

A. Menlo Park Hotel, Headford Rd, Galway, Co. Galway		
1.	Head east toward Kirwan Roundabout	18 Metres
2.	At Kirwan Roundabout, take the 1st exit onto Headford Road/N84 Continue to follow N84	23.9 KM About 21 mins
3.	Turn right onto The Square/N84	24.0 KM
Total: 24.0 KM – about 22 mins		Approximate Overall Distance – 24.0 KM / 14.9 Miles
B. Headford, Co. Galway		
4.	At traffic lights continue straight on.	66 Metres
5.	Continue to follow R334, through village of Glencorrib.	11.3 KM About 12 mins
Total: 11.4 KM – about 12 mins		Approximate Overall Distance – 35.4 KM / 21.9 Miles
C. Cross, Co. Mayo		
6.	At the Church, Turn left onto R346, signposted Cong.	110 Metres
7.	Continue onto R345.	3.9 KM
8.	At the Roundabout, take 2 nd exit to Car Park, Regroup.	800 Metres
Total: 4.7 KM – about 6 mins		Approximate Overall Distance – 40.1 KM / 24.9 Miles
D. Cong, Co. Mayo		
9.	From Car Park take 2 nd exit on to R345 toward Main Street	400 Metres
10.	Turn left to stay on R345	5.7 KM
11.	Turn left to stay on R345	1.9 KM
12.	Turn left	220 Metres
Total: 8.2 KM – about 9 mins		Approximate Overall Distance – 48.3 KM / 30.0 Miles
E. Ardaun West, Co. Galway		
13.	Head west toward R345	220 Metres
14.	Take the 1st left onto R345	6.9 KM
15.	Turn left to stay on R345	9.1 KM
16.	Continue straight onto R336	550 Metres
Total: 16.9 KM – about 17 mins		Approximate Overall Distance – 65.2 KM / 40.5 Miles
F. Maum, Co. Galway		
17.	Head southeast on R336 toward R345	550 Metres
18.	Turn right to stay on R336	7.5 KM
19.	Regroup here before we turn right onto N59	8 Metres
Total: 8.0 KM – about 9 mins		Approximate Overall Distance – 73.2 KM / 45.5 Miles
G. Maam Cross, Co. Galway		
20.	Head east on N59 toward R336	8 Metres
21.	Turn right onto R336	8.8 KM
22.	Turn left onto Furnace Road/R336	11.4 KM
23.	Turn left to stay on Furnace Road/R336, continue to follow R336	6.1 KM
24.	Turn left to stay on R336	13.7 KM
Total: 40.0 KM – about 40 mins		Approximate Overall Distance – 113.2 KM / 70.3 Miles
H. Spiddal, Co. Galway, Stop for photos on pier (10 min max)		
25.	Head east on Barr Na gCurragh/R336	6.8 KM
Total: 6.8 KM – about 7 mins		Approximate Overall Distance – 120.0 KM / 74.5 Miles
I. Furbogh, Co. Galway		
26.	Stop at Padraicins, Furbo for Food, End of the run.	
Take the R336 back in to Galway city and every route is signposted from there.		

