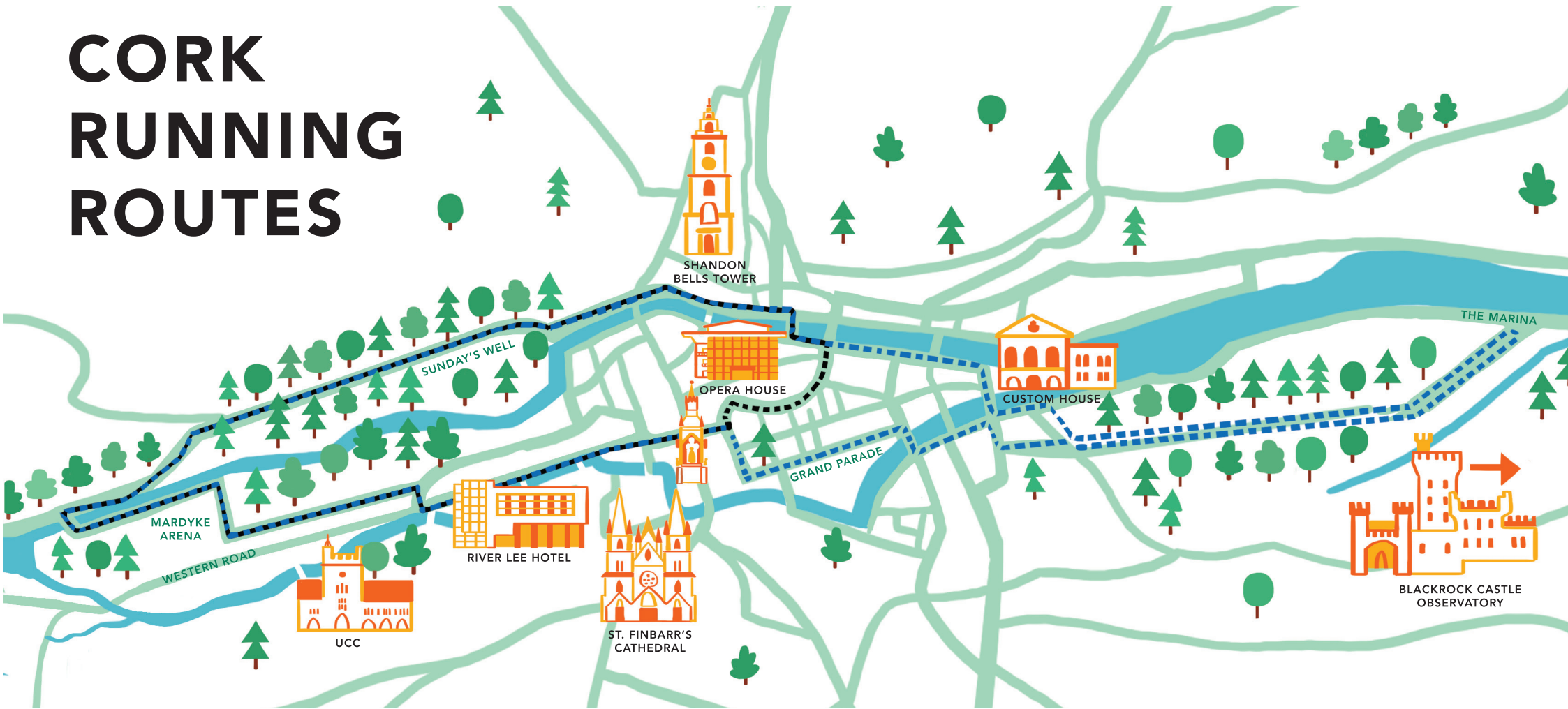


CORK RUNNING ROUTES



----- 5k -----

Enjoy this wonderful route from the River Lee Hotel past the newly renovated Fitzgerald's park, UCC Mardyke arena and then right onto Wellington Bridge. Head up the hill to Sunday's Well. You will finish the route at North Mall next to Mercy Hospital. It is not for the fair hearted - there is a good incline from Wellington Bridge all the way up Sunday's Well. You will know you are on the right route as it is a favourite with a number of the students from University College Cork! The views are wonderful of Cork City and Mardyke walk is one of the nicest places to run in Ireland.

----- 10k -----

For those who enjoy urban running, you may like to extend to 10k - just extend the 5k route and at North Mall adjacent to the Mercy Hospital, run along the quays all the way to The Marina in Cork and back again. It is Cork city and all of its charm and the historic Marina riverside walkway is ideal for a long run. Don't miss the Cork English Market when you arrive back to the city centre!

