



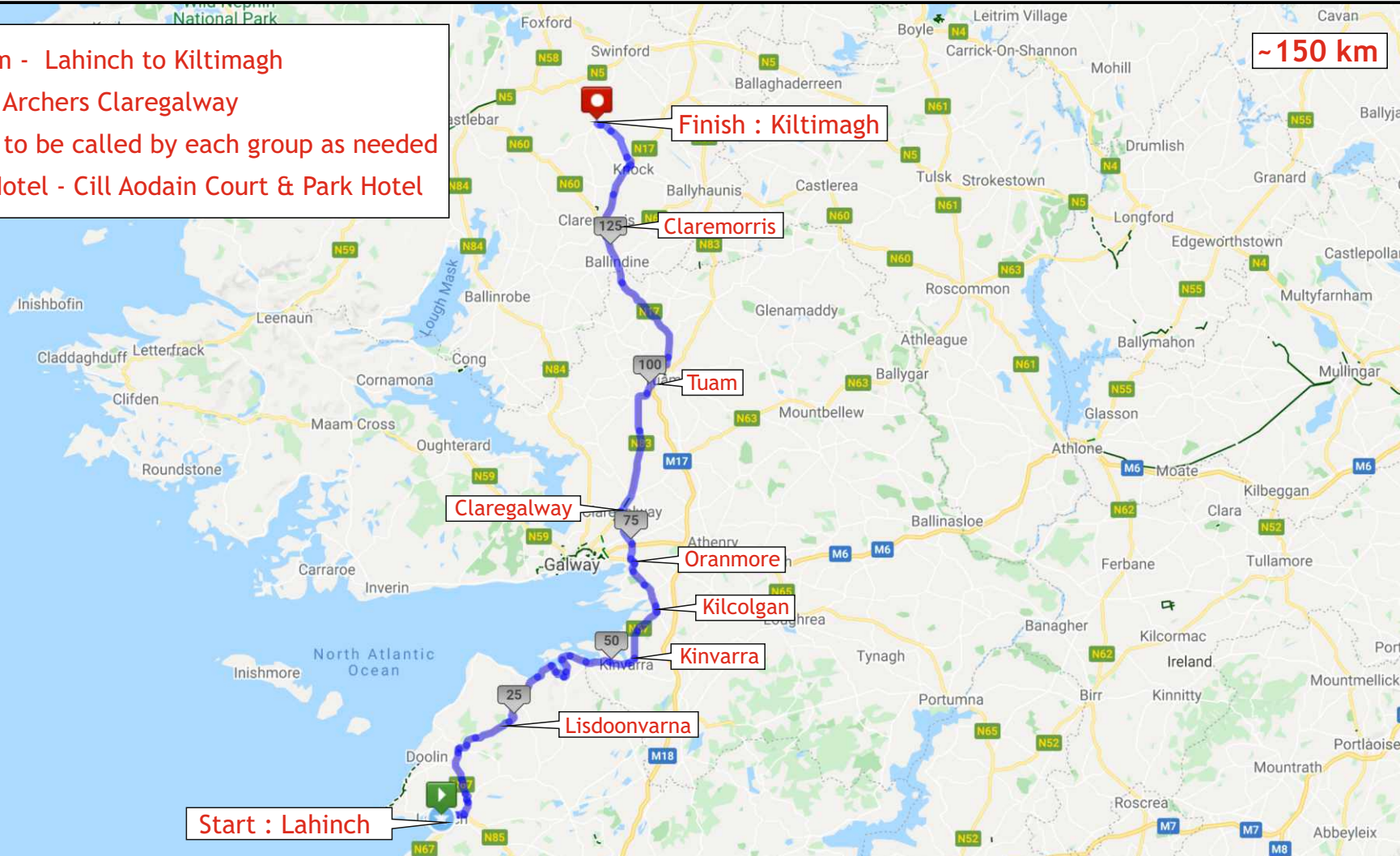
The 2022 Nissan Mizen to Malin Challenge



Day 3 ~150km - Lahinch to Kiltimagh
via Lisdoonvarna, Ballyvaughan, Kinvarra, Kilcolgan, Oranmore, Claregalway, Tuam, Claremorris, Knock. Kiltimagh

Day 3 ~150km - Lahinch to Kiltimagh
Lunch Stop - Archers Claregalway
Coffee stops to be called by each group as needed
Kiltimagh - Hotel - Cill Aodain Court & Park Hotel

~ 150 km



ELEVATION (M)

START **7m** MAX **217m** GAIN **985m**



CLIMB DETAILS

[LEARN MORE](#)

CATEGORY	AVG. GRADE	ELEVATION	DISTANCE
01	2.1%	GAIN 66 m START 25 m END 91 m	LENGTH 3.20 km START 8.41 km END 11.61 km

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.

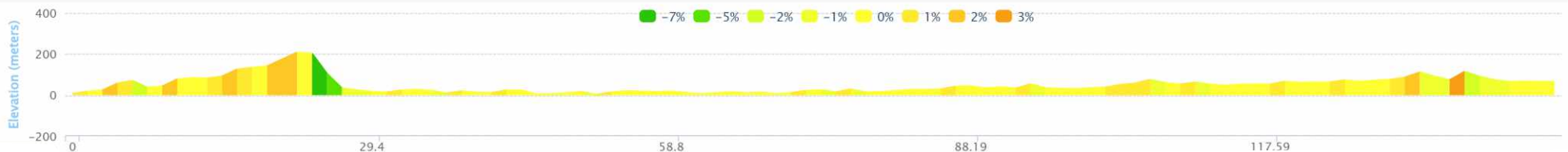


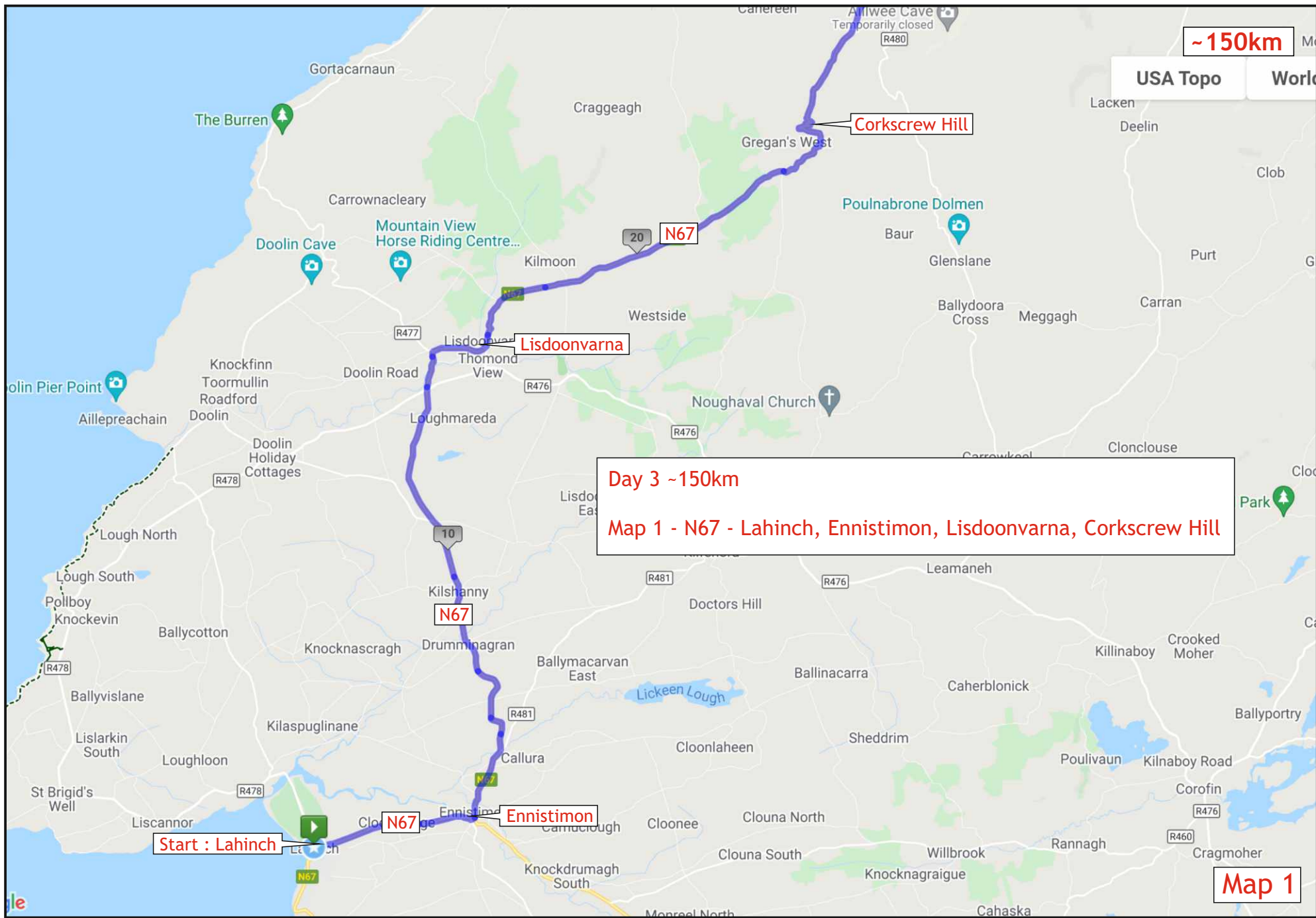
Day 3 Profiles

Elevation [Show elevation with grades](#)



Elevation [Show elevation chart](#)





~150km

USA Topo World

Corkscrew Hill

Lisdoonvarna

Day 3 ~150km
Map 1 - N67 - Lahinch, Ennistimon, Lisdoonvarna, Corkscrew Hill

Start : Lahinch

Ennistimon

Map 1

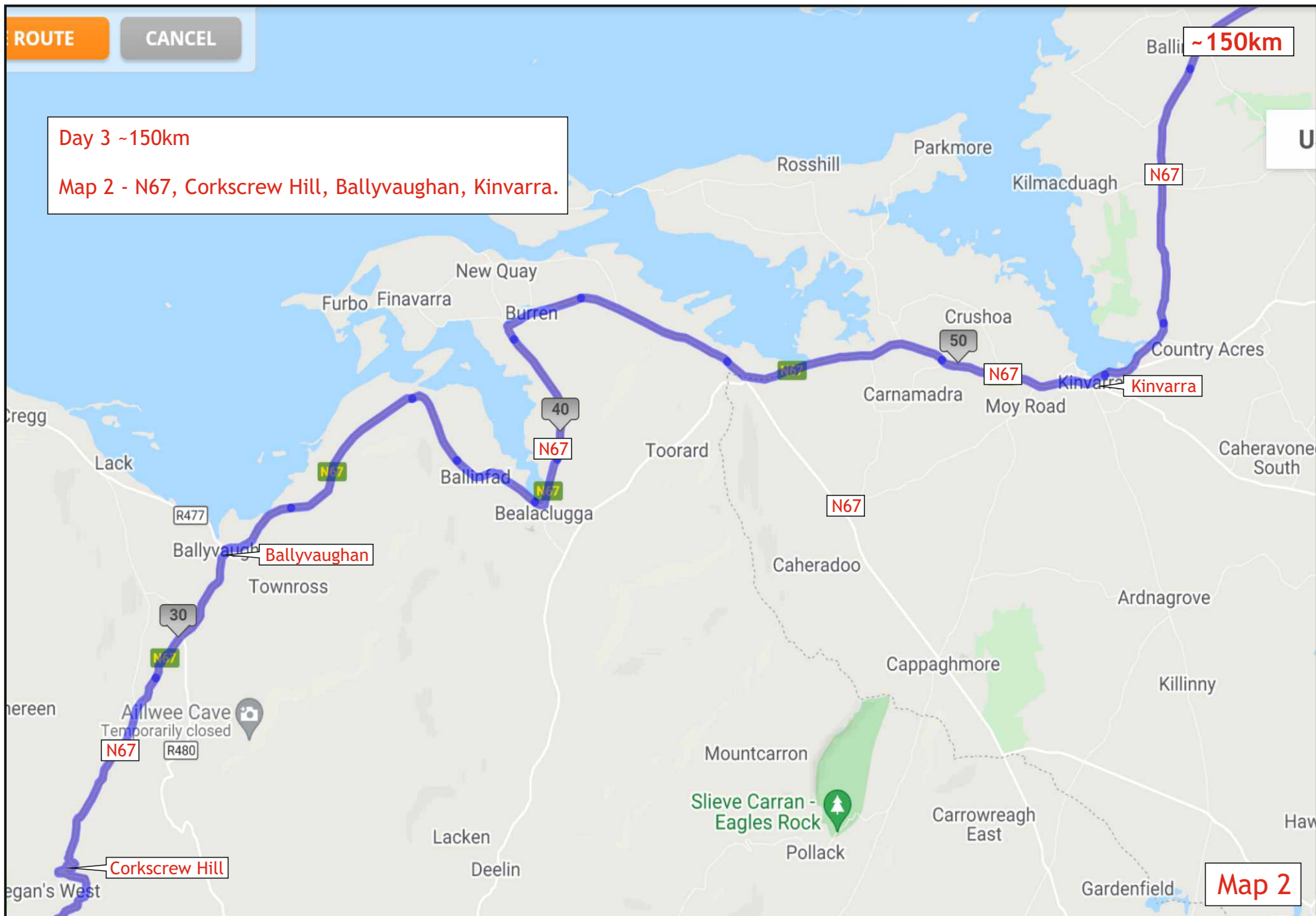
ROUTE

CANCEL

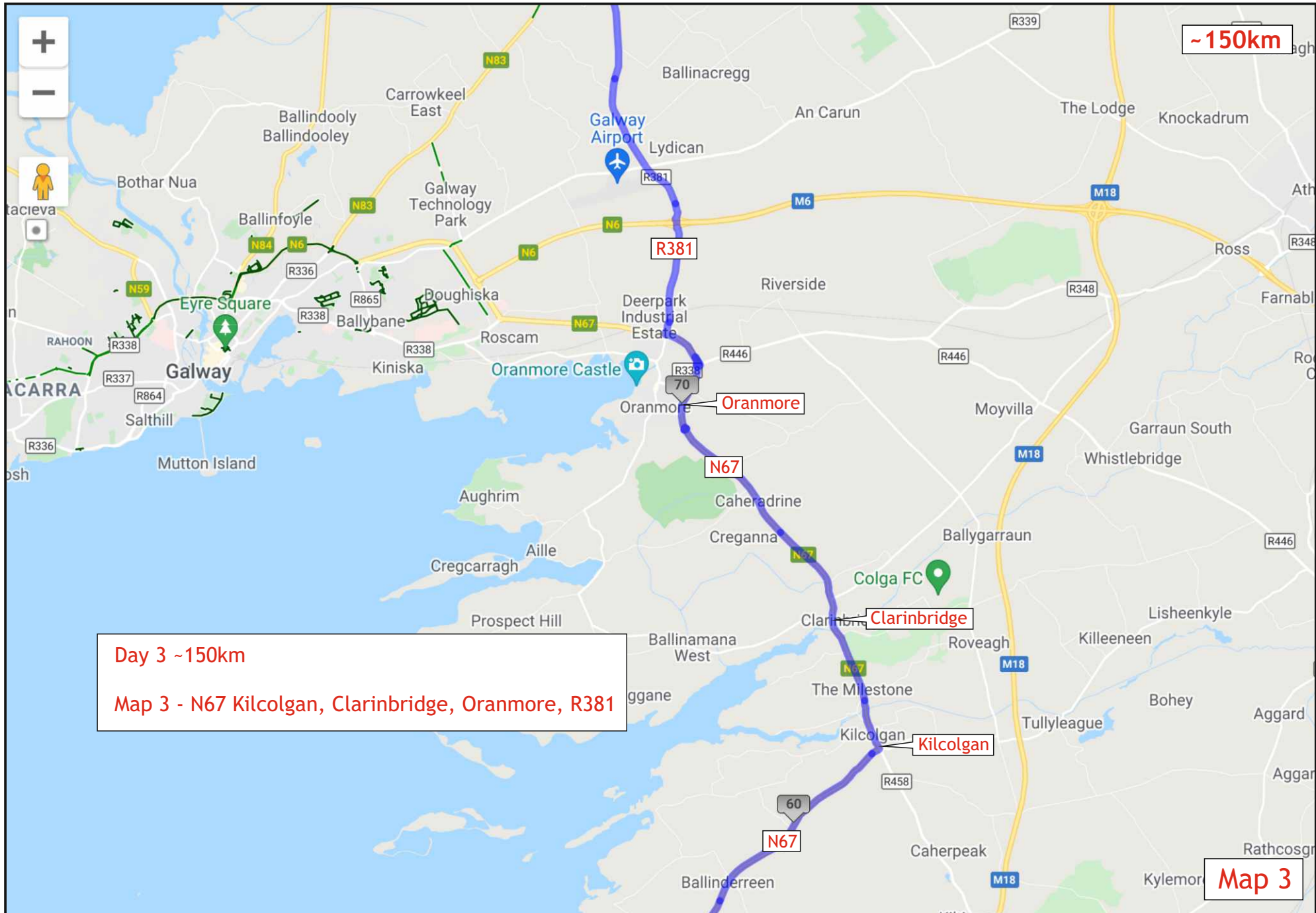
Day 3 ~150km

Map 2 - N67, Corkscrew Hill, Ballyvaughan, Kinvarra.

Balli ~150km



Map 2



~150km

Day 3 ~150km
Map 3 - N67 Kilcolgan, Clarinbridge, Oranmore, R381

Map 3

~150km

USA Topo

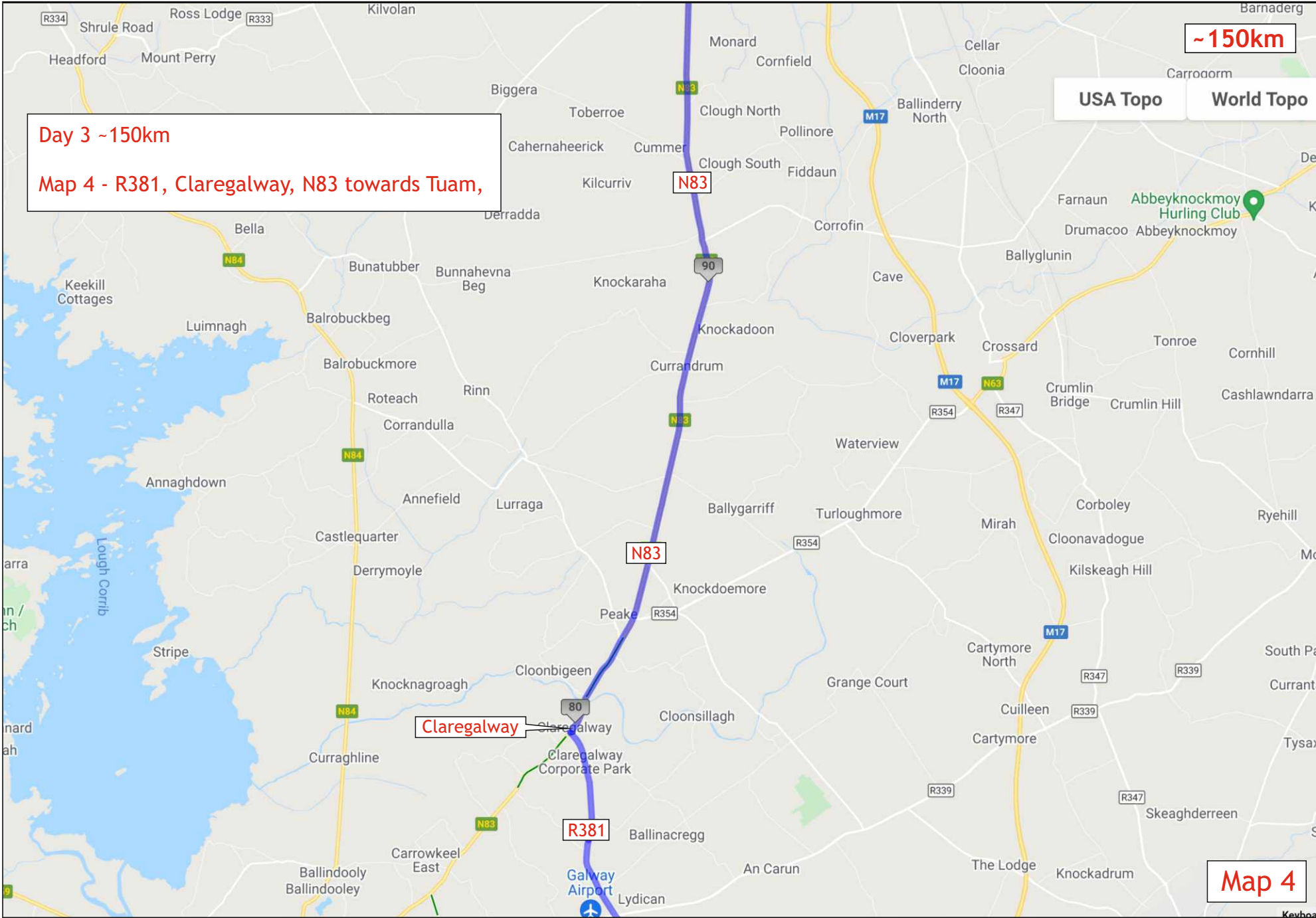
World Topo

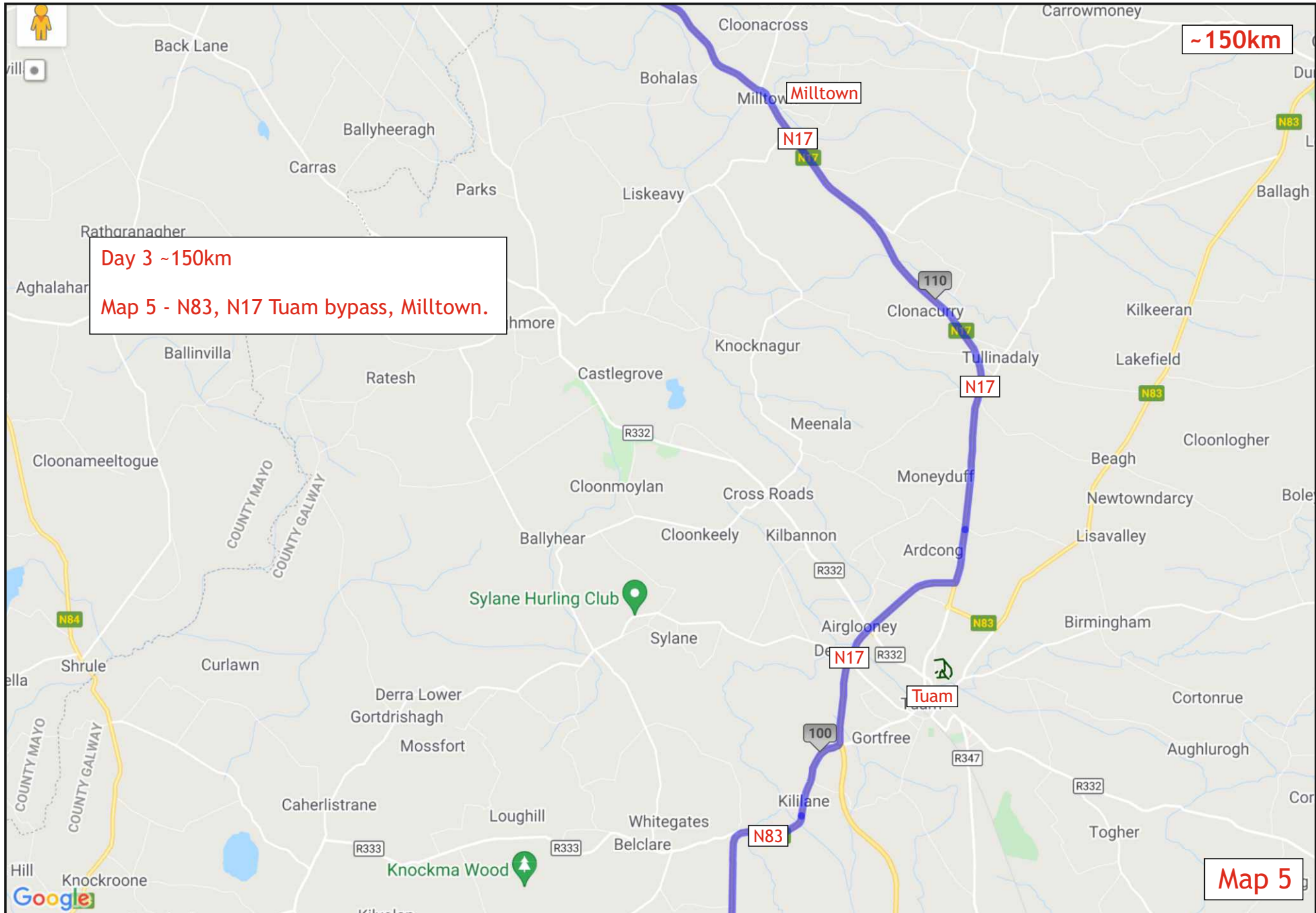
Day 3 ~150km

Map 4 - R381, Claregalway, N83 towards Tuam,

Claregalway

Map 4





~150km

Day 3 ~150km
Map 5 - N83, N17 Tuam bypass, Milltown.

Map 5



