| 190km | Limerick to Knock Walk in aid of Mary's Meals 7th to 15th August 2023 |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Start Point | End Point | Start Time | \|FinishTime | Distance (km) |
| Day 1 - Limerick (Mary Magdalene Church) - Killaloe (Supervalu) (Distance - 23.9km) |  |  |  |  |  |
| Monday,7th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Limerick City | Killaloe | 08:30 | 16:00 | 23.9 |
| Day 2 - Killaloe (West Lake Aqua Park) - Feakle (Peppers Pub) (Distance -25km) |  |  |  |  |  |
| Tuesday, 8th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Killaloe | Feakle | 08:30 | 16:30 | 25.0 |
| Day 3 - Feakle (Peppers Pub) - St Patrick's Church Derrybrien (Distance - 24.4 km ) |  |  |  |  |  |
| Wednesday, 9th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Feakle | Derrybrien | 08:30 | 16:00 | 24.4 |
| Day 4 Derrybrien St Patrick Church- Loughrea (Lake Car Park) (Distance - 18.4km) |  |  |  |  |  |
| Thursday, 10th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Derrybrien | Loughrea | 08:30 | 15:00 | 18.4 |
| Day 5 - Athenry Church of The Assumption - Galway (Eyre Sq) (Distance - 24Km) |  |  |  |  |  |
| Friday, 11th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Athenry | Galway | 08:30 | 16:00 | 24.0 |
| Day 6 - Galway (Renmore Church) - Abbeyknockmoy (Spar Shop) (Distance - 28.5km) |  |  |  |  |  |
| Saturday,12th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |


|  | Galway | Abbeyknockmoy | 08:30 | 16:30 | 28.5 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Day 7 - Abbeyknockmoy (Spar Shop) -Tuam (Cathedral) (Distance - 17km) |  |  |  |  |  |
| Sunday,13th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Abbeyknockmoy | Tuam | 08:30 | 14:30 | 17.0 |
| Day 8 - Dunmore - Church of Our Lady and Saint Nicholas - Ballyhaunis Town Centre (Distance - 18km) |  |  |  |  |  |
| Monday, 14th August | Start Point | End Point | Start Time | Finish Time (Approx.) | Distance Km |
|  | Dunmore | Ballyhaunis | 08:30 | 15:00 | 18.0 |
| Day 9 - St. Patrick's Church 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 |

