



QUEST
GLENDALOUGH

CHALLENGE 21km



- CAUTION**
- Steep descent and mandatory dismount zone**
- Water refill**
- Medical aid**

In case of emergency call
087 122 1234

DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4
Cycle	Run	Kayak	Run
12km	4km	1km	4km

TOTAL DISTANCE		
Run	Cycle	Kayak
8km	12km	1km