

**Cycle against Suicide 2018**  
10 Days Saturday 28<sup>th</sup> April to Monday 7<sup>th</sup> May

Day 6 Omagh to Ballyshannon

Day 4 Belfast to Dungannon

Day 7 Ballyshannon to Ballina

Day 5 Dungannon to Omagh

Day 3 Newry to Belfast

Day 8 Ballina to Carrick on Shannon

Day 2 Navan to Newry

Day 9 Carrick on Shannon to Mullingar

Day 1 Westmanstown Dublin to Navan

Day 10 Mullingar to Swords

Rev Dec1