

# Trekkin' Eegits 2012 Cheekpoint - Cappoquin Coast & River Walk

Stage	Start	Finish	Distance (kms)	Time (hr:mm)		Start Time	Finish Time
1	Cheekpoint	Passage East	6.4	01:04			
2	Passage East	Strand Inn,Dunmore East	11	01:50			
3	Strand Inn,Dunmore East	Cloghernagh	8.7	01:27			
4	Cloghernagh	Newtown Spar, Tramore	9.8	01:38			
5	Newtown Spar, Tramore	Annestown Beach	10	01:40			
6	Annestown Beach	Bonmahon Playground	8.1	01:21			
7	Bonmahon Playground	Stradbally Cove	8.4	01:24			
8	Stradbally Cove	Ballynacourty Beach	10	01:40			
9	Ballynacourty Beach	Killongford Bridge (Helvick X)	10	01:40			
10	Killongford Bridge (Helvick X)	Old Parish Church	9.1	01:31			
11	Old Parish Church	Ardmore Beach Carpark	11.1	01:51			
12	Ardmore Beach Carpark	JJ's, Youghal Bridge	11.7	01:57			
13	JJ's, Youghal Bridge	The Shamrock Inn, Knockanore	12.7	02:07			
14	The Shamrock Inn, Knockanore	Tourin GAA	10.3	01:43			
15	Tourin GAA	The Square, Cappoquin	3.3	00:33			
<b>Total Distance (kms)</b>			<b>140.6</b>				
<b>Total Time (hr:mm)</b>				<b>23:26</b>			
<b>Total Time <small>incl. chit-chat</small> (hr:mm)</b>							<b>24:36:00</b>