

- **Start/Finish Point : Harbour Bridge**
- **1 lap , approx 6k loop**

Directions: Leaving Harbour Bridge heading along canal pass under railway bridge arriving at Park View Road . Take right hand turn passing Marshalls on left and ADLI on right arriving at Hospital roundabout . Take right hand turn heading for Castlepollard passing Lough Sheever Park on left arriving at LIDL roundabout . Take right hand turn onto New Link road passing St Lomans Hospital on left arriving at Delvin Road . Take right hand turn passing St Colmans School and St Pauls Church on left arriving at Dublin Bridge . Enter onto opposite canal towpath passing Cusack park on left and passing under Harbour Bridge arriving at pedestrian bridge . Enter onto pedestrian bridge and take right hand turn passing under railway bridge arriving back to Start/Finish at Harbour Bridge Car park

