



CUH Charity Triathlon

Proudly Supported by:



18TH JUNE 2022 - FARRAN WOOD
Individual or team event

Cork University Hospital Charity - Cycle Route 32 km's

Note – there will be stewards at all junctions and turns.

- Exit Farran Woods and turn right out of gate heading for **Coachford**. After about 2km's you will come to a right turn sign posted for Coachford take this turn.
- Head over the **Rooves Bridge** and uphill after that towards Coachford. After a climb there is a decent into Coachford.
- In Coachford at the **Murphy's Centra** you will be taking a left heading for **Carrigadrohid**.
- Stay on road following signs for Macroom.
- After about 2.5km you will enter Carrigadrohid.
- Continue to follow signs for Macroom from Carrigadrohid.
- Continue on this road until you come to Coachford Junction which goes under the new Macroom bypass.
- Go under the bypass going left over bridge heading back towards Cork on the N22. (Be extra careful of traffic at this point and for following few Kilometres).
- Head over 2 Mile Bridge (which is after Circle K garage which will be on your right).
- Stay on Cork Road N22 and take left at 4 mile Bridge turning onto the L2201 and then immediate right following sign post for Carrigadrohid (note – you will not be heading back into Carrigadrohid)
- Take left turn at sign for Coachford -it says Coachford 4km (note – you will not be going back into Coachford)
- Take next right for Farran Woods - signposted 6km