

211km Kilkenny to Knock Walk in aid of Mary's Meals (7th - 15th August 2022)					
Day 1 - Kilkenny City - Castlecommer - Clogh Walk (Distance - 27.5km)					
Sunday, 7th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	St Mary's Cathedral Kilkenny	Ballinakill	08:30	16:00	26
Day 2 - Clogh - Portlaoise (Distance - 25km)					
Monday, 8th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Ballinakill	Portlaoise (main street)	08:30	16:30	25.0
Day 3 - Portlaoise - Killeigh Village (Distance - 25.3km)					
Tuesday, 9th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Market Square Portlaoise	Killeigh (main street)	08:30	16:30	25.3
Day 4 - Killeigh Village - Cara (Distance - 20km)					
Wednesday, 10th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Killeigh	Clara Village	08:30	15:30	20.0
Day 5 - Clara - Athlone Town (Distance - 26.5km)					
Thursday, 11th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Clara Village	Athlone (St. Mary's Church)	08:30	16:30	26.5
Day 6 - Athlone Town - Roscommon (Distance - 31km)					
Friday, 12th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Athlone (St. Mary's Church) via Knockcroghery	Roscommon Town Centre	08:30	16:30	29.0
Day 7 - Roscommon Town - Ballymoe Village (Distance - 21km)					
Saturday, 13th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Roscommon Town Centre	Ballymoe Village	08:30	15:30	21.0
Day 8 - Ballymoe Village - Ballyhaunis (Distance - 24km)					
Sunday, 14th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Ballymoe Village	Ballyhaunis Village	08:30	15:45	24.0
Day 9 - Ballyhaunis - Knock Shrine (Distance - 11km)					
Monday, 15th August	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Ballyhaunis Village	Knock Shrine	08:30	11:30	11.0