

211km Kilkenny to Knock Walk in aid of Mary's Meals 7th - 15th August 2023					
Date	Start Point	End Point	Start Time	Finish Time	Distance (km)
Day 1 - Kilkenny City - Ballinakill (Distance - 26km)					
Monday, 7th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	St Mary's Cathedral Kilkenny	Ballinakill	08:30	16:00	26
Day 2 - Ballinakill - Portlaoise (Distance - 25km)					
Tuesday, 8th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Ballinakill	Portlaoise (Main Street)	08:30	16:30	25.0
Day 3 - Portlaoise - Killeigh Village (Distance - 25.3km)					
Wednesday, 9th	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Market Square Portlaoise	Killeigh (Main Street)	08:30	16:30	25.3
Day 4 - Killeigh - Clara (Distance - 20km)					
Thursday, 10th	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Killeigh	Clara	08:30	15:30	20.0
Day 5 - Clara - Athlone Town (Distance - 26.5km)					
Friday, 11th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Clara	Athlone (St. Mary's Church)	08:30	16:30	26.5
Day 6 - Athlone Town - Roscommon (Distance - 29km)					
Saturday, 12th	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Athlone (St. Mary's Church) via Knockcroghery	Roscommon Town Centre	08:30	16:30	29.0
Day 7 - Roscommon Town - Ballymoe Village (Distance - 21km)					
Sunday, 13th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Roscommon Town Centre	Ballymoe Village	08:30	15:30	21.0
Day 8 - Ballymoe Village - Ballyhaunis (Distance - 24km)					
Monday, 14th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Ballymoe Village	Ballyhaunis	08:30	15:45	24.0
Day 9 - Ballyhaunis - Knock Shrine (Distance - 11km)					
Tuesday, 15th August	Start Point	End Point	Start Time	Finish Time (Approx.)	Distance Km
	Ballyhaunis	Knock Shrine	08:30	11:30	11.0