**Off The Beaten Track – Leg 4 2024 course notes**

**Start – top of Beach Bay Road, Lower Valley – finish old club house Hirst Road, Newlands**

Turn left onto Shamrock Road, run facing on-coming traffic and then turn right onto Woodlands Dr;

Turn right when Woodlands splits into 2, and then continue, run around the gated section and then turn right onto a dirt trail

Continue on the dirt trail (S like shape) until you reach/see a small pond on your right (you may see a red kayak in the righthand corner of the pond), turn right after the small pond heading East (keeping the bank of the pond to your right) – **THIS THEN BECOMES DENSE GRASS AND RUNNING IS NOT ADVISABLE!**

Once you reach the end of the pond, look for the two largest trees (which should be around 11 O’Clock on the imaginary clock face) and head towards and then between those trees.

Once through the trees head left you will reach a barbed wire fence – crawl under this fence **IT IS NOT SAFE TO TRY AND CLIMB IT, GET ON THE GROUND AND ACTUALLY CRAWL UNDER IT – YOU WILL GET MUCKY!**

Once under the fence and you’ve dusted yourself off veer left/diagonally through trees and bushes **(STUDY THE SATELLITE IMAGE FOR THE APPROXIMATE ROUTE, AND THIS SECTION IS ALSO LIKELY TO BE UN-RUNABLE).**

You will eventually reach a rusty old farmer’s gate, which is closed via an old piece of chain on it’s left hand side. **OPEN THE GATE BY UNLATCHING THE CHAIN, AND THEN CLOSE IT AFTERWARDS. PLEASE DO NOT LEAVE IT OPEN AS IT WILL CAUSE PROBLEMS FOR FUTURE RACES.**

Run up the trail (**quite slippery and wet so be careful, again walking advisable and your feet will likely get wet**), past two abandoned Jeeps where you will eventually come to a T-Junction in the mangroves. Turn Right at the T-Junction.

Then take your next left (you’ll then be running in the direction of North Sound), after approximately 0.3miles turn left again (you’ll be heading in the direction of George Town then), turn left at the mosquito lamp, then right after approx. 0.3miles then follow the trail until you reach a low level chain link fence. Over the chain link fence and turn left onto Windward Dr

Turn right onto Southward Dr, right onto Leeward Dr, then the first left onto Water St.

Follow Water St all way around until the ponds on your left end, then cut across the field onto Royal Palm Dr and turn left.

Follow Royal Palm Dr, and turn left before the roundabout onto a dirt trail that leads to Hirst Road. Turn left after the dirt trail onto Hirst Road and the abandoned golf club house is roughly 100 meters on your left to finish.

Route is c. 5.80m, link below to the same where the gpx and google earth files can be downloaded.

**PLEASE STUDY THE SATELITTE IMAGE OF THIS ROUTE, AS THIS IS MOST LIKELY THE ONE TO GET PEOPLE LOST.**

<https://www.maps.ie/map-my-route/viewMap.php?route=287171>

A map of a city

Description automatically generated