

CORK LUNAR WALK

2012

ROUTE MAP & GUIDE



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

Diabetes[™]
Ireland



Evening Echo



The Healthy Choice!



MSD



BLACKROCK CASTLE
OBSERVATORY
THE SPACE FOR SCIENCE
A Cork City Council / Cork Institute of Technology Partnership



ORDER OF MALTA
IRELAND

RPH
ROCHESTOWN PARK
HOTEL

OUTDOOR ADVERTISING
BRAVO



cork's
RedFM
104-106

20K ROUTE

STARTING AT ROCHESTOWN PARK HOTEL

- At the hotel take a right turn onto the Rochestown Road.
- At the finger post roundabout stay on footpath veering right onto Douglas East.
- Continue on this road, with shopping centre to your right and McDonald's to your left.
- Straight through roundabout at shopping centre entrance.
- Continue straight.
- At next junction, slight right and go under the flyover bridge.
- After bridge turn, cross road and go right onto Well Road, using left footpath.
- Continue on Well Road to roundabout at Boreenamanna Road, take the exit onto Skehard Road.
- Continue straight on Skehard Road.
- Straight through second roundabout staying on Skehard Road, follow sign for Blackrock Castle.
- SuperValu and Skehard Pharmacy on right, continue straight through.
- Continue straight on Skehard Road passing Nagle Community College on left, keep going straight ahead.
- At the sign for Blackrock Castle take a left onto Ringmahon Road (Ballinure GAA Club is in front of you).
- Stay on Ringmahon Road, road loops to left, then turn right onto Ferney Road (sign for St. Luke's Nursing Home).
- Stay on Ferney Road (St. Luke's nursing home is at your right) turn left onto Castle Road.
- Continue on Castle Road passing Blackrock Castle to your right and into Blackrock Village.

COMFORT STOP

- At Blackrock Village head straight on, up slight hill and continue along Blackrock Road.
- Passing St. Michael's Church on your left keep straight.
- Continue on Blackrock Road passing the Venue Bar on the left.
- Straight through Ballintemple Village.
- Passing African Missions Church on the left.
- Straight through at next traffic lights then slight right and you will see the Elysian Tower ahead in the distance.
- Continue on, passing Kennedy Park on your right.
- Continue to roundabout at Carey's Plant Hire and veer to your right to continue on to Albert Quay.
- Turn left on to Albert Quay.
- Turn Right on to bridges (Eamon DeValera Bridge and Michael Collins Bridge).
- Take a left onto Penrose Quay.
- At lights continue straight on to St. Patrick's Quay.

- At lights continue straight onto Camden Quay.
- At next lights continue at Dominican Centre, and continue along Popes Quay.
- At Griffith Bridge continue straight on to North Mall.
- At Foot Bridge turn left onto foot bridge.
- Turn left on to Grenville Place heading toward the Mercy Hospital.
- Passing the hospital, continue on and turn right onto Dyke Parade.
- Turn left onto Mardyke Street.
- Turn left onto Western Road, heading straight on towards the college.
- At UCC main entrance gates, turn left up Donovan's Road with college to your right.
- At the lights at top of Donovan's Road turn right onto College Road (UCC to your right).
- At the lights at the Day Break Shop turn left onto Highfield Avenue. Continue straight.
- Through junction onto Dorgan's Road and continue straight.
- Through junction onto Hartlands Avenue and continue straight towards The Lough.
- At The Lough.

COMFORT STOP

- At the Bishopstown Bar go through lights veering to the left.
- Continue onto Bishopstown Road.
- At Medical Centre, take right turn at traffic lights onto Hawkes Road.
- Continue on Hawkes Road to junction of Curraheen Road.
- Turn left onto Curraheen Road towards Melbourn Road.
- Take first right onto Melbourn Road.
- Continue straight along Melbourn Road.
- At CIT roundabout take the second exit onto Rossa Avenue.
- At Rossa Avenue and Model Farm Road junction, take right onto Model Farm Road.
- Continue along Model Farm Road, passing IDA Business Park on left.
- Arriving at Dennehy's Cross junction, cross to right footpath and head to Victoria Cross.

- At traffic lights continue onto Pearse Road.
- Continue along Pearse Road passing through Pouladuff Road junction, straight on past Ballyphehane Church on your left and go straight through traffic lights.
- Continue straight passing Dolphin RFC on your right.
- At junction take slight left onto Curragh Road.
- Continue straight passing Cork City Football Club on left.
- At traffic lights turn right onto South Douglas Road.
- Head straight on South Douglas Road towards Capwell Road junction.
- Continue along South Douglas Road.
- At roundabout, go under flyover bridge and take left at traffic lights. Tesco Shopping Centre will be to your right.
- Go straight ahead towards next set of lights.
- At lights head towards Dunnes Stores Shopping Centre.
- Straight through roundabout keeping the shopping centre to your left.
- At finger post roundabout take first exit onto Rochestown Road.
- Continue on Rochestown Road.

FINISHING AT ROCHESTOWN PARK HOTEL

- Pass Blackwater Motors on right, continue straight ahead.
- At Crows Nest Bar junction head straight on towards Western Road.
- Passing UCC Western Gate on your right.
- Continue straight to Gaol Cross (Station Café) turn right over Gaol Bridge, continue up Gaol Walk.
- At lights continue straight, Day Break Shop on corner, onto Highfield Avenue.
- Through junction onto Dorgan's Road. Continue straight on.
- Through junction onto Hartlands Avenue, continue straight towards The Lough.
- Continue on to Glendalough Park.
- Arriving at The Lough.

NOW JOIN THE 20K ROUTE

10K LOOP ROUTE

STARTING AT THE LOUGH

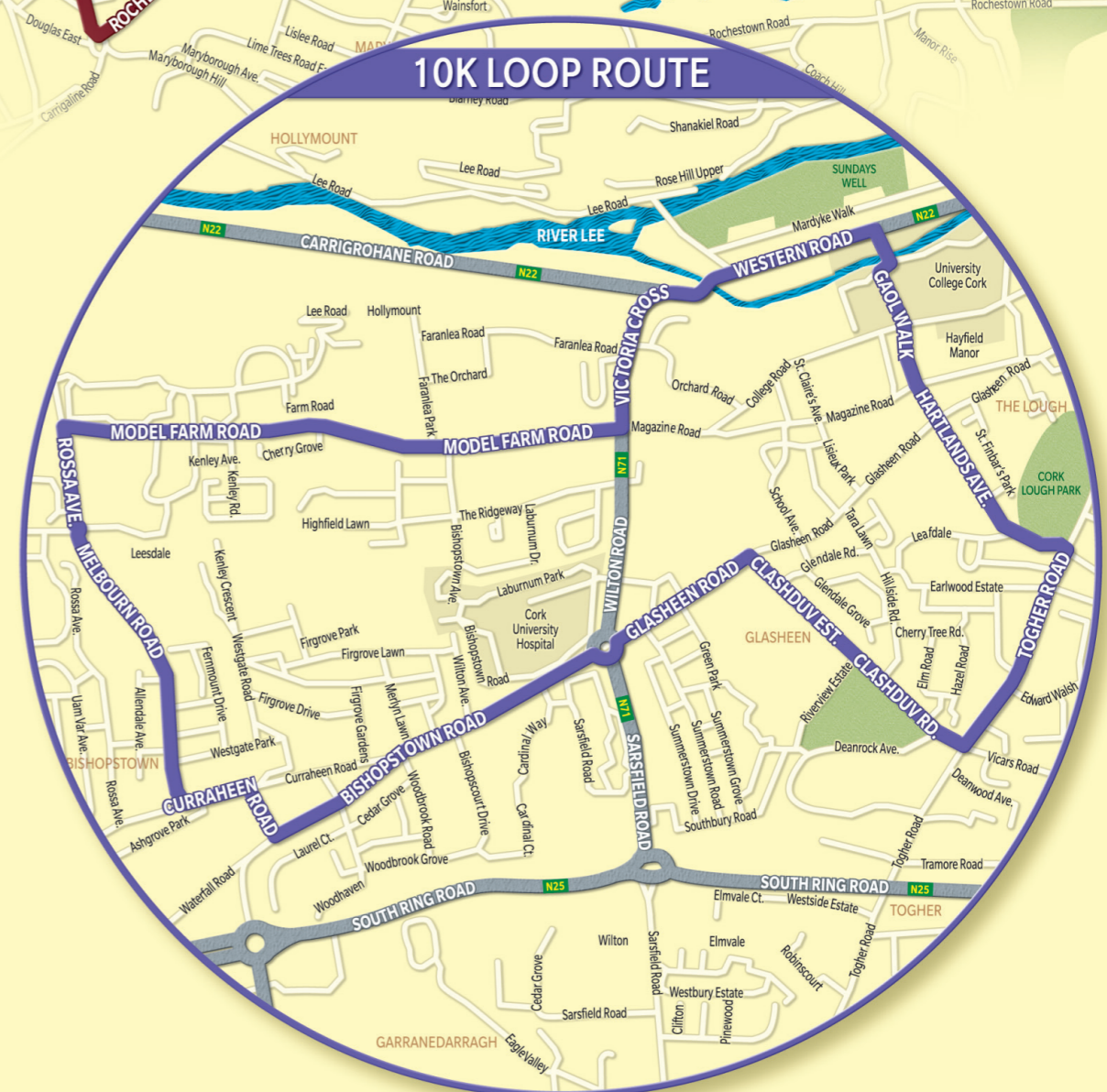
- Turn right at traffic lights onto Togher Road.
- Continue straight along Togher Road towards lights at Clashdub Road.
- At Junction turn right onto Clashdub Road.
- Continue straight along Clashdub Road.
- At junction of Clashdub Road and Glasheen Road turn left at traffic lights onto Glasheen Road.
- Continue along Glasheen Road passing St. Finbarr's Cemetery to your left.
- At Wilton 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).
- Continue straight along Bishopstown Road.

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20K ROUTE



10K LOOP ROUTE



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

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.

CENTRAL STATISTICS OFFICE

20K ROUTE



The headquarters of the Central Statistics Office on Shead Road.

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.

BLACKROCK VILLAGE

20K ROUTE



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

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.

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.

CUSTOMS HOUSE

20K ROUTE



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

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.

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.

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.

ST. ANNE'S, SHANDON

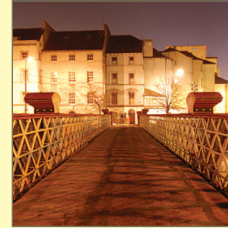
20K ROUTE



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.

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.

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.

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.

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.

CORK CITY FOOTBALL CLUB

20K ROUTE

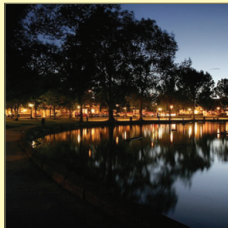


Turner's Cross Stadium is home to Cork City Football Club. Along with the Aviva Stadium it is one of only two fully covered all-seater stadia in Ireland.

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.

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.

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.

CORK INSTITUTE OF TECHNOLOGY

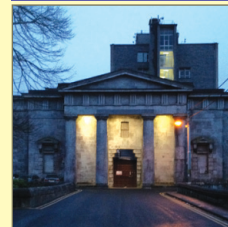
10K LOOP ROUTE



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*.

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.