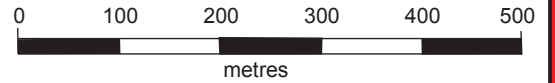


Griffeen Valley Park Lucan

Scale: 1: 7500

Contours: 2.5m formlines



MAGNETIC NORTH 2018

Historical note:
The single remaining arch of King John's Bridge c1200AD can be seen spanning the river to the left.

Get the MapRun app here



Lucan Shopping Centre

R120

Lucan Harriers

Weston Hockey Club

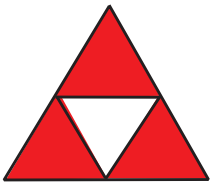
N4

13

Esker House

Lucan Sports & Leisure Centre

If you don't use the MapRun app, just write the 3rd letter of the code in the box:



3ROC

Griffeen MapRun			
Long MapRun	4.6 km		
▶	■	○	Start: N side of building
1 OR	↘	↗	Path junction
2 IA	↘	→	E end of hedge
3 JF	×		Sign
4 WA	↘	↗	Path junction
5 DM	△		Lone tree
6 FR	⋯		Vegetation boundary
7 EW	↘	→	E end of hedge
8 DT	↘	↗	N outside corner of hedge
9 LH	T		Tower
10 RD	↘	✓	SW end of path
11 KT			Crossing point
12 PH	⋯	○	S side of vegetation boundary
13 MC	↘	○	S side of bridge
14 XM	↘	○	E side of bridge
○	210 m	○	Navigate 210 m to finish

For further information about orienteering and fixtures see:
www.3roc.net or www.orienteering.ie
or by email 3rockoc@gmail.com

- open runnable
- open land with scattered trees
- rough open trees, run
- trees, slow
- vegetation, fight
- undergrowth: slow run, difficult to run
- distinct vegetation boundary
- out of bounds
- residential out of bounds
- paved area
- major road with underpass
- minor road
- track
- path
- small path
- indistinct path
- pond: deep water
- river, footbridge
- minor water channel
- marsh, uncrossable
- source
- tree: large, small, rootstock
- building
- bus shelter
- fence
- gate, crossing point
- high fence
- wall
- high wall
- power line, pole
- goal posts, play eqpt.
- signpost, large
- post
- pylon
- man-made object
- boulder
- boulder cluster
- form line
- earth wall
- small earth wall
- steep bank
- gully: large small
- knoll
- pit, depression

Permanent orienteering course design by B. Hollinshead, B. Lawless & P. Flanagan
Construction by South Dublin County Council.
Orienteering is an adventure sport that involves crossing rough and uneven terrain,
tracks and paths. Users of this course do so entirely at their own risk.
South Dublin County Council and 3ROC do not accept responsibility for any injuries incurred

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