

167.1KM Mayo to Knock Walk in aid of Mary's Meals 7th to 15th August					
Date	Start Point	End Point	Start Time	FinishTime	Distance (km)
Day 1 - Ballina (St. Muredach's Cathedral) - Foxford (St. Patrick's Church) (Distance - 17.8km)					
Friday, 7th August	Ballina	Foxford	08:30	15:30	17.8
Day 2 - Foxford (St. Patrick's Church) - Castlebar (St. Patrick's Church) via R310 (Distance - 22km)					
Saturday, 8th August	Foxford	Castlebar	08:30	16:00	22.0
Day 3 - Climb Croagh Patrick					
Sunday, 9th August	Croagh Patrick	Croagh Patrick	08:30	16:00	
Day 4 - Castlebar (St. Patrick's Church) - Westport (St. Mary's Church) (Distance - 20km)					
Monday, 10th August	Castlebar	Westport	08:30	16:00	20.0
Day 5 - Westport (St. Mary's Church) - Partry (St. Michael's Church) (Distance - 24Km)					
Tuesday, 11th August	Westport	Partry	08:30	16:30	24.0
Day 6 - Partry (St. Michael's Church) - Shrule (St. Joseph's Church) (Distance - 25.4km)					
Wednesday, 12th August	Partry	Shrule	08:30	16:30	25.4
Day 7 - Shrule (St. Joseph's Church) - Claremorris (St. Colman's Church) (Distance - 26.3km)					
Thursday, 13th August	Shrule	Claremorris	08:30	16:30	26.3
Day 8 - Claremorris (St. Colman's Church) - Ballyhaunis (St. Patrick's Church) (Distance - 20.6km)					
Friday, 14th August	Claremorris	Ballyhaunis	08:30	16:00	20.6
Day 9 - Ballyhaunis (St. Patrick's Church) - Knock Shrine (Distance - 11km)					
Saturday, 15th August	Ballyhaunis	Knock Shrine	08:30	11:30	11.0