

230KM Malin to Knock walk in aid of Mary's Meals August 7th to 15th 2022

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

Sunday 7th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Malin	Fahan	08:30	16:00	31.7

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

Monday 8th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Fahan	Letterkenny	08:30	16:30	34.7

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

Tuesday 9th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Letterkenny	Stranorlar	08:30	16:00	23.0

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

Wednesday 10th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Stranorlar	Donegal	08:30	15:30	27.5

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

Thursday 11th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Donegal	Bundoran	08:30	15:30	29.1

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

Friday 12th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Bundoran	Sligo	08:30	16:00	34.4

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

Saturday 13th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Sligo	Ballinacarrow	08:30	15:30	19.1

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

Sunday 14th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Tubbercurry	Kilkelly	08:30	15:45	25.0

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

Monday 15th August	Start point	End Point	Start point	Finish Time	Distance Km
	Kilkelly Village	Knock Shrine	08:30	11:30	10.4

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