



PROVISIONAL ROUTE, BALLYHAUNIS - THE COOMBE HOSPITAL (DISTANCES IN KM)

Stage 1 – Monday, Sept 7

Ballyhaunis - Ballinlough	10
Ballinlough – Trien	7

Stage 2 – Tuesday, Sept 8

Trien - Ballymoe	10
Ballymoe - Clooneygrasson	5

Stage 3 – Wednesday, Sept 9

Clooneygrasson - Roscommon	15
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Stage 4 – Thursday, Sept 10

Roscommon - Lanesboro	15
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Stage 5 – Friday, Sept 11

Lanesboro – Killashee (Royal Canal)	9
Killashee - Ballyduff - Keenagh	8

Stage 6 – Saturday, Sept 12

Keenagh - Longford Bridge (2km from Ballymahon)	8
Longford Bridge - Fowlards Bridge (3km from Ballymahon on N55)	6

Stage 7 – Sunday, Sept 13

Fowlards Bridge – Abbeyshrule	6
Abbeyshrule – Ballinacarrigy	10

Stage 8 – Monday, Sept 14

Ballinacarrigy – Sonna – Mullingar	17
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Stage 9 – Tuesday, Sept 15

Mullingar – The Downs	8
The Downs – Mary Lynchs Pub	4
Mary Lynchs Pub – Killucan (6km north of Kinnegad)	5

Stage 10 – Wednesday, Sept 16

Killucan – Hill of Down	9
Hill of Down - Moyvalley	9

Stage 11 – Thursday, Sept 17

Moyvalley - Enfield	6
Enfield - Kilcock	13

Stage 12 – Friday, Sept 18

Kilcock - Maynooth	6
Maynooth – Leixlip	6
Leixlip - Clonsilla	6

Stage 13 – Saturday, Sept 19

Clonsilla – Ashtown Bridge	6
Ashtown Bridge - Phoenix Park (Ashtown Gates)	1
Thru Phoenix Park – James St – Francis St - Coombe	7