



RUN@HOME

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Irish Locations

SLIEVE LEAGUE

Glenn Cholm Cile, County Donegal – Distance: 5.6km

Hidden away in the North East of Ireland, stands Europe's largest sea cliffs, Sliabh Liag. From here, you can take in some of most beautiful running and walking trails in the world. Run, jog or walk this spectacular winding trail, while enjoying the awe-inspiring expanse that is the Atlantic Ocean.

At only 5.5km, this short run takes you along well-maintained paths, as you make your way along the coast. It should only take you a few hours and is suitable for all ages and fitness levels, a great one for all the family!

THE HOME RUN ROUTE

Phoenix Park, Dublin, Ireland - Distance: 8.04km (5miles).

This is the same 5 mile course that we have known and loved for almost 50 years! Taking you around the beautiful Phoenix Park, Europe's largest (and arguably most beautiful) city park! No other charity race has been hosted in the park for longer and this year, as we can't be there in person (yet), we invite you to take on the five mile on your own.

At just over 8km, this track is very manageable in a morning, and with a level and well maintained path, it's suitable for all ages and fitness levels.

DUNSEVERICK CASTLE AND THE GIANT'S CAUSWAY

Bushmills, Co Antrim, Northern Ireland – Distance 8.04km (5miles)

In the far North East of Ireland, sits the world famous Giant's Causeway, Northern Ireland's only World Heritage Site! Starting at Dunseverick Castle, you will make your way along a spectacular clifftop trail, boasting some truly breath-taking views and finishing at the natural wonder that is the Giant's Causeway.

This trail is just over 8km and features a mix of well-maintained grass and gravel paths. It's easily finished in a couple of hours and is suitable for all ages and fitness levels.

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International Locations

LAKE BLEED LOOP

Bled, Slovenia - Distance: 5.95km loop

Bled is a stunning mountain town in Slovenia, overlooking a crystal clear lake and surrounded by forested hills. A uniquely beautiful church tops a tiny island, in the middle of this lake and creates a landscape that reminds the viewer of a fairy-tale.

This particular run is short, at just under 6km but can be extended by heading along any of the numerous trails leading up into the hills. Along this scenic lakeshore loop expect to pass beaches ideal for a quick dip and plenty of restaurants if you find yourself feeling peckish.

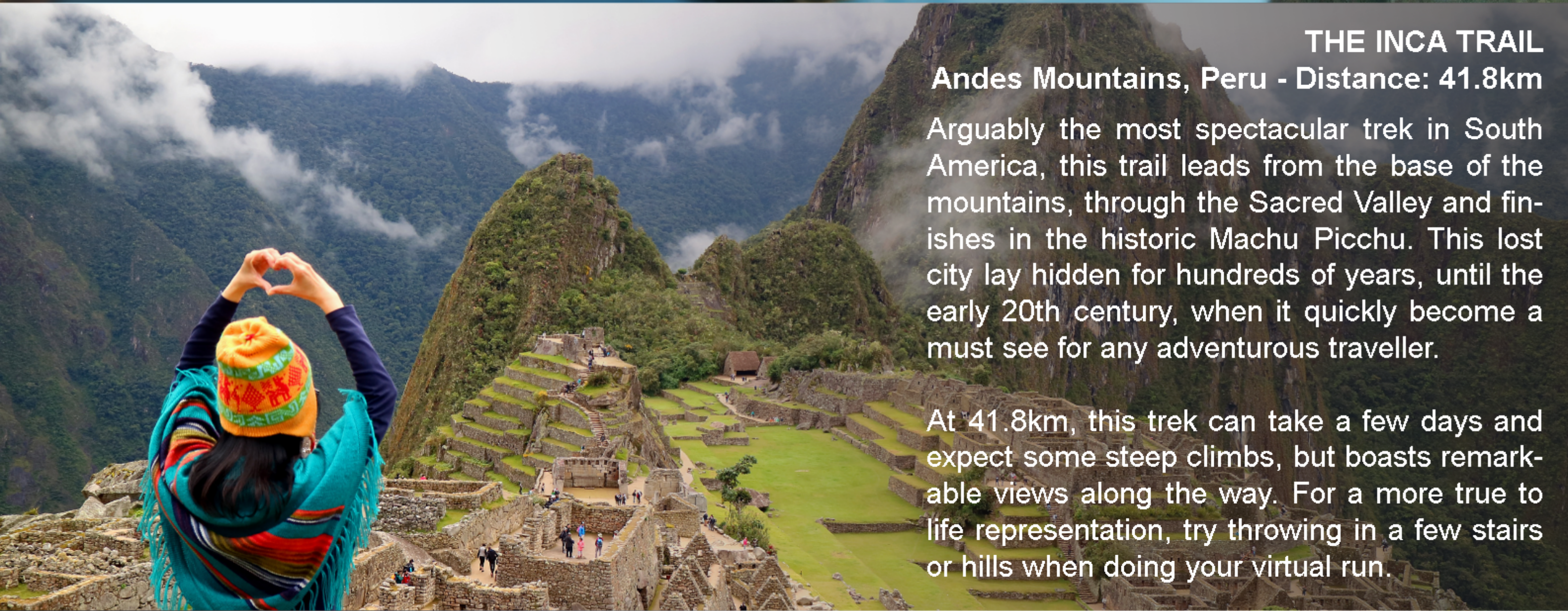


THE INCA TRAIL

Andes Mountains, Peru - Distance: 41.8km

Arguably the most spectacular trek in South America, this trail leads from the base of the mountains, through the Sacred Valley and finishes in the historic Machu Picchu. This lost city lay hidden for hundreds of years, until the early 20th century, when it quickly became a must see for any adventurous traveller.

At 41.8km, this trek can take a few days and expect some steep climbs, but boasts remarkable views along the way. For a more true to life representation, try throwing in a few stairs or hills when doing your virtual run.



KEPLER TRACK

Fiordland National Park, New Zealand - Distance: 59km

There are few places further from home than the beautiful South Island of New Zealand. There, nestled into the untamed wilderness of the famed Fiordland National Park, you will find a unique hiking track. The Kepler Track winds its way through forests, and alongside tranquil lakes and alpine ridgelines.

Along this 59km loop, you can take in the beauty of Lake Te Anau and the Murchison Mountains or swim the routes' various lakes and beaches; a truly wonderful way to spend a few days!

