BikeWeek
9th - 17th May 2026

Bileog Leideanna maidir leis na Meáin Shóisialta:	**Social Media Cheat Sheet:**
Bíodh lorgáin TFI san áireamh agat nuair is féidir, mar ligfidh sé seo dúinn do phostálacha a roinnt arís ○ **X (Twitter):** https://x.com/TFIupdates ○ **Facebook:** https://www.facebook.com/TransportforIreland ○ **Instagram:** https://www.instagram.com/transportforireland/ • I gcás na meán sóisialta, b'fhéidir gurbh fhiú ceist a chur laistigh de tvuít nó postáil chun rannpháirtíocht a spreagadh. Mar shampla, "Táimid leath bealaigh trí Sheachtain na Rothar! Cad iad na himeachtaí ar ghlac tú páirt iontu go dtí seo? Ba bhreá linn tú a fheiceáil ar do rothar, mar sin déan cinnte muid a chlibeáil ag (cuir isteach an lorgán anseo, mar shampla @tfiUpdates)". • Athraigh www.bikeweek.ie go bikeweek.ie. Sábhálann sé seo ar spás agus tá an fearann mar an gcéanna (níos fearr do X). • Ná húsáid an haischlib #SeachtainNaRothar ach aon uair amháin in aghaidh na postála. Is féidir leat haischlib a dhéanamh ar Sheachtain na Rothar i do chontae - bíodh Seachtain na Rothar ar dtús agat agus an contae ina dhiaidh #SeachtainNaRotharContae e.g. #SeachtainNaRotharChorcaí, #SeachtainNaRotharFhineGall, srl. ní #FineGallSeachtainNaRothar • Ní mór go gcuimsítear lógó Sheachtain na Rothar i ngach grianghraf imeachta oifigiúil (bain úsáid as do chláir rocacha)	Include TFI handles where possible, as this will allow us to reshare your posts ○ **X(Twitter):** https://x.com/TFIupdates ○ **Facebook:** https://www.facebook.com/TransportforIreland ○ **Instagram:** https://www.instagram.com/transportforireland/ • For social media it might be worth asking a question within a tweet or post to generate engagement. For example, "We are half-way through Bike Week! What events have you taken part in so far? We'd love to see you on your bike, so make sure to tag us at (insert handle here, for example @tfiUpdates)". • Change www.bikeweek.ie to bikeweek.ie. This saves on space and the domain is the same (better for X). • Only use the hashtag #BikeWeek once per post. You can hashtag Bike Week in your county - keep Bike Week first followed by the county #BikeWeekCounty e.g. #BikeWeekCork, #BikeWeekFingal, etc. not #FingalBikeWeek • All official event photos must include the Bike Week logo (use your corriboards)

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Postálacha Samplacha maidir le Seachtain na Rothar:	**Bike Week Sample Posts:**
• Is féidir an teimpléad seo a leanas a úsáid mar **phointe tosaigh** do do phlean meán sóisialta. • Cuir isteach do phostálacha áitiúla ábhartha féin chun daoine a chur ar an eolas agus a spreagadh chun páirt a ghlacadh in imeachtaí i do chontae. • Tá íomhánna samplacha meán sóisialta san áireamh thíos. Tá gach acmhainn Meán Sóisialta atá ar fáil i nGaeilge agus i mBéarla ar fáil le híoslódáil transportforireland.ie/getting-around/by-bicycle/bike-week-resources/	• The following template can be used as a **starting point** for your social media plan. • Add in your own locally relevant posts to inform and encourage people to take part in events in your county. • Sample social media images are included below. All available Social Media resources in both Irish and English are available to download at transcportforireland.ie/getting-around/by-bicycle/bike-week-resources/

Dáta / Date	**Moltar FB/Instagram Suggested FB/Instagram**	**Moltar X Suggested X**
Deireadh Aibreáin/ End April	**Gaeilge:** Tá Seachtain na Rothar ar ais! 🚴 Téigh ar do rothar agus bain taitneamh as réimse imeachtaí spraíúla agus saor in aisce ón Satharn, 9 Bealtaine go dtí an Domhnach, 17 Bealtaine. Aimsigh imeachtaí #SeachtainNaRothar atá ar siúl in aice leat ar bikeweek.ie **English:** Bike Week is back! 🚴 Get on your bike and enjoy a range of fun and free events from Saturday, May 9th to Sunday, May 17th. Find #Bikeweek events happening near you on bikeweek.ie	**Gaeilge**: Tá Seachtain na Rothar ar ais! 🚴 Téigh ar do rothar agus bain sult as réimse imeachtaí spraíúla agus saor in aisce ó 9 - 17 Bealtaine. Aimsigh imeachtaí #SeachtainNaRothar atá ar siúl in aice leat ar bikeweek.ie **English:** Bike Week is back! 🚴 Get on your bike and enjoy a range of fun and free events from May 9th - 17th. Find #Bikeweek events happening near you on bikeweek.ie

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Go luath i mí na Bealtaine / Early May	**Gaeilge:** Buail an bóthar agus é romhat! Beidh Seachtain na Rothar ar siúl ón Satharn, 9 Bealtaine go dtí an Domhnach, 17 Bealtaine. Tá sé éasca agus spraíúil agus tá rud éigin ann do gach duine! Bain sult as réimse leathan imeachtaí ó bhabhtaí rothaíochta pobail agus scoile, féilte rothar spraíúla, ceardlanna sábháilteachta agus go leor eile. Tabhair cuairt ar www.bikeweek.ie le haghaidh liosta iomlán imeachtaí a bheidh ar siúl i do chontae #SeachtainNaRothar **English:** There's never been a better time to get on a bike! Bike Week will run from Saturday, May 9th to Sunday, May 17th. It's easy, fun and there's something for everyone! Enjoy a wide range of events from community and school cycles, fun bike festivals, safety workshops and much more. For a full list of events taking place in your county, visit bikeweek.ie #Bikeweek	**Gaeilge:** Beidh Seachtain na Rothar ar siúl ón 9 Bealtaine–17 Bealtaine! 🚴. *Tá sé éasca agus spraíúil agus tá rud éigin ann do gach duine!* Faigh amach cad atá ag tarlú i do chontae ar bikeweek.ie #SeachtainNaRothar **English:** Bike Week will run from May 9th –17th! 🚴. *It's easy, fun and there's something for everyone!* Find out what's happening in your county on bikeweek.ie #Bikeweek
Lá 1 – 9 Bealtaine / Day 1 – 9th May	**Gaeilge:** 🚴 Ar aghaidh linn! Tá #SeachtainNaRothar linn go hoifigiúil! 🚲 Bí réidh do 9 lá rothaíochta le himeachtaí do chách! Cibé an bhfuil tú ag rothaíocht le haghaidh spraoi, aclaíochta nó comaitéireachta, anois an t-am ceart le dul ar do rothar. 🎉 Aimsigh imeachtaí in aice leat ar bikeweek.ie	**Gaeilge:** 🚴 Ar aghaidh linn! Tá #SeachtainNaRothar faoi lán seoil! 🚲 9 lá de rothaíocht le himeachtaí do gach duine—cibé acu le haghaidh spraoi, aclaíochta, nó comaitéireacht. Aimsigh imeachtaí atá ag tarlú in aice leat ag bikeweek.ie **English:** 🚴 And we're off! #BikeWeek is underway! 🚲 9 days of cycling with events for everyone—whether for fun, fitness, or commuting. Find events near you at bikeweek.ie

	English: 🚴 And we're off! #BikeWeek is officially here! 🚲 Get ready for 9 days of cycling with events for everyone! Whether you're cycling for fun, fitness, or commuting, there's never been a better time to get on your bike. 🎉 Find events near you at bikeweek.ie	
Lá 3 – 11 Bealtaine / Day 3 – 11th May	**Gaeilge**: Tá #SeachtainNaRothar faoi lán seoil! 🚴 Beag beann ar an taithí rothaíochta atá agat, seo an t-am le tabhairt fúithi. Glac páirt i ngníomhaíochtaí spraíúla, cuir feabhas ar do scileanna, nó déan lúcháir na rothaíochta a cheiliúradh! Aimsigh imeachtaí i do chontae ar bikeweek.ie. **English:** #BikeWeek is underway! 🚴 Whether you're new to cycling or a seasoned pro, it's the perfect time to get involved. Join fun activities, improve your skills, or simply celebrate the joy of cycling! Find events in your county on bikeweek.ie.	**Gaeilge:** Tá #SeachtainNaRothar faoi lán seoil! 🚴 Beag beann ar an taithí rothaíochta atá agat, seo an t-am le tabhairt fúithi. Glac páirt i ngníomhaíochtaí spraíúla, cuir feabhas ar do scileanna, nó déan lúcháir na rothaíochta a cheiliúradh! Aimsigh imeachtaí i do chontae ar bikeweek.ie. **English:** #BikeWeek is underway! 🚴 Whether you're new to cycling or a seasoned pro, it's the perfect time to get involved. Join fun activities, improve your skills, or simply celebrate the joy of cycling! Find events in your county on bikeweek.ie.
Lá 5 – 13 Bealtain/ Day 5 – 13th May	**Gaeilge:** Tá #SeachtainNaRothar 2026 faoi lán seoil agus Lá na Rothar chun Oibre atá ann! Cén fáth nach bhfágfá an carr sa bhaile agus ceithre roth a mhalartú ar dhá cheann? Aimsigh imeachtaí ar fud na hÉireann do gach aois agus gach leibhéal scileanna ar bikeweek.ie! #SeachtainNaRothar	**Gaeilge:** Tá #SeachtainNaRothar 2026 faoi lán seoil agus Lá na Rothar chun Oibre atá ann! Cén fáth nach bhfágfá an carr sa bhaile agus ceithre roth a mhalartú ar dhá cheann? Aimsigh imeachtaí in aice leat ag bikeweek.ie **English:**

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	English: #BikeWeek 2026 is in full swing and it's Bike to Work Day! Why not leave the car at home and swap four wheels for two? Find events happening across Ireland for all ages and skill levels on bikeweek.ie! #BikeWeek	#BikeWeek 2026 is in full swing and it's Bike to Work Day! Why not leave the car at home and swap four wheels for two? Find events near you at bikeweek.ie
Lá 7 – 15 Bealtaine / Day 7 – 15th May	**Gaeilge:** 🚲 Táimid leath bealaigh trí #SeachtainNaRothar 2026! 🎉 Tá sé go hiontach an oiread sin daoine a fheiceáil amuigh ag rothaíocht, ag glacadh páirte in imeachtaí grúpa, agus scoileanna ag spreagadh na bpáistí chun páirt a ghlacadh! 🚴 Ó shráideanna go páirceanna go Glas bhealaí, tá spiorad na rothaíochta i ngach áit! Le haghaidh imeachtaí a bheidh ar siúl in aice leat go dtí an 17 Bealtaine, féach ar bikeweek.ie 📅 ✨ **English:** 🚲 We're halfway through #BikeWeek 2026! 🎉 It's amazing to see so many people out cycling, joining group events, and schools getting children involved! 🚴 From streets to parks to Greenways, the cycling buzz is everywhere! For events happening near you until the 17th of May, check out bikeweek.ie 📅 ✨	**Gaeilge:** Táimid leath bealaigh trí #SeachtainNaRothar 2026. Tá go leor daoine amuigh ag rothaíocht, ag glacadh páirte in imeachtaí, agus tá scoileanna ag spreagadh na bpáistí chun páirt a ghlacadh freisin. Is iontach an spéis agus an oiread sin rothar a fheiceáil ar ár sráideanna, inár bpáirceanna agus ar ár nGlas bhealaí. Le haghaidh imeachtaí a bheidh ar siúl in aice leat go dtí an 17 Bealtaine, féach ar bikeweek.ie **English:** We're at the halfway point of #BikeWeek 2026. Lots of people out cycling, taking part in events, and the schools are getting children involved too. It's wonderful to see the interest and so many bikes on our streets, parks, and Greenways. For events happening near you until the 17th of May, check out bikeweek.ie
	Gaeilge:	**Gaeilge:**

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Lá 8 – 16 Bealtaine / Day 8 – 16th May	🚲 Is é amárach an lá deiridh de #SeachtainNaRothar 2026! 🎉 Tapaigh an deis - bí páirteach in imeacht agus déan ceiliúradh ar rothaíocht le do phobal, do theaghlach agus do chairde! Faigh na sonraí go léir ar bikeweek.ie **English:** 🚲 The final day of #BikeWeek 2026 is tomorrow! 🎉 Don't miss out—join an event and celebrate cycling with your community, family, and friends! Find all the details on bikeweek.ie	Is é amárach an lá deiridh de #SeachtainNaRothar 2026, cén fáth nach nglacfá páirt in imeacht agus píos spraoi a bheith agat leis an bpobal, le do mhuintir agus le do chairde. Le haghaidh sonraí ar conas páirt a ghlacadh, tabhair cuairt ar bikeweek.ie **English:** The last day of #BikeWeek 2026 is tomorrow, why not join an event and have fun with the community, family and friends. For details on how to take part, visit bikeweek.ie
Lá 9 – 17 Bealtaine / Day 9 – 17th May	**Gaeilge:** 🚲 Sin sin do #SeachtainNaRothar 2026! 🎉 A leithéid de sheachtain rothaíochta ag cur thar maoil le spleodar agus le spraoi le haghaidh cách, ó rothaithe céaduaire chuig seanfhondúirí . MÍLE BUÍOCHAS Ó CHROÍ lenár n-oibrithe deonacha, lucht eagraithe na n-imeachtaí, agus gach duine a ghlac páirt. Tá súil againn gur bhain sibh taitneamh as #SeachtainNaRothar 2026 agus táimid ag tnúth leis sibh uile a fheiceáil ar bhur rothair in 2027! 🚴 🙌 **English:** 🚲 And that's a wrap on #BikeWeek 2026! 🎉 What an action-packed, fun-filled week of cycling for first-time cyclists to seasoned pros. A big THANK YOU to all the volunteers, dedicated event organisers, and everyone who participated. We hope you enjoyed #BikeWeek 2026 and look forward to seeing you all on your bikes in 2027! 🚴 🙌	**Gaeilge:** 🚲 Sin sin do #SeachtainNaRothar 2026! 🎉 A leithéid de sheachtain rothaíochta ag cur thar maoil le spleodar agus le spraoi le haghaidh cách, ó rothaithe céaduaire chuig seanfhondúirí . MÍLE BUÍOCHAS Ó CHROÍ lenár n-oibrithe deonacha, lucht eagraithe na n-imeachtaí, agus gach duine a ghlac páirt. Feicfimid sibh go léir ar bhur rothair i 2027! 🚴 🙌 **English:** 🚲 That's a wrap on #BikeWeek 2026! 🎉 What an action-packed, fun-filled week of cycling for first-time cyclists to seasoned pros. A huge THANK YOU to our volunteers, event organisers, and everyone who participated. See you all on your bikes in 2027! 🚴 🙌

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