



# Pedal

## Causeway Coast

Sunday 28 June 2026



# Are you ready to pedal?

**Thank you for taking part in Pedal Causeway Coast. Whether you're cycling the bronze, silver or gold route, we hope you enjoy the challenge.**

By taking part in Pedal Causeway Coast, you're part of a powerful movement.

From searching for a cure and campaigning for better health and care, to funding research into groundbreaking new treatments and running life-changing support services. It's all driven by one mission: improving life with Parkinson's.

We're almost 100% funded by our supporters, so every contribution, big or small, makes a real difference.

Around 4,400 people have a diagnosis of Parkinson's in Northern Ireland. We're here to support every Parkinson's journey, every step of the way.



# On the day

## Location

The Pedal Causeway Coast event hub is **Sheskburn Recreation Centre, 7 Mary St, Ballycastle BT54 6QH.**

## Key times

**6.30am** - Registration opens

**7.30am** - Gold route starts

**8am** - Silver route starts

**8.30am** - Bronze route starts

These times and distances may be subject to change.

## Registration

Registration will be open from 6.30am, where you can pick up your race number and timing chip.

We'll be accepting on-the-day registrations, so bring any

friends or family along who want to ride.

## Car parking

Car parking is available in Ballycastle's local car parks and along residential streets. Please note there won't be any official car parking along the route or at any of the rest stops.

Please allow plenty of time for parking and aim to arrive at least 15 minutes before your start time to collect your race pack.

## Event Control

Please call Event Control on **07593 575 693** in the event of a medical emergency or route issue. Please add this number to your mobile contacts.

## Don't forget:

- Your race numbers with details completed on the back and attached to your handlebars and helmet (collected at registration)
- Your bike (is it in working order?)
- Cycle helmet
- A fully charged mobile phone
- Cash or card
- A water bottle or CamelBak. You should be able to carry at least 1L of water at all times (water top ups will be available at rest stops)
- Snacks (you'll be able to stock up at rest stops)
- A waterproof jacket (even if the forecast is sunny, the weather can turn quickly and unexpectedly)
- A puncture repair kit (you never know when you may need it!)
- Sunglasses (to protect your eyes from sun, wind and rain)
- A zipped cycling jersey and an extra layer
- Long-fingered gloves
- Bike lights. (This event will take place during the day, but heavy cloud and rain can make cyclists harder to spot).

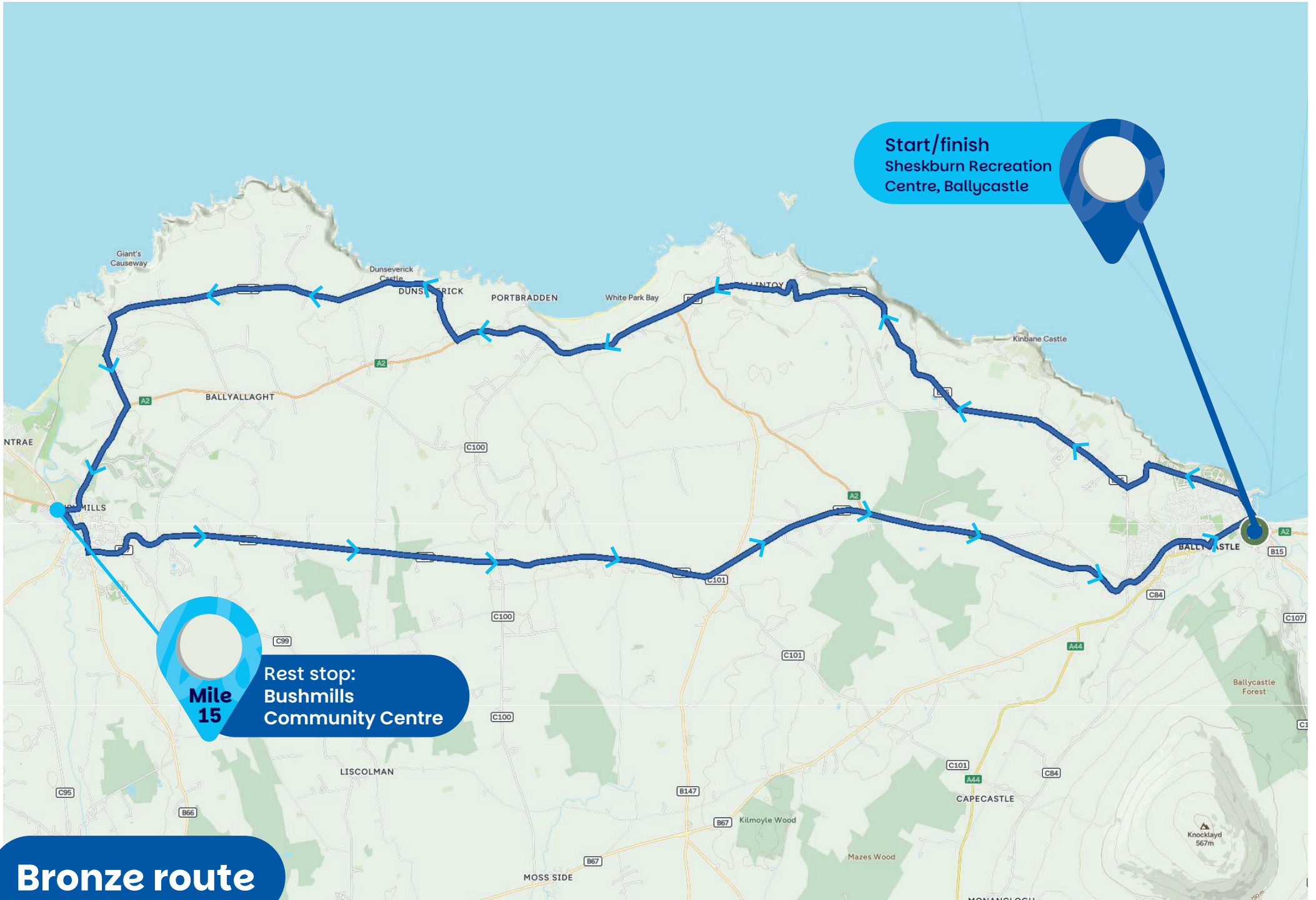


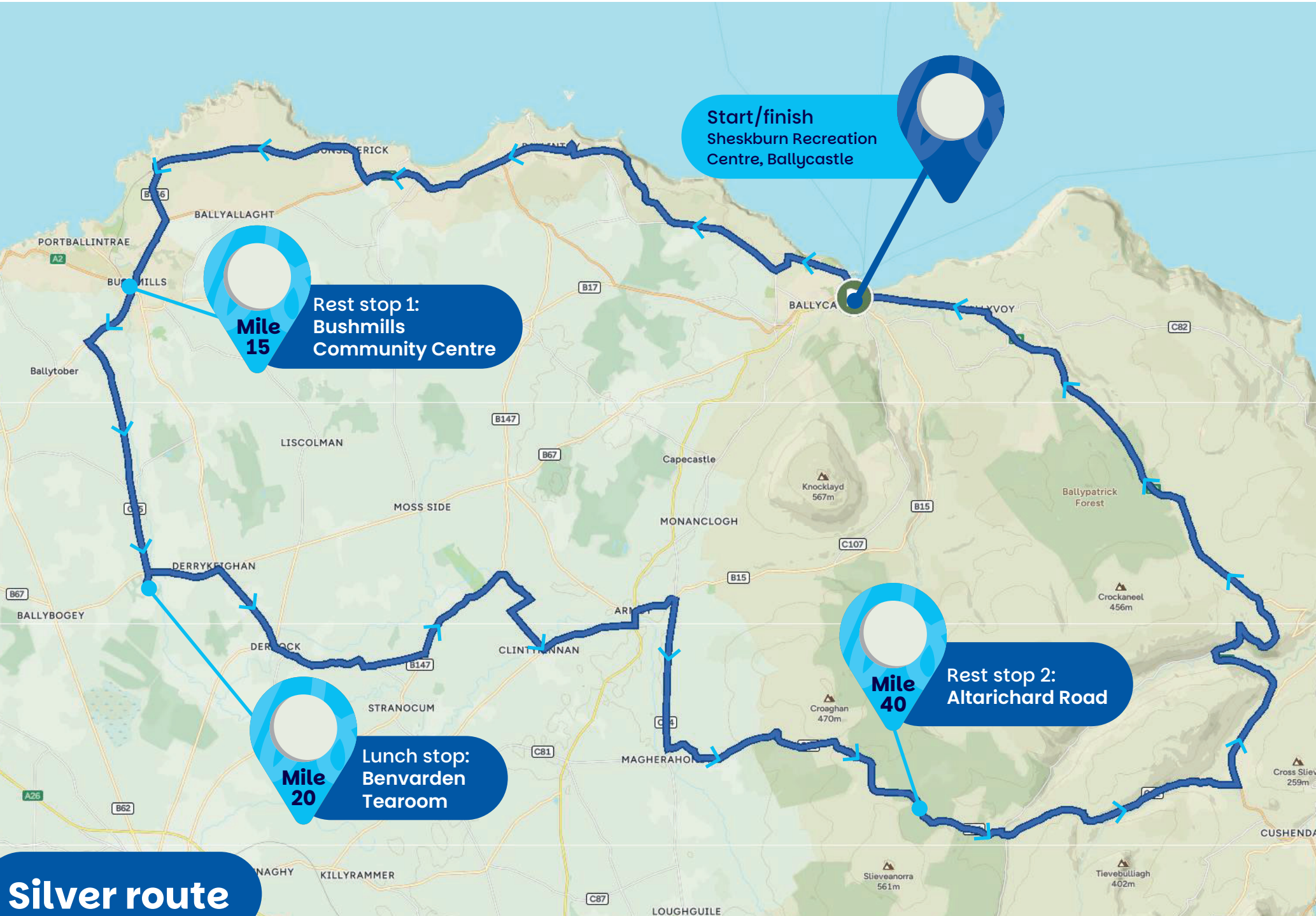
Start/finish  
Sheskburn Recreation  
Centre, Ballycastle

Mile  
15

Rest stop:  
Bushmills  
Community Centre

**Bronze route**





**Start/finish**  
Sheskburn Recreation  
Centre, Ballycastle

**Mile 15**  
Rest stop 1:  
Bushmills  
Community Centre

**Mile 20**  
Lunch stop:  
Benvarden  
Tearoom

**Mile 40**  
Rest stop 2:  
Altarichard Road

**Silver route**



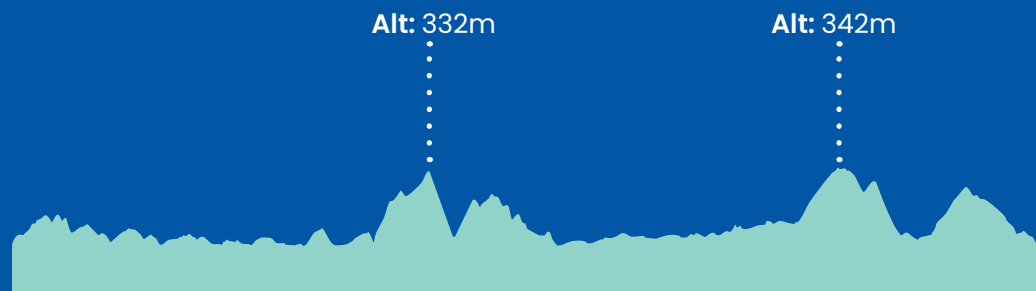
# Course elevation maps



**Bronze route**



**Silver route**



**Gold route**

# Take a break

## Bronze route

Rest stop	Distance
Rest stop: Bushmills Community Centre	15 miles

## Silver route

Rest stop	Distance
Rest stop 1: Bushmills Community Centre	15 miles
Lunch stop: Benvardeen Tearoom	20 miles
Rest stop 2: Altarichard Road	40 miles

## Gold route

Rest stop	Distance
Rest stop 1: Bushmills Community Centre	15 miles
Rest stop 2: Temple Cove Cafe	36 miles
Lunch stop: Benvardeen Tearoom	64 miles
Rest stop 3: Altarichard Road	83 miles

### IMPORTANT: Gold route cut-off

A route cut-off is in place at **75 miles**. Riders reaching this point after **2pm** will be diverted north back to Ballycastle via Lagge/Hillside Road for approximately 6 miles.

# Keeping you safe

## Event safety

Although Pedal Causeway Coast is designed to be accessible for a wide range of abilities, participants should be aware that the event remains physically demanding and includes challenging sections throughout the route.

- This is an open-road event. All participants must follow the Highway Code at all times and ride responsibly in accordance with prevailing road and weather conditions. Ride within own ability and take extra care on descents, at junctions, and in areas of live traffic.
- The route is fully arrowed using official event arrows. Riders should follow all event arrows throughout the course.
- If your GPX route differs from the signed route, follow our event arrows as last-minute route changes are sometimes necessary.
- If you need to change to a lower distance route during the event, please stop at a rest stop and tell staff.

- Please only stop at designated rest stops. If you go off route we may lose you!
- Inform Event Control if you have any issues or if you're leaving the event.

## Emergency procedure

If you have an accident, or come across someone who has had one, please follow this procedure:

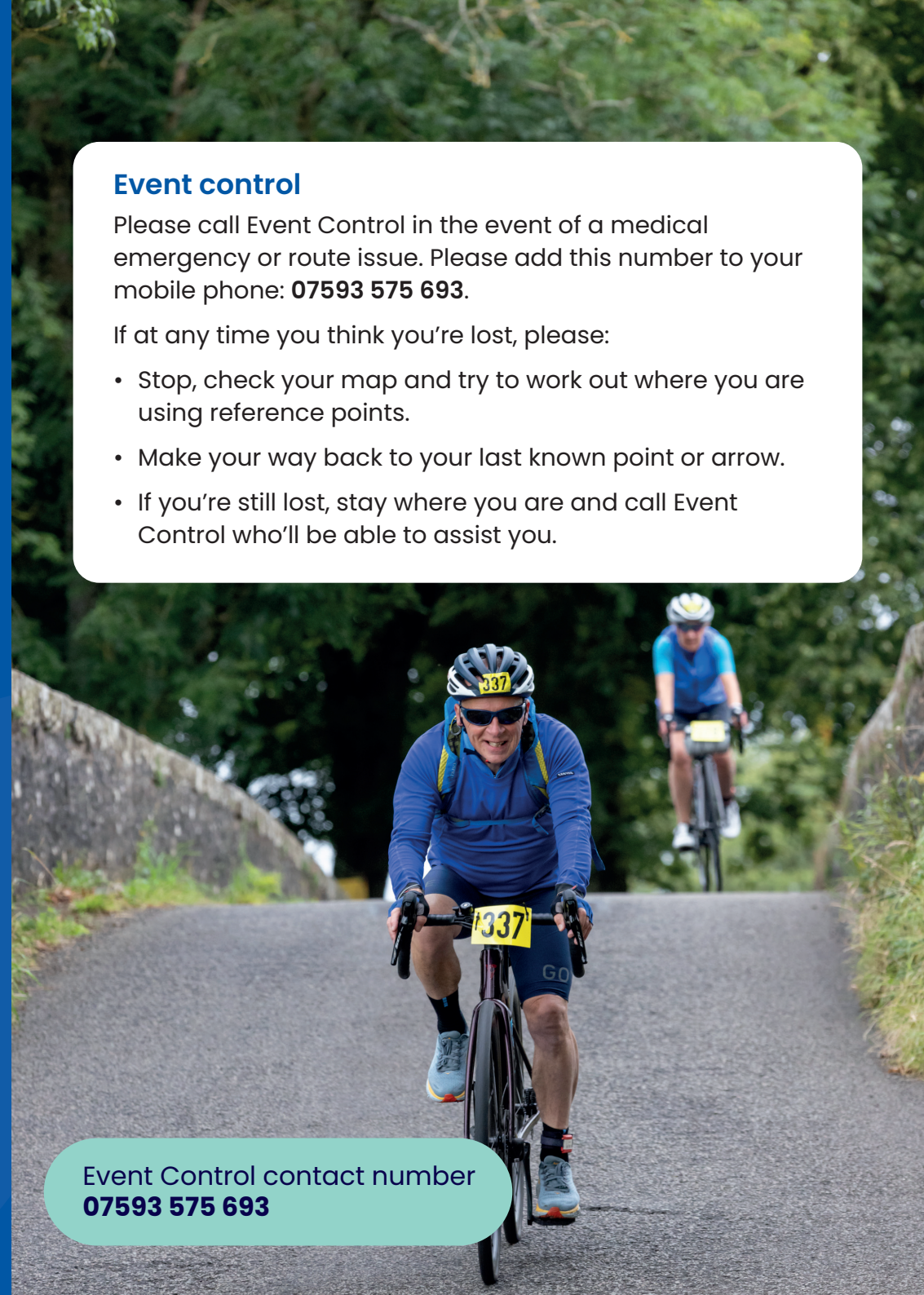
- If it's a critical medical emergency, call 999 directly.
- If you can carry on with the ride, please continue on to the nearest rest stop where you can receive medical attention.
- If you can't make it to the rest stop, please call Event Control and wait for medical help.
- If you're in doubt about your ability to carry on, please call Event Control for medical help and advice.
- If someone else is hurt and cannot make it to the nearest rest stop, please call Event Control and stay with them until help arrives.

## Event control

Please call Event Control in the event of a medical emergency or route issue. Please add this number to your mobile phone: **07593 575 693**.

If at any time you think you're lost, please:

- Stop, check your map and try to work out where you are using reference points.
- Make your way back to your last known point or arrow.
- If you're still lost, stay where you are and call Event Control who'll be able to assist you.



Event Control contact number  
**07593 575 693**

We're Parkinson's UK,  
the charity that's  
here to support every  
Parkinson's journey.  
Every step of the way.

For more about our events:

**020 7932 1314**

**[events@parkinsons.org.uk](mailto:events@parkinsons.org.uk) | [parkinsons.org.uk/events](https://parkinsons.org.uk/events)**

For general information and support:

Free confidential helpline **0808 800 0303**

**[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk) | [parkinsons.org.uk](https://parkinsons.org.uk)**

Parkinson's UK, 50 Broadway, London SW1H 0DB



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