

Day 1 - The Church of Saint John The Evangelist, Dublin Road, Kilkenny to St Patrick's Church Clogh, Co Kilkenny (Distance - 25.5km)					
Friday, 7th August	The Church of Saint John The Evangelist, Dublin Road,	St Patrick's Church, Clogh, Co. Kilkenny	09:00	15:30	25.5
Day 2 - St Patrick's Church Clogh, County Kilkenny to Portlaoise (Main Street) (Distance - 25km)					
Saturday, 8th August	St Patrick's Church Clogh, Co. Kilkenny	Portlaoise (Main Street)	08:30	16:00	25.0
Day 3 - Portlaoise (Main Street) to Killeigh Village (Distance - 25.3km)					
Sunday, 9th August	Market Square Portlaoise	Killeigh (Main Street)	08:30	16:30	25.3
Day 4 - Killeigh Village to Clara (Distance - 20km)					
Monday, 10th August	Killeigh	Clara	08:30	15:30	20.0
Day 5 - Clara to Athlone Town (Distance - 26.5km)					
Tuesday, 11th August	Clara	Athlone (St. Mary's Church)	08:30	16:30	26.5
Day 6 - Athlone Town to Roscommon (Distance - 29km)					
Wednesday, 12th August	Athlone (St. Mary's Church) via Knockcroghery	Roscommon Town Centre	08:30	16:30	29.0
Day 7 - Roscommon Town to Ballymoe Village (Distance - 21km)					
Thursday, 13th August	Roscommon Town Centre	Ballymoe Village	08:30	15:30	21.0
Day 8 - Ballymoe Village to Ballyhaunis (Distance - 24km)					
Friday, 14th August	Ballymoe Village	Ballyhaunis	08:30	15:45	24.0
Day 9 - Ballyhaunis to Knock Shrine (Distance - 11km)					
Saturday, 15th August	Ballyhaunis	Knock Shrine	08:30	11:30	11.0