

# GAELFORCE MOUNTAIN RUN

## COURSE DESCRIPTION 12KM INTRODUCTORY

### STAGE 1

The course follows the same route as Stage 1 of the 12km Intermediate Mountain Run.

### 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!

Here is where you leave the other runners behind as you take a right at the fence line and head down the hill towards the forests. This ground is usually quite soft with slippery conditions underfoot. As you follow the fence line down you will have to cross over a stream and then follow a very faint path staying within 10 meters of the fence line. As you get closer to the bottom you will start to follow a river for the last couple of 100 metres. Just as you reach the forest road you will cross a fence and then turn right.

You are now on the homeward stretch, you continue along the forest road heading North West. After a kilometre you come to a fork in the road and you keep left. Keep following this road until you get to the river crossing, where depending on the amount of water in the river you might have to use the bridge. Once past here you take the bog road up to your left and follow this through the forest for roughly 500 metres until you hit tarmaced road. Turn left here and run towards the main road and the start line before turning right and running 500m on main road to finish in Killary Adventure Centre.

