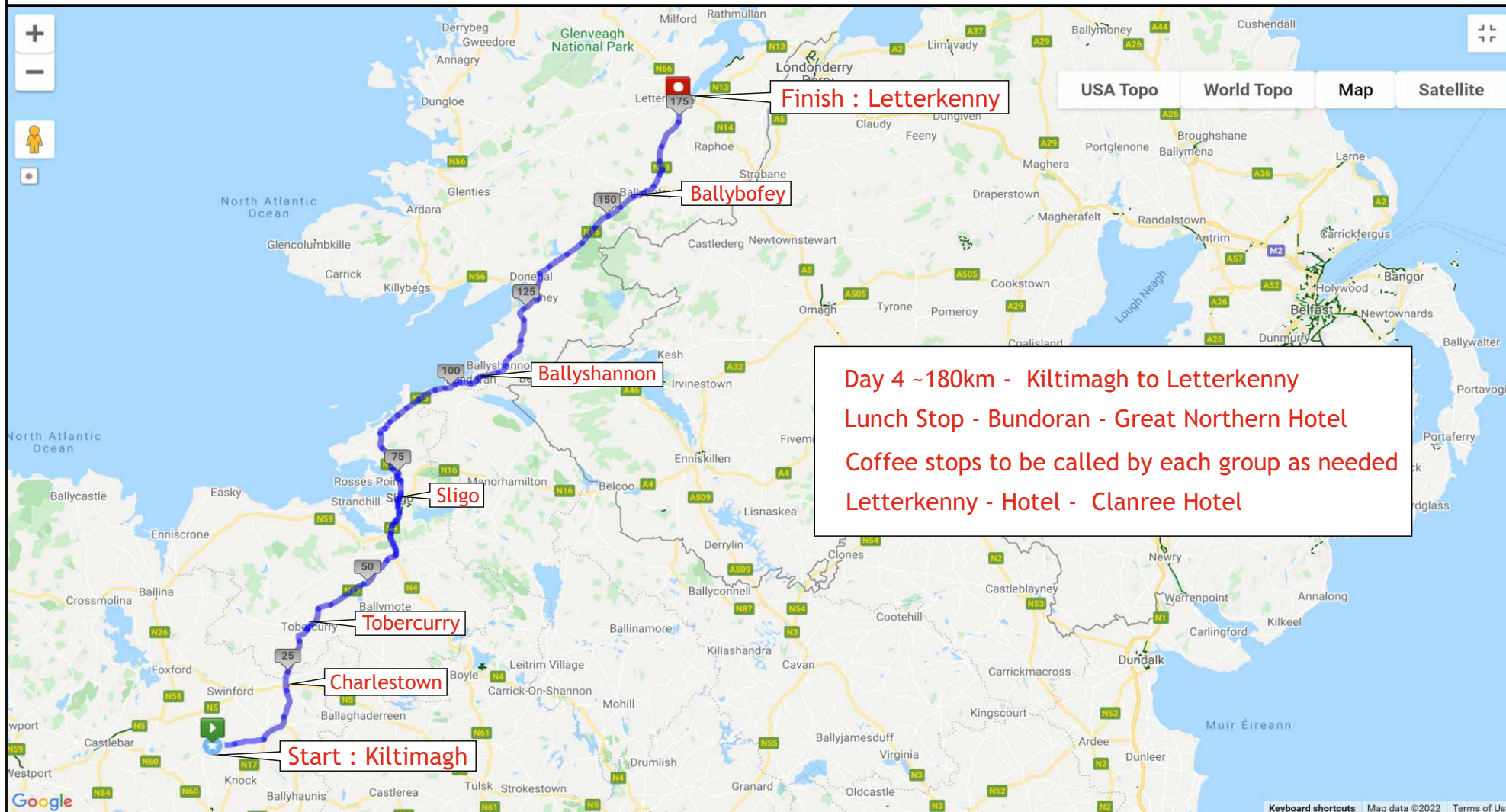




The 2022 Nissan Mizen to Malin Challenge



Day 4 ~180km - Kiltimagh to Letterkenny
via Charlestown, Tobercurry, Sligo, Ballyshannon, Ballybofey, Letterkenny



ELEVATION (M)

START **66 m** MAX **179 m** GAIN **1,301 m**



CLIMB DETAILS

[LEARN MORE](#)

CATEGORY	AVG. GRADE	ELEVATION	DISTANCE
01	1.0%	GAIN 149 m START 27 m END 176 m	LENGTH 14.71 km START 133.51 km END 148.22 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.



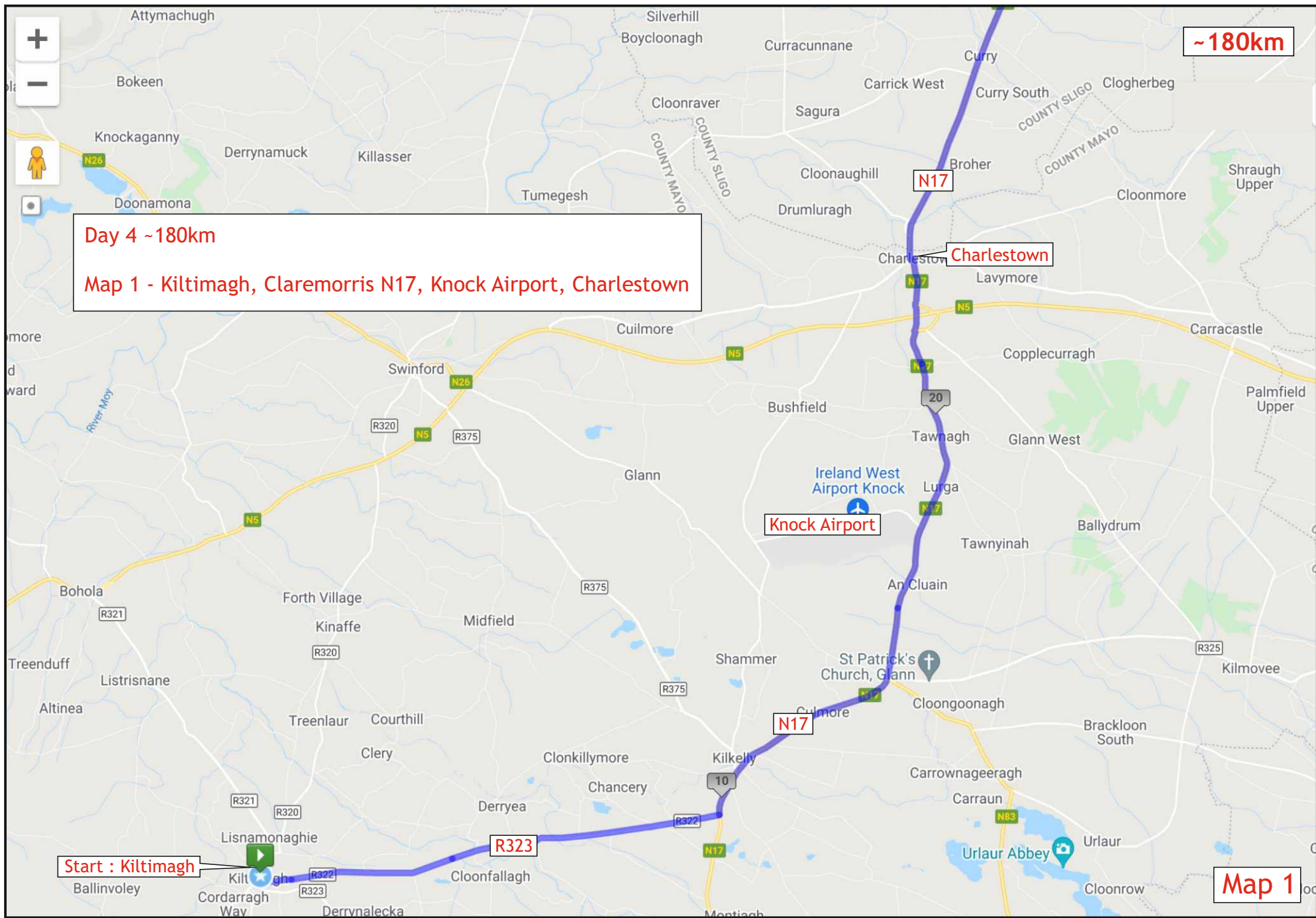
Day 4 Profiles

Elevation [Show elevation with grades](#)



Elevation [Show elevation chart](#)





Day 4 ~180km
Map 1 - Kiltimagh, Claremorris N17, Knock Airport, Charlestown

~180km

Start : Kiltimagh

Map 1

Day 4 ~180km

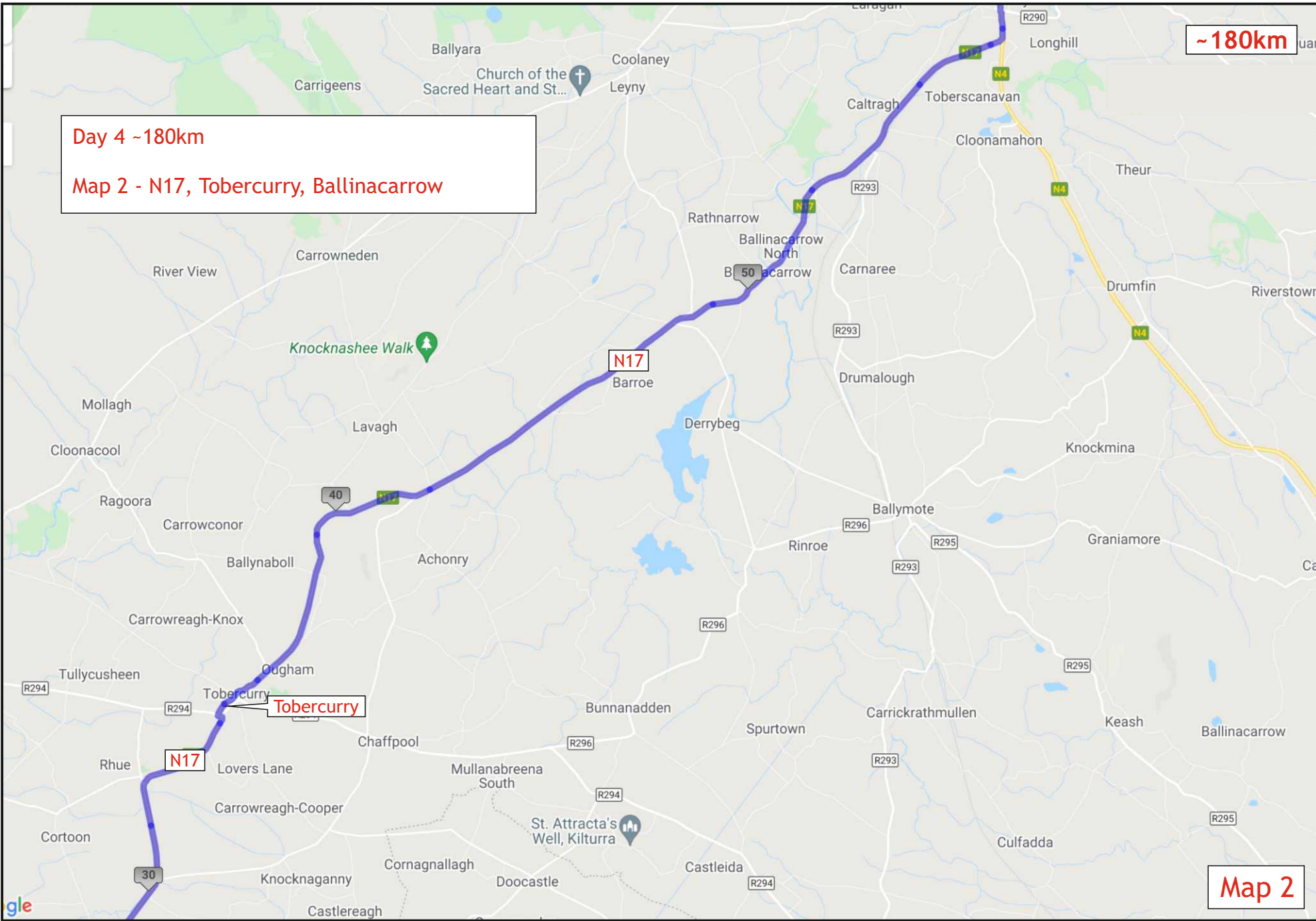
Map 2 - N17, Tobercurry, Ballinacarrow

~180km

Knocknashee Walk

Tobercurry

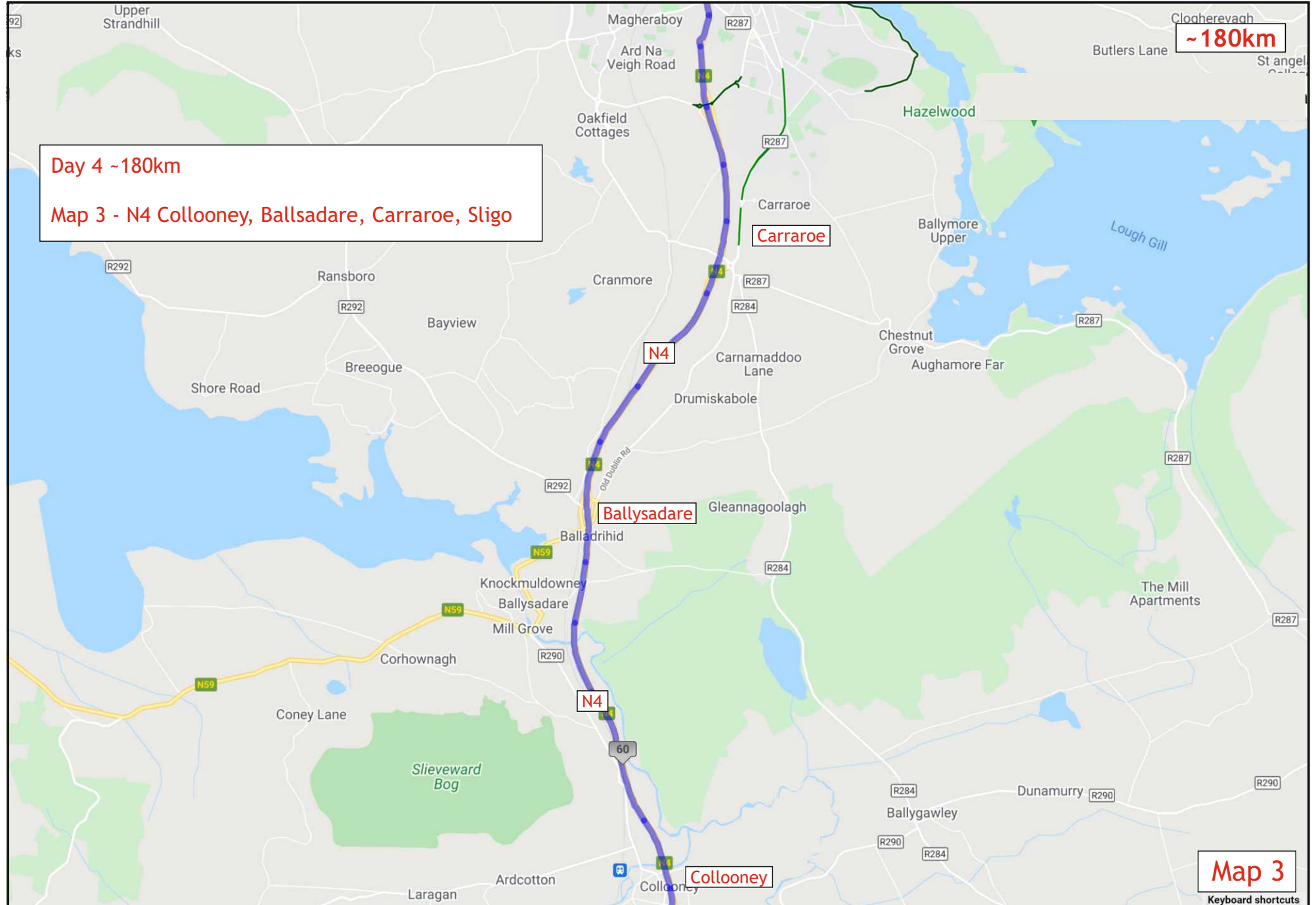
Map 2



Day 4 ~180km

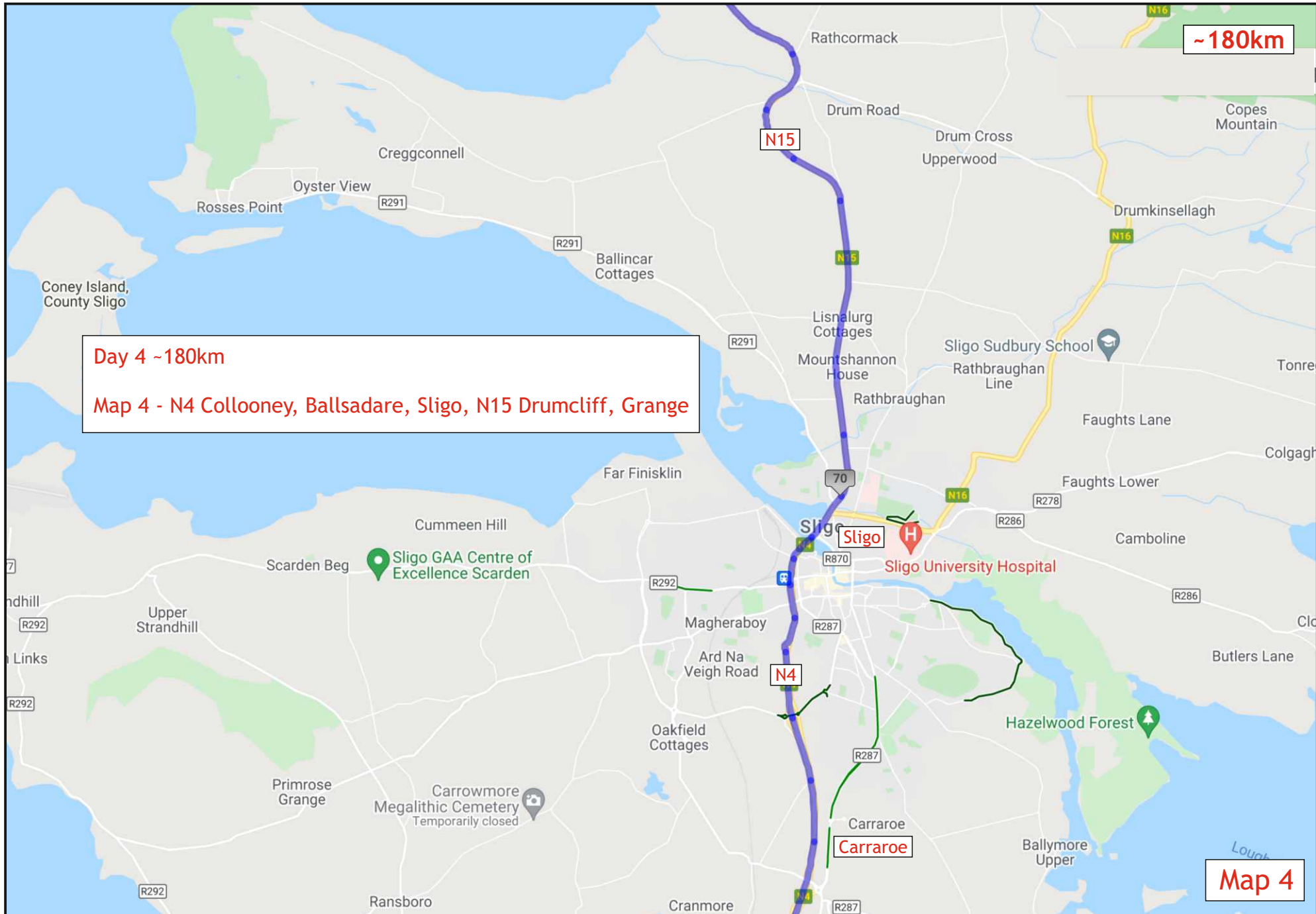
Map 3 - N4 Collooney, Ballsadare, Carraroe, Sligo

~180km



Map 3

Keyboard shortcuts



Day 4 ~180km
Map 4 - N4 Collooney, Ballsadare, Sligo, N15 Drumcliff, Grange

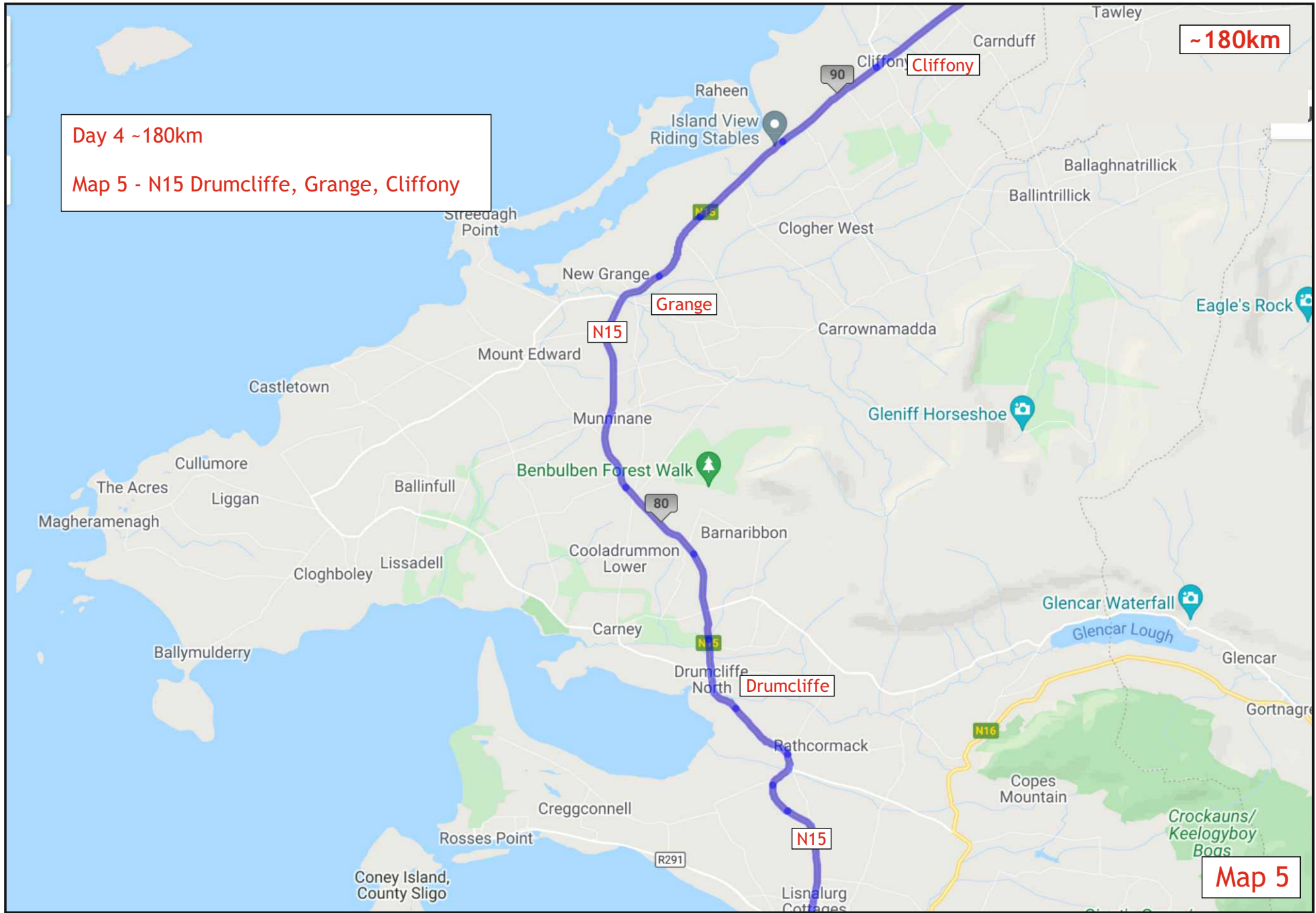
~180km

Map 4

Day 4 ~180km

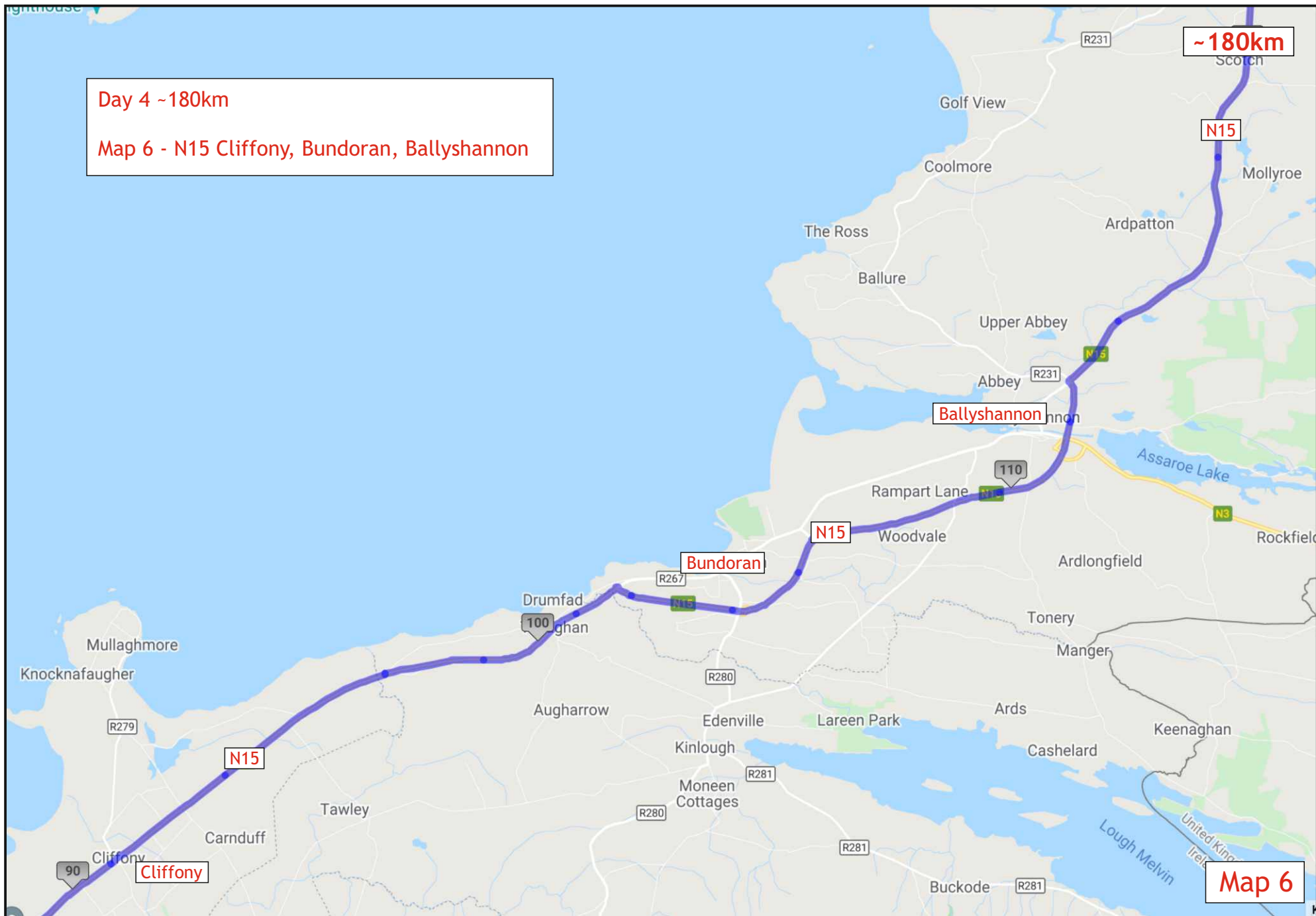
Map 5 - N15 Drumcliffe, Grange, Clifony

~180km

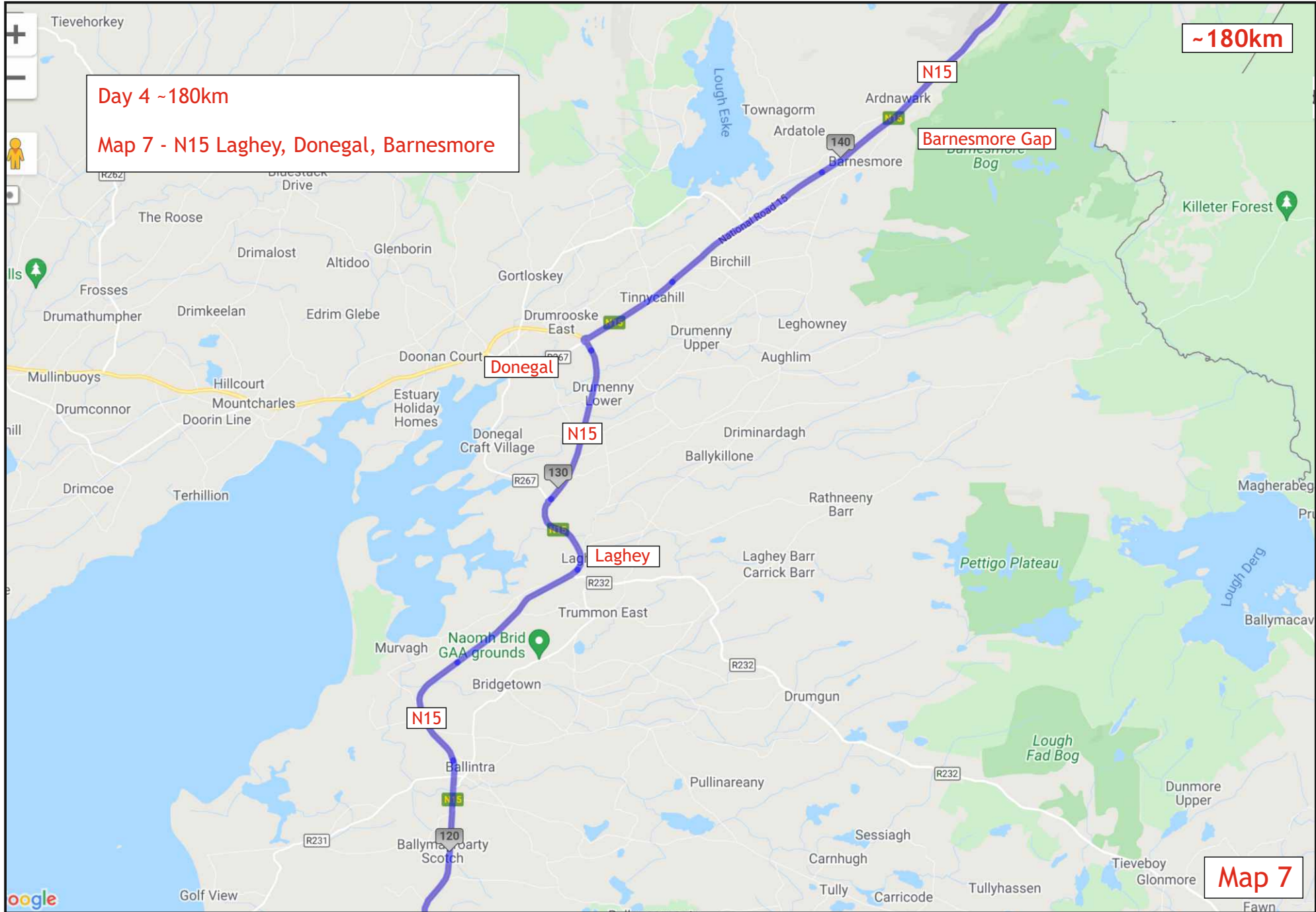


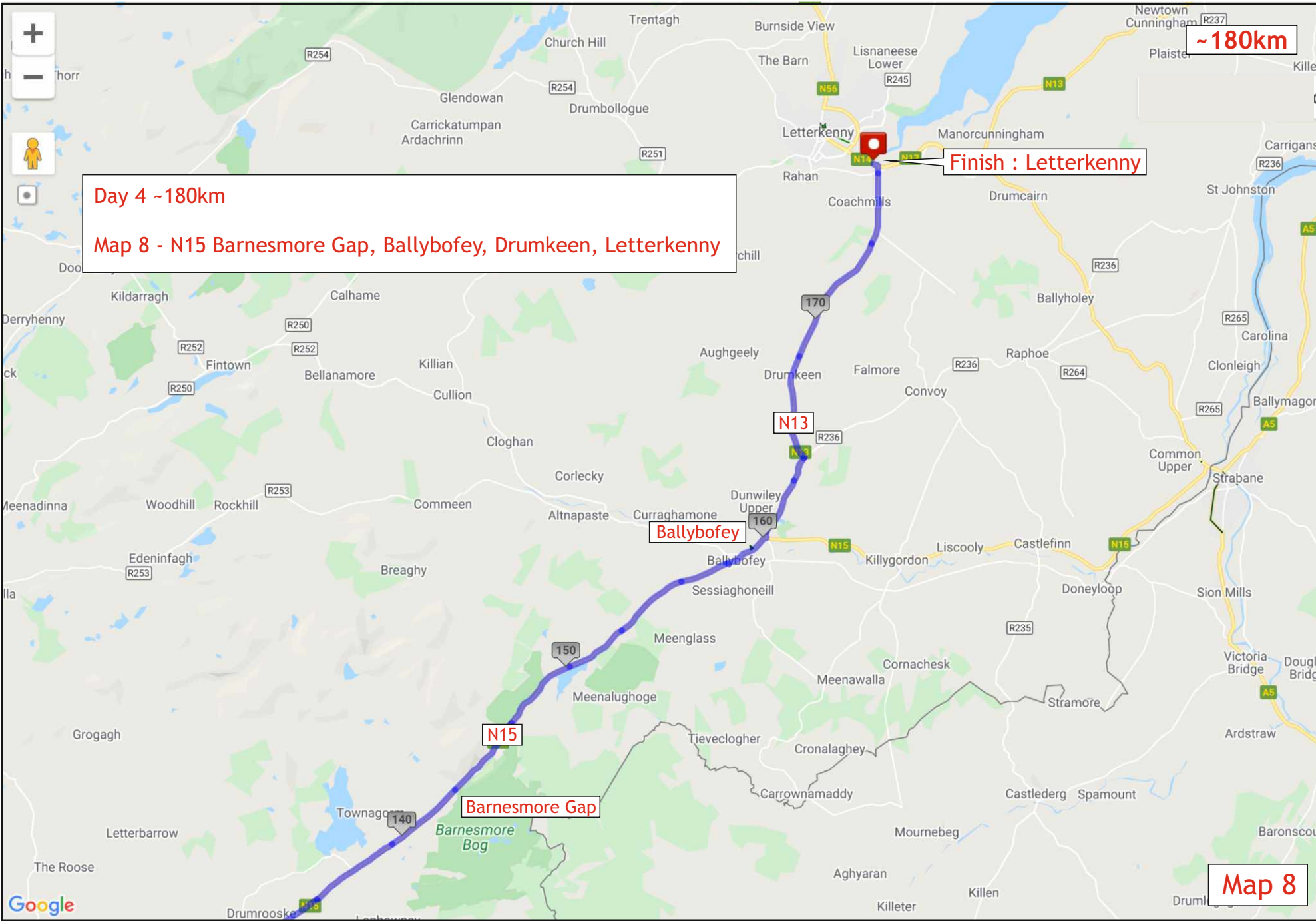
Map 5

Day 4 ~180km
Map 6 - N15 Cliffony, Bundoran, Ballyshannon



Map 6





Day 4 ~180km
Map 8 - N15 Barnesmore Gap, Ballybofey, Drumkeen, Letterkenny

~180km

Finish : Letterkenny

Ballybofey

Barnesmore Gap

Map 8