

236KM Dublin to Knock Walk in Aid of Mary's Meals 7th to 15th August 2023

<i>Date</i>	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>FinishTime</i>	<i>Distance (km)</i>
Day 1 - O'Connell St. Dublin to Maynooth (Distance - 25km)					
Monday, 7th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Spire O'Connell Street	Chapelizod Village	09:00	10:45	6
	Chapelizod Village	Lucan Village Park	11:00	12:45	8.0
	Lucan Village Park	Maynooth Train Station	13:30	16:00	11.0
Day 2 - Maynooth, Co Kildare Train Station to River Boyne Aqueduct, Co Meath. Distance 31km					
Tuesday, 8th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Maynooth Train Station	Kilcock Village	09:00	10:15	6.0
	Kilcock Village	Enfield Village	10:30	13:00	13.0
	Enfield Village	River Boyne Aqueduct	13:30	16:00	12.0
Day 3 - River Boyne Aqueduct, Co Meath to Mullingar (Distance - 32km)					
Wednesday, 9th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	River Boyne Aqueduct	Annascannon	09:00	12:00	16.0
	Annascannon	Mullingar (Joe Dolan Statue)	12:30	16:00	16.0
Day 4 - Mullingar to Abbeyshrule (Distance - 27km)					
Thursday, 10th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Mullingar (Joe Dolan Statue)	Ballynacarrigy	09:00	13:00	18.0
	Ballynacarrigy	Abbeyshrule	13:30	15:30	9.0
Day 5 - Abbeyshrule - Longford Town (Distance - 34km)					
Friday, 11th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Abbeyshrule	Leavy's Kiltaffrey	09:00	12:30	15.0

	Leavy's Kiltaffrey	Longford (Cathedral)	13:00	17:00	19.0
Day 6 - Longford Town to Roscommon Town (Distance - 31km)					
Saturday, 12th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Longford (Cathedral)	Lanesborough Village	08:30	13:00	16.0
	Lanesborough Village	Roscommon (The Square)	13:45	16:00	15.0
Day 7 - Roscommon Town to Ballymoe Village (Distance - 21km)					
Sunday, 13th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Roscommon (The Square)	Ballymoe Village	08:30:00	15:30	21.0
Day 8 - Ballymoe Village - Ballyhaunis (Distance - 24km)					
Monday, 14th August	Start point	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Ballymoe Village	Ballinlough Village	08:30	12:45	15.0
	Ballinlough Village	Ballyhaunis Village	13:30	15:45	9.0
Day 9 - Ballyhaunis to Knock Shrine (Distance - 11km)					
Tuesday, 15th August	Start point	<i>End Point</i>	<i>Start point</i>	<i>Finish Time (Approx.)</i>	<i>Distance Km</i>
	Ballyhaunis Village	Knock Shrine	08:30	11:30	11.0