

230Km Malin and Derry to Knock Walk in aid of Mary's Meals (7th - 9th August 2020)

Day 1 - Malin to Fahan (Distance - 31.7km) / Derry to Fahan (Distance - 15.0km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Friday 7th August 2020	Malin	Fahan	07/08/2020	08:30	16:00	31.7
	Derry	Fahan	07/08/2020	08:30	13:00	15.0

Day 2 - Fahan - Letterkenny (Distance - 34.7km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Saturday 8th August 2020	Fahan	Letterkenny	08/08/2020	08:30	16:30	34.7

Day 3 - Letterkenny - Stranorlar (Distance - 23km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Sunday 9th August 2020	Letterkenny	Stranorlar	09/08/2020	08:30	16:00	23.0

Day 4 - Stranorlar - Donegal Town (Distance - 27.5km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Monday 10th August 2020	Stranorlar	Donegal	10/08/2020	08:30	15:30	27.5

Day 5 - Donegal Town - Bundoran (Distance - 29.1km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Tuesday 11th August 2020	Donegal	Bundoran	11/08/2020	08:30	15:30	29.1

Day 6 - Bundoran - Sligo (Distance - 34.4km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Wednesday 12th August 2020	Bundoran	Sligo	12/08/2020	08:30	16:00	34.4

Day 7 - Sligo - Ballinacarrow (Distance - 19.1km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Thursday 13th August 2020	Sligo	Ballinacarrow	13/08/2020	08:30	15:30	19.1

*Day 8 - Tubbercurry - Kilkelly (New starting point see note below) (Distance - 25km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Friday 14th August 2020	Tubbercurry	Kilkelly	14/08/2020	08:30	15:45	25.0

Day 9 - Kilkelly - Knock Shrine (Distance - 10.4km)

	Start Point	End Point	Date	Start Time	Finish Time (Approx.)	Distance Km
Saturday 15th August 2020	Kilkelly Village	Knock Shrine	15/08/2020	08:30	11:30	10.4

***Starting from Tubbercurry 14th August and not from Ballinacarrow for road safety reasons**