

| 197km Thurles to Knock Walk in aid of Mary's Meals 7th - 15th August 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 - Thurles - Templemore (Distance - 22km) | | | | | |
| Monday, 7th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Cathedral of the Assumption, Thurles | Templemore Arms Hotel | 09:00 | 16:00 | 22 |
| Day 2 - Templemore - Roscrea (Distance - 23km) | | | | | |
| Tuesday, 8th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Templemore Arms Hotel | Roscrea Town - St Cronan's Church | 09:00 | 16:00 | 23.0 |
| Day 3 - Roscrea - Birr (Distance - 21km) | | | | | |
| Wednesday, 9th | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Roscrea Town - St Cronan's Church | Birr Town - St Brendan's Church | 09:00 | 15:30 | 21.0 |
| Day 4 - Birr - Fermbane (Distance - 22km) | | | | | |
| Thursday, 10th | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Birr Town - St Brendan's Church | Fermbane (Gallen Community School) | 09:00 | 16:00 | 22.0 |
| Day 5 - Fermbane - Athlone Town (Distance - 23km) | | | | | |
| Friday, 11th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Fermbane (Gallen Community School) | Athlone St Mary's Church | 09:00 | 16:30 | 23.0 |
| Day 6 - Athlone - Roscommon (Distance - 31km) | | | | | |
| Saturday, 12th | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time @pprox.}</i> | <i>Distance Km</i> |

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|--|---------------------------|------------------------|-------------------|------------------------------|--------------------|
| | Athlone St. Mary's Church | Roscommon (The Square) | 08:30 | 16:30 | 29.0 |
| Day 7 - Roscommon Town - Ballymoe Village (Distance - 21km) | | | | | |
| Sunday, 13th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Roscommon (The Square) | Ballymoe Village | 08:30 | 15:30 | 21.0 |
| Day 8 - Ballymoe Village - Ballyhaunis (Distance - 24km) | | | | | |
| Monday, 14th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Ballymoe Village | Ballyhaunis Village | 08:30 | 15:45 | 24.0 |
| Day 9 - Ballyhaunis - Knock Shrine (Distance - 11km) | | | | | |
| Tuesday, 15th August | <i>Start Point</i> | <i>End Point</i> | <i>Start Time</i> | <i>Finish Time (Approx.)</i> | <i>Distance Km</i> |
| | Ballyhaunis Village | Knock Shrine | 08:30 | 11:30 | 11.0 |
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