

WALK/RUN: EASY

This a lovely short walking or running route and suitable for all the family. From the marina, head to Glenan Wood. Take the coastal path and be sure to pay attention on the off-road trail. Walk, clamber and have fun. As you reach Glenan Bay, take the track as it turns away from the sea and, climbing back through the forest and then down to your starting point.

SEAN'S TOP TIP

This is a good run and although short, the coastal section is technical and challenging. Test your off-road skills here. Glenan Bay is a lovely spot for a stop and picnic.

BEST DIRECTION

The coastal section is technical and the path back from Glenan Bay as described is not so it depends on what you want to do first!



Easy route, 2.8km, for all the family



Look out for ticks