**Off The Beaten Track – Leg 3 2024 course notes**

**Start farmers gate Chime Street, Newlands – finish Beach Bay Road Lower Valley**

Proceed directly across the bypass onto Spotts Newlands Rd, turn left onto Meadowlark Rd, follow Meadowlark Rd and then turn right onto a dirt track called Neezas Way

Follow Neezas Way (it becomes Caskwell Dr) until it reaches Shamrock Road and turn left

Turn right onto Bougainvillea Way (which becomes Astral Way after the left corner at the top of Bougainvillea Way)

Turn right onto Homestead Cres and then right onto Pedro Castle Rd

Stay on Pedro Castle Rd which then becomes a trail after a wooden gate, where the ocean will be on your right-hand side

When you reach/see a chainlink gate and large black plastic containers on your right, turn right and head down towards the clifftop/ocean

Turn left and head along the clifftop/ironshore for approx. 0.2m and turn left after the 1st house you pass on your left towards the bushes. You will find a trail that leads from the clifftop to the bushes (brings you out near a white plastic bag hanging from the trees on your right) and through onto Sea Spray Dr – turn right once through the bushes (**THIS IS A TRICKY TECHNICAL SECTION AND RUNNING ALMOST IMPOSSIBLE, IT WILL INVOLVE CLIMBING OVER IRONSHORE – PROCEED WITH CAUTION YOU MAY WANT TO WEAR OLD TRAINERS AND GLOVES FOR THIS SECTION, PAY ATTENTION AND DON’T WORRY ABOUT YOUR AVERAGE PACE!!!)**

Run to the end of Sea Spray Dr and turn left onto Beach Bay Rd

Run all the top to the top of Beach Bay Rd, there is a parking lay-by on the right where the handover spot will be.

Leg is roughly 4.82m, link below for satellite imagery and gpx file.

<https://www.maps.ie/map-my-route/viewMap.php?route=295030>

A map of a city

AI-generated content may be incorrect.