



QUEST
GLENDALOUGH

EXPERT 59km



DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4
Cycle	Run	Cycle	Run
6km	6km	13km	5km

STAGE 5	STAGE 6	STAGE 7	STAGE 8
Cycle	Run	Kayak	Run
18km	6km	1km	4km

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

**In case of emergency call
087 122 1234**

TOTAL DISTANCE		
Run	Cycle	Kayak
21km	37km	1km