

Dublin Bay to Kinlough

149.7 miles; 4 hours, 1 minute

09:00	0.0 mi	1 Depart Dublin Bay on Local road(s) (South) for 2.6 mi
09:08	2.6 mi	Bear RIGHT (South) onto Local road(s) for 32 yds
09:08	2.7 mi	Turn RIGHT (West) onto Local road(s) for 1.5 mi
09:13	4.2 mi	Bear RIGHT (South-West) onto Local road(s) for 1.4 mi
09:18	5.6 mi	Continue (South-West) on R113 [L93] for 6.6 mi
09:3	12.2 mi	Bear RIGHT (North) onto Local road(s) for 0.6 mi
09:3	12.9 mi	Bear RIGHT (North) onto Local road(s) for 0.3 mi
09:3	13.1 mi	Bear RIGHT (North) onto Local road(s) for 0.6 mi
09:3	13.8 mi	Bear LEFT (North) onto R114 for 0.3 mi
09:3	14.0 mi	Continue (North) on M50 for 5.4 mi
09:4	19.4 mi	Turn LEFT (West) onto N4 for 3.7 mi
09:4	23.1 mi	Bear RIGHT (North) onto L2 [N4] for 0.1 mi
09:4	23.2 mi	Bear LEFT (West) onto M4 for 10.3 mi
09:5	33.5 mi	Bear LEFT (West) onto N4 for 28.7 mi
10:3	62.2 mi	Continue (West) on N52 for 0.5 mi
10:3	62.7 mi	2 At Mullingar, turn RIGHT (North) onto N4 for 43.2 mi
11:	106.0 mi	At Drumsna, turn RIGHT (North) onto Local road(s) for 0.5 mi
11:	106.5 mi	Bear LEFT (North-West) onto Local road(s) for 1.1 mi
11:	107.6 mi	Bear LEFT (West) onto Local road(s) for 2.5 mi
11:	110.1 mi	Bear RIGHT (North) onto R280 [T54] for 3.1 mi
11:	113.2 mi	Bear LEFT (North) onto R280 for 2.5 mi
12:	115.6 mi	Bear LEFT (North-West) onto R280 [L3] for 1.3 mi
12:	116.9 mi	At Mountallen, bear RIGHT (North) onto R280 [T54] for 19.8 mi
12:	136.7 mi	3 At Manor Hamilton, stay on R280 [T54] (North-West) for 13.0 mi
13:	149.7 mi	4 Arrive Kinlough