

# GAELFORCE MOUNTAIN RUN

04/03/2017

## COURSE DESCRIPTION 12KM INTERMEDIATE

### STAGE 1

The route starts from the back of Killary Adventure Centre and heads across the bog for the first kilometre until it joins the Western Way walking trail. This first section is quite wet and it is almost impossible to keep dry feet. It is however a lovely springy surface to run on and sets you up for further challenges.

Once you reach the end of this you are onto the Western Way which is a way marked trail heading across the road and continuing along through the forest. This trail crosses a bridge after approximately 500m and you continue along a slightly overgrown road for the next kilometre. This will deliver you to the bottom of the mountain where you take an immediate left up the hill. This will be marked with red ribbons tied to the fence showing you the path. They will be spaced at 10m intervals and you must keep them in sight at all times.

### STAGE 2

This first hill is only small at 324 metres and you will keep the fence to your left as you climb up the hill. It is quite gentle at the start with a short sharp ramp nearer the top and with no defined path it is the taste of things to come. Due to safety constraints you have to stay within 10m of the fence and maintain it in sight at all times.

Once you reach the top you will continue along the fence line with a nice slow gentle descent across the soft ground at the top. The only thing to be aware of here is that there are a couple of big steps where people used to cut turf!

You will have to cross one fence along the route and continue along after this to a left turn at the end of valley. It is approximately 2 km until the turn from the top of the hill.

### STAGE 3

From the turn at the fence you will continue along the saddle which descends for the first part and then ramps back up for a climb from approximately 800 feet up to 1800 feet. This is a steep climb on grassy hills which can be slippery when wet.

Coming to the end of the climb you are near the top of Leenane valley. Upon reaching the next

fence running left, you will cross over the fence and continue along with the next fence on your left heading out to go round the top end of the horseshoe.

You will continue to follow this fence the whole way home. You will descend a small bit following the fence and then climb back up. Be aware that it is quite boggy here in sections so you might get wet feet but you need to maintain sight of the fence.

### STAGE 4

As you continue along you will start to climb again until you reach the last spot height at 550 feet, from here it is all downhill. The descent is along the fence line, be aware that it is here that the 22km race rejoins your route so there will be people coming past.

Take care on descent as it is grass and bog, if you feel uncomfortable then slow down and take your time to go down. As you get further down you should spot the Western Way in front of you. When you hit this take a left followed by an almost immediate right.

This will take you back onto the initial route out from Killary Adventure Centre. You can now follow this back home in the knowledge that you are almost there. Well done you have completed your Mountain Run. Next year you can go longer!!

Please make sure you are aware of the Mandatory Kit List which is extremely important for this run.

