

## 207KM Armagh to Knock walk in aid of Mary's Meals August 2025

<i>Date</i>	<i>Start Point</i>	<i>End Point</i>	<i>Start Time</i>	<i>FinishTime</i>	<i>Distance ( km )</i>
<b>Day 1 - Armagh to Castleblaney (Distance - 29km)</b>					
Thursday 7th August	Armagh	Keady (St. Patrick's Youth Club)	08:30	11:30	13.0
	Keady St. Patrick's Youth Club)	Castleblaney (Main St.)	12:30	16:30	16.0
<b>Day 2 - Castleblaney to Cootehill (Distance - 27km)</b>					
Friday, 8th August	Castleblaney (Cosy Cafe)	Ballybay	08:30	11:15	11.3
	Ballybay	Cootehill (White Horse Hotel)	12:15	16:00	15.6
<b>Day 3 - Cootehill to Cavan (Distance - 23km)</b>					
Saturday, 9th August	Cootehill (White Horse Hotel)	Cavan (Market Square)	08:30	16:00	23.0
<b>Day 4 - Cavan to Granard (Distance - 26.7km)</b>					
Sunday, 10th August	Cavan Town (Corlurgan Business park)	Granard (Greville Arms)	08:30	16:30	26.7
<b>Day 5 - Grandard to Longford (Distance - 25.8km)</b>					
Monday, 11th August	Granard (Greville Arms)	Longford (Cathedral)	08:30	16:15	25.8
<b>Day 6 - Longford to Roscommon (Distance - 30.8km)</b>					
Tuesday, 12th August	Longford (Cathedral)	Lanesborough Village	08:30	12:15	15.8
	Lanesborough Village	Roscommon (The Square)	13:15	16:30	15.0
<b>Day 7 - Roscommon to Ballymoe (Distance - 21km)</b>					
Wednesday, 13th August	Roscommon (The Square)	Ballymoe Village	08:30	13:30	21.0
<b>Day 8 - Ballymoe to Ballyhaunis (Distance - 24km)</b>					
Thursday, 14th August	Ballymoe Village	Ballyhaunis	08:30	14:30	24.0
<b>Day 9- Ballyhaunis to Knock (Distance - 11.4km)</b>					
Friday, 15th August	Ballyhaunis Village	Knock	08:30	11:15	11.0