



Start and Finish

First Aid - Manned

Drinnahilly
254
Mast

Donard Forest

Slievenamaddy

Ice House

Check Point 3
First Aid - Manned

UP

Black Stairs
(waterfalls)

Glen River

Thomas Mountain
DOWN

36
Eagle Rock

460
Millstone Mountain

583
Check point 1

First Aid - Manned

Check Point 2

53
Slieve Donard

544
Crossone

600
Brandy