

## 230KM Malin and Derry to Knock walk in aid of Mary's Meals August 7th to 15th 2021

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

Saturday 7th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Malin	Fahan	08:30	16:00	31.7
	Derry	Fahan	08:30	13:00	15.0

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

Sunday 8th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Fahan	Letterkenny	08:30	16:30	34.7

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

Monday 9th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Letterkenny	Stranorlar	08:30	16:00	23.0

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

Tuesday 10th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Stranorlar	Donegal	08:30	15:30	27.5

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

Wednesday 11th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Donegal	Bundoran	08:30	15:30	29.1

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

Thursday 12th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Bundoran	Sligo	08:30	16:00	34.4

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

Friday 13th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Sligo	Ballinacarrow	08:30	15:30	19.1

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

Saturday 14th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Tubbercurry	Kilkelly	08:30	15:45	25.0

### Please Note Mass is in Ballyhaunis at 1pm Day 9 - Kilkelly - Knock Shrine (Distance - 10.4km)

Sunday 15th August	Start point	<i>End Point</i>	<i>Start point</i>	<i>Finish Time</i>	<i>Distance Km</i>
	Kilkelly Village	Knock Shrine	08:30	11:30	10.4

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