

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-1-
W001 0.0	E3:1554 N2:2660	86	START - Marlay Park carpark	
W002 0.5	E3:1559 N2:2614	97 2%	Cross Little Dargle River	
W003 1.0	E3:1577 N2:2571	100 1%	Turn R, head W along College Rd	
W004 2.1	E3:1482 N2:2545	123 2%	Turn L, S, under M50	
W005 2.2	E3:1481 N2:2537	121 -3%	Ahead, S	
W006 3.2	E3:1507 N2:2446	207 9%	Turn L, head E	
W007 4.3	E3:1608 N2:2413	256 5%	Hairpin R, head W	
W008 4.5	E3:1596 N2:2413	269 10%	Hairpin L, head SE	
W009 5.5	E3:1644 N2:2327	385 12%	Zigzag RL to W then SE	
W010 5.6	E3:1641 N2:2322	396 18%	Turn R, then curve to SSE	
W011 6.7	E3:1663 N2:2221	497 9%	Turn R, head WSW	
W012 7.7	E3:1572 N2:2194	449 -4%	Bear L, head S along wood	
W013 8.5	E3:1594 N2:2127	346 -14%	Turn R, head W	
W014 8.6	E3:1582 N2:2122	332 -10%	Turn L, head ESE on Ballybrack Rd	
W015 10.5	E3:1744 N2:2073	294 -2%	Hairpin R, head W	
W016 10.9	E3:1704 N2:2066	274 -5%	Meander SW	
W017 11.1	E3:1687 N2:2059	266 -4%	Glencullen River, head SE	
W018 11.5	E3:1708 N2:2026	285 5%	Slight L over creek	
W019 12.2	E3:1759 N2:1991	320 6%	Turn R, ZigZags RLRL	
W020 12.4	E3:1745 N2:1995	337 12%	Zag L	
W021 12.6	E3:1751 N2:1974	357 9%	Zig R	
W022 12.8	E3:1736 N2:1983	371 8%	Zag L, head S	
W023 13.7	E3:1762 N2:1903	453 10%	Slight L, head SE	
W024 14.6	E3:1821 N2:1847	481 3%	Ahead, SE, along edge of wood	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-3-
W048 24.2	E3:1997 N2:1298	289 10%	Hairpin L	
W049 24.4	E3:2005 N2:1287	301 9%	Hairpin R	
W050 24.5	E3:1997 N2:1287	311 12%	Bear L, head SW	
W051 25.4	E3:1927 N2:1236	396 10%	Turn L, head S	
W052 25.7	E3:1925 N2:1208	329 -24%	Cross Dargle River	
W053 26.2	E3:1921 N2:1163	402 16%	Over stile, turn L, SE	
W054 26.5	E3:1942 N2:1143	430 10%	Turn R, head SW	
W055 27.2	E3:1898 N2:1096	485 9%	Ahead SW	
W056 27.9	E3:1864 N2:1043	565 13%	Ahead, meander SW	
X054 0.0	E3:1863 N2:1043	538	ALT: Djouce Mountain turn R, head W	
X055 0.8	E3:1788 N2:1035	704 19%	Bear L, head SW, Djouce Mountain crest	
Z056	E3:1719 N2:1050	645	The Coffin Stone	
X056 1.1	E3:1770 N2:1020	710 3%	Bear L, head SE	
X057 1.7	E3:1786 N2:0965	627 -14%	Rejoin, ahead SE, follow boardwalk	
W057 29.1	E3:1788 N2:0960	639 7%	Turn L, head SE, follow boardwalk	
W058 29.8	E3:1795 N2:0895	630 -1%	White Hill crest, follow boardwalk	
W059 30.4	E3:1757 N2:0856	580 -9%	Ahead, SW, follow boardwalk	
W060 31.5	E3:1686 N2:0784	488 -9%	Turn L, head E, (Guinness estate to W)	
W061 31.7	E3:1703 N2:0788	502 8%	Turn R, head SE	
W062 31.8	E3:1708 N2:0779	489 -13%	Turn R, head SW	
W063 32.3	E3:1693 N2:0738	482 -2%	Merge ahead, S, follow R759	
Z064	E3:1721 N2:0644	406	Pier Gates Carpark	
W064 33.5	E3:1730 N2:0630	405 -7%	Turn R, head S into woods	
W065 33.9	E3:1723 N2:0591	414 2%	Curve L, head SE	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-5-
Y081 3.8	E3:1329 N2:0196	612 15%	Ahead S along ridge line	
Y082 3.9	E3:1326 N2:0184	621 7%	Scarr summit	
Y083 5.1	E3:1322 N2:0071	541 -7%	Ahead, SE, follow ridge line	
Y084 6.9	E3:1434 N1:9955	397 -9%	Bear R, S, along ridge line	
Y085 8.3	E3:1470 N1:9825	342 -9%	Rejoin, bear R at woods edge, SSW	
W080 41.4	E3:1595 N2:0085	293 8%	Slight R, head S	
W081 42.8	E3:1584 N1:9957	257 -3%	Turn R, head WNW	
W082 43.2	E3:1546 N1:9977	278 5%	Slight L, head W	
W083 43.8	E3:1494 N1:9961	341 12%	Turn L, head S (Brusher Gap)	
Z084 N1:9915	E3:1491 N1:9915	356	Brusher Gap Hut	
W084 45.0	E3:1492 N1:9856	327 -1%	Bear R, SSW, along wood	
W085 45.4	E3:1471 N1:9818	347 5%	Ahead along wood SSW	
W086 45.8	E3:1463 N1:9786	318 -3%	Bear R, head SSW	
W087 46.3	E3:1440 N1:9745	217 -21%	Curve R, head WNW	
W088 46.6	E3:1419 N1:9759	210 -3%	Curve L to SW	
W089 46.8	E3:1402 N1:9751	193 -9%	Turn L, head SE, parallel R115	
W090 47.0	E3:1412 N1:9734	175 -9%	Curve R to S, cross Glennacnass River	
W091 47.1	E3:1411 N1:9729	175 0%	Bear R, curve to NW	
X092 0.0	E3:1410 N1:9728	185	ALT: Shortcut to Laragh (1.6km), ahead S	
X093 0.2	E3:1404 N1:9713	194 6%	Turn L, SE on hardtop	
X094 0.2	E3:1407 N1:9709	190 -8%	Turn R, S on foot trail	
X095 0.4	E3:1409 N1:9692	176 -8%	Turn R, W on hardtop	
X096 0.5	E3:1399 N1:9687	174 -2%	Turn L, head SE on Brockagh Lane	
X097 0.9	E3:1421 N1:9667	146 -9%	Turn L, E, on R756 to Laragh Village Center	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-7-
Z106	E3:1114 N1:9620	141	Glendalough Lake Info	
W106 51.7	E3:1109 N1:9615	143 -0%	Turn L, S, along Lugduff Brook (+ nearby waterfall)	
Z107	E3:1114 N1:9602	176	Poulanass Waterfall	
W107 52.1	E3:1112 N1:9581	219 22%	Bear L, head S	
W108 52.3	E3:1102 N1:9565	233 7%	Bear L, SE	
X110 0.0	E3:1101 N1:9566	237	ALT: Turn R, N, for The Spinc	
X111 0.2	E3:1099 N1:9580	236 -1%	Curve L to SW	
X112 0.3	E3:1090 N1:9574	261 21%	Curve R, head WNW	
X113 0.5	E3:1069 N1:9586	329 28%	Curve L, W	
X114 1.3	E3:1003 N1:9573	330 0%	Meander W	
X115 2.1	E3:0930 N1:9560	430 13%	Bear L, head SW	
X116 3.2	E3:0840 N1:9519	548 12%	Bear L, head SW	
X117 3.4	E3:0827 N1:9497	598 20%	Bear L, head SSE	
X118 4.0	E3:0842 N1:9450	591 -1%	Bear L, head SE	
X119 4.4	E3:0873 N1:9428	564 -7%	Rejoin: Bear R to S	
W109 52.4	E3:1110 N1:9562	229 -5%	Bear R, head NW	
W110 53.1	E3:1150 N1:9613	251 3%	Sharp R, head S	
W111 54.4	E3:1114 N1:9495	331 6%	Curve R, head W	
W112 54.7	E3:1089 N1:9503	334 1%	Ahead at crossroad, meander NW	
W113 54.9	E3:1087 N1:9519	323 -7%	Sharp L, head SW	
W114 55.8	E3:1013 N1:9492	415 12%	Slight L	
W115 56.3	E3:0996 N1:9445	363 -10%	Turn R to SW then meander NW	
W116 56.6	E3:0975 N1:9460	486 7%	Curve L, head W	
W117 57.2	E3:0923 N1:9438	526 7%	Bear R, head W	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-9-
W140 67.6	E3:1029 N1:8988	267 -6%	Turn R, head SW	
X142 0.0	E3:1035 N1:8984	262	ALT: Croaghanmoira Mtn, curve R to S	
X143 0.3	E3:1038 N1:8951	255 -2%	Bear R, head SW	
X144 0.7	E3:1019 N1:8929	273 6%	Turn L, SE, then cross Drumgoff Brook bridge	
X145 0.9	E3:1031 N1:8908	274 0%	Ahead SE up to saddle of ridge line	
Z146	E3:1117 N1:8905	404	Fananierin Summit	
X146 1.6	E3:1086 N1:8879	381 17%	Col: turn R, SW or (L, NE, to Fananiein)	
X147 2.7	E3:1010 N1:8811	471 9%	Follow ridgeline SW	
X148 3.8	E3:0945 N1:8738	570 10%	noname summit, bear L, head S	
X149 4.2	E3:0940 N1:8697	538 -5%	Col: ahead S along dirt road	
X150 4.6	E3:0947 N1:8665	550 4%	Bear R, S, OR E to Croaghanmorira peak	
Z150	E3:0992 N1:8650	644	Croaghanmoira summit	
X151 4.9	E3:0939 N1:8640	497 -19%	Turn R, head W then curve R	
X152 5.5	E3:0884 N1:8643	501 1%	Turn L, head WSW	
X153 6.4	E3:0797 N1:8614	475 -3%	Rejoin: bear L, head WSW	
W141 67.9	E3:1009 N1:8968	307 14%	Cross road, head SW	
Z142	E3:0987 N1:8951	353	Nice sitting rock, take a break	
W142 68.4	E3:0972 N1:8942	375 15%	Turn L, head S then curve R to SW	
Z143	E3:0940 N1:8893	349	Drumgoff Forest Carpark	
W143 68.7	E3:0960 N1:8920	371 -2%	Turn R, W, boulder marks track	
W144 69.3	E3:0909 N1:8913	439 13%	Turn L, head SW	
W145 69.9	E3:0873 N1:8872	490 9%	Ahead SW	
W146 70.5	E3:0848 N1:8821	517 5%	Ahead SSW	
W147 71.2	E3:0829 N1:8755	470 -7%	Curve L, head E	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-11-
W172 85.8	E3:0362 N1:8030	225 3%	Ahead SE OR (ALT R to Moynes Church)	
Z174	E3:0340 N1:8024	180	Moynes Church	
X174 0.0	E3:0337 N1:8007	169	Bear L, meander S	
W173 86.5	E3:0408 N1:7988	250 4%	Bear R, head SW	
W174 87.1	E3:0372 N1:7938	168 -13%	Bear L, S OR (Rejoin from Moynes Church)	
W175 87.3	E3:0381 N1:7924	161 -4%	Hairpin R, head W then curve L to bridge	
W176 87.4	E3:0372 N1:7920	151 -10%	Cross Sandford Bridge	
W177 87.5	E3:0369 N1:7912	160 10%	Turn L, head SE then curve to S	
W178 89.2	E3:0444 N1:7774	170 1%	Gate, bear L, meander S	
W179 90.0	E3:0479 N1:7705	144 -3%	Turn L, head NE	
W180 90.3	E3:0496 N1:7716	120 -11%	Turn R, head S	
W181 90.8	E3:0501 N1:7671	170 11%	Gate, head S	
W182 92.0	E3:0503 N1:7558	230 5%	Another gate, head SSW	
W183 92.2	E3:0495 N1:7546	237 5%	Over stile, thru gate	
W184 92.9	E3:0434 N1:7518	285 7%	Gate and stile	
W185 93.8	E3:0350 N1:7530	267 -2%	Over stile, turn L, head SW	
W186 94.1	E3:0333 N1:7506	263 -1%	Turn L, head SE	
W187 94.7	E3:0355 N1:7457	197 -12%	Bear L, thru gate, then curve R	
W188 95.4	E3:0308 N1:7416	181 -3%	Thru still another gate, head W	
W189 95.9	E3:0262 N1:7425	170 -2%	Thru another gate	
W190 96.5	E3:0216 N1:7464	143 -5%	Thru gate	
W191 96.7	E3:0209 N1:7475	140 -2%	Hairpin L, head S	
W192 97.0	E3:0210 N1:7442	115 -11%	Turn R, head W, cross Derry River	
W193 97.1	E3:0205 N1:7441	116 2%	END, head SE 2km to Tinahely	

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WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-8-
W118 57.8	E3:0869 N1:9437	559 6%	Curve L, meander to SE	
W119 58.0	E3:0875 N1:9425	566 5%	Ahead S	
W120 58.1	E3:0866 N1:9409	549 -10%	Bear L, head SSE	
W121 58.5	E3:0880 N1:9378	548 -0%	Curve R, head SW	
W122 58.8	E3:0865 N1:9363	477 -32%	Turn L, head SSE	
W123 59.3	E3:0880 N1:9316	422 -10%	Bear R, head SSW	
W124 59.6	E3:0868 N1:9289	385 -14%	Bear L, then curve to L to SE	
Z125	E3:0928 N1:9232	340	Mullacor Hut / Rain Shelter	
W125 60.6	E3:0933 N1:9226	338 -5%	Turn R, head W	
W126 60.9	E3:0909 N1:9234	310 -11%	Turn L, head SE	
W127 61.7	E3:0972 N1:9184	304 -1%	Ahead SE	
W128 62.7	E3:1027 N1:9118	271 -4%	Curve L, meander to ENE	
W129 63.4	E3:1086 N1:9141	219 -8%	Turn R, head S	
W130 63.7	E3:1079 N1:9112	176 -14%	Bear R on Military Road	
Z131	E3:1069 N1:9088	141	Glenmalure Lodge and Carpark	
W131 64.0	E3:1065 N1:9090	143 -13%	Drumgoff: Ahead SW cross road	
W132 64.2	E3:1052 N1:9078	127 -9%	Cross Avonbeg River	
W133 64.5	E3:1037 N1:9053	133 2%	Turn R, head W into woods	
W134 65.3	E3:0966 N1:9068	209 10%	Hairpin L, head SE	
W135 65.7	E3:0986 N1:9038	247 10%	Bear R, head S	
W136 65.9	E3:0985 N1:9011	267 7%	Turn R, head NW	
W137 66.2	E3:0969 N1:9029	292 10%	Turn L, head SW	
W138 66.5	E3:0948 N1:9014	327 14%	Turn L, head S	
W139 66.8	E3:0949 N1:8989	313 -5%	Cross creek and turn L, head E	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-6-
Z098	E3:1413 N1:9667	143	Wicklow Heather, very fine resturant	
X098	E3:1433 N1:9662	141 -4%	Laragh Village, turn R, S on R765	
X099	E3:1423 N1:9604	126 -3%	Turn R, head SW	
X100	E3:1411 N1:9598	132 4%	Green Rd to Glendalough, Derrybawn Bridge 1700	
X101	E3:1331 N1:9639	156 3%	ALT to Saint Saviors Church	
Z100	E3:1334 N1:9654	135	Saint Saviors Church, 12th century	
X102	E3:1307 N1:9648	151 -2%	Ahead, W, on Green Rd to Glendalough	
X103	E3:1253 N1:9667	142 -2%	Rejoin at Glendalough	
W092	E3:1394 N1:9741	190 7%	Bear L, head WSW	
W093	E3:1385 N1:9737	186 -4%	Crossroad, ahead W then curve R to NW	
W094	E3:1359 N1:9758	231 13%	Hairpin R, head S	
W095	E3:1355 N1:9737	244 6%	Bear L, head S	
W096	E3:1353 N1:9709	257 5%	Ahead S, then meander W	
W097	E3:1311 N1:9701	214 -10%	Ahead W	
W098	E3:1254 N1:9712	209 -17%	Sharp turn L, head SE along track	
W099	E3:1262 N1:9703	170 -31%	Hairpin R, then meander W	
W100	E3:1245 N1:9701	152 -11%	Cross R756, head S	
W101	E3:1243 N1:9693	135 -21%	Glendalough, time to explore	
Z101	E3:1234 N1:9685	137	Round Tower / Churches	
Z102	E3:1258 N1:9680	131	Glendalough Visitor Info	
W102	E3:1251 N1:9672	135 0%	Cross Avonmore River	
W103	E3:1249 N1:9667	141 13%	Turn R, W along Green Road	
W104	E3:1220 N1:9669	140 -40%	Bear L, head W	
W105	E3:1192 N1:9658	144 1%	Ahead WSW (Lower Lake)	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-4-
W066 34.6	E3:1741 N2:0534	389 -4%	Turn R, head W	
W067 35.1	E3:1696 N2:0515	408 4%	Tight curve L	
W068 35.2	E3:1689 N2:0505	395 -11%	Ahead SE	
W069 35.5	E3:1703 N2:0486	409 6%	Ahead, S	
W070 35.7	E3:1704 N2:0463	427 8%	Ahead at crossroad, head S	
W071 36.1	E3:1696 N2:0426	445 5%	Tiny zigzag LR, then head SSW	
W072 36.9	E3:1674 N2:0355	419 -4%	Turn R, head SW	
W073 37.4	E3:1638 N2:0328	369 -11%	Turn L, head SE	
W074 37.9	E3:1679 N2:0309	343 -6%	Over stile, head SE	
W075 38.2	E3:1701 N2:0289	303 -13%	Crosstrail, turn R, head SW	
W076 38.7	E3:1678 N2:0255	274 -7%	Turn L, over stile, head SE	
W077 39.0	E3:1702 N2:0243	289 6%	Turn R, head SW	
X077 0.0	E3:1706 N2:0243	282	ALT: Head E to Roundwood, 2.5km	
X076 0.7	E3:1769 N2:0236	262 -3%	Turn R, NE to Roundwood	
X075 1.7	E3:1833 N2:0301	261 -0%	Bear L, curve to E to Roundwood	
X074 2.5	E3:1906 N2:0295	226 -5%	Roundwood	
W078 40.2	E3:1602 N2:0183	212 -7%	Cross Avonmore River (Oldbridge)	
W079 40.4	E3:1585 N2:0172	219 3%	Bear L, head SW then curve to S	
Y075 0.0	E3:1583 N2:0177	212	ALT: Scarr Mountain, turn R, N	
Y076 0.2	E3:1582 N2:0197	216 2%	Turn L, then meander W	
Y077 0.9	E3:1520 N2:0181	293 12%	Turn R, head N	
Y078 1.0	E3:1520 N2:0192	311 16%	Bear L to W	
Y079 1.7	E3:1461 N2:0184	342 5%	Turn R, head N at wood's corner	
Y080 2.2	E3:1469 N2:0231	392 10%	Turn L, head W, climb along ridge line	

WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-2-
W025 15.2	E3:1842 N2:1790	469 -2%	Slight R, head SW	
W026 15.8	E3:1819 N2:1743	378 -17%	Curve R	
W027 16.0	E3:1803 N2:1728	352 -12%	Turn L to SSE then curve to E	
W028 16.6	E3:1850 N2:1712	293 -12%	Hairpin R, head SW	
W029 16.9	E3:1828 N2:1695	283 -4%	Turn L, head SE	
W030 17.1	E3:1841 N2:1679	258 -12%	Curve L to E	
W031 17.2	E3:1850 N2:1679	250 -10%	Turn R, SW (OR E to Clertstown / Enniskerry)	
W032 17.4	E3:1837 N2:1663	248 -1%	Bear L, head S	
W033 17.6	E3:1833 N2:1643	260 6%	Bear R, head SW	
W034 18.2	E3:1809 N2:1592	228 -6%	Turn L, head SSE then curve to E	
W035 19.3	E3:1882 N2:1526	238 1%	Ahead	
W036 19.4	E3:1897 N2:1523	223 -10%	Turn R, head S	
W037 19.7	E3:1900 N2:1500	166 -24%	Turn R, W	
W038 20.3	E3:1849 N2:1503	136 -6%	Turn L, head S	
W039 20.4	E3:1848 N2:1490	114 -17%	Turn L, head E along delightful Glencree River	
W040 20.8	E3:1878 N2:1469	107 -2%	Meander along Glencree River	
W041 21.2	E3:1919 N2:1471	102 -1%	Cross Glencree River footbridge, then head S	
W042 21.7	E3:1906 N2:1430	148 14%	Curve L, head ESE	
W043 21.9	E3:1928 N2:1421	151 1%	Turn R at R1013, head WSW	
Z044	E3:1925 N2:1418	155	Crone Woods carpark	
W044 22.2	E3:1909 N2:1414	159 4%	Turn L, head SE	
W045 22.6	E3:1922 N2:1377	215 14%	Turn L, then curve L to E	
W046 23.0	E3:1953 N2:1367	222 2%	Slight curve R, head SE	
W047 24.0	E3:2019 N2:1297	267 5%	Hairpin R, head W	

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WP KM	IRISH	Elev %	WW: Marlay-Tinahely Description	-10-
W148 71.6	E3:0864 N1:8761	459 -3%	Hairpin R, head SW	
W149 71.9	E3:0842 N1:8746	446 -5%	Turn L, meander E along boardwalk	
W150 72.1	E3:0864 N1:8743	437 -4%	Turn R, S, onto hardtop (Military Rd)	
W151 72.6	E3:0867 N1:8695	411 -5%	Cross Aughavannagh River	
W152 72.9	E3:0855 N1:8676	405 -3%	Turn L, head S on dirt track	
W153 73.8	E3:0793 N1:8614	475 8%	Bear R, head W	
W154 74.4	E3:0736 N1:8605	393 -14%	Bear wide L, head S	
W155 75.2	E3:0754 N1:8533	358 -5%	Curve L, head E	
W156 75.7	E3:0796 N1:8538	346 -3%	Bear R, then curve R to SE	
W157 76.0	E3:0824 N1:8527	306 -13%	Turn R, head SW	
W158 76.5	E3:0780 N1:8509	272 -7%	Turn on most southern (left) track, head SW	
W159 77.2	E3:0729 N1:8478	190 -14%	Bear R on road, then turn L to bridge	
W160 77.3	E3:0724 N1:8479	174 -26%	Cross Iron Bridge, Ow River	
W161 77.4	E3:0707 N1:8482	180 3%	Sharp L on hardtop, head SE then curve R to S	
W162 78.1	E3:0741 N1:8433	183 3%	Bear R on dirt track, head S then curve R to W	
W163 78.8	E3:0724 N1:8371	226 7%	Bear L, head SSW	
W164 79.0	E3:0705 N1:8361	229 1%	Turn R, head W	
W165 80.5	E3:0564 N1:8354	348 8%	Ahead at crossing, meander W	
W166 80.8	E3:0540 N1:8350	368 8%	Turn L, meander to S	
W167 82.1	E3:0498 N1:8237	342 -2%	Sharp R, head N	
W168 82.5	E3:0491 N1:8271	318 -7%	Sharp L, head S	
W169 82.9	E3:0478 N1:8238	302 -4%	Turn R, head W	
W170 83.2	E3:0454 N1:8253	274 -10%	Turn L, head SW, leave wood	
W171 84.9	E3:0387 N1:8104	200 -5%	Ahead, SW	