

# GAELFORCE NORTH

IN CASE OF AN EMERGENCY  
CALL 087 9892651 OR 087 9891613.  
FOR RACE DAY ONLY.



	CYCLE		KAYAK
	RUN		SPRINT
	TRANSITION SPRINT		
	TRANSITION FULL		
	WATER		FIRST AID
	TOILETS		SPECTATOR POINT



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CALL 087 9892651 OR 087 9891613.  
FOR RACE DAY ONLY.

CLG GHAOTH DOBHAIR **RACE FINISH BUNBEG**



## CRONALAGH MALAIGH NA LEACH

MIDDLETOWN

SHESKINBEG

MEENAMILLAR



**SPRINT STAGE 5 CYCLE**

MEENACUNG MIN NA CUNGE



**STAGE 5 CYCLE**

## ERRIGAL MOUNTAIN (751M)

**STAGE 3 RUN TO SUMMIT**

**SPRINT ST 3 MTN RUN/WALK**



**STAGE 4 KAYAK**

**SPRINT STAGE 4 KAYAK**

**STAGE 4 CYCLE**

**SPRINT ST 4 CYCLE**



	CYCLE
	RUN
	KAYAK
	SPRINT
	TRANSITION SPRINT
	TRANSITION FULL
	2 WAY RACE TRAFFIC
	WATER STATION
	TOILETS
	FIRST AID
	SPECTATOR POINT



N 36

LOUGH NACUNG

MONEY MORE

## GROGAN MORE

R251

R251

THE BREAKDOWN OF DISCIPLINE DISTANCES

# FULL COURSE 63.5KM

## 1. RUNNING/WALKING: 19.5KM APPROX

## 2. CYCLING: 42KM APPROX

## 3. KAYAKING: 2KM MAX

### STAGE 1

#### TRAIL AND ROAD RUN (15.5KM)

Starting at the southwest end of Glenveagh Valley running along a narrow path through the Bridle Pass, into the grounds of Glenveagh Castle and up and over Gartan Mountain (200m height) to Gartan Lake. This is a remarkable run through the valley and past Lough Veagh. Watch out for the Golden Eagles!

### STAGE 2

#### CYCLING (24KM)

Cycling on sealed tarmac roads through Glenveagh National Park and alongside the Derryveagh Mountains, to Errigal Mountain.

### STAGE 3

#### ERRIGAL MOUNTAIN RUN/WALK (4KM)

A marked route is followed up and down Mount Errigal. Terrain is varied, often boggy and wet under foot on the lower parts with screed further up.

Competitors must reach the base of Errigal by 1.30pm otherwise they will not be allowed to climb.

### STAGE 4

#### CYCLE AND KAYAK (2KM)

From the bottom of Errigal it is a short cycle of 3.5km approx. to Dunlewy Centre and the Kayak transition. There is a time out at the kayak transition except for those in Wave 1 competing for a podium position. The boats are tandem sit-on-top kayaks. You will paddle a looped course on the lake.

### STAGE 5

#### CYCLING AND FINAL RUN (14.5KM)

For the final stage you will cycle back on to the R251 turning left. At the next T Junction you will turn left on to the N56.

After approx 3km in Gweedore you will turn right on to the R258 into Bunbeg.

Turn right at the T-junction, follow the road for approx 800m then turn left. Follow marshals and sign posting to CLG Ghaoth Dobhair.

The race ends with a short run to the finish line.

PLEASE FOLLOW SIGNS AND  
INSTRUCTIONS FROM  
MARSHALS AS THE ROUTE  
MAY CHANGE DUE TO  
SITUATIONS OUTSIDE OUR  
CONTROL



#EntertheElements

# SPRINT COURSE 45KM

## 1. RUNNING/WALKING: 12KM APPROX

## 2. CYCLING: 32KM APPROX

## 3. KAYAKING: 1KM MAX

### STAGE 1

#### TRAIL AND ROAD RUN (10KM)

Starting at the southwest end of Glenveagh Valley running along a narrow path through the Bridle Pass, passing through the grounds of Glenveagh Castle and to the bike transition in the car park.

### STAGE 2

#### CYCLING (14km)

Cycling on sealed tarmac roads through Glenveagh National Park, alongside the Derryveagh Mountains, to Errigal Mountain.

### STAGE 3

#### ERRIGAL MOUNTAIN RUN/WALK (2KM)

Up to the shoulder (approximately half way up) of Mount Errigal and back down. Terrain is varied, including bog nearer the base and scree further up.

Competitors must reach the base of Errigal by 1.30pm otherwise they will not be allowed to climb.

### STAGE 4

#### CYCLE AND KAYAK (1KM)

From the bottom of Errigal it is a short cycle of 3.5km approx to Dunlewy Centre and the Kayak transition. There is a time out at the kayak transition except for those in Wave 1 competing for a podium position. The boats are tandem sit-on-top kayaks. You will paddle a looped course on the lake.

### STAGE 5

#### CYCLING AND FINAL RUN (14.5KM)

For the final stage you will cycle back on to the R251 turning left. At the next T Junction you will turn left on to the N56.

After approx 3km in Gweedore you will turn right on to the R258 into Bunbeg.

Turn right at the T-junction, follow the road for approx 800m then turn left. Follow marshals and sign posting to CLG Ghaoth Dobhair.

The race ends with a short run to the finish line.

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