

230KM Malin and Derry to Knock walk in aid of Mary's Meals August 7th to 15th 2023

<i>Date</i>	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>Finish Time</i>	<i>Distance (km)</i>
Day 1 - Malin to Fahan (Distance - 31.7km) / Derry to Fahan (Distance - 15.0km)					
Monday, 7th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Malin	Fahan	08:30	16:00	31.7
Day 2 - Fahan - Letterkenny (Distance - 34.7km)					
Tuesday, 8th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Fahan	Letterkenny	08:30	16:30	34.7
Day 3 - Letterkenny - Stranorlar (Distance - 23km)					
Wednesday, 9th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Letterkenny	Stranorlar	08:30	16:00	23.0
Day 4 - Stranorlar - Donegal Town (Distance - 27.5km)					
Thursday, 10th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Stranorlar	Donegal	08:30	15:30	27.5
Day 5 - Donegal Town - Bundoran (Distance - 29.1km)					
Friday, 11th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Donegal	Bundoran	08:30	15:30	29.1
Day 6 - Bundoran - Sligo (Distance - 34.4km)					
Saturday 12th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Bundoran	Sligo	08:30	16:00	34.4
Day 7 - Sligo - Ballinacarrow (Distance - 19.1km)					
Sunday, 13th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Sligo	Ballinacarrow	08:30	15:30	19.1
*Day 8 - Tubbercurry - Kilkelly (New starting point see note below) (Distance - 25km)					
Monday, 14th August	Start point	End Point	Start Time	Finish Time	Distance Km
	Tubbercurry	Kilkelly	08:30	15:45	25.0
Day 9 - Kilkelly - Knock Shrine (Distance - 10.4km)					
Tuesday, 15th August	Start point	End Point	Start point	Finish Time	Distance Km
	Kilkelly Village	Knock Shrine	08:30	11:30	10.4
***Starting from Tubbercurry 14th August and not from Ballinacarrow for road safety reasons					