



The 2016 Nissan Mizen to Malin Challenge



Support
Vinny Paterson 086 8100110
Liam O' Flaherty 086 2553414

Day 5 ~97km - Ballybofey to Malin Head
via Letterkenny, Newtown Cunningham, Burnforth,
Buncrana, Carndonagh, Malin Village & Malin Head

Support
Gerry Park 086 8188067
Mick Carolan 086 0854237

DISTANCE
96.78 KM

Day 5 ~97km - Ballybofey - Malin Head

Leaving 8.00

Coffee/Water/Banana Stop - Newtown Cunningham

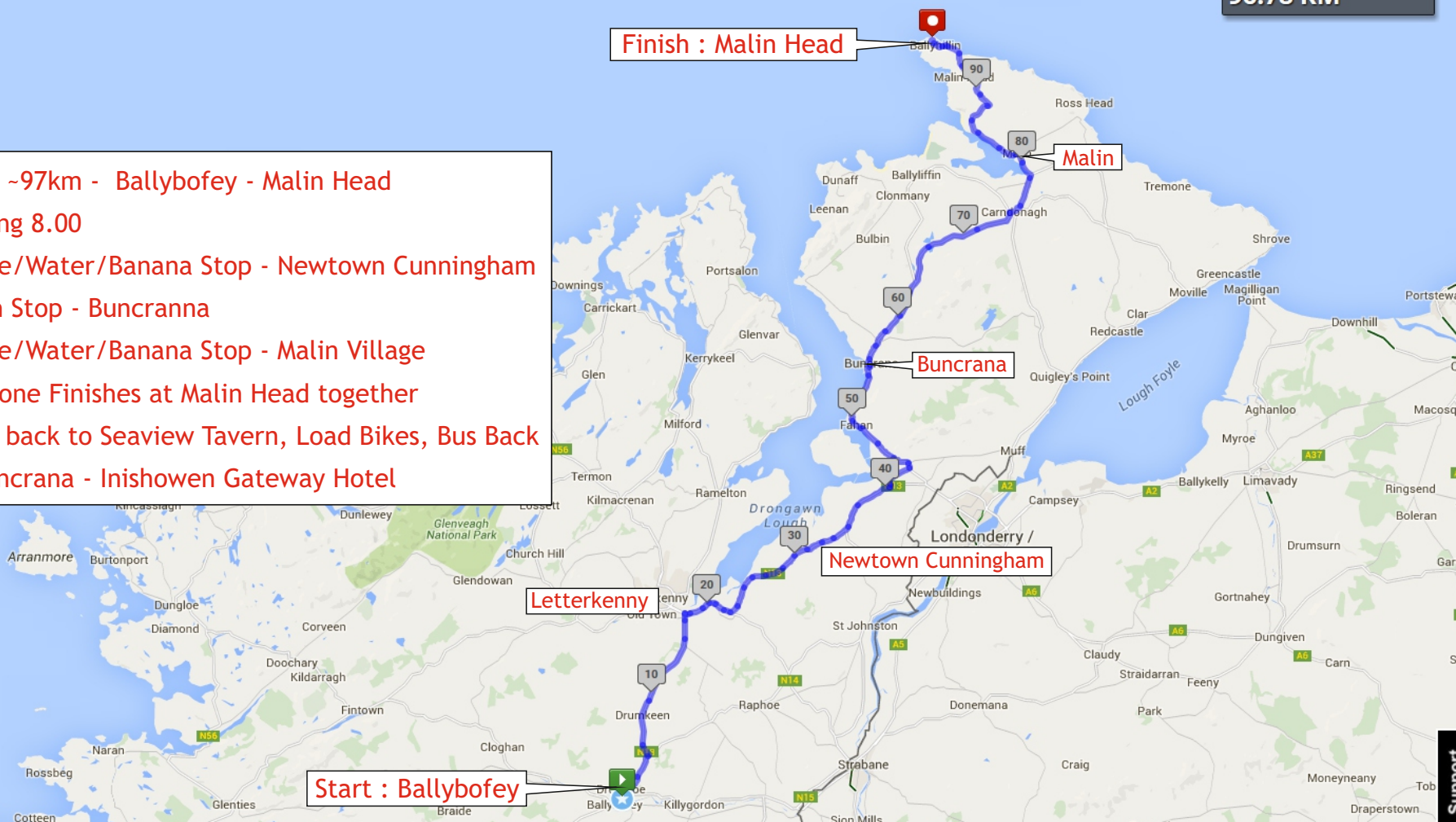
Lunch Stop - Buncrana

Coffee/Water/Banana Stop - Malin Village

Everyone Finishes at Malin Head together

Cycle back to Seaview Tavern, Load Bikes, Bus Back

to Buncrana - Inishowen Gateway Hotel





CLIMB DETAILS

[Learn About Climb Ratings](#)
[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	52.40 km/66.33 km	13.93 km	4 m/170 m	1.2%
	84.76 km/87.77 km	3.01 km	0 m/68 m	2.2%

Information about Climbs



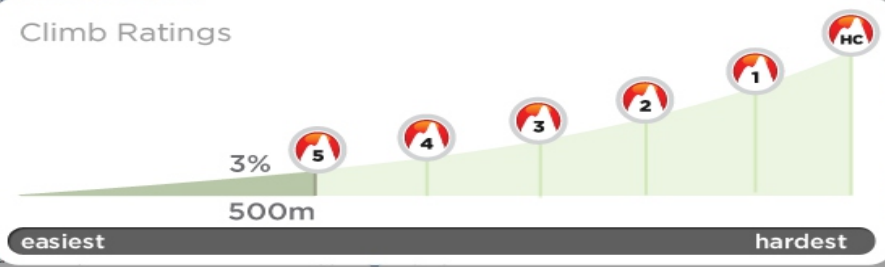
For any climb to be rated (receive a climb score/category) it must be at least **500 meters** in length with an average grade of **3% or more**.

All climb scores are based on distance, grade/elevation change, and maximum elevation. The combination of these factors drives all final climb categories and there is no subjective analysis used in the final scoring of any climb score. All

other climbs that do not meet the criteria for HC to Cat 5 are simply too small to rate and can usually be crossed easily by bicycle, running, or walking. The original concepts for the MapMyFitness categorization of all climbs came from the categorized climb ratings given by the UCI for races like the Tour de France and other professional cycling events. Our methodology is unique in several ways to allow for categorizations to be relevant for all sports and we added an additional difficulty with category 5 climbs. If you have any questions please feel free to email support@mapmyfitness.com.

Information about Climbs

Climb Ratings



Day 5 Profiles

▼ Elevation [Show elevation with grades](#)



▼ Elevation [Show elevation chart](#)

