



CUH Charity TRIATHLON

FARRAN WOOD | 27.05.23

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Cycle Route - 32km

- 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

Contact



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