

| 197km Thurles 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> |
| | Cathedral of the Assumption, Townparks | Templemore Arms Hotel | 08:30 | 16:00 | 22 |
| 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> |
| | Templemore Arms Hotel | Roscrea Town (Shaws) | 08:30 | 16:30 | 23.0 |
| 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> |
| | Roscrea Town (Shaws) | Birr Town (Dooleys Hotel) | 08:30 | 16:30 | 21.0 |
| 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> |
| | Birr Town (Dooleys Hotel) | Ferbane (Gallen Community School) | 08:30 | 15:30 | 22.0 |
| 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> |
| | Ferbane (Gallen) | Athlone St. Mary's Church | 08:30 | 16:30 | 23.0 |
| 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 | Roscommon (The Square) | 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 (The Square) | 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 |