

# Trekkin' Eegits 2014 - Miles for Smiles!!

Stage	Start	Via	Finish	Kms	Duration		Start Time	Finish Time
1	The Square, Cappoquin	The Glen	Melleray Community Centre	7	01:15		16:00	17:15
2	Melleray Community Centre	Scart Mountain	Modeligo Community Centre	16.5	02:55		17:20	20:15
3	Modeligo Community Centre	Glen, Whitechurch & Ballinameela	Keereen Bar	10	01:45		20:20	22:05
4	Keereen Bar	Woodstock, Curraghroche & Dromana	Cappoquin	10	01:45		22:10	23:55
5	Cappoquin	Round Hill, Lismore & Ballyanchor	Tallow	14.5	02:35		00:00	02:35
6	Tallow	Moorhill & Camphire	Cappoquin	19	03:25		02:40	06:05
7	Cappoquin	Dromana Wood	Aglish	12	02:10		06:10	08:20
8	Aglish	Clashmore (local roads)	Youghal Bridge	14	02:30		08:25	10:55
9	Youghal Bridge	Glendine	Knockanore	13	02:20		11:00	13:20
10	Knockanore	Strancally & Camphire Bogs	Okyle Cross, Camphire	11	01:55		13:25	15:20
11	Okyle Cross, Camphire	Boolakiely	Tourin GAA	7.5	01:20		15:25	16:45
12	Tourin GAA	The Rock	The Square, Cappoquin	3.5	00:35		17:05	17:40

**Total Distance (kms) 138**

**ALL TIMES ARE APPROXIMATE AND WILL CHANGE. WE ASK THAT PARTICIPANTS BE FLEXIBLE AND FORGIVING!**