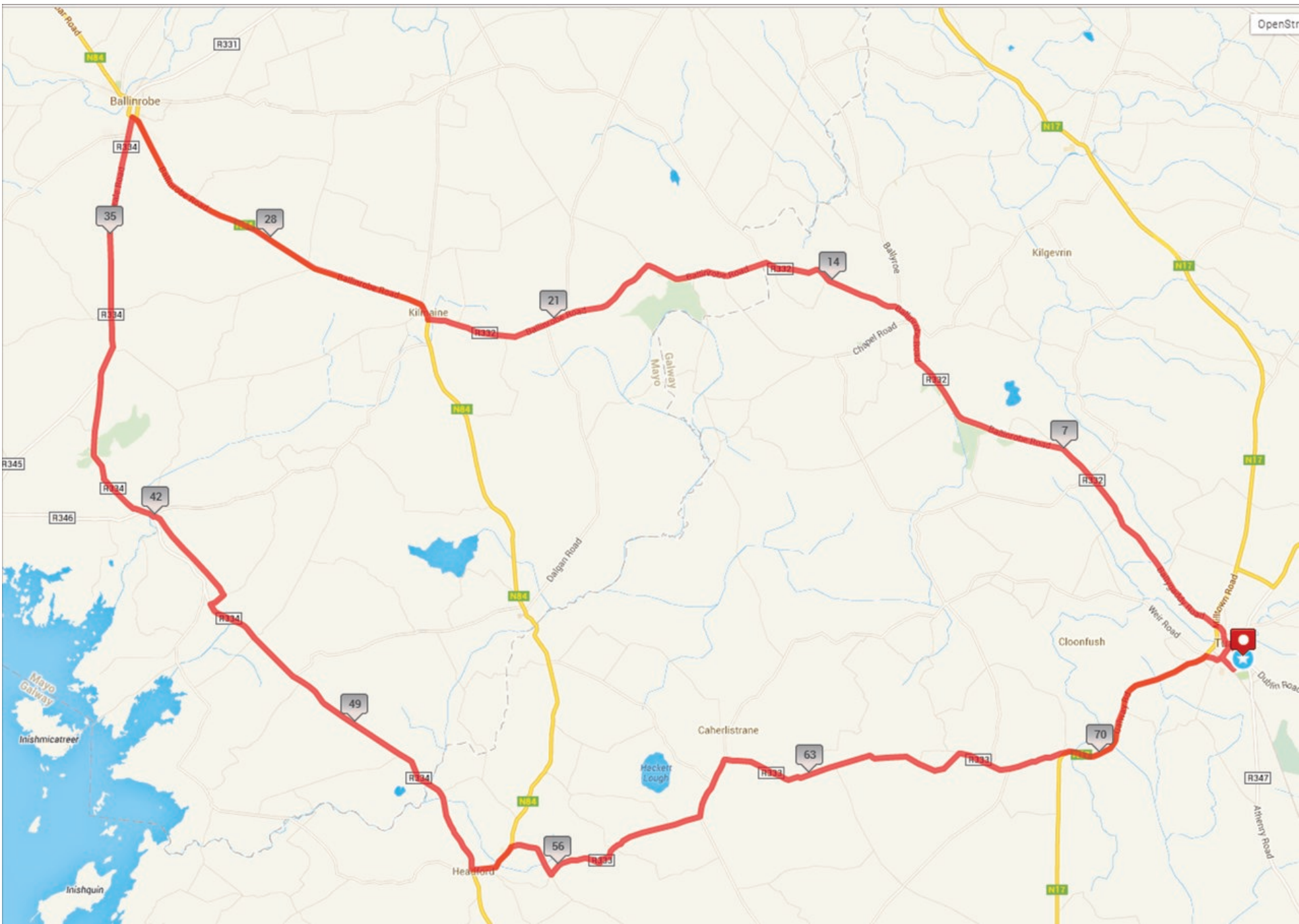




Route D—75k

Main Route: Tuam — Kilmaine—Ballinrobe—
Shrile—Headford—Caherlistrane—
Belclare — Tuam

Shorter Route: Tuam — Kilmaine—Headford—
Caherlistrane— Belclare — Tuam
(approx 50km)



The Sunday Spin *your Sunday, your way*