

PARK IT - PARK GUIDE



ST. MICHAEL'S HOUSE

RUN, WALK, MOVE SERIES

Thank You for signing up to participate in our Park IT event. Below is a list of 20 community parks in the Greater Dublin area with a 5km route option to support you. This guide is a resource only. These are suggested route options not official manned St. Michael's House event tracks. This list aims to support those taking on a pick & mix park goal and to provide some inspiration. Participants can decide to complete their 1, 5 or 10 parks challenge using their own preferred parks/ routes, using a personal tracking system to ensure they complete their goal.

- Please adhere to all national guidelines regarding Covid 19 restrictions
- Please ensure you are fit enough to complete your goal
- Take time to warm up before your activity
- Please be considerate to the park and other park users at all times.
- Take care on uneven surfaces – including on grass or tarmac. Be conscious of cyclists, other pedestrians, animals, park maintenance, falling branches and obstacles.



ARDGILLAN CASTLE & DEMESNE - BALBRIGGAN, CO. DUBLIN

Course Description: Starting at the rear of the castle, this 5km route requires 2 laps of from the bottom of the park and finishes at the front of the castle. Begin your journey on the path beside the terrace, head past the rose garden and take a right turn down hill past the holistic centre. Keep on the path down to cross roads and turn right just before the trees to start the lap. You should be travelling anti-clockwise towards the sea. Turn left at the bottom of the hill and continue parallel to the rail line road. Turn left the cross roads. Complete this twice and then turn right to come back up the path to the front of the castle.

Note: This 5km route is a mixture of grass and trail paths. It can get muddy after rain so consider your footwear before setting off! Free car park including disabled parking at lower level of demesne.

Map Link: https://www.google.com/maps/d/viewer?mid=1MaFbII_qKsO6X_h2zreWPYu9XOY&usp=sharing

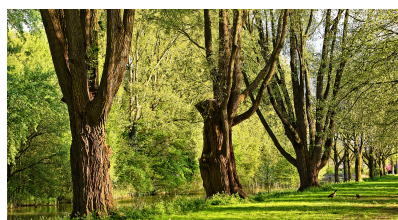
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RIVER VALLEY PARK - SWORDS, CO DUBLIN

Course Description: Start your course at the River Valley view entrance and continue down hill. Turn left at the bottom of hill and head towards the River Valley hill. At the top, turn right into the forest and along the path that turn left. You will now come to the football pitch and should continue until you come to a t-junction. Take the left path and move towards the branch of the path where you stay right on the path. This will bring you back to the start line. Repeat this course and finish your 5km at the tunnel beside the all weather pitches.

Note: The course is run on a mixture of tarmac paths and gravel paths. Parking and toilet available opposite the park in the community centre and shopping complex.

Map Link: <https://www.google.com/maps/d/viewer?mid=18WgoCUI5RViMzWJ3PFQvu28oObE&usp=sharing>



MALAHIDE CASTLE - MALAHIDE, CO DUBLIN

Course Description: Both the start and finish of the course are at the top of the pedestrian avenue beside the bridge field. Travelling clockwise, this course moves around the golf course in one complete lap. To complete your 5km challenge, continue with another half lap of the course and then turn left to take on a larger lap. Head through the trees, cross a pedestrian path from the Swords Rd entrance and turn right onto a gravel path through more trees. Go to the furthest point on this course and turn right into the woods and follow the long section back towards the golf course. You will pass the tennis courts for a second time and should then turn left to complete the route.

Note: Free parking is available in the car park just off Back Road and has toilet facilities too.

Map Link: <https://www.google.com/maps/d/viewer?mid=11KfrCyzflutK8G1fVz-6g18hRKQ&usp=sharing>

TYRRELSTOWN PARK- HOLBSTOWN ROAD, DUBLIN 15

Course Description: Begin at the path near the school tennis court and continue around the perimeter of the park. Turn right before the children's playground and follow the around the lake back towards the school. Take a left at the tennis courts. Complete this anti-clockwise lap x 3.

Note: Toilets available at Tyrrelstown Community Centre

Map Link: <https://www.google.com/maps/d/viewer?mid=1Sb5DOqRfSxIPwdxs71JbSbY0QkKAglzM&usp=sharing>

POPPINTREE PARK- BALLYMUN, DUBLIN 11

Course Description: Start at the pond situated at the south side of the park. The route heads north towards the Jamestown Rd and loops back down around the pond. Complete this circuit x 3 to achieve 5km.

Note: A flat tarmac path course. Limited on street parking.

Map Link: <https://www.google.com/maps/d/viewer?mid=1WlaGdgCAAQx8mt1l4VyLjoIEYCw&usp=sharing>

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FATHER COLLINS PARK - HOLE IN THE WALL ROAD, DUBLIN 13

Course Description: This route starts and finishes on the central path at the waterfall feature. Travelling down and clockwise x 2 laps to complete 5km.

Note: A flat course with some small slopes. Lots of free parking. Advise not park on Clongriffin main street as there is clamping in operation.

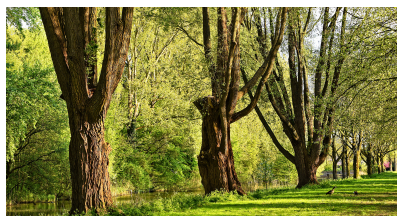
Map Link: <https://www.google.com/maps/d/viewer?mid=1fC1vihSDsiPzPr6i7S712lyXjGY&usp=sharing>

HARTSTOWN PARK - HARTSTOWN, CO. DUBLIN

Course Description: Start at the all-weather pitch near the entrance behind the community school. Head north and clockwise around the perimeter of the park. The route takes a sharp right in the middle of the park and returns to the start point.

Note: Free parking car park beside school.

Map Link: https://www.google.com/maps/d/viewer?mid=18d_GAPU4afSTPouGwyQ1BgRRw-U&usp=sharing



TOLKA VALLEY PARK - FINGLAS, DUBLIN 11

Course Description: The course contains 3 loops moving anticlockwise. Each loop reduces in km from 3km to 1km. This is a flat tarmac route with some inclines.

Note: There are no public toilets in this park.

Map Link: https://www.google.com/maps/d/viewer?mid=1rS_1-dtUSosRnuyfsgQPkB80W-tOZGC&usp=sharing

FAIRVIEW PARK - FAIRVIEW, DUBLIN 3

Course Description: Use the hill at the playing pitches as your start point and head down towards Westwood. Take the second turn left and left again on to grass at bandstand. Turn left after the skate park, moving through the trees and take a right turn heading towards the river. Go past the river and keep left up the hill along the train tracks. Turn left as you pass back where you started. Complete this circuit 3 times.

Note: There are no public toilets. If possible use a tracker to ensure you complete your 5km target.

Map Link: <https://www.google.com/maps/d/viewer?mid=1YIOKw7p9Pt3fvUzDXdjuJoVX-9E&usp=sharing>

ST. ANNE'S PARK - RAHENY, DUBLIN 5

Course Description: Start at the centre of the park beside the model car racing circuit and head in an anti-clockwise direction. Take the north path and turn left, continue west and then turn left again around the perimeter of the golf course. As you head south, take a right around the tennis courts. Continue onward until you meet the main park avenue. Proceed eastwards and then take the left at the centre of the park, heading over the footbridge before taking a left turn back towards the model car circuit. Complete this lap x 2. On the second lap finish at the centre of the park before the left turn.

Note: The start and finish line will be in the centre of the park, at the meeting point of all the main pathways running through the park. Car parking available.

Map Link: <https://www.google.com/maps/d/viewer?mid=11KEV2WYfWvPJY0O6SKASaJohxaA&usp=sharing>

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WATERSTOWN PARK - PALMERSTOWN, DUBLIN 20

Course Description: Starting adjacent to the carpark, bear to the right heading eastward and then take a left down the valley towards the River Liffey. Head straight across the junction going west. At the extremity of the park, take a right, crossing the bridge and then stay right. Continue along the banks of the river for approx. 1 km. Turn right and cross your second bridge and take the incline until you meet the junction again. Take a right clockwise and complete another lap. When you meet the second bridge on this lap – head straight up across the junction and down to finish.

Note: Tarmac paths. Free car parking but no toilet facilities.

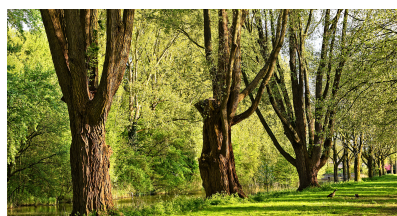
Map Link: <https://www.google.com/maps/d/viewer?mid=1hl-qQUUTZoF-iOLopjraRbaNsus&usp=sharing>

BRICKFIELDS PARK - DRIMNAGH, DUBLIN 12

Course Description: This course is made up entirely of permanent pathway. To complete your 5km, follow the pathway in a circuit x 4 laps clockwise.

Note: There are public toilets in this park.

Map Link: https://www.google.com/maps/d/viewer?mid=1MIIV_AhbndUuxejcKsKzTcsi6em1GRKP&usp=sharing



SEAN MOORE PARK - SANDYMOUNT, DUBLIN 4

Course Description: Start your 5km course at the Clanna Gael GAA club and head in the direction of Sandymount beach. At the top of this tarmac pathway, you can choose to loop back around the park or turn left and head straight up to Irishtown Nature Park. This consists of sharp inclines and rocky pathways but gives a fantastic view of the beach. Follow the pathway over the hill until you see Poolbeg lighthouse. Turn back and follow the same track back to your starting point.

Note: If possible use a tracker to ensure you complete 5km. You can loop this area to build on km. Car parking available on Sean Moore Road and in residential area opposite the GAA Clubhouse. There are no public toilet facilities.

Map Link: <https://www.google.com/maps/d/viewer?mid=1USmCi7SJ7HoD6DSPxAzKDT1xj7A&usp=sharing>

CORCAGH PARK - CLONDALKIN, DUBLIN 22

Course Description: Use the St. John's carpark entrance as your starting point. Head straight down the path, keeping left past the cricket field up to the bike park. At the bottom of the bike park, turn left and continue through the forest path until you reach the starting area. Continue straight around the duck pond, past the baseball diamonds and proceed with a counter clockwise lap of the fishing lakes before coming back towards the main park pathway for a finish.

Note: Course is entirely tarmac paths.

Map link: https://www.google.com/maps/d/viewer?mid=1X_tK-V_gzkdabJUXffLzeQcm1QU&usp=sharing

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TYMON PARK - GREENHILLS, DUBLIN 24

Course Description: Start and finish at Limekiln Rd. entrance. Complete 2 x 2.5km loops of the park following the tarmac pathway.

Note: Parking at Limekiln Road.

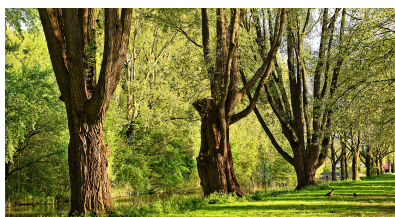
Map Link: <https://www.google.com/maps/d/viewer?mid=1fEFbNrtTvI1ZaBc5Rglqh0G0KiY&usp=sharing>

MARLEY PARK - RATHFARNHAM, DUBLIN 16

Course Description: Starting at the back of the park beside the car park and children's playground head downhill and take two sharp right turns. Proceed up the hill and turn left around the golf course perimeter path and then take a left across the football pitches into the woods. The route will then loop around the main concert field. Turn left up the forest pathway opposite the field. Pass the fairy tree and take a right turn down hill. Take two final left turns to continue straight and finish by the lower College Road car park.

Note: This route is a mix of tarmac and gravel paths. There are car parking and public toilet facilities around the park. You can use the above route or use a tracker and follow the other park pathways to complete your 5km.

Map Link: <https://www.google.com/maps/d/viewer?mid=1i0XMYFxT7gvmCVnFbbbWhWJzdbw&usp=sharing>



CABINTEELY PARK - OLD BRAY ROAD, DUBLIN 18

Course Description: Starting and finishing adjacent to the Cabinteely House, move anti clockwise. Complete one small lap and then two large laps to achieve your 5km target.

Note: The route is entirely bitmac paths. There is limited parking and public toilets on site.

Map Link: <https://www.google.com/maps/d/viewer?mid=18L1x5goltqGx2mvLAfg2KDP5n80&usp=sharing>

SHANGANAGH PARK - SHANKILL, CO. DUBLIN

Course Description: To achieve a 5km target, begin your course at the railway bridge in the 3rd field. Moving anticlockwise, complete a 1km lap and then two x 2km laps. You can also use a tracker and explore this park on a route of your choice.

Note: There is lots of free car parking next to the first and second fields.

Map Link: <https://www.google.com/maps/d/viewer?mid=1Er1BrVP4gWWJgGVj2RvKT-qcuuw&usp=sharing>

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BUSHY PARK - TERENURE, DUBLIN 6W

Course Description: Start moving along the Dodder River outside the park wall at the Springfield Ave Bridge towards the pond entrance. From here, continue anti-clockwise around the pond. Head through the trail, across the second bridge and back to the pond. Complete this lap twice and then exit at the pond to finish.

Note: Local parking available in the Rathfarnham Shopping Centre. Limited spaces available on the Dodder Park Rd.

Map Link: <https://www.google.com/maps/d/viewer?mid=18vazRZjtmGvzCT2ncM0IFaOp55I&usp=sharing>

GRIFFEEN VALLEY PARK - LUCAN, CO. DUBLIN

Course Description: Begin your 5km route adjacent to the carpark at Haydens Lane. Using the flat course complete a short lap of the top field. Then move anti-clockwise around the park crossing the Griffeen River x 4 laps. You will need a tracker to ensure you have achieved a 5km distance.

Note: There are no facilities in this park. Parking and toilets may be accessible at the shopping centre 900m away.

Map Link: https://www.google.com/maps/d/viewer?mid=1J766g4v839MV6F_P_IlvnfRDjHOQNd0P&usp=sharing



GOOD LUCK!

We would love to hear how you are enjoying your challenge.

Please tag us while you **#SMHParkIT** on social media

Facebook / Twitter : **@stmichaelshouse**

Instagram : **@st.michaelshouse**