

TRINITY COLLEGE CITY CAMPUS

# Running/walking routes



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

Trinity Sport  
[www.tcd.ie/sport](http://www.tcd.ie/sport)

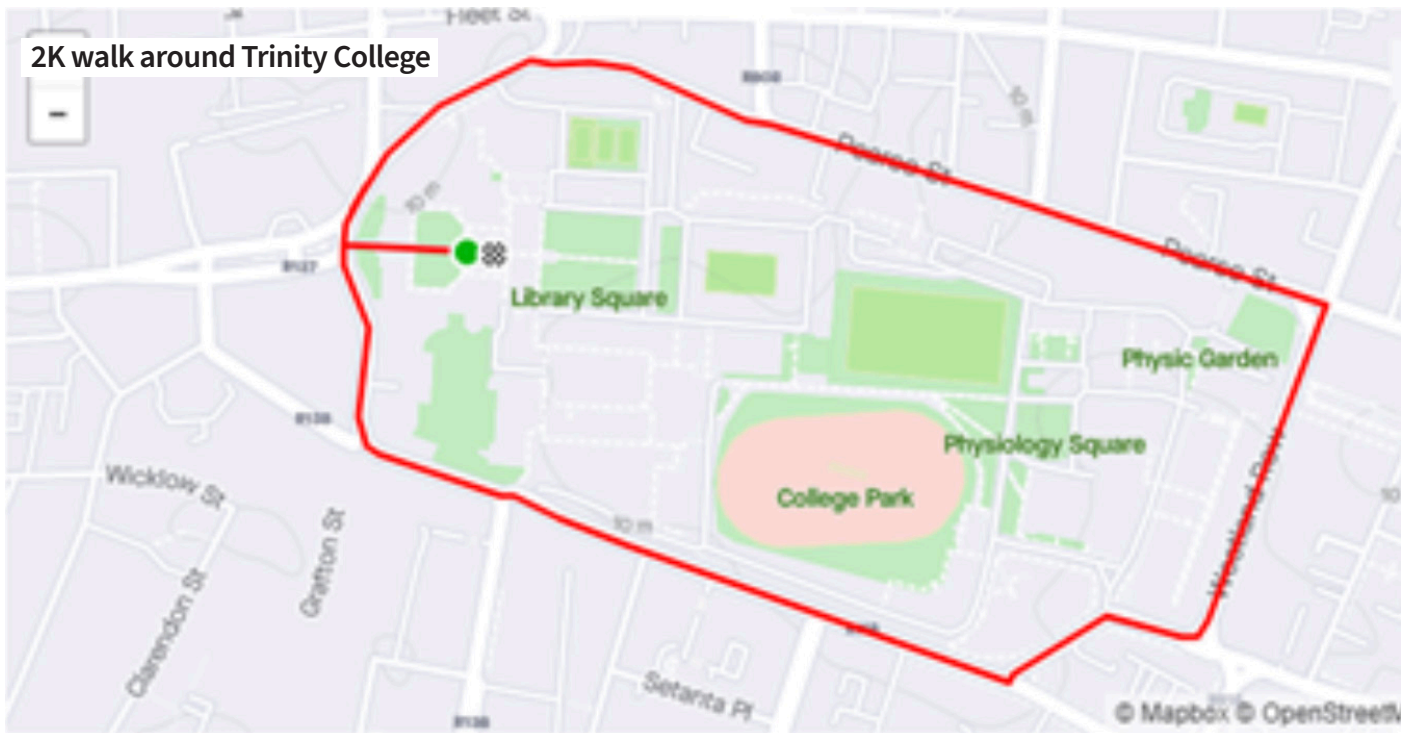
# Safety tips for running and walking

- **Leave word.** Tell somebody where you plan to go and how long you plan to be out.
- **Identify yourself.** Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
- **Pretend you're invisible.** Don't assume a driver sees you. In fact, imagine that a driver can't see you, and behave accordingly.
- **Face traffic.** It's easier to see, and react to, oncoming cars. And cars will see you more clearly too.
- **Be seen.** Wear high-visibility, brightly colored clothing.
- **Unplug your ears.** Avoid using iPods or wearing headphones—you need to be able to hear approaching vehicles. If you do use headphones, run with the volume low and just one earbud in.
- **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- **Beware of high-risk drivers.** Steer clear of potential problem areas like entrances to parking lots, bars, and restaurants, where there may be heavy traffic.

## RSA Predestrian Safety

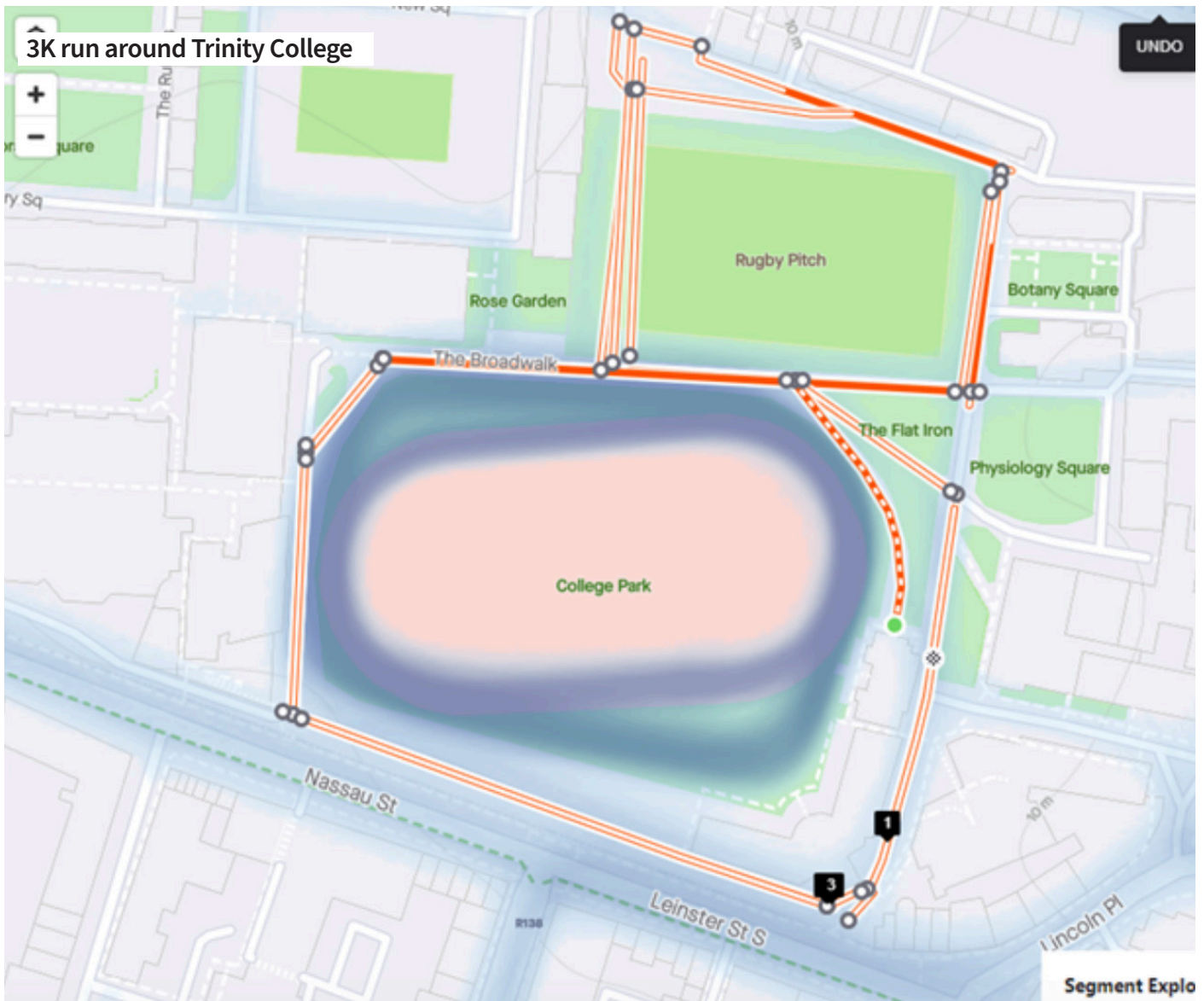
- <https://www.rsa.ie/en/RSA/Pedestrians-and-Cyclists/Pedestrian-safety/>

Anyone with an underlying condition should seek guidance from their GP before taking part in vigorous exercise. Please exercise within your limits and stop immediately should you suffer from an injury or experience any shortness of breath or chest pain. The routes are intended as a guide only and individuals should take part at their own risk.

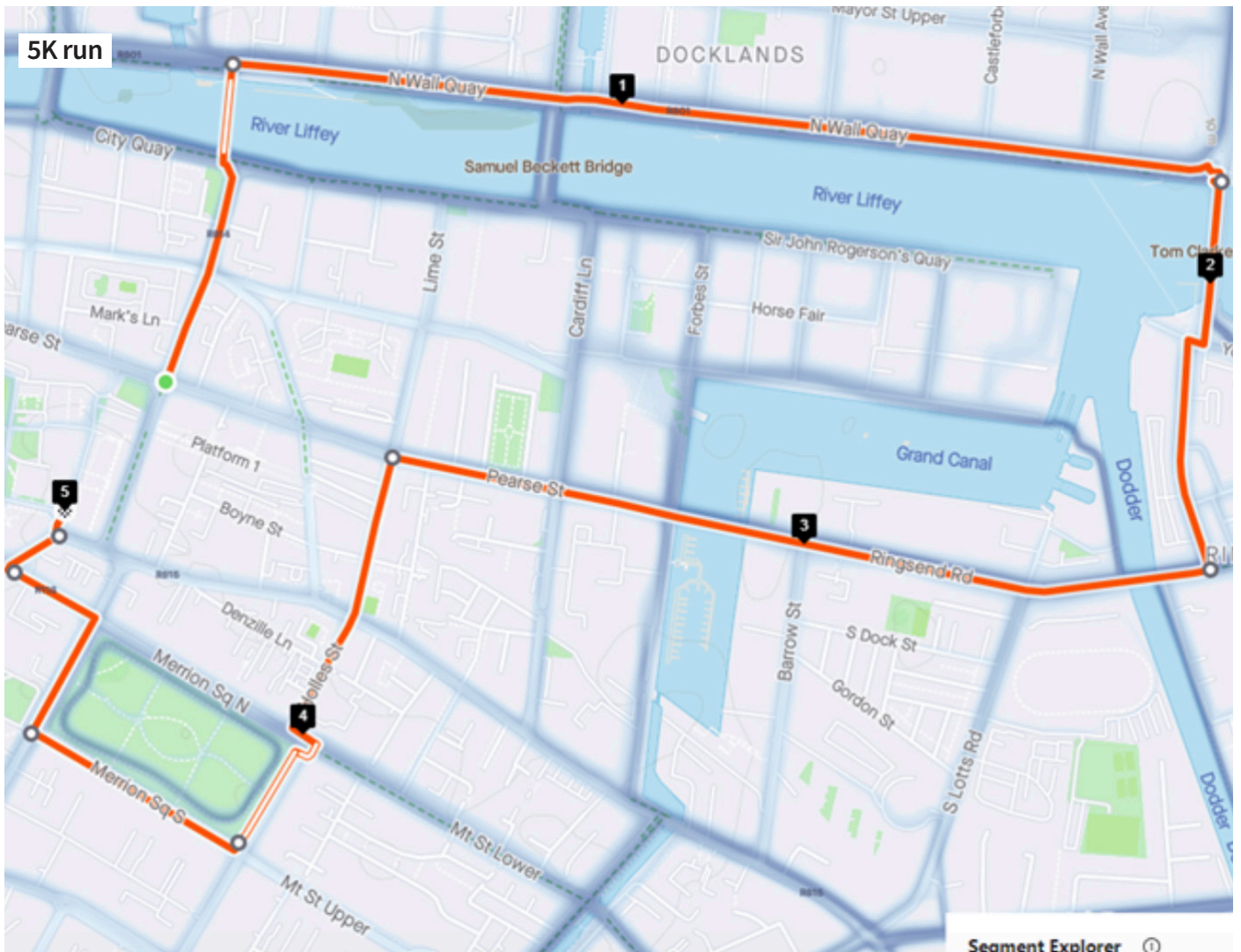


1. Start in Front Square
2. Turn left at front gates
3. Turn left onto Nassau St
4. Head east on Nassau St/R138 toward Frederick St S
5. Turn left onto Westland Row/R118/R138
6. Head north on Westland Row/R118/R138
7. Turn left on to Pearse
8. Head west on Pearse St/R118/R138/R802 toward Mark St
9. Continue onto College St
10. Continue onto College Green/R138
11. Head north on R138 toward College Green/R137
12. Turn left into front gates and finish in Front square

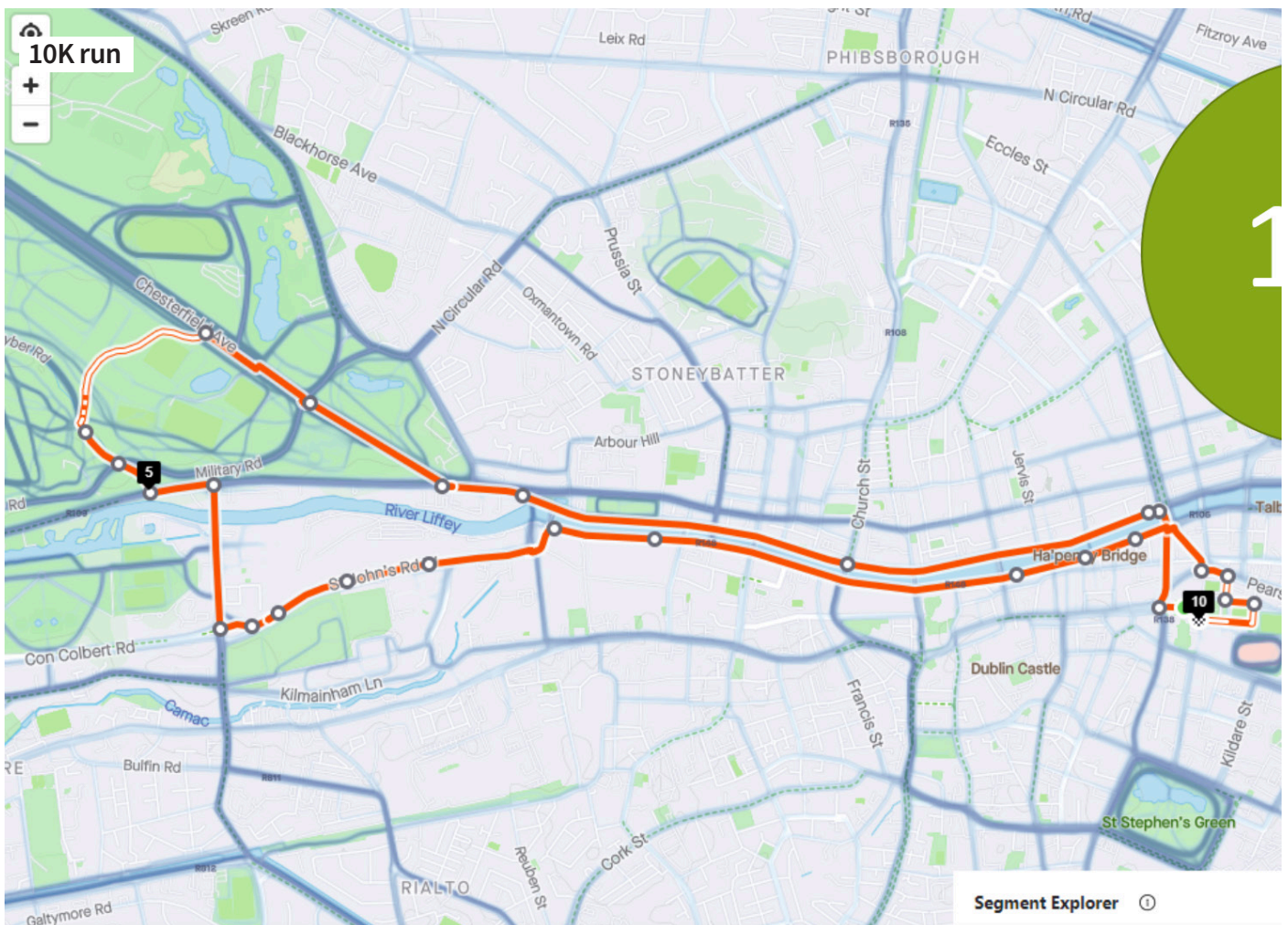
**Time:** Approx. 24 Mins



- 1.** 3 Laps of the Fitness Trail
- 2.** Start close to the Pavilion changing rooms.
- 3.** Head towards the Board walk
- 4.** Turn right onto the trail at the end of the rugby pitch
- 5.** Cross over carpark towards the medical centre
- 6.** Turn right and head towards the Civil engineering building
- 7.** Turn right at the end of the rugby pitch and pass Botany and the Fitzgerald building
- 8.** Turn right onto the board walk and head straight towards Berkley Library
- 9.** Turn left at the top of college park
- 10.** Head towards Nassau street
- 11.** Turn left along and head towards the Moyne institute
- 12.** Turn left at the back of the Moyne Institute and then cut in at the back of the pavilion
- 13.** This will bring you back to the start and complete and additional 2 laps



- 1.** Start at the corner of Westland Row and Pearse Street
- 2.** Head straight onto Lombard street and then across Sean O Casey Bridge
- 3.** Turn right onto Custom House Quay and then onto north wall Quay
- 4.** Turn right onto Tom Clarke Bridge
- 5.** Turn Right onto York Road
- 6.** Turn left onto Thorncastle street
- 7.** Turn right onto Bridge Street
- 8.** Continue onto Ringsend road
- 9.** Cross over MacMahon Bridge
- 10.** Continue onto Pearse street
- 11.** Turn left onto Erne Street Upper
- 12.** Continue onto Holles Street
- 13.** Cross over to Merrion Square East
- 14.** Turn right onto Merrion Square South
- 15.** Turn right onto Merrion Square West
- 16.** Turn Left onto Clare Street
- 17.** Turn right onto Lincoln Place and Finish in Trinity close to the Hamilton Building



- 1.** Start in Front square and head out front gates
- 2.** Turn left and head towards Westmorland Street
- 3.** Cross over O'Connell Bridge and Turn left on Bachelor's Walk
- 4.** Continue onto Ormond Quay Lower, Ormond Quay Upper, Innis Quay, Aaran Quay, Ellis Quay, Wolfe Tone Quay,
- 5.** Head Straight onto Parkgate street
- 6.** Continue onto Cunningham road
- 7.** Turn right into Phoenix park onto Chesterfield Avenue
- 8.** Go Straight through the roundabout at Military Road
- 9.** Turn left at the phoenix cricket club and follow path to till you get to the KhyberRoad
- 10.** Follow the Khyber road till you come out the gates on to Chapelizod Road.
- 11.** Turn right onto South Circular Road
- 12.** Turn left onto St Johns Road and Head towards Hueston Station
- 13.** Turn right onto Victoria Quay.
- 14.** Continue onto Ushers Island, Ushers Quay, Merchants Quay, Wood Quay, Essex Quay, Wellington Quay and finally Aston Quay.
- 15.** Turn Left on Westmorland street.
- 16.** Cross over onto D'Oiler Street
- 17.** Cross over Fleet/Townsend street.
- 18.** Turn left onto Pearse street
- 19.** Turn Right into college
- 20.** Turn left and head down the side of new square
- 21.** Turn right at bottom of new square
- 22.** Turn Right and pass the museum building and continue into front square to finish.