**Off The Beaten Track – Leg 5 2024 course notes**

**Start – old golf club house Hirst Road, Newlands – finish Selkirk Drive, Red Bay**

Head south along Hirst Road until Kitty Lane, then turn right onto a dirt trail (over a chain link fence) into mangroves, once over the chain link fence head right then left (S like) and left onto a trail. You will follow this trail in a clockwise direction, all the way around until you see a left-hand turn into the mangroves, turn left (if you see an abandoned white fridge freezer in the bushes on your left you’ve missed the left turn!)

At the end of this trail, you’ll reach a T junction, turn left running parallel to a canal turn right at the end and immediately right again (so you’re running along the other bank of the same canal you’ve just run down), turn left around 0.2m up heading onto another trail, follow this trail to the end where you’ll head over a small wooden bridge (**watch the small lip when going onto the bridge or you may end up in the drink**) – you’ll then come out of the bushes and turn left (they’ll be directly opposite you a newish house built on stilts)

Follow the road and turn left onto Windswept Dr, turn right at the end of Windswept Dr onto Poindexter Rd, stay on Poindexter until it becomes Devon Rd and take your first right onto Domino St (right after the Moravian Church)

Turn right onto Marina Drive, then next left onto Bonnie View Ave, left onto Prospect Dr and first right onto Westwood Dr

Head through the gates at the end of Westwood Dr, then follow the road around, jump off the road to the left before the bridge heading towards a timber structure and the canal.

Balance carefully along the canal wall, stepping over two logs and then once out into a trail running by the side of the canals at the top of Admirals Landing/the Channels, at the end of this trail turn right onto Island Drive, then right through the gates into The Channels

After the 4th palm tree on your right upon entering The Channels, look for a small opening in the bushes to your left and a white pole on the ground with red paint on it. Head into the bushes (you may see some empty Smirnoff Vodka bottles), out at the other side, climbing over some old trees/branches and then up onto another trail turn left.

Follow this trail (if it assists, you’d be running towards the new Popeyes in Red Bay), until you can turn left, then take an immediate right, take another immediate right after an abandoned Ford F250 and off the trail onto Duke Way in Red Bay.

Turn left at the end of Duke Way onto Selkirk Drive, and follow Selkirk Drive to the bottom where you’ll see the handover point.

Route is approx. 5 miles exactly, link including gpx and google earth file for download at the following:

<https://www.maps.ie/map-my-route/viewMap.php?route=287175>

A map of a city

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