

See The Light: Outline Plan

Julian Haines

Start date:		Daily distance (km):		40		45		35	
07/05/2017		Daily average at 6 days/week (km):		34		39		30	
			Average		Faster		Slower		
Leg start location	Cumulative Distance (km)	Leg Distance (km)	Day	Arrival	Day	Arrival	Day	Arrival	
Dalkey, Dublin	0	17	0	07 May	0	07 May	0	07 May	
Greystones	17	19	0	07 May	0	07 May	1	08 May	
Wicklow	36	22	1	08 May	1	08 May	1	08 May	
Arklow	58	20	2	09 May	2	09 May	2	09 May	
Courtown	78	44	2	09 May	2	09 May	3	10 May	
Rosslare	122	15	4	11 May	3	10 May	4	11 May	
Carnsore Point	137	15	4	11 May	4	11 May	5	12 May	
Kilmore Quay	152	28	4	11 May	4	11 May	5	12 May	
Hook Head	180	34	5	12 May	5	12 May	6	13 May	
Dungarvan (Helvick Hd)	214	25	6	13 May	6	13 May	7	14 May	
Youghal	239	20	7	14 May	6	13 May	8	15 May	
Ballycotton	259	21	8	15 May	7	14 May	9	16 May	
Cork (Myrtleville)	280	28	8	15 May	7	14 May	9	16 May	
Old Head of Kinsale	308	33	9	16 May	8	15 May	10	17 May	
Galley Head	341	37	10	17 May	9	16 May	11	18 May	
Baltimore	378	23	11	18 May	10	17 May	13	20 May	
Fastnet	401	16	12	19 May	10	17 May	13	20 May	
Mizen Head	417	11	12	19 May	11	18 May	14	21 May	
Sheeps Head	428	34	12	19 May	11	18 May	14	21 May	
Dursey Head	462	25	13	20 May	12	19 May	15	22 May	
Bolus Head	487	15	14	21 May	13	20 May	16	23 May	
Portmagee	502	30	15	22 May	13	20 May	17	24 May	
Slea Head	532	35	16	23 May	14	21 May	18	25 May	
Brandon Point	567	23	17	24 May	15	22 May	19	26 May	
Kerry Head	590	16	17	24 May	15	22 May	20	27 May	
Loop Head	606	22	18	25 May	16	23 May	20	27 May	
Kilkee	628	35	18	25 May	16	23 May	21	28 May	
Lehinch	663	20	19	26 May	17	24 May	22	29 May	
Doolin	683	35	20	27 May	18	25 May	23	30 May	
Inishmore (Brannock)	718	16	21	28 May	19	26 May	24	31 May	
Mweenish	734	32	21	28 May	19	26 May	24	31 May	
Slyne Head	766	18	22	29 May	20	27 May	26	02 Jun	
Omey Island	784	10	23	30 May	20	27 May	26	02 Jun	
Inishboffin	794	15	23	30 May	21	28 May	26	02 Jun	
Inishturk	809	15	24	31 May	21	28 May	27	03 Jun	
Clare Island	824	33	24	31 May	21	28 May	27	03 Jun	
Achill Head	857	45	25	01 Jun	22	29 May	29	05 Jun	
Erris Head	902	45	26	02 Jun	23	30 May	30	06 Jun	
Downpatrick Head	947	15	28	04 Jun	25	01 Jun	32	08 Jun	
Lenadoon Point	962	48	28	04 Jun	25	01 Jun	32	08 Jun	
Mullaghmore Head	1010	14	29	05 Jun	26	02 Jun	34	10 Jun	
Drumanoo Head	1024	30	30	06 Jun	27	03 Jun	34	10 Jun	
Glencolumbkille	1054	26	31	07 Jun	27	03 Jun	35	11 Jun	
Portnoo	1080	30	32	08 Jun	28	04 Jun	36	12 Jun	
Bloody Foreland	1110	46	32	08 Jun	29	05 Jun	37	13 Jun	
Fanad Head	1156	22	34	10 Jun	30	06 Jun	39	15 Jun	
Malin Head	1178	52	34	10 Jun	31	07 Jun	39	15 Jun	
Portrush	1230	32	36	12 Jun	32	08 Jun	41	17 Jun	
Ballycastle	1262	58	37	13 Jun	33	09 Jun	42	18 Jun	
Larne	1320	33	39	15 Jun	34	10 Jun	44	20 Jun	
Donaghadee	1353	47	39	15 Jun	35	11 Jun	45	21 Jun	
Ardglass	1400	35	41	17 Jun	36	12 Jun	47	23 Jun	
Kilkeel	1435	35	42	18 Jun	37	13 Jun	48	24 Jun	
Clogher Head	1470	28	43	19 Jun	38	14 Jun	49	25 Jun	
Skerries	1498	22	44	20 Jun	39	15 Jun	50	26 Jun	
Howth	1520	15	44	20 Jun	39	15 Jun	51	27 Jun	
Dalkey, Dublin	1535								