



QUEST
KILLARNEY

PRO ROUTE

STAGE	START	FINISH	DESCRIPTION	ACTIVITY	KM
STAGE 1	GLENEAGLE HOTEL	TRANSITION 1: KATE KARNEYS COTTAGE	CYCLE THROUGH KILLARNEY TOWN TO KATE KEARNEYS COTTAGE	CYCLE	14
STAGE 2	TRANSITION 1: KATE KARNEYS COTTAGE	TRANSITION 1: KATE KARNEYS COTTAGE	RUN UP AND DOWN STRICKEEN MOUNTAIN FROM T1	RUN	6.5
STAGE 3	TRANSITION 1: KATE KARNEYS COTTAGE	TRANSITION 2: TORC FIELD	CYCLE UP GAP OF DUNLOE, BLACK VALLEY AND MOLLS GAP TO TORC	CYCLE	36.5
STAGE 4	TRANSITION 2 TORC	KAYAK AT DUNDAG BEACH	SHORT RUN TO KAYAK	RUN	0.8
STAGE 5	KAYAK: DUNDAG	KAYAK: DUNDAG	KAYAK	KAYAK	1
STAGE 6	KAYAK: DUNDAG	TRANSITION 2: TORC FIELD	TORC MOUNTAIN TRAIL	RUN	9
STAGE 7	TRANSITION 2: TORC FIELD	GLENEAGLE FINISH	CYCLE BACK TO FINISH LINE AT GLENEAGLE HOTEL	CYCLE	5.5

Total Run	16.3
Total Cycle	56
Kayak	1
Total - km	73.3