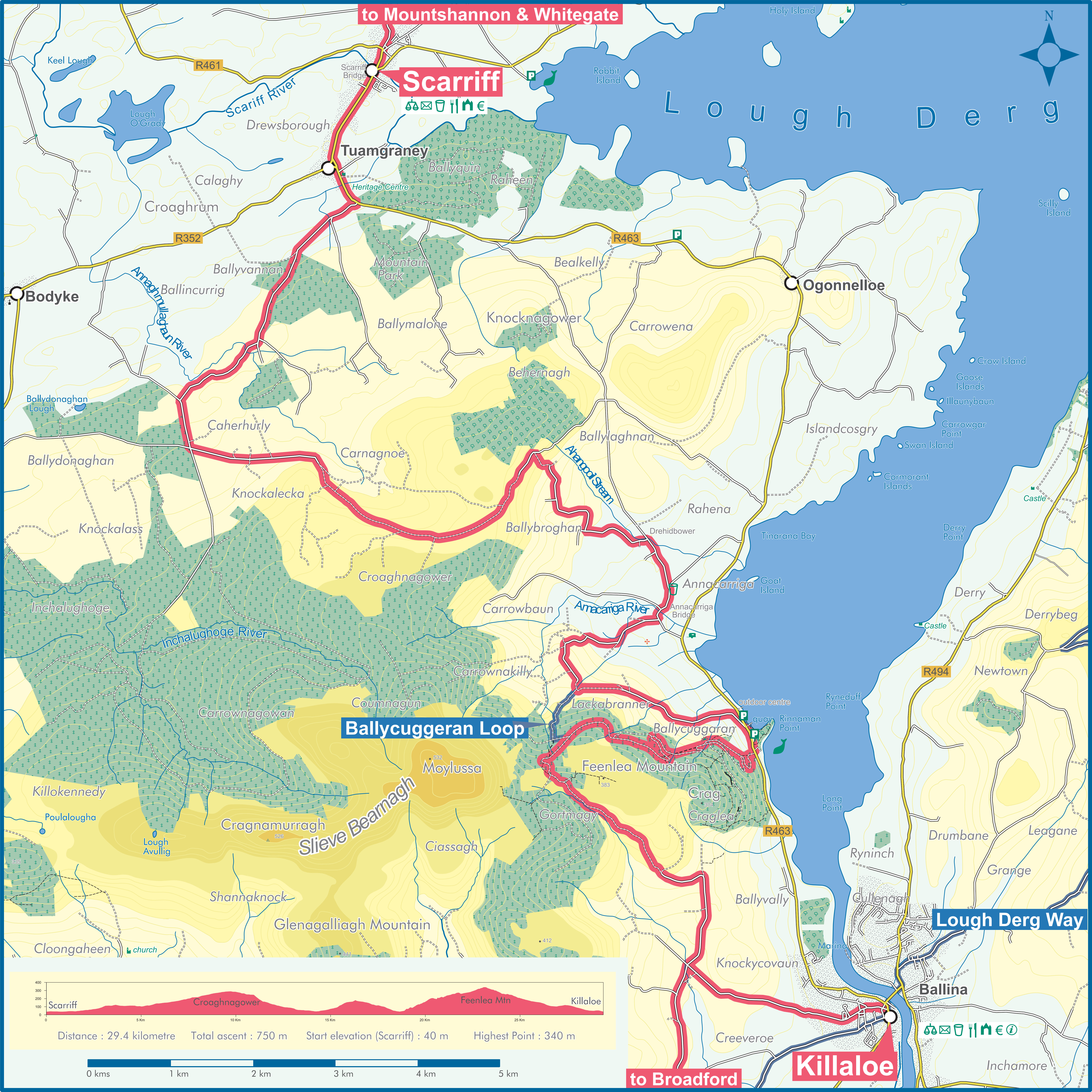




to Mountshannon & Whitegate

Scariff



Tuamgraney

Ballyquin

Raheen

Mountain Park

Ballymalone

Knocknagower

Carrowena

Behernagh

Ballylaghnan

Ogonnelloe

Ballyvannan

Croaghurum

Calaghy

Scariff River

R461

R352

Annaghmulgan River

Ballincurragh

Caherhurl

Carnagroe

Knockalecka

Knockalass

Ballydonaghan

Ballydonaghan Lough

Inchalughog River

Inchalughog

Croaghnagower

Carrowbaun

Annacarra River

Annacarra

Annacarra Bridge

Rahena

Tinarana Bay

Goat Island

Islandcosgry

Swan Island

Goose Islands

Crow Island

Silly Island

Holy Island

Rabbit Island

Lough Derg

to Mountshannon & Whitegate

Ballycuggeran Loop

Lackabranner

Ballycuggeran

Feenlea Mountain

Crag

Craglea

Gortmagy

Clasagh

Moylussa

Counnagun

Carrownagowan

Carrownagowan

Killokennedy

Poulalougha

Lough Avullig

Shannaknock

Glenagalliagh Mountain

Cloongaheen

church

Lough Derg Way

Drumbane

Leagane

Grange

Ryninch

Gullenagh

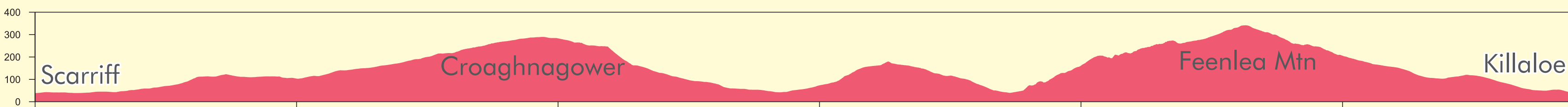
Ballina



Inchamore

to Broadford

Killaloe



Distance : 29.4 kilometre    Total ascent : 750 m    Start elevation (Scariff) : 40 m    Highest Point : 340 m

