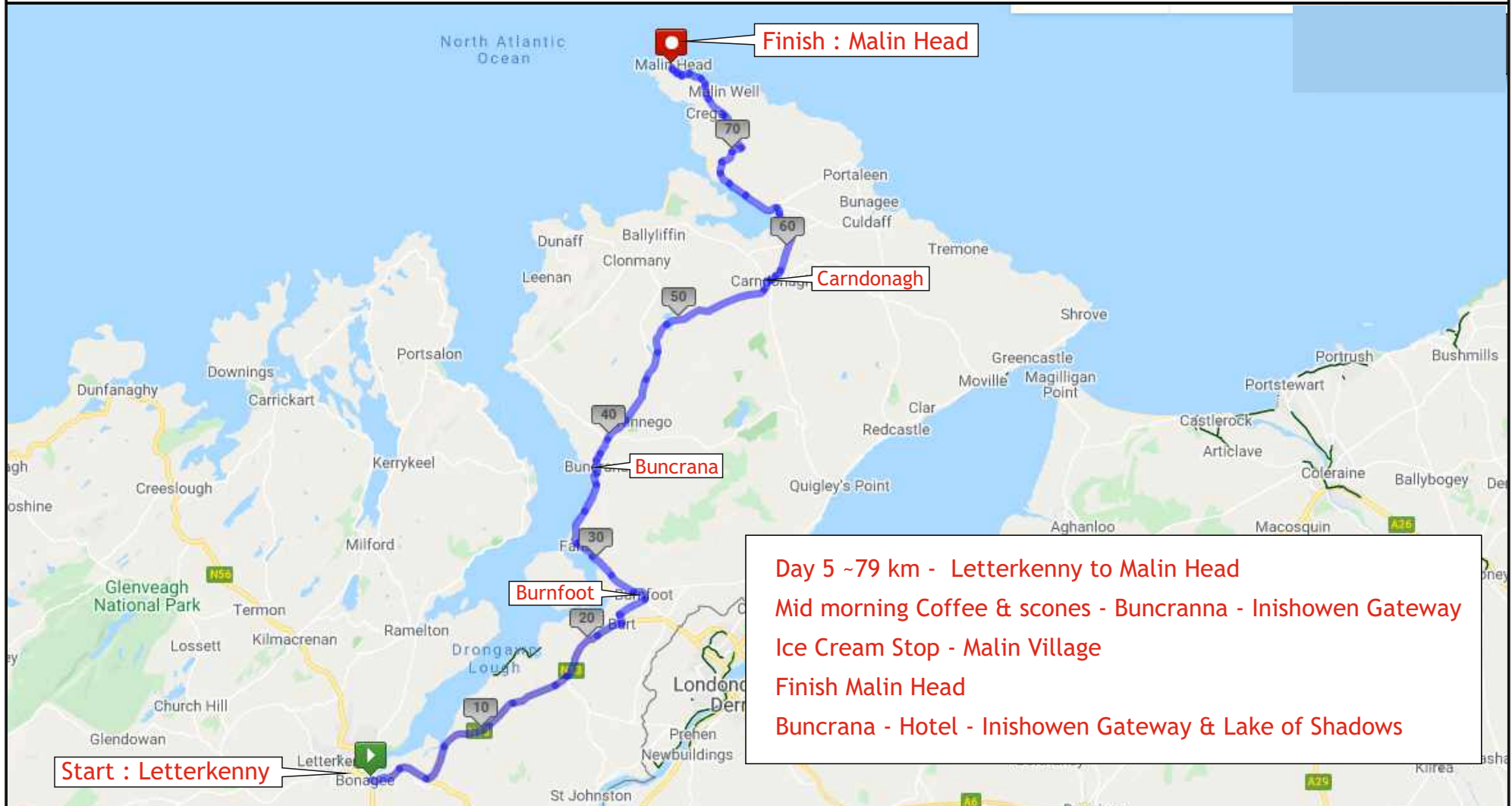




# The 2022 Nissan Mizen to Malin Challenge



**Day 5 ~79 km - Letterkenny to Malin Head**  
Letterkenny, Burnfoot, Buncrana, Carndonagh, Malin Village, Malin Head





### CLIMB DETAILS

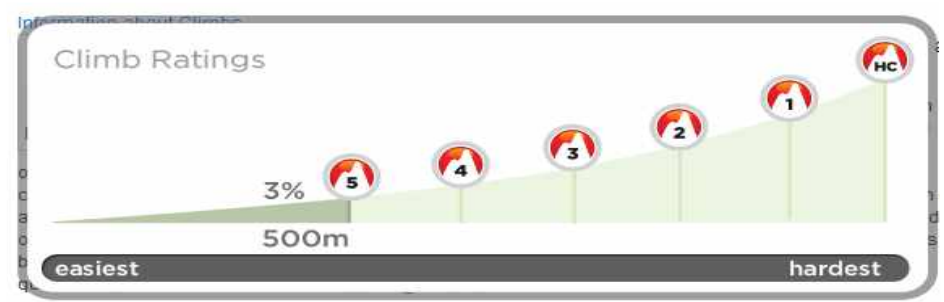
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CATEGORY	AVG.GRADE	ELEVATION	DISTANCE
01	<b>1.2%</b>	<b>GAIN 166 m</b>	<b>LENGTH 14.02 km</b>
		START 4 m	START 34.65 km
		END 170 m	END 48.67 km
02	<b>2.3%</b>	<b>GAIN 67 m</b>	<b>LENGTH 2.90 km</b>
		START 1 m	START 67.20 km
		END 68 m	END 70.10 km

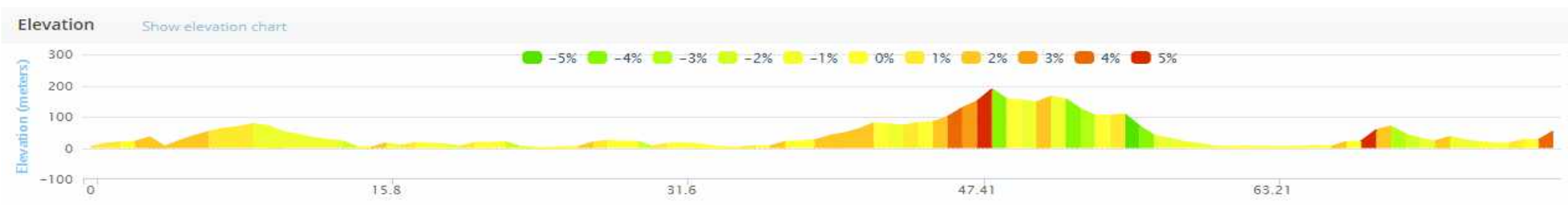
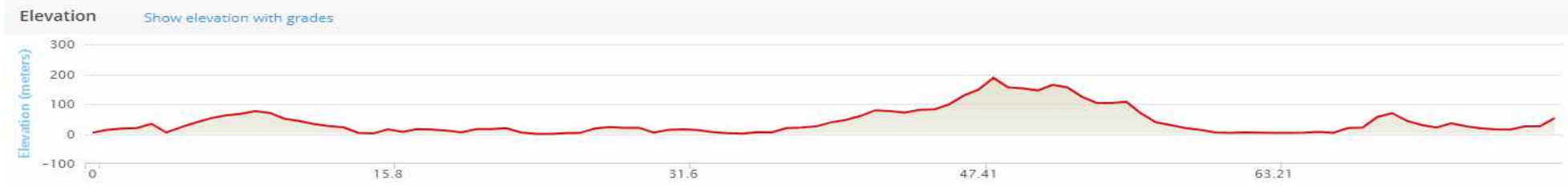
### Information about Climbs

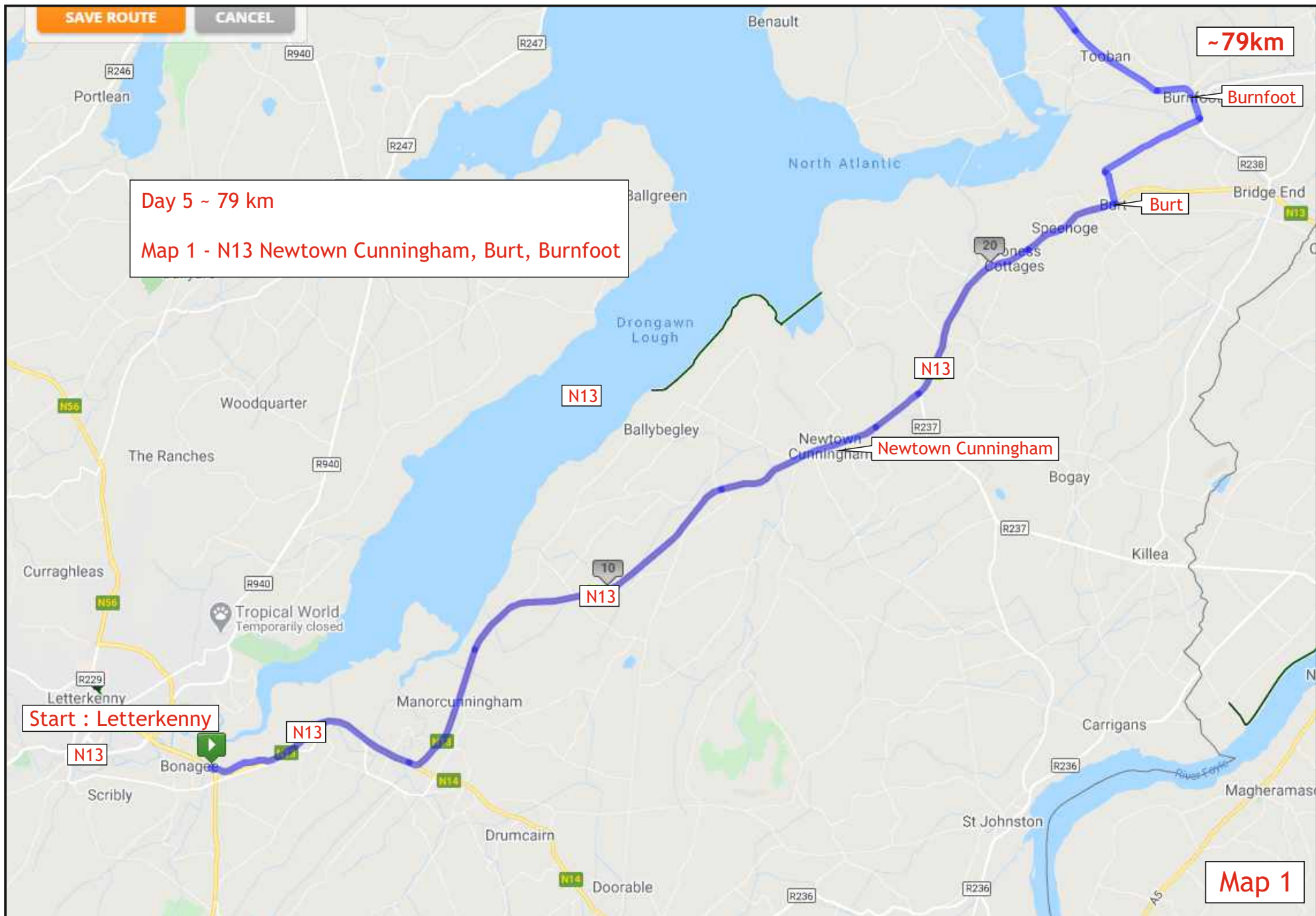
For any climb to be rated (receive a climb score/category) it must be at least **500 meters** in length with an average grade of **3% or more**.

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](mailto:support@mapmyfitness.com).



## Day 5 Profiles



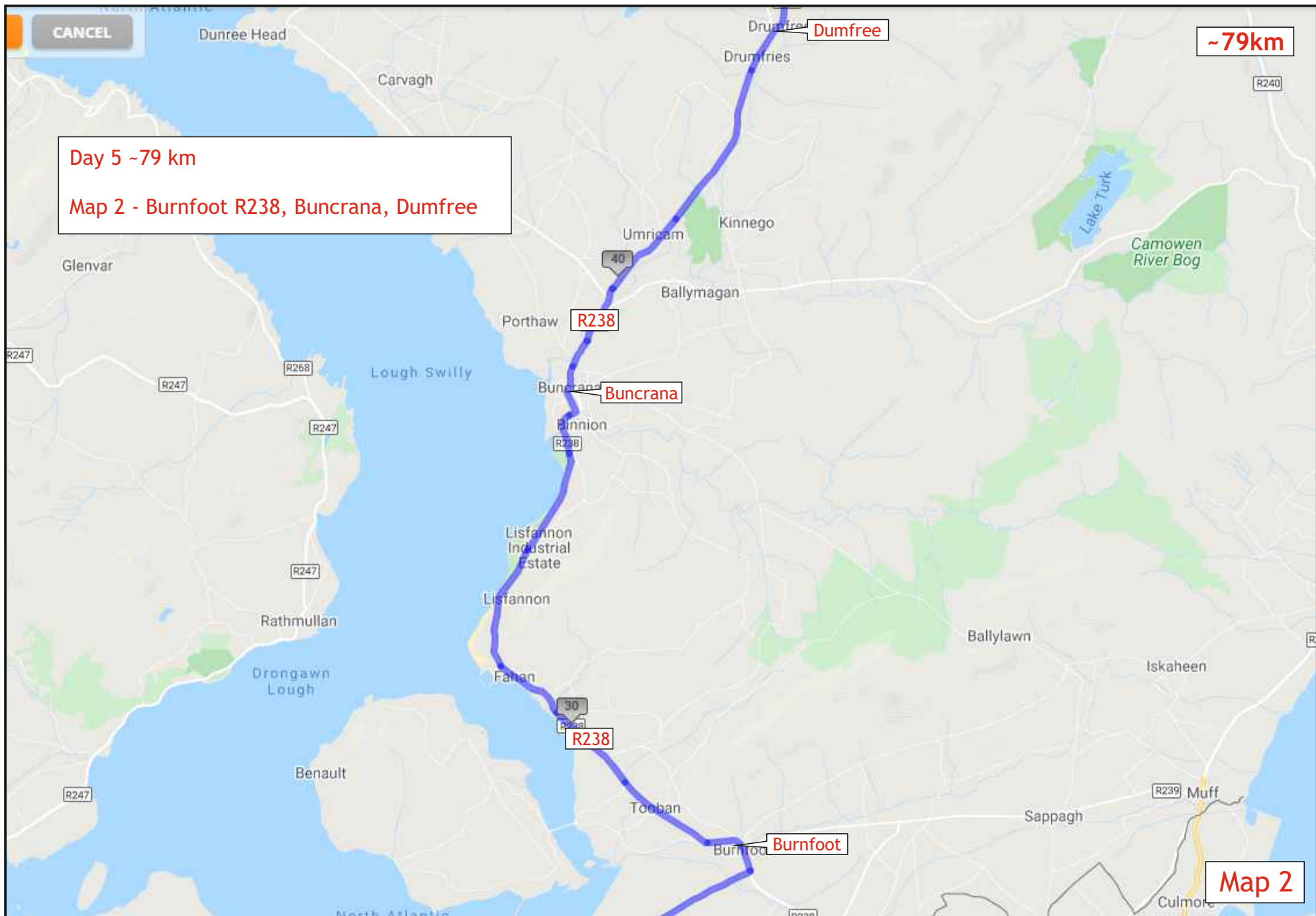


Day 5 ~ 79 km  
Map 1 - N13 Newtown Cunningham, Burt, Burnfoot

Start : Letterkenny

Map 1

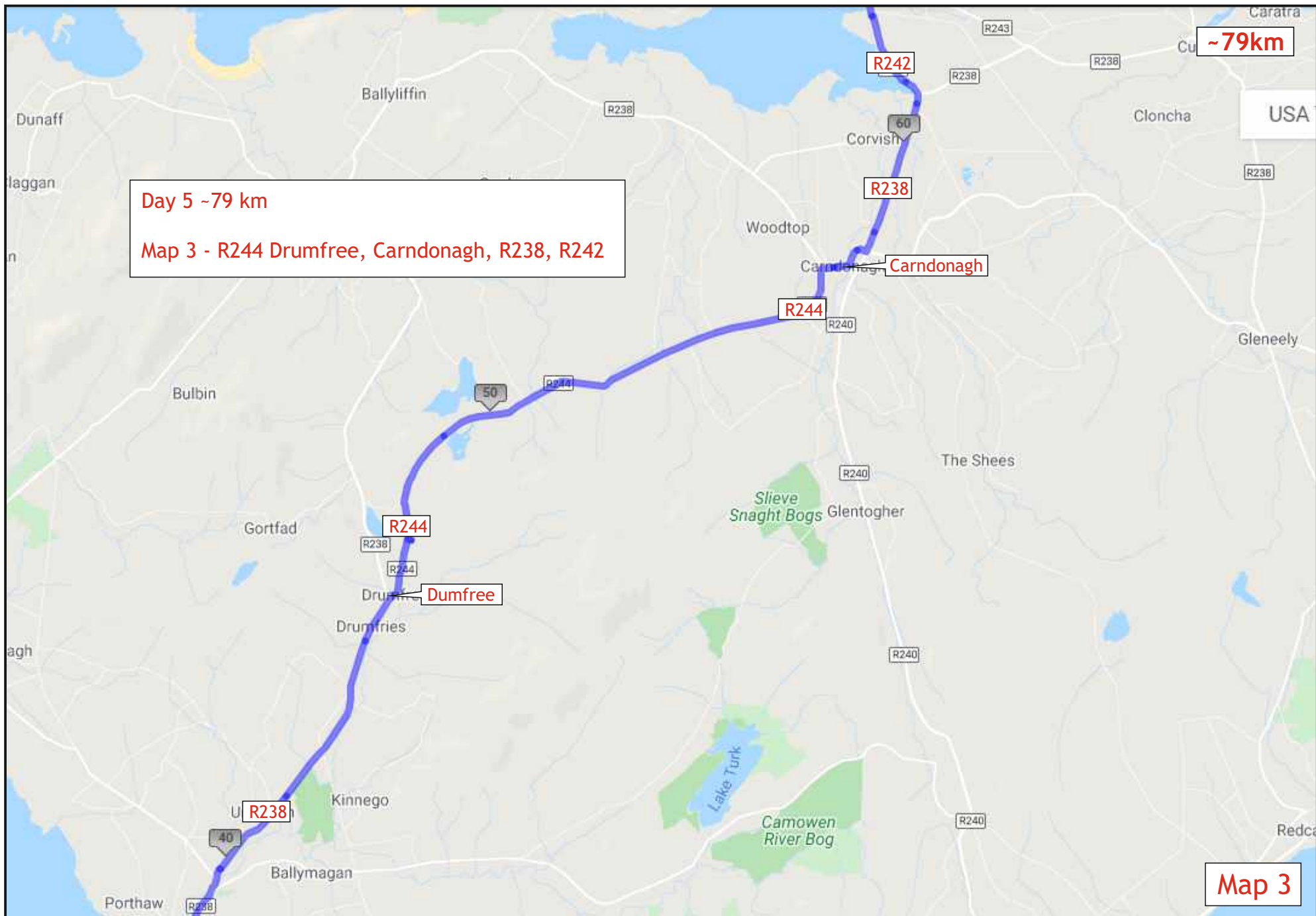
~79km



Day 5 ~79 km  
Map 2 - Burnfoot R238, Buncrana, Dumfree

~79km

Map 2



Day 5 ~79 km  
Map 3 - R244 Drumfree, Carndonagh, R238, R242

Map 3

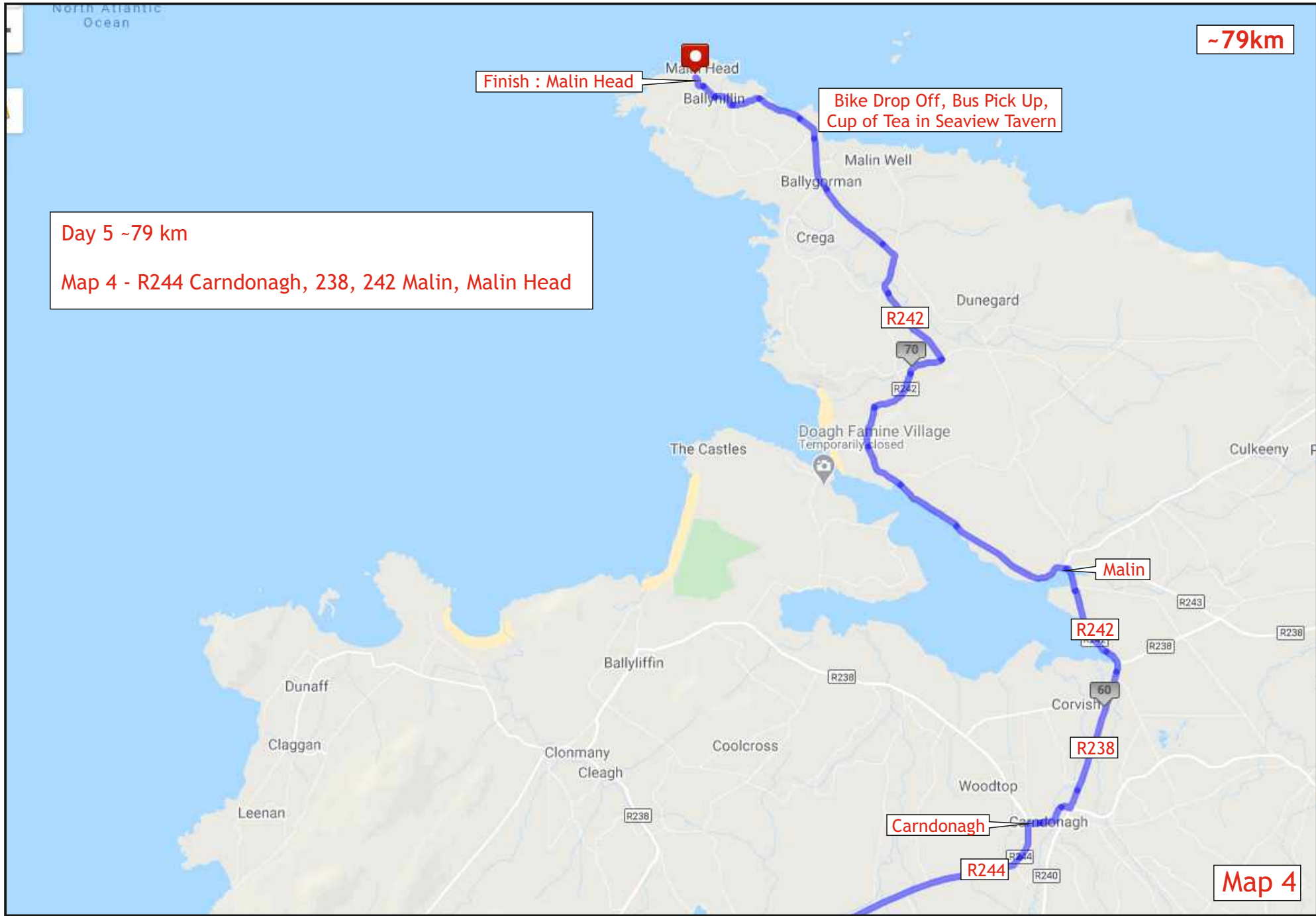
~79km

Finish : Malin Head

Bike Drop Off, Bus Pick Up,  
Cup of Tea in Seaview Tavern

Day 5 ~79 km

Map 4 - R244 Carndonagh, 238, 242 Malin, Malin Head



Map 4