95.3	Turn left at Crean's crossroads (Dir: Kanturk, Nad) onto R579	15:15	14:39	14:11	
167.7	104.2	25KM remaining at sign on LHS entering Nad for Kanturk, Lombardstown	15:39	14:59	14:29	
167.8	104.3	Nad, Co Cork 50km/h signs	15:39	14:59	14:29	
167.9	104.3	Left at Y-Junction immediately after 'Nadd Pub' (Dir: Lyre 3KM)	15:39	14:59	14:29	Caution Required
168.0	104.4	'Lyre' CAT 3 KOH: Starts at 60km/h sign on LHS	15:40	15:00	14:30	
169.7	105.4	'Lyre' CAT 3 KOH: Finishes at slow through village sign on LHS	15:42	15:02	14:32	
169.7	105.4	Lyre, Co Cork	15:42	15:02	14:32	
169.9	105.6	Caution: Serious of ramps through Lyre	15:43	15:02	14:32	Caution Required
172.1	106.9	Right at Y-Junction (unsigned) to leave main road (sign on LHS for Lyre 2KM)	15:46	15:05	14:35	Sharp junction Several markings needed
172.7	107.3	20KM remaining on descent with sign 'Sunday Well Mass Rock'	15:47	15:06	14:35	
173.8	108.0	Left at T-Junction (Dir: Banteer 4KM R579)	15:49	15:08	14:37	Caution Required
175.3	108.9	Turn right (Dir: Mount Hillary Trail Head 3.5KM)	15:52	15:10	14:39	Sharp junction Several markings needed
175.4	109.0	Caution: Bridge	15:52	15:10	14:39	
179.6	111.6	Caution: 2 x narrow bridges	15:59	15:16	14:44	Caution Essential
180.2	112.0	Straight at stop sign through crossroads	16:00	15:17	14:45	
182.7	113.5	10KM remaining at forestry entrance on RHS	16:04	15:21	14:48	
183.2	113.8	Sharp left turn at acute bend at junction (immediately before Crowley's)	16:05	15:21	14:49	
184.4	114.6	Left at T-Junction (unsigned) after railway bridge	16:07	15:23	14:50	
185.7	115.4	Keep right at Y-Junction (unsigned)	16:09	15:25	14:52	Caution Essential
187.1	116.3	Left at T-Junction (Dir: Banteer 5KM)	16:11	15:27	14:53	
187.7	116.6	5KM remaining at double green gates on RHS	16:12	15:28	14:54	
188.7	117.3	4KM remaining at large double transformers on LHS	16:14	15:29	14:55	
189.7	117.9	3KM remaining at large house on RHS 'Murphy's New Homes'	16:16	15:31	14:57	
190.7	118.5	2KM remaining at cemetery on RHS behind wall	16:17	15:32	14:58	
191.7	119.1	1KM remaining at black 'Welcome to Banteer' sign on LHS	16:19	15:33	14:59	
191.8	119.2	Banteer, Co Cork	16:19	15:34	14:59	
192.2	119.4	500M remaining at signs on LHS for school ahead & 50km/h signs Caution: Ramps x 2	16:20	15:34	15:00	
192.5	119.6	Straight through crossroads in Banteer Caution: Crossroads slightly staggered	16:20	15:35	15:00	Extreme Caution Essential Marshals/Gardai well ahead
192.7	119.7	Finish at house number 3 on RHS directly across from gap to the right of stone two storey house (Podium on RHS)	16:21	15:35	15:00	Extreme Caution Essential Marshals/Gardai well ahead

Post Stage Details

**TEAM CAR DEVIATION:** All team cars are to deviate by turning right at the crossroads at 192.5KM and follow signage into Banteer Sports Centre. Note you will be crossing a railway line so prepare to stop if necessary and please proceed with full caution when approaching & crossing the railway line.

**VERY IMPORTANT:** Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.

## Stage 3: Mitchelstown to Enniscorthy (155.6 KM)

Friday, May 22nd 2026

### Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 3 brings us from Mitchelstown to Enniscorthy over a distance of 155.6km. There are three King of the Mountains climbs: Mill Street (Category 3) at 101.3km, Kilfane Glen (Category 3) at 107.1km and Ross (Category 3) at the finish line.

**Sign-on:** Mitchelstown GAA Club, Limerick Road, Mitchelstown, Co. Cork, P67 CC03 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at the gates of Mitchelstown GAA Club at 10:35am, departing at 10:40am to proceed to the ceremonial start. Riders will depart at 10:55am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** Riders will exit Mitchelstown GAA Club, turning right onto the road, continue to Aldi roundabout at 0.4km, taking the 2nd exit straight (Dir: Mitchelstown), continue to 1.2km and turn right at traffic lights at Inver onto Baldwin Street, continue to 1.9km and turn left at traffic lights at the church, continue to 2.2km to crossroads with traffic lights and turn left (Dir: Dublin R513), continue to 2.5km where riders will be stopped at SuperValu.

**Team cars:** Team cars are to exit Mitchelstown GAA Club, turn right onto the road, then take the 1st exit left at the Aldi roundabout and park on the hard shoulder on the LHS once riders have left.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerably and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — three stages lie ahead.

Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	Ceremonial start in Mitchelstown Square (across from SuperValu)				
0.3	0.2	Straight through traffic lights				
0.5	0.3	<b>Caution: Ramp at Aldi</b>				
1.0	0.6	Roundabout (at hotel): 3rd exit - right (Dir: Cahir 28KM)				
2.7	1.7	<b>OKM signs at 100km/h sign on LHS (on N73) immediately after L90813 on LHS</b> <b>Note: Ignore 1st set of 100km/h signs after roundabout</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>OKM signs at 100km/h sign on LHS (on N73)</b>	11:00	11:00	11:00	
2.2	1.4	Roundabout: 1st exit - straight (Dir: Kilbeheny R639)	11:03	11:03	11:02	Caution Required
3.2	2.0	Welcome to County Limerick sign on LHS	11:05	11:04	11:04	
3.3	2.1	Kilbeheny, Co Limerick 50km/h signs	11:05	11:04	11:04	
7.4	4.6	Skeheenarinky, Co Tipperary	11:12	11:10	11:09	
18.9	11.7	Roundabout: 3rd exit - right (Dir: Cahir R639)	11:31	11:27	11:23	
19.1	11.9	Roundabout: 1st exit - left (Dir: Cahir R639)	11:31	11:27	11:23	
25.1	15.6	Tipperary Road Roundabout: 2nd exit - straight (Dir: Waterford/Cashel N24)	11:41	11:35	11:31	Caution Essential
27.5	17.1	New Inn Road Roundabout: 3rd exit - right (Dir: Cashel/New Inn R639)	11:45	11:39	11:34	Caution Required
30.0	18.6	<b>30km completed at sign on RHS 'Cashel 11KM' beside road to right</b>	11:50	11:42	11:37	
32.4	20.1	<b>New Inn, Co Tipperary 50km/h signs</b>	11:54	11:46	11:40	
33.0	20.5	Turn right at 'Ollie's Lounge' (Dir: Clonmel/Fethard R687) <b>Caution: Sharp junction - easily missed</b>	11:55	11:47	11:41	Sharp junction Several markings needed
39.1	24.3	<b>Poulmucka, Co Tipperary</b>	12:05	11:55	11:48	Caution Required
39.5	24.5	Turn left at Poulmucka Pub on LHS (Dir: Fethard L3202)	12:05	11:56	11:49	
42.7	26.5	Turn left (sign on RHS for Clerihan 3KM) <b>Caution: Sharp junction - easily missed</b>	12:11	12:01	11:53	Sharp junction Several markings needed
44.3	27.5	Straight through crossroads (Dir: Fethard 8KM L3202)	12:13	12:03	11:55	Caution Essential
50.9	31.6	Turn left at T-Junction (Dir: Fethard 1KM R689)	12:24	12:12	12:03	
51.5	32.0	<b>Fethard, Co Tipperary 50km/h signs</b>	12:25	12:13	12:04	
51.8	32.2	<b>Caution: Pedestrian crossing in Fethard</b>	12:26	12:14	12:04	
52.2	32.4	Turn right at Garda Station on LHS (Dir: Cloneen)	12:27	12:14	12:05	
52.3	32.5	Keep left (Dir: Cloneen R692)	12:27	12:14	12:05	
59.2	36.8	<b>Cloneen, Co Tipperary 50km/h signs</b>	12:38	12:24	12:14	Caution Required
65.3	40.6	Right over bridge (Dir: Mullinahone 3KM) <b>Caution: Narrow bridge after bend</b>	12:48	12:33	12:21	Caution Essential
65.5	40.7	Keep left at Y-Junction to stay on main road (Dir: Mullinahone 3KM)	12:49	12:33	12:21	Caution Required
67.3	41.8	Turn left at Compsey Creamery (Dir: Mullinahone 1KM)	12:52	12:36	12:24	

67.9	42.2	<b>Mullinahone, Co Tipperary 50km/h signs</b>	12:53	12:37	12:24	<b>Caution Essential</b>
68.8	42.8	Turn right at 'The Stack of Barley' Pub in Mullinahone <b>Caution: Unsigned junction - easily missed</b>	12:54	12:38	12:26	<b>Sharp junction Several markings needed</b>
76.4	47.5	Turn left at T-Junction onto N76 (Dir: Callan 2KM)	13:07	12:49	12:35	<b>Turning onto major road Marshals/Gardaí well ahead</b>
76.8	47.7	<b>Feed Zone: Starts at green sign on LHS 'Dublin 144KM' on N76</b>	13:08	12:49	12:36	
77.2	48.0	<b>Feed Zone: Finishes at brown sign on LHS for Callan to the right</b>	13:08	12:50	12:36	
77.4	48.1	Turn right off N76 (Dir: Callan R692, WindGap)	13:09	12:50	12:36	<b>Crossing major road Marshals/Gardaí well ahead</b>
79.1	49.2	Turn left onto L1024 <b>Caution: Unsigned junction - easily missed</b>	13:11	12:53	12:38	<b>Sharp junction Several markings needed</b>
79.8	49.6	Turn left and immediately turn right at staggered crossroads (Dir: Knocktopher 15KM R699)	13:13	12:54	12:39	<b>Caution Essential</b>
83.7	52.0	<b>Caution: Narrow bridge</b>	13:19	12:59	12:44	Caution Required
86.5	53.7	Turn right at T-Junction (Dir: Carrick-On-Suir 22KM R697) & immediately turn left (Dir: Knocktopher 9KM R699)	13:24	13:03	12:48	
87.3	54.2	<b>Dunnamaggan, Co Kilkenny 50km/h signs</b> <b>Caution: Ramps in village</b>	13:25	13:04	12:49	<b>Caution Essential</b>
87.9	54.6	Keep right at Y-Junction to follow road (Dir: Knocktopher 7KM)	13:26	13:05	12:49	Caution Required
92.2	57.3	Turn left at T-Junction (Dir: Knocktopher 2KM)	13:33	13:11	12:55	
93.0	57.8	Roundabout: 2nd exit - straight (Dir: Thomastown R699, Knocktopher)	13:35	13:12	12:56	<b>Caution Essential</b>
93.2	57.9	Motorway roundabout: 2nd exit - straight (Dir: Thomastown, Stoneyford)	13:35	13:13	12:56	
94.6	58.8	<b>Knocktopher, Co Kilkenny 50km/h signs</b> <b>Caution: Ramp in village</b>	13:37	13:15	12:58	
94.7	58.8	Mini-roundabout: Straight (Dir: Thomastown R699)	13:37	13:15	12:58	Caution Required
94.8	58.9	Mini-roundabout: Straight (Dir: Thomastown R699)	13:38	13:15	12:58	
96.0	59.7	Turn left at crossroads (Dir: Thomastown 7KM R448)	13:40	13:17	13:00	<b>Caution Essential</b>
100.2	62.3	<b>Jerpoint Abbey, Co Kilkenny on RHS</b>	13:47	13:23	13:05	
100.6	62.5	<b>'Mill Street' KOH CAT 3: Starts at overhead railway bridge</b>	13:47	13:23	13:05	
101.3	62.9	<b>'Mill Street' KOH CAT 3: Finishes at entrance to white house on RHS with wooden fence &amp; wrought iron gate</b>	13:48	13:24	13:06	
101.8	63.3	<b>Thomastown, Co Kilkenny 50km/h signs</b>	13:49	13:25	13:07	
102.0	63.4	<b>Caution: One way narrow road</b>	13:50	13:25	13:07	
102.3	63.6	<b>Caution: Bridge over River Nore</b>	13:50	13:26	13:07	
102.4	63.6	Keep left onto Main Street <b>Caution: Pedestrian crossing</b>	13:50	13:26	13:08	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
102.5	63.7	Keep right at Healy's Pharmacy <b>Caution: Turning onto narrow road</b>	13:50	13:26	13:08	
102.6	63.8	Turn right at 'Thomastown Inn' T-Junction	13:51	13:26	13:08	
102.7	63.8	Turn left at T-Junction at O'Hara's on RHS (Dir: New Ross, Graiguenamanagh)	13:51	13:26	13:08	
103.3	64.2	Turn left at Y-Junction (Dir: Graiguenamanagh R700)	13:52	13:27	13:09	
105.4	65.5	<b>'Kilfane Glen' KOH CAT 3: Starts at green shed/workshop on LHS</b>	13:55	13:30	13:11	
107.1	66.5	<b>'Kilfane Glen' KOH CAT 3: Finishes at start of forestry on RHS</b>	13:58	13:33	13:13	
108.0	67.1	Keep right to follow road (Dir: Graiguenamanagh)	14:00	13:34	13:15	Caution Required
117.8	73.2	Harristown Roundabout: 2nd exit - straight (Dir: Enniscorthy, Town Centre)	14:16	13:48	13:27	
117.9	73.3	<b>Graiguenamanagh, Co Kilkenny</b>	14:16	13:48	13:27	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
118.0	73.3	<b>Caution: Narrow in Graiguenamanagh &amp; bridge leaving village</b>	14:16	13:48	13:27	
118.5	73.6	<b>Welcome to County Carlow sign on LHS</b>	14:17	13:49	13:28	
122.3	76.0	Straight at staggered crossroads (Dir: Ballymurphy 4KM, Killealy 14KM R703)	14:23	13:54	13:32	
126.7	78.7	Turn right at T-Junction (Dir: Enniscorthy R702)	14:31	14:01	13:38	<b>Caution Essential</b>
126.9	78.9	<b>Ballymurphy, Co Carlow 50km/h signs</b>	14:31	14:01	13:38	
130.6	81.2	<b>25KM remaining at telephone pole on LHS across from end of area of overhanging evergreen trees on RHS</b>	14:37	14:06	13:43	
135.6	84.3	<b>20KM remaining at entrance to white two storey house on RHS (house is below road) with stone wall</b>	14:46	14:13	13:49	
136.1	84.6	<b>Killealy, Co Wexford 50km/h signs</b>	14:46	14:14	13:50	
136.2	84.6	Turn left at T-Junction (Dir: Enniscorthy R702)	14:47	14:14	13:50	Caution Required
145.6	90.5	<b>10KM remaining at green farm buildings on RHS with green oil tank across from cream two-storey with brown door on LHS</b>	15:02	14:28	14:02	
148.8	92.5	Roundabout: 3rd exit - right (Dir: New Ross N30)	15:08	14:32	14:06	<b>Caution Essential</b>
150.6	93.6	<b>5KM remaining at steel bridge on by-pass over River Urrin</b>	15:11	14:35	14:08	
151.6	94.2	<b>4KM remaining at yellow diamond sign on LHS indicating roundabout 400M</b>	15:12	14:36	14:09	
152.1	94.5	Roundabout: 1st exit - left (Dir: Enniscorthy R744)	15:13	14:37	14:10	<b>Caution Essential</b>
152.6	94.8	<b>3KM remaining at road to left signed Davidstown L6106</b>	15:14	14:38	14:10	
152.8	94.9	<b>Jamestown, Co Wexford</b>	15:14	14:38	14:11	

153.6	95.4	<b>2KM remaining at yellow diamond sign on LHS indicating road narrows</b>	15:16	14:39	14:12	
153.9	95.6	Turn left off R744 (Dir: Carley's Bridge L2039) <b>Caution: Sharp junction - easily missed</b>	15:16	14:39	14:12	<b>Sharp junction Several markings needed</b>
154.6	96.1	Caution: Humpback bridge	15:17	14:40	14:13	<b>Caution Essential</b>
154.7	96.1	Caution: Humpback bridge	15:17	14:41	14:13	
154.6	96.1	<b>1KM remaining at right hand bend exiting second humpback bridge</b>	15:17	14:40	14:13	
154.6	96.1	'Ross' KOH CAT 3: Starts at 1KM remaining	15:17	14:40	14:13	
155.1	96.4	<b>500M remaining at grey wall on RHS at entrance to road of houses</b>	15:18	14:41	14:13	
155.3	96.5	Roundabout: Straight at fish statue	15:18	14:41	14:14	<b>Caution Essential</b>
155.6	96.7	Finish at Greyhound Park on RHS (Podium on LHS) 'Ross' KOH CAT 3: Finishes at finish line	15:19	14:42	14:14	<b>Extreme Caution Essential Marshals/Gardaí well ahead</b>
<b>Post Stage Details</b>						
<b>TEAM CAR DEVIATION:</b> Team cars are to deviate into Enniscorthy Rugby Pitch on LHS which is approximately 50M after the final fish statue roundabout.						
<b>VERY IMPORTANT:</b> Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						

**Stage 4: Carlow to Baltinglass (141.6 KM)**  
**Saturday, May 23rd 2026**

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 4 brings us from Carlow to Baltinglass over a distance of 141.6km. There are eight King of the Mountains climbs: Ballythomas (Category 2) at 40.8km, Monalea (Category 3) at 43.7km, Annagh Gap (Category 3) at 46.2km, Cronebeg (Category 3) at 71.4km, Garrymore (Category 2) at 79.4km, Glenmalure (Category 1) at 90.3km, Wicklow Gap (Category 1) at 104.8km and Slieve Corragh Gap (Category 3) at 119.3km.

**Sign-on:** Carlow County Council, Athy Road, Carlow Town, R93 E7R7 from 08:45am to 10:00am. Advance vehicles must have departed by 10:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at gates of council offices at 10:40am, departing at 10:45am to proceed to the ceremonial start. Riders will depart at 10:53am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** As below.

**Team cars:** Team cars are to follow riders through the ceremonial start as below.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — two stages lie ahead.

Km	Mile	Location	Thank you all very much and best of luck!			Notes
0.0	0.0	Depart Carlow County Council offices by turning left onto road and immediately right at car park				
0.1	0.1	Turn right at McNally Denture Clinic (Dir: Town Centre)				
0.3	0.2	Turn left onto Dublin Street (Dir: Town Centre)				
0.6	0.4	Turn left at crossroads at Post Office onto Kennedy Avenue				
0.8	0.5	Roundabout: 3rd exit - straight (Dir: M9, N10-N80)				
1.0	0.6	Roundabout: 1st exit - left at Mr Price onto Barrack St (Dir: Dublin M9, Rosslare)				
1.2	0.7	Riders to stop at Carpenters Pub on LHS for ceremonial ceremony				
0.0	0.0	Riders depart from Carpenters Pub				
0.1	0.1	Turn right at crossroads at Carpenters Bro Funeral Home on RHS (Dir: Rosslare)				
0.3	0.2	Roundabout (at Post Office on LHS): 2nd exit - straight under bridge				
0.6	0.4	Roundabout (at Carlow Credit Union): 2nd exit - straight				
0.8	0.5	<b>Caution: Ramped pedestrian crossing &amp; traffic island</b>				
0.8	0.5	Mini-roundabout: Straight through				
0.9	0.6	Tullow Road Roundabout: 2nd exit - straight (Dir: Enniscorthy N80, Tullow R725)				
1.1	0.7	<b>Caution: Series of traffic islands</b>				
2.1	1.3	Wallsforge Roundabout: 1st exit - left (Dir: Tullow 12KM R725)				
3.6	2.2	OKM signs at Kernanstown stone on LHS at entrance to estate (on R725)				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	OKM signs at Kernanstown stone on LHS at entrance to estate (on R725)	11:00	11:00	11:00	
9.8	6.1	Tullow, Co Carlow 50km/h signs	11:16	11:14	11:12	
10.2	6.3	Mini-roundabout: 2nd exit - right (Dir: Town Centre)	11:17	11:14	11:12	
10.6	6.6	Caution: Pedestrian crossing	11:17	11:15	11:13	Caution Required
10.7	6.6	Turn left at T-Junction over bridge (Dir: Rathvilly 10KM, Blessington)	11:17	11:15	11:13	
		<b>Caution: Pedestrian crossing at junction</b>				Caution Essential
10.8	6.7	<b>Caution: Series of pedestrian crossings in Tullow</b>	11:18	11:15	11:13	Caution Required
11.1	6.9	Turn right at Y-Junction at Texaco Service Station (Dir: Shillelagh R725)	11:18	11:15	11:13	Caution Essential
11.3	7.0	<b>Caution: Pedestrian crossing (outside Health Centre)</b>	11:18	11:16	11:14	Caution Required
13.3	8.3	Welcome to County Wicklow sign on LHS	11:22	11:19	11:16	
13.8	8.6	Keep right at Y-Junction (signpost on RHS for Gorey)	11:23	11:19	11:17	
17.9	11.1	Straight through crossroads	11:29	11:25	11:22	Caution Required
19.2	11.9	Coolkenna, Co Wicklow	11:32	11:27	11:24	
26.3	16.3	Shillelagh, Co Wicklow 50km/h signs	11:43	11:37	11:32	
26.3	16.3	Keep right at Y-Junction over bridge	11:43	11:37	11:32	
26.5	16.5	Keep left at Quik Pick Shillelagh	11:44	11:37	11:33	Caution Essential
26.9	16.7	Keep left at Y-Junction over bridge (Dir: Coolattin, Coolboy L3216)	11:44	11:38	11:33	
29.1	18.1	Coolatin, Co Wicklow 50km/h signs	11:48	11:41	11:36	Caution Required
30.0	18.6	30KM completed at telephone role on RHS immediately before forestry sign	11:50	11:42	11:37	

32.7	20.3	Turn right at 'Drimingall' stone in front immediately after horse jumps in field on RHS (Dir: Coolboy 1KM, Carnew 7KM) <b>Caution: Sharp junction - easily missed</b>	11:54	11:46	11:40	<b>Sharp junction Several markings needed</b>
32.9	20.4	<b>Caution: Humpback bridge with narrow bend</b>	11:54	11:47	11:41	<b>Caution Essential</b>
33.0	20.5	<b>Coolboy, Co Wicklow 50km/h signs</b>	11:55	11:47	11:41	Caution Required
33.2	20.6	Turn left at T-Junction in Coolboy at 'Little Moon Pub' on RHS	11:55	11:47	11:41	
33.5	20.8	<b>Caution: Humpback bridge</b>	11:55	11:47	11:41	
34.2	21.3	Straight through staggered crossroads (Dir: Coolafancy 2KM L3214)	11:57	11:48	11:42	<b>Caution Essential</b>
35.2	21.9	<b>Coolafancy, Co Wicklow 50km/h signs</b>	11:58	11:50	11:44	Caution Required
38.5	23.9	<b>'Ballythomas' KOH CAT 2: Starts at stone front bungalow with two large wooden gates &amp; garage on RHS in dip across from farm gate</b>	12:04	11:55	11:48	
39.4	24.5	Turn right at T-Junction (Dir: Hollyfort 7KM, Gorey 14KM)	12:05	11:56	11:49	<b>Caution Essential</b>
40.8	25.4	<b>'Ballythomas' KOH CAT 2: Finishes at crossroads immediately before 'The Gap' Pub</b>	12:08	11:58	11:51	
41.4	25.7	Turn left at crossroads (Dir: Coolgraney 9KM) <b>Caution: Sharp junction - easily missed</b>	12:09	11:59	11:51	<b>Sharp junction Several markings needed</b>
41.5	25.8	<b>'Monalea' KOH CAT 3: Starts immediately after crossroads</b>	12:09	11:59	11:51	
43.7	27.2	<b>'Monalea' KOH CAT 3: Finishes at house on LHS with two postboxes, black fence and white brick on the ground</b>	12:12	12:02	11:54	
44.5	27.7	<b>Caution: Humpback bridge</b>	12:14	12:03	11:55	Caution Required
45.1	28.0	<b>'Annagh Gap' KOH CAT 3: Starts at humpback bridge Caution: Narrow bridge</b>	12:15	12:04	11:56	
46.2	28.7	<b>'Annagh Gap' KOH CAT 3: Finishes at sign on LHS for Croghan to left Caution: Extremely fast descent</b>	12:17	12:06	11:57	<b>Fast descent Descent warning signs needed</b>
47.9	29.8	<b>Ballyfad, Co Wicklow</b>	12:19	12:08	11:59	
48.0	29.8	Turn left at T-Junction (Dir: Coolgreaney 2KM)	12:20	12:08	12:00	Caution Required
49.1	30.5	<b>Caution: Bridge followed by bend to right</b>	12:21	12:10	12:01	
50.2	31.2	<b>Coolgreaney, Co Wicklow 50km/h signs</b>	12:23	12:11	12:02	
50.3	31.3	Turn left at T-Junction in Coolgreaney at sign directly in front 'Opened by Dr Murphy Coolgreaney'	12:23	12:11	12:02	
51.2	31.8	<b>Caution: Sharp left hand bend</b>	12:25	12:13	12:04	
51.7	32.1	Keep right to follow road	12:26	12:13	12:04	
52.1	32.4	Keep left at Y-Junction to follow road	12:26	12:14	12:05	
54.9	34.1	Straight through crossroads (Dir: Arklow 2KM)	12:31	12:18	12:08	<b>Caution Essential</b>
56.1	34.9	<b>Arklow, Co Wicklow 50km/h signs Caution: Series of ramps in Arklow</b>	12:33	12:20	12:10	
57.3	35.6	Turn left onto Vale Road (Dir: Aghrim 15KM R747) <b>Caution: Sharp junction - easily missed</b>	12:35	12:21	12:11	<b>Sharp junction Several markings needed</b>
58.4	36.3	<b>Caution: Speed Ramp leaving Arklow</b>	12:37	12:23	12:13	Caution Required
63.6	39.5	<b>Woodenbridge, Co Wicklow</b>	12:46	12:30	12:19	
64.0	39.8	Turn left at Y-Junction at hotel (Dir: Aghrim R747)	12:46	12:31	12:20	
67.4	41.9	Keep left at Y-Junction to follow road (Dir: Aghrim)	12:52	12:36	12:24	
68.8	42.8	Turn right at Y-Junction at stone wall in front before bridge (Dir: L6183) <b>Caution: Sharp junction - easily missed</b>	12:54	12:38	12:26	<b>Sharp junction Several markings needed</b>
68.8	42.8	<b>'Cronebeg' KOH CAT 3: Starts immediately after right turn</b>	12:54	12:38	12:26	
71.2	44.2	Turn right at T-Junction (Dir: Ballinaclesh 6KM R753) <b>Caution: Sharp junction</b>	12:58	12:41	12:29	<b>Sharp junction Marshals/Gardaí well ahead</b>
71.4	44.4	<b>'Cronebeg' KOH CAT 3: Finishes 200M after T-Junction</b>	12:59	12:42	12:29	
75.5	46.9	<b>Ballinaclesh, Co Wicklow 50km/h signs</b>	13:05	12:47	12:34	Caution Required
76.6	47.6	Turn right at Y-Junction at Phelan's Licenced Grocer over bridge followed by immediate turn left	13:07	12:49	12:35	<b>Caution Essential</b>
77.2	48.0	Turn left at Junction after 80km/h signs (sign on RHS for Rathdrum 3KM) <b>Caution: Sharp junction - easily missed</b>	13:08	12:50	12:36	<b>Sharp junction Several markings needed</b>
77.4	48.1	<b>'Garrymore' KOH CAT 2: Starts at gate on RHS titled Kilcullen Farming Contractors</b>	13:09	12:50	12:36	
79.4	49.3	<b>'Garrymore' KOH CAT 2: Finishes at entrance to house on LHS 100M before T-Junction</b>	13:12	12:53	12:39	
79.5	49.4	Turn left at T-Junction onto Garrymore Road <b>Caution: Unsigned junction - easily missed</b>	13:12	12:53	12:39	<b>Sharp junction Several markings needed</b>
81.5	50.6	<b>Grennan, Co Wicklow 50km signs</b>	13:15	12:56	12:41	Caution Required
81.7	50.8	Turn right at Y-Junction (Dir: Glenmalure 6KM, Shekina Sculpture Garden) <b>Caution: Sharp junction - easily missed</b>	13:16	12:56	12:42	<b>Sharp junction Several markings needed</b>
87.5	54.4	Turn right at crossroads immediately after Glenmalure Lodge	13:25	13:05	12:49	<b>Caution Essential</b>
87.5	54.4	<b>'Glenmalure' KOH CAT 1: Starts after right turn</b>	13:25	13:05	12:49	
87.8	54.6	<b>Caution: Narrow bridge</b>	13:26	13:05	12:49	Caution Required
90.3	56.1	<b>'Glenmalure' KOH CAT 1: Finishes at Shay Elliott Memorial stone on RHS</b>	13:30	13:09	12:52	
93.8	58.3	<b>Caution: Dangerous bend</b>	13:36	13:14	12:57	
95.1	59.1	Turn left at T-Junction (Dir: Glendalough, Laragh R755)	13:38	13:15	12:58	<b>Caution Essential</b>
95.6	59.4	<b>Caution: Bridge</b>	13:39	13:16	12:59	

96.3	59.8	Laragh, Co Wicklow 50km/h signs	13:40	13:17	13:00	
96.5	60.0	Left turn at T-Junction (Dir: Glendalough R756, Wicklow Gap)	13:40	13:17	13:00	
96.7	60.1	Feed Zone: Starts at 'The Wicklow Heather' on LHS	13:41	13:18	13:00	
97.3	60.5	Feed Zone: Finishes at sign for Glendalough & Hollywood on LHS	13:42	13:19	13:01	
98.1	61.0	Turn right off main road (Dir: Hollywood, Wicklow Gap R756)	13:43	13:20	13:02	Caution Essential
98.1	61.0	'Wicklow Gap' KOH CAT 1: Starts after right turn	13:43	13:20	13:02	
104.8	65.1	'Wicklow Gap' KOH CAT 1: Finishes at Wicklow Gap carpark on LHS	13:54	13:29	13:11	
116.2	72.2	Caution: Narrow bridge & series of bends	14:13	13:46	13:25	Caution Required
116.6	72.5	25km remaining at sign on LHS 'Caution walkers on road'	14:14	13:46	13:25	
116.8	72.6	Right at Y-Junction to follow road (Dir: Blessington, Hollywood R576)	14:14	13:46	13:26	Caution Required
117.3	72.9	'Slieve Corragh Gap' KOH CAT 3: Starts at bridge after right turn	14:15	13:47	13:26	
118.7	73.8	Follow road to right at Y-Junction (Dir: Hollywood 3KM)	14:17	13:49	13:28	Caution Required
119.3	74.1	'Slieve Corragh Gap' KOH CAT 3: Finishes at evergreen hedge on RHS	14:18	13:50	13:29	
121.0	75.2	Hollywood, Co Wicklow 50km/h signs	14:21	13:52	13:31	
121.2	75.3	Caution: Series of ramps in Hollywood	14:22	13:53	13:31	Caution Essential
121.6	75.6	Follow road to left leaving Hollywood	14:22	13:53	13:32	
121.6	75.6	20km remaining at left bend leaving hollywood	14:22	13:53	13:32	
121.8	75.7	Turn left at T-Junction at Circle K onto N81	14:23	13:54	13:32	Caution Essential
131.6	81.8	10KM remaining at sign on LHS 'Caution Quarry Entrance Ahead'	14:39	14:08	13:44	
136.6	84.9	5KM remaining at sign on RHS for Manger L8301	14:47	14:15	13:50	
137.6	85.5	4KM remaining at entrance to house on RHS named Saundersville	14:49	14:16	13:52	
138.6	86.1	3KM remaining at yellow diamond sign on LHS indicating road to left	14:51	14:18	13:53	
139.6	86.7	2KM remaining at double steel farm gate on RHS	14:52	14:19	13:54	
140.6	87.4	1KM remaining at no passing signs on both LHS & RHS	14:54	14:20	13:55	
141.1	87.7	Baltinglass 50km/h signs 500M remaining at 50km/h signs on both LHS & RHS	14:55	14:21	13:56	
141.4	87.9	Turn left off N81 over bridge (Dir: Arklow)	14:55	14:22	13:56	Extreme Caution Essential Marshals/Gardaí well ahead
141.5	87.9	Left at Y-Junction at mounment	14:55	14:22	13:56	
141.6	88.0	Finish at KWETB building on LHS	14:56	14:22	13:57	Extreme Caution Essential - Marshals/Gardaí well ahead
Post Stage Details						
<p><b>TEAM CAR DEVIATION:</b> Team cars are to deviate into Baltinglass Church Car Park by going right at the final Y-Junction in Baltinglass and follow team car deviation signs.</p> <p><b>VERY IMPORTANT:</b> Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.</p>						

**Stage 5: Carlow to Dunboyne (141 KM)**  
**Sunday, May 24th 2026**

Pre Stage Details

We are delighted to welcome everyone to the 2026 edition of Rás Tailteann, marking the 71st edition of this very special event. Stage 5 brings us from Carlow to Dunboyne over a distance of 141km. There is one King of the Mountains climb: Hill of Allen (Category 3) at 44.1km.

**Sign-on:** Carlow County Council, Athy Road, Carlow Town, R93 E7R7 from 09:45am to 11:00am. Advance vehicles must have departed by 11:20am or otherwise wait until after the riders have left.

**Rider assembly:** All riders must assemble at gates of council offices at 11:30am, departing at 11:35am to proceed to the ceremonial start. Riders will depart at 11:43am to head to 0.0km signs.

**Directions from sign on to ceremonial start:** As below.

**Team cars:** Team cars are to follow riders through the ceremonial start as below.

Please respect local residents, race officials, spectators, team staff and fellow competitors, as well as all facilities being used. A huge amount of work has gone into delivering this event and we ask everyone to play their part by acting with respect and consideration. Remember that you are representing not only yourselves but also the race and the sport of cycling in Ireland.

It is also important that teams, officials and spectators park considerately and tightly within designated areas to ensure space for everyone.

Be safe, enjoy it (if that's possible!) — final stage.

Thank you all very much and best of luck!

Km	Mile	Location				Notes
0.0	0.0	Depart Carlow County Council offices by turning left onto road and immediately right at car park				
0.1	0.1	Turn right at McNally Denture Clinic (Dir: Town Centre)				
0.3	0.2	Turn left onto Dublin Street (Dir: Town Centre)				
0.6	0.4	Turn left at crossroads at Post Office onto Kennedy Avenue				
0.8	0.5	Roundabout: 3rd exit - straight (Dir: M9, N10-N80)				
1.0	0.6	Roundabout: 1st exit - left at Mr Price onto Barrack St (Dir: Dublin M9, Rosslare)				
1.2	0.7	<b>Riders to stop at Carpenters Pub on LHS for ceremonial ceremony</b>				
0.0	0.0	<b>Riders depart from Carpenters Pub</b>				
0.1	0.1	Straight through traffic lights (Dir: Dublin)				
1.4	0.9	Dr Cullen Road Roundabout: 2nd exit - straight (Dir: Dublin)				
1.6	1.0	Deerpark Roundabout: 2nd exit - straight (Dir: Castledermot/Dublin R448)				
2.2	1.4	MSD Roundabout: 2nd exit (Dir: Castledermot)				
3.7	2.3	Roundabout: 3rd exit - straight (Dir: Castledermot)				
8.5	5.3	Roundabout: 2nd exit (Dir: Castledermot)				
8.6	5.3	Roundabout: 2nd exit (Dir: Castledermot)				
8.8	5.5	<b>0KM signs at sign on LHS 'Castledermot 2KM, Tullow 16KM'</b>				
Km	Mile	Location	36km/h	42km/h	48km/h	Notes
0.0	0.0	<b>0KM signs at sign on LHS 'Castledermot 2KM, Tullow 16KM'</b>	12:00	12:00	12:00	
1.6	1.0	<b>Castledermot, Co Kildare 50km/h signs</b>	12:02	12:02	12:02	
9.5	5.9	<b>Moone, Co Kildare</b>	12:15	12:13	12:11	
26.9	16.7	Turn right at T-Junction (Dir: Kilcullen) <b>Caution: Very busy junction - queues likely</b>	12:44	12:38	12:33	<b>Caution Essential</b>
28.0	17.4	<b>Kilcullen, Co Kildare 50km/h signs</b>	12:46	12:40	12:35	
28.8	17.9	<b>Caution: Pedestrian crossing in Kilcullen</b>	12:48	12:41	12:36	
28.9	18.0	Turn left at crossroads at Kilcullen Opticians (Dir: Kildare/Curragh R413)	12:48	12:41	12:36	
30.0	18.6	<b>30KM completed at 80km/h signs on both LHS &amp; RHS leaving Kilcullen</b>	12:50	12:42	12:37	
31.7	19.7	Turn right (Dir: Newbridge R416, Athgarvan)	12:52	12:45	12:39	Caution Required
32.3	20.1	<b>Athgarvan, Co Kildare 50km/h signs</b>	12:53	12:46	12:40	<b>Caution Essential</b>
34.5	21.4	<b>Caution: Pedestrian crossing with lights</b>	12:57	12:49	12:43	
34.9	21.7	Straight through traffic lights	12:58	12:49	12:43	
35.1	21.8	<b>Caution: Series of pedestrian crossings with lights</b>	12:58	12:50	12:43	
35.6	22.1	Turn right at T-Junction (Dir: Naas R445, Dublin) onto R445	12:59	12:50	12:44	
36.2	22.5	Straight through staggered crossroads at The Liffey Arms	13:00	12:51	12:45	
36.8	22.9	Mini roundabout: 1st exit - straight	13:01	12:52	12:46	
37.2	23.1	Straight through traffic lights over bridge Caution: Single way traffic over bridge	13:02	12:53	12:46	
37.8	23.5	Centra roundabout: 1st exit - left	13:03	12:54	12:47	
38.2	23.7	Turn right at Byrne's Crossroads (Dir: Milltown) onto R416	13:03	12:54	12:47	
40.1	24.9	<b>Milltown, Co Kildare 50km/h signs</b>	13:06	12:57	12:50	
42.1	26.2	<b>'Hill of Allen' KOH CAT 3: Starts at sign on RHS 'L70062'</b>	13:10	13:00	12:52	

44.1	27.4	'Hill of Allen' KOH CAT 3: Finishes at white bungalow on LHS	13:13	13:03	12:55	
46.4	28.8	Kilmeague, Co Kildare 50km/h signs	13:17	13:06	12:58	
46.7	29.0	Straight at complex junction at Eleson House (Dir: Prosperous L7081)	13:17	13:06	12:58	
51.3	31.9	Caution: Steep humpback bridge	13:25	13:13	13:04	
52.3	32.5	Straight through crossroads across R409 (Dir: Prosperous)	13:27	13:14	13:05	
53.2	33.1	Prosperous, Co Kildare 50km/h signs	13:28	13:16	13:06	
53.7	33.4	Turn right at T-Junction at Maxol (Dir: Clane R403)	13:29	13:16	13:07	
53.8	33.4	Feed Zone: Starts at 3.5 tonne sign on LHS after right turn	13:29	13:16	13:07	
54.0	33.6	Feed Zone: Finishes at sign for Clane & Maynooth on LHS	13:30	13:17	13:07	
54.2	33.7	Turn left at crossroads at Dowling's Pub (Dir: Maynooth R408)	13:30	13:17	13:07	
54.7	34.0	Turn right at Londis in Prosperous (Londis on LHS) Caution: Unsigned junction	13:31	13:18	13:08	
59.7	37.1	Turn left at T-Junction (Dir: Kilcock R407)	13:39	13:25	13:14	
69.0	42.9	Roundabout: 1st exit - left (Dir: Trim R158)	13:55	13:38	13:26	
69.9	43.4	Caution: Crossing over motorway/motorway entrance	13:56	13:39	13:27	
70.1	43.6	Take 2nd exit after motorway entrance (Dir: Trim/Kilcock) (Summary: straight through motorway roundabout)	13:56	13:40	13:27	
70.7	43.9	Roundabout: 2nd exit - right (Dir: Kilcock R148)	13:57	13:41	13:28	
70.8	44.0	Kilcock, Co Kildare	13:58	13:41	13:28	
71.2	44.2	Turn left at Mulligan Sawmills on RHS (Dir: Trim)	13:58	13:41	13:29	
71.9	44.7	Roundabout: 2nd exit (Dir: L6228) Caution: Unsigned junction	13:59	13:42	13:29	
75.8	47.1	Turn left (Dir: Dunshaughlin 15KM R125)	14:06	13:48	13:34	
77.1	47.9	Right at Y-Junction to follow road (Dir: Dunshaughlin 13KM R125)	14:08	13:50	13:36	
79.6	49.5	Turn right at crossroads (Dir: Dunboyne R156)	14:12	13:53	13:39	
81.0	50.3	Left at Y-Junction to follow road (Dir: Dunboyne 11KM R156)	14:15	13:55	13:41	
85.6	53.2	Turn right Caution: Unsigned junction - sign at start of road 'L62201'	14:22	14:02	13:47	
85.6	53.2	ENTERING FINISHING CIRCUIT AT TURN	14:22	14:02	13:47	
88.1	54.7	Turn left at T-Junction after Dolly's Grove on LHS	14:26	14:05	13:50	
90.9	56.5	Turn left at T-Junction (Dir: Dunboyne R157)	14:31	14:09	13:53	
93.5	58.1	Roundabout: 2nd exit (Dir: Dunboyne)	14:35	14:13	13:56	
93.7	58.2	Dunboyne, Co Meath	14:36	14:13	13:57	
94.8	58.9	Left at crossroads in Dunboyne Centre at Fingal House	14:38	14:15	13:58	
95.1	59.1	First passage through finish line - 3 laps to go	14:38	14:15	13:58	
0.7 / 95.8	0.4 / 60.4	Roundabout: 2nd exit (Dir: Summerhill R156)	12:00	12:00	12:00	
5.8 / 100.9	3.6 / 63.6	Turn left onto L62201	12:00	12:00	12:00	
8.3 / 103.4	5.2 / 65.1	Turn left at T-Junction	12:00	12:00	12:00	
11.1 / 106.2	6.9 / 66.9	Turn left (Dir: Dunboyne 4KM R157)	12:00	12:00	12:00	
13.7 / 108.8	8.5 / 68.5	Roundabout: 2nd exit (Dir: Dunboyne)	12:00	12:00	12:00	
15 / 110.1	9.3 / 69.3	Left at crossroads in Dunboyne Centre at Fingal House	12:00	12:00	12:00	
15.3 / 110.4	9.5 / 69.5	Second passage through finish line - 2 laps to go	12:00	12:00	12:00	
125.7	78.1	Third passage through finish line - 1 lap to go	12:00	12:00	12:00	
141.0	87.6	Finish at 'Nearby Stores'	15:55	15:21	14:56	Extreme Caution Essential - Marshals/Gardaí well ahead
Post Stage Details						
TEAM CAR DEVIATION: Team cars are to deviate into County Council Business Park by continuing straight at final crossroads in Dunboyne and follow team car deviation signs.						
VERY IMPORTANT: Riders need to clear the finishing area urgently following completion of the stage. All riders needed for the presentation should make their way to the stairs at the back of the podium ASAP.						

Caution Essential

Extreme caution essential on finishing circuit

Extreme Caution Essential - Marshals/Gardaí well ahead