



TABLE OF TOWNS AND DISTANCES

START TIME 850am

@18mph @13mph

LOCATION	DISTANCE		ARRIVAL TIME	
	Between	Accum.	First	Last
DERRY	0.0	0.0	8.30	8.30
BURNFOOT	4.5	4.5	8.45	8.51
BUNCRANA	5.5	10.0	9.03	9.17
DUNREE	6.5	16.5	9.25	9.46
MAMORE GAP	4.5	21.0	9.45	10.07
BALLYLIFFIN	11.0	32.0	10.18	11.04
CARNDONAGH	6.5	38.5	10.39	11.34
MALIN TOWN	3.0	41.5	10.49	11.47
MALIN HEAD & LOOP	9.0	50.5	11.19	12.30
MALIN HEAD (LOOP)	5.0	55.5	11.55	12.55
LUNCH		55.5		
LEAVE MALIN HEAD			12.25	13.35
GLENGAD	7.0	62.5	12.50	14.10
CULDAFF	3.0	65.5	13.00	14.25
KINNEGO BAY	6.0	71.5	13.20	14.55
GREENCASTLE	7.0	78.5	13.45	15.25
STROOVE	2.5	81.0	13.55	15.37
GREENCASTLE (LOOP)	2.5	83.5	14.05	15.49
TEA BREAK	0.0	83.5		
LEAVE GREENCASTLE			14.15	16.05
QUIGLEY'S POINT	11.0	94.5	14.55	16.55
MUFF	5.5	100.0	15.15	17.20
DERRY	4.5	104.5	15.40	17.40



INISHOWEN 100 PROFILE

