

### Adventure Course Length 1300m

Start Cross roads

1. E4X Track Junction
2. Q2C Track Junction
3. J5W Track Junction
4. E3M Track & Path Junction
5. 011 Track and Bridge Junction
6. Y70 Lawn NE corner
7. M18 Tree North side

Finish Back at start

### Short Course Length 1500m

Start Cross roads

1. M18 Tree North side
2. Q2C Track Junction
3. J5W Track Junction
4. E3M Track & Path Junction
5. P2H Path Junction
6. Q47 Track & Path junction
7. F21 Track Junction
8. Y70 Lawn NE corner

Finish back at Start.

### Medium course Length 3.7 km

Start Cross roads

1. Z79 Fence end
2. E2D Depression
3. Y84 Track Junction
4. W12 Hill top
5. Z51 Track Junction
6. W85 Track & Path junction
7. H42 Track Junction
8. R57 Boulder
9. B37 Depression
10. 64K Track & path junction
11. P2H Path Junction
12. F22 Distinctive tree SW side
13. Q47 Track & Path junction
14. T6F Track bend
15. Y2T Park bench
16. Y70 Lawn North East corner
17. M18 Tree North side

Finish Back at Start

### Long Course, Length 5.0 km

Start Cross roads

1. Z79 Fence end
2. L7E Depression
3. W12 Hill top
4. R63 Stream bend
5. S38 Depression North edge
6. W6U Depression
7. B37 Depression
8. 64K Track & path junction
9. C58 Embankment foot
10. P2H Path Junction
11. F22 Distinctive tree SW side
12. Y2T Park bench
13. P84 Depression
14. T36 Park Bench North side
15. K63 Re-entrant
16. Q2C Track Junction
17. M18 Tree North side

80 m from last control to finish. No ta













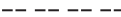






















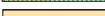
Please report any missing or damaged control posts to: [recreation@coillte.ie](mailto:recreation@coillte.ie)

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## Map Legend

	Public road		High fence		Crossable small stream
	Forest road		Fence		Minor watercourse or ditch
	Large track		Ruined fence		Uncrossable stream, bridge
	Foot path		Building, ruin, cave		Pit, tree root, fox earth
	Indistinct path		Man made object, post, rocky pit		Mature runnable forest (white)
	Narrow ride, good running		9/11 Memorial		Forest slow run
	Power line		Hill / knoll		Plantation - young trees - walk
	Impassable stone wall		Depression (large/small), pit		Dense Vegetation - fight or impassable bramble
	Stone wall		Contour, form line		Open pasture - fields & clearings
	Ruined stone wall		Earth bank or embankment		Built up area - Out of Bounds
	Earth wall		Gully - large, small		Undergrowth, brambles or thorn bushes
	Ruined earth wall		Lake, pond		Rough open land