



QUEST
KILLARNEY

SPORT ROUTE

STAGE	START	FINISH	DESCRIPTION	ACTIVITY	KM
STAGE 1	GLENEAGLE HOTEL	TRANSITION 1: KATE KARNEYS COTTAGE	CYCLE THROUGH KILLARNEY TOWN TO GAP OF DUNLOE, THROUGH LORD BRANDONS AND BACK TO TORC	CYCLE	39
STAGE 2	TRANSITION 2 TORC	KAYAK AT DUNDAG BEACH	SHORT RUN TO KAYAK	RUN	0.8
STAGE 3	KAYAK: DUNDAG	KAYAK: DUNDAG	KAYAK	KAYAK	1
STAGE 4	KAYAK: DUNDAG	TRANSITION 2: TORC FIELD	TORC MOUNTAIN TRAIL	RUN	9
STAGE 4	TRANSITION 2: TORC FIELD	GLENEAGLE FINISH	CYCLE BACK TO FINISH LINE AT GLENEAGLE HOTEL	CYCLE	5.5

Total Run	9.8
Total Cycle	44.5
Kayak	1
Total - km	55.30