CORK
LUNAR WALK
2012

ROUTE MAP & GUIDE

WALK 20KM OR 30KM AND DISCOVER CORK UNDER THE STARS

Diabetes™ Ireland

STARTING AT ROCHESTOWN PARK HOTEL

1 At the hotel take a right turn onto the **Rochestown Road**.

2 At the finger post roundabout stay on footpath veering right onto **Douglas East**.

3 Continue on this road, with shopping centre to your right and McDonald's to your left.

4 Straight through roundabout at shopping centre entrance.

5 Continue straight.

6 At next junction, slight right and go under the flyover bridge.

7 After bridge turn, cross road and go right onto **Well Road**, using left footpath.

8 Continue on **Well Road** to roundabout at **Boreenamanna Road**, take the exit onto **Skehard Road**.

9 Continue straight on **Skehard Road**.

10 Straight through second roundabout staying on **Skehard Road**, follow sign for **Blackrock Castle**.

11 SuperValu and Skehard Pharmacy on right, continue straight through.

12 Continue straight on **Skehard Road** passing Nagle Community College on left, keep going straight ahead.

13 At the sign for Blackrock Castle take a left onto **Ringmahon Road** (Ballinure GAA Club is in front of you).

14 Stay on Ringmahon Road, road loops to left, then turn right onto **Ferney Road** (sign for St. Luke's Nursing Home).

15 Stay on **Ferney Road** (St. Luke's nursing home is at your right) turn left onto **Castle Road**.

16 Continue on **Castle Road** passing **Blackrock Castle** to your right and into **Blackrock Village**.

COMFORT STOP

17 At **Blackrock Village** head straight on, up slight hill and continue along **Blackrock Road**.

18 Passing St. Michael's Church on your left keep straight.

19 Continue on **Blackrock Road** passing the Venue Bar on the left.

20 Straight through **Ballintemple Village**.

21 Passing African Missions Church on the left.

22 Straight through at next traffic lights then slight right and you will see the Elysian Tower ahead in the distance.

23 Continue on, passing **Kennedy Park** on your right.

24 Continue to roundabout at Carey's Plant Hire and veer to your right to continue on to **Albert Quay**.

25 Turn left on to **Albert Quay**.

26 Turn Right on to bridges (Eamon DeValera Bridge and Michael Collins Bridge).

27 Take a left onto **Penrose Quay**.

28 At lights continue straight on to **St. Patrick's Quay**.

29 At lights continue straight onto **Camden Quay**.

30 At next lights continue at Dominican Centre, and continue along **Popes Quay**.

31 At Griffith Bridge continue straight on to **North Mall**.

32 At Foot Bridge turn left onto foot bridge.

33 Turn left on to **Grenville Place** heading toward the Mercy Hospital.

34 Passing the hospital, continue on and turn right onto **Dyke Parade**.

35 Turn left onto **Mardyke Street**.

36 Turn left onto **Western Road**, heading straight on towards the college.

37 At UCC main entrance gates, turn left up **Donovan's Road** with college to your right.

38 At the lights at top of **Donovan's Road** turn right onto **College Road** (UCC to your right).

39 At the lights at the Day Break Shop turn left onto **Highfield Avenue**. Continue straight.

40 Through junction onto **Dorgan's Road** and continue straight.

41 Through junction onto **Hartlands Avenue** and continue straight towards **The Lough**.

42 At **The Lough**.

COMFORT STOP

43 At traffic lights continue onto **Pearse Road**.

44 Continue along **Pearse Road** passing through **Pouladuff Road** junction, straight on past Ballyphehane Church on your left and go straight through traffic lights.

45 Continue straight passing Dolphin RFC on your right.

46 At junction take slight left onto **Curragh Road**.

47 Continue straight passing Cork City Football Club on left.

48 At traffic lights turn right onto **South Douglas Road**.

49 Head straight on **South Douglas Road** towards **Capwell Road** junction.

50 Continue along **South Douglas Road**.

51 At roundabout, go under flyover bridge and take left at traffic lights. Tesco Shopping Centre will be to your right.

52 Go straight ahead towards next set of lights.

53 At lights head towards Dunnes Stores Shopping Centre.

54 Straight through roundabout keeping the shopping centre to your left.

55 At finger post roundabout take first exit onto **Rochestown Road**.

56 Continue on **Rochestown Road**.

FINISHING AT ROCHESTOWN PARK HOTEL

10K LOOP ROUTE

STARTING AT THE LOUGH

1 Turn right at traffic lights onto **Togher Road**.

2 Continue straight along **Togher Road** towards lights at **Clashduv Road**.

3 At Junction turn right onto **Clashduv Road**.

4 Continue straight along **Clashduv Road**.

5 At junction of **Clashduv Road** and **Glasheen Road** turn left at traffic lights onto **Glasheen Road**.

6 Continue along **Glasheen Road** passing St. Finbarr's Cemetery to your left.

7 At **Witon** roundabout, veer left down **Sarsfield Road** and cross safely at the pedestrian lights and head back to the roundabout. Take left onto **Bishopstown Road** (CUH is to your right).

8 Continue straight along **Bishopstown Road**.

9 At the Bishopstown Bar go through lights veering to the left.

10 Continue onto **Bishopstown Road**.

11 At Medical Centre, take right turn at traffic lights onto **Hawkes Road**.

12 Continue on **Hawkes Road** to junction of Curraheen Road.

13 Turn left onto **Curaheen Road** towards Melbourn Road.

14 Take first right onto **Melbourn Road**.

15 Continue straight along **Melbourn Road**.

16 At CIT roundabout take the second exit onto **Rossa Avenue**.

17 At Rossa Avenue and Model Farm Road junction, take right onto **Model Farm Road**.

18 Continue along **Model Farm Road**, passing IDA Business Park on left.

19 Arriving at **Dennehy's Cross** junction, cross to right footpath and head to Victoria Cross.

20 Pass Blackwater Motors on right, continue straight ahead.

21 At **Crows Nest Bar** junction head straight on towards **Western Road**.

22 Passing UCC Western Gate on your right.

23 Continue straight to **Gaol Cross** (Station Café) turn right over **Gaol Bridge**, continue up **Gaol Walk**.

24 At lights continue straight, Day Break Shop on corner, onto **Highfield Avenue**.

25 Through junction onto **Dorgan's Road**. Continue straight on.

26 Through junction onto **Hartlands Avenue**, continue straight towards **The Lough**.

27 Continue on to **Glendalough Park**.

28 Arriving at **The Lough**.

NOW JOIN THE 20K ROUTE

10K LOOP ROUTE

SITES OF INTEREST ALONG THE 20K ROUTE AND THE 10K LOOP ROUTE

1 ROCHESTOWN PARK HOTEL
20K ROUTE

The hotel is centred around the historical house of Sir Abraham Sutton, former Lord Mayor of Cork. Constructed in the early 1900's, it served as a family home until 1947 when it began use as a seminary. It has been restored and expanded over the past 20 years into current hotel.

2 CENTRAL STATISTICS OFFICE
20K ROUTE

The headquarters of the Central Statistics Office on Skehard Road.

3 CIT BLACKROCK CASTLE OBSERVATORY
20K ROUTE

A defensive structure was first constructed here in the late 16th Century though the current Blackrock Castle was rebuilt in 1829 following a fire. It fell into disrepair in the 20th Century and has now been converted into an observatory and exhibition centre.

4 BLACKROCK VILLAGE
20K ROUTE

Originally a fishing village on the outskirts of Cork City but is now subsumed by it.

5 ELYSIAN TOWER
20K ROUTE
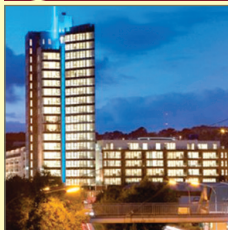
From Kennedy Park you can see the Elysian Tower, at 71m tall and with 17 floors, it is the tallest storied building in Ireland. It was completed in late 2008.
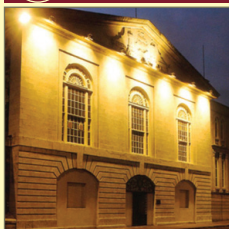
6 CORK CITY HALL
20K ROUTE

From Eamonn DeValera bridge you can see Cork City Hall. Designed by architects Jones & Kelly and opened in 1936 it is the headquarters of Cork City Council and is also home to a concert hall.
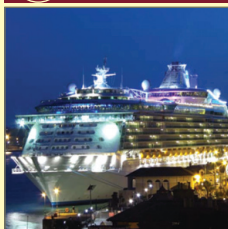
7 CUSTOMS HOUSE
20K ROUTE

Designed by Abraham Hargrave and opened in 1818. Since 1882 it has been the headquarters of the Cork Harbour Commission.

8 PORT OF CORK
20K ROUTE

Cork (a name that means *Marsh*) first became an important sea port when the Vikings settled on the banks of the River Lee in the 10th Century. Ocean-going vessels, right up to the 18th Century, docked in the deep waters that once lay under today's Patrick Street and the Grand Parade.
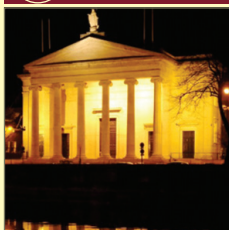
9 CORK OPERA HOUSE
20K ROUTE

Originally built in 1855 to a design by John Benson, it burned down in 1955. It finally reopened in 1963 and was renovated in 2003.
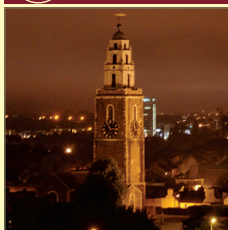
10 ST. MARY'S CATHOLIC CHURCH
20K ROUTE

Opened in 1839 after 7 years of construction, the portico is a more recent addition from 1861. A 14th Century statue of Our Lady of the Graces is contained inside.
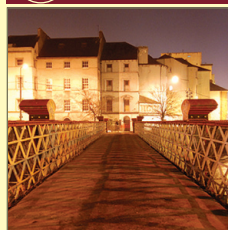
11 ST. ANNE'S, SHANDON
20K ROUTE

Though a church first existed on this site since 1199, the present building dates from 1722. The red sandstone and white limestone used to build the church would go on to provide Cork with its official colours. Its first rector was Rev. Arthur Hyde, the great-great-grandfather of Douglas Hyde.

12 ST. VINCENT'S BRIDGE
20K ROUTE

Opened in 1878 it is named after the nearby St. Vincent's Church. It was built with funds from the Cork Improvement Act of 1875.
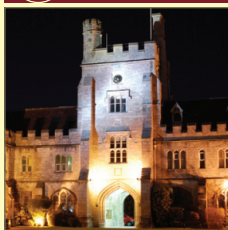
13 THE MERCY HOSPITAL
20K ROUTE

The first Mercy University Hospital was opened in 1857 as a small 40-bed hospital staffed by just four sisters. It has since grown to the current 350-bed hospital employing over 1,000 people.

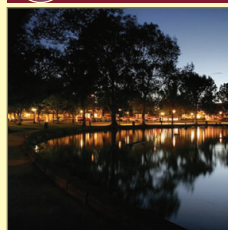### 14 UNIVERSITY COLLEGE CORK
20K ROUTE

UCC was established in 1845 as one of three Queen's Colleges on the island. It became University College Cork back in 1908. The famous front quadrangle was designed by Deane & Woodward. From an initial enrolment of just 115, the college now has over 18,000 students.

15 THE LOUGH
20K ROUTE & 10K LOOP ROUTE

The 4 hectare lough is a shallow limestone lake. It was designated a Public Wildlife Refuge in 1881 and is home to a large number of wildlife, including a large population of swans. The lough itself is dominated by carp.

16 MUSGRAVE PARK RUGBY GROUNDS
20K ROUTE

The Cork home of Munster rugby, the grounds came into their possession in 1938, though the war delayed the development of the ground. Due for a major redevelopment recently, plans were scaled back due to financial constraints.

17 CORK CITY FOOTBALL CLUB
20K ROUTE

Turner's Cross Stadium is home to Cork City Football Club. Along with the Aviva Stadium it is one of only two fully covered all-seater stadia in Ireland.

1 ST. FINBARR'S CEMETERY
10K LOOP ROUTE

First opened in the mid-19th Century, St. Finbarr's is the city's largest cemetery. Its most famous denizen is former Taoiseach Jack Lynch.

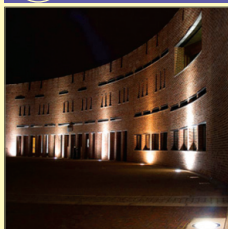### 2 CORK UNIVERSITY HOSPITAL
10K LOOP ROUTE

Founded in 1978, CUH is the largest teaching hospital in Ireland with 1,000 beds and over 3,000 staff.

3 CORK INSTITUTE OF TECHNOLOGY
10K LOOP ROUTE

Founded in 1974 as a successor to the Cork Regional Technical College, CIT now has over 12,000 students and its campus has won many awards for architectural design. Recognised by The Sunday Times as *IT of the Year in Ireland*.

4 CITY GAOL
10K LOOP ROUTE

Designed in 1818 by James and George Pain, this impressive looking House of Correction has been acquired by UCC and incorporated into its campus.