

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)

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Saturday 7th August	Malin	Fahan	08:30	16:00	31.7
	Derry	Fahan	08:30	13:00	15.0

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Sunday 8th August	Fahan	Letterkenny	08:30	16:30	34.7

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Monday 9th August	Letterkenny	Stranorlar	08:30	16:00	23.0

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Tuesday 10th August	Stranorlar	Donegal	08:30	15:30	27.5

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Wednesday 11th August	Donegal	Bundoran	08:30	15:30	29.1

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Thursday 12th August	Bundoran	Sligo	08:30	16:00	34.4

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Friday 13th August	Sligo	Ballinacarrow	08:30	15:30	19.1

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

	Start point	End Point	Start Time	Finish Time (Approx.)	Distance Km
Saturday 14th August	Tubbercurry	Kilkelly	08:30	15:45	25.0

To be confirmed Day 9 - Kilkelly - Knock Shrine (Distance - 10.4km)

	Start point	End Point	Start point	Finish Time (Approx.)	Distance Km
Sunday 15th August	Kilkelly Village	Knock Shrine	08:30	11:30	10.4

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