



QUEST
GLENDALOUGH

SPORT 43km



- CAUTION - Mandatory Stop**
- 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	STAGE 5	STAGE 6
Cycle	Run	Cycle	Run	Kayak	Run
6km	6km	20km	6km	1km	4km

TOTAL DISTANCE		
Run	Cycle	Kayak
16km	26km	1km