

Annual Cycle Route 2018



			Departure Time	Arrival Time	Leg Distance	Day Total
Day	From	To				
Day 1 Sat 28/04						
Leg 1	Westmanstown	Navan	1400	1700	39.40	39.40
Day 2 Sun 29/04						
Leg 1	Navan	Carrickmacross	1030	1330	45.60	
Leg 2	Carrickmacross	Newry	1500	1825	43.80	89.40
Day 3 Mon 30/04						
Leg 1	Newry	Dromore	1030	1340	45.30	
Leg 2	Dromore	Belfast	1510	1810	42.20	87.50
Day 4 Tues 01/05						
Leg 1	Belfast	Lurgan	1030	1250	36.20	
Leg 2	Lurgan	Dungannon	1420	1720	45.60	81.80
Day 5 Wed 02/05						
Leg 1	Dungannon	Cookstown	1030	1130	15.60	
Leg 2	Cookstown	Omagh	1400?	1700	43.00	58.60
Day 6 Thurs 03/05						
Leg 1	Omagh	Irvinestown	1030	1230	27.50	
Leg 2	Irvinestown	Ballyshannon	1400	1705	43.80	71.30
Day 7 Fri 04/05						
Leg 1	Ballyshannon	Sligo	1030	1325	41.50	
Leg 2	Sligo	Ballina	1505	1905	60.30	101.80
Day 8 Sat 05/05						
Leg 1	Ballina	Tobercurry	1030	1245	32.30	
Leg 2	Tobercurry	Carrick-on-Shannon	1345	1705	47.40	79.70
Day 9 Sun 06/05						
Leg 1	Carrick-on-Shannon	Longford	1030	1330	42.70	
Leg 2	Longford	Mullingar	1430	1735	43.50	86.20
Day 10 Mon 07/05						
Leg 1	Mullingar	Lucan	1030	1400	63.20	
Leg 2	Lucan	Swords	1500	1715	29.50	92.90
						748.60