

# LIMERICK CITY ROUTES



LIMERICK  
walk it - run it - love it

Visit [Limerick.ie](http://Limerick.ie) for more details



Limerick.ie  
THE OFFICIAL GUIDE TO LIMERICK

## CITY CENTRE SLÍ NA SLÁINTE

1

**DISTANCE:** 3.8 km (looped)

**START & END:** O'Connell Street/Bedford Row junction

This looped route extends along Limerick's main thoroughfare O'Connell Street and through the heart of the city centre.



The **Limerick Coca-Cola Zero® Bike Scheme** is an ideal way to explore the city.

215 Bicycles

23 locations

[www.bikeshare.ie](http://www.bikeshare.ie)



bikes

zero

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## NEIL CUSACK OLYMPIC TRAIL, CONDELL ROAD

2

**DISTANCE:** 2.6 km

**START:** Shannon Bridge Roundabout

**END:** Clonmacken Roundabout

Named after the only Irish athlete to have won the Boston Marathon, this riverside trail is extremely popular with local runners and walkers alike.



## CITY CENTRE TO UNIVERSITY OF LIMERICK RIVERBANK WALK

3

**DISTANCE:** 3.25 km

**START:** Lock Quay, Clare Street

**END:** University of Limerick

This shared walkway/cycleway weaves its way through a special area of conservation along the River Shannon and has a range of outdoor fitness equipment for all to enjoy.



## CITY CENTRE TO SHANNON FIELDS RIVERSIDE WALK

4

**DISTANCE:** 3.2 km

**START:** Lock Quay, Clare Street

**END:** Athlunkard Bridge, Corbally

This scenic shared walking and cycling trail which runs through the historic Shannon Fields honours Limerick Olympian and World Cross Country Champion Michael O'Shea. Exercise stations are available along the route.



## THE THREE BRIDGES

5

**DISTANCE:** 3.6 km (looped)

**START & END:** Arthur's Quay Park

If time is of the essence the Three Bridges route is an excellent way to get a sense of the city. This looped walk follows a stunning route by the banks of the River Shannon, through the historic Medieval Quarter and along the city's scenic riverside boardwalks.



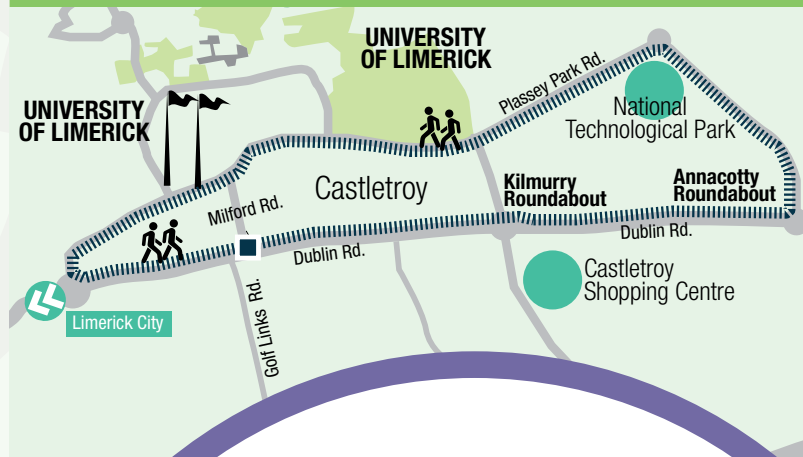
## CASTLETROY SLÍ NA SLÁINTE

6

**DISTANCE:** 6.8 km (looped)

**START & END:** Milford Road/Dublin Road junction, Castletroy

This circuit continues northwards through the suburb of Castletroy, along the Dublin Road and past the University of Limerick campus.



## SLÍ NA SLÁINTE



Slí na Sláinte, meaning 'path to health', is a measured walking route in the heart of the community. Each route is signposted at 1km intervals and is suitable for all ages and abilities. [www.irishheart.ie](http://www.irishheart.ie)



## COUNTY LIMERICK TRAILS



Explore County Limerick's great outdoors where spectacular countryside, mountain trails, forest parks and beautiful scenery awaits you! For maps and lots more walking routes visit [Limerick.ie](http://Limerick.ie)

**1 ABBYFEALE SLÍ NA SLÁINTE:** 6.8km

**2 ASHFORD TO BROADFORD WAY:** 20km  
Nestled into the Mullaghareirk mountain range, this trail provides spectacular views over County Limerick.

**3 ATHEA SLÍ NA SLÁINTE:** 5.3km

**4 ATTYCHRAAN LOOP:** 5km  
This looped walk in Galtee Castle Woods provides spectacular views of the Galtee Mountains.

**5 BALLINABOOLA LOOP:** 10km  
A forestry path offering views of the Ballyhouras and, on a clear day, beyond to Limerick City and the mighty river Shannon.

**6 BALLYHOURA WAY:** 90km  
An attractive long distance hiking trail through the lush Golden Vale. Includes seven trailheads stretching from John's Bridge in North Cork, through Ballyhoura Country, Co. Limerick continuing on to Limerick Junction, Co. Tipperary.

**7 BRUFF SLÍ NA SLÁINTE:** 3.5km

**8 CASTLEGALE LOOP:** 7km  
Follow the trail along the forestry roads and woodland paths to explore Ballyhoura Country.

**9 CLARE GLENS LOOP:** 4km

A hilly riverside walk which incorporates beautiful woodland nature trails and waterfalls.

**10 CURRAGHCHASE FOREST PARK TRAILS:**

from 1.1km to 3.6 km

With a number of varied trails to explore, Curraghchase is suitable for all to enjoy.

**11 GLIN HERITAGE WALKING TRAILS:**

from 4km to 8.5km

A variety of spectacular coastal and woodland walks around this picturesque village on the Shannon Estuary.

**12 GREAT SOUTHERN GREENWAY LIMERICK:** 40km

A unique stretch of countryside in West Limerick with off-road walking and cycling routes. Opportunity to stop off in some of County Limerick's towns and villages along the way.

**13 NEWCASTLE WEST SLÍ NA SLÁINTE:** 3.7km

**14 RATHKEALE SLÍ NA SLÁINTE:** 3.1km

**15 THE SLIEVE FELIM WAY:** 36km

Stretching from Murroe, Co. Limerick to Silvermines Village, Co. Tipperary, the Slieve Felim Way will bring you through the heart of beautiful, rural countryside.

hi  
Healthy  
Ireland

## LIMERICK'S STREET ART

While out and about take some time to enjoy Limerick's vibrant collection of street art!



## TOP SAFETY TIPS:

**BE SAFE, BE SEEN** – make sure your phone is fully charged, carry ID

**STAY BRIGHT AT NIGHT** – be visible and wear reflective clothing

**BUDDY UP** – for safety and motivation

**SHARING IS CARING** – show consideration for other road users

**HAVE FUN!** – enjoy and don't forget to share your pictures with us [#thisislimerick](https://twitter.com/thisislimerick)



Some top Limerick bands that are a must for your music playlist!

- THE CRANBERRIES
- HERMITAGE GREEN
- RUSANGANO FAMILY

## DISCOVERING THE PAST: LIMERICK GUIDED TOURS

Step back in time and explore Limerick's rich history with an experienced local tour guide.

**THE HUNT MUSEUM AND LIMERICK CITY WALKING TOURS**

[www.huntmuseum.com/limerick-walking-tours](http://www.huntmuseum.com/limerick-walking-tours)

**LIMERICK CIVIC TRUST WALKING TOURS**

[www.limerickcivictrust.ie/walking-tours](http://www.limerickcivictrust.ie/walking-tours)

**LIMERICK GUIDED CYCLING TOURS**

[www.getwest.ie/limerick-cycling-tours](http://www.getwest.ie/limerick-cycling-tours)

## CITY PARKS

Off road looped walking and cycling paths in Limerick's landscaped city parks:

**SHELBOURNE PARK**

Shelbourne Road | 710 m

**PEOPLE'S PARK**

Pery Square | 666 m

**O'BRIEN PARK**

Clare Street | 600 m

**CASTLETROY NEIGHBOURHOOD PARK**

Newtown, Castletroy | 1.2 km



## DIARY DATES

### MAY BANK HOLIDAY WEEKEND

#### BON SECOURS HOSPITAL GREAT LIMERICK RUN

Full, half and relay marathon | 6 mile  
[www.greatlimerickrun.com](http://www.greatlimerickrun.com)

#### UL SPORT KIDS RUN

Wheelchair event | 1 km | 1.5 km | 2 km | 2.5 km  
[www.greatlimerickrun.com](http://www.greatlimerickrun.com)

#### BALLYHOURA INTERNATIONAL WALKING FESTIVAL

[www.visitballyhoura.com](http://www.visitballyhoura.com)

### MAY/JUNE

#### BALLYHOURA ACTIVE SERIES ROAD RACES

4 mile | 5 mile | 10 km  
e: [ballyhouraactive@gmail.com](mailto:ballyhouraactive@gmail.com)  
[www.ballyhouraactive.com](http://www.ballyhouraactive.com)

### JUNE

#### BESPOKE – LIMERICK'S CYCLING FESTIVAL

Fun & free cycling events  
[www.smartertravel.limerick.ie](http://www.smartertravel.limerick.ie)

### SEPTEMBER

#### ADARE TO SURVIVE

7.5 km action packed military style obstacle challenge!  
[www.adaretosurvive.com](http://www.adaretosurvive.com)

### OCTOBER BANK HOLIDAY WEEKEND

#### COOK MEDICAL WOMEN'S MINI MARATHON

5 km | 10 km  
[www.limerickminimarathon.com](http://www.limerickminimarathon.com)



## LIMERICK PARKRUN

**DISTANCE:** 5 km

**START & END:** The Boathouse, University of Limerick

Limerick parkrun is a **FREE** timed 5k event for runners and walkers that takes place every Saturday at 9.30 a.m. on the path just above the Boathouse in UL.

Register on [www.parkrun.ie/register](http://www.parkrun.ie/register)

## MUNGRET PARK

Located 5km from Limerick City centre, Mungret Park and Playground contains 2 km of walk and cycle paths with stunning views from the top of the site. Adult exercise equipment is provided within the park.



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Routes & Maps

