

0.0	0.0	📍	Start of route
0.0	0.0	✍️	CONTROL - Aspire
0.3	0.3	←	L onto Bridge St
0.3	0.0	↑	At the roundabout, take the 2nd exit and stay on Bridge St
0.5	0.1	←	L onto Church St/R420
2.7	2.3	→	R
8.6	5.9	←	L
12.8	4.2	→	R Sign for Ballymore
14.8	2.0	←	L
16.9	2.0	↑	Straight @ X
20.6	3.8	↑	Continue onto Moate Rd
21.0	0.4	←	L onto R390
23.1	2.1	→	R Sign for BallyMahon
30.0	6.8	↑	Continue onto Creevaghbuí
30.2	0.3	→	R onto Creevaghbeg
31.5	1.3	↑	Continue onto Goldsmith Terrace
31.8	0.3	←	Slight L onto R392
35.6	3.7	→	R onto R397 Sign for Longford
50.5	15.0	→	R onto N63
53.2	2.7	→	R onto Harbour Row/N63
53.5	0.3	←	L onto Ballymahon St/N5/N63
53.9	0.4	↑	Continue onto Main St/R198
55.4	1.5	↑	At the roundabout, take the 1st exit onto N4
67.5	12.0	↑	At the roundabout, take the 1st exit onto R371

67.5 kilometers. +402/-412 meters

69.2	1.7	←	L to stay on R371
71.1	1.9	→	R
76.3	5.2	→	R
81.3	4.9	→	R Towards Drumsna
84.8	3.5	←	L onto L3656
87.0	2.2	←	L onto N4
88.8	1.8	→	Keep R to stay on N4
90.0	1.2	✍️	CONTROL Garage, Cafes and PUBs
91.0	1.0	↑	At the roundabout, take the 2nd exit onto Dublin Rd/R280
91.5	0.4	←	L onto Main St/R280
91.5	0.1	→	R onto Priests Ln
91.6	0.1	→	R towards Leitrim Rd/R280
91.7	0.1	←	L onto Leitrim Rd/R280
92.3	0.5	↑	Straight keeping R on R280 Towards Leitrim town
92.3	0.0	<i>i</i>	2 route options. Continue L towards Cootehall Or continue towards Leitrim and take left after town to Cootehall
92.5	0.2	←	Keep L on R280
95.9	3.5	←	Keep L on R284 Then first left on L1016
100.0	4.0	→	Slight R onto Oakport
100.2	0.3	→	R
100.6	0.3	←	L
103.4	2.8	→	R onto R285 Knockvicar
103.8	0.4	↑	Continue onto L1012
110.6	6.9	→	R Corrigenroe

43.2 kilometers. +320/-302 meters

119.1	8.4	←	L
120.8	1.7	→	R McDonaghs Bo & Arrow
120.8	0.0	←	L
128.9	8.1	←	L Towards Clonmahon
132.9	4.0	→	R onto N4
133.5	0.6	→	Slight R to stay on N4
135.8	2.2	←	Slight L to stay on N4
136.5	0.8	↑	At the roundabout, take the 1st exit onto R290
136.7	0.1	→	R to stay on R290
140.1	3.4	↑	At the roundabout, take the 1st exit onto N59
141.1	1.0	←	Slight L to stay on N59
149.3	8.2	→	Slight R
154.1	4.8	→	R
158.1	4.0	→	R
168.4	10.3	→	R onto R297
174.6	6.1	→	R to stay on R297
188.1	13.6	✂	Enniscrone - CONTROL Garage, Cafes
190.2	2.0	→	R
196.8	6.6	↑	Continue onto Rathmeel Lawns
196.9	0.1	↑	Continue onto Quay Rd
198.4	1.6	↑	Continue onto Riverslade
199.4	1.0	→	R onto N59 Ballina ( Cafes, Garages, Eamon's House)
200.6	1.2	←	L towards Plunkett Rd
200.7	0.1	→	R onto Plunkett Rd

90.0 kilometers. +574/-642 meters

200.8	0.2	←	Slight L onto Church Rd
201.1	0.2	→	Slight R to stay on Church Rd
202.6	1.5	←	L
213.9	11.4	→	R Towards Foxford
215.9	2.0	↑	Continue onto Noorey Park
216.9	0.9	→	R onto Swinford Rd/N26
218.2	1.3	←	L onto Main St/N58
223.6	5.4	←	L onto R321
228.4	4.8	←	L onto N5
229.0	0.6	→	Slight R to stay on N5
229.1	0.1	→	R towards R321
229.3	0.2	→	R onto R321
235.9	6.6	↑	Continue onto Aiden St/R320
236.2	0.2	←	L onto Circular Rd
236.5	0.3	→	R to stay on Circular Rd
236.6	0.0	←	L onto James St/R322
236.9	0.3	→	R onto Station Rd
237.1	0.2	←	L onto Knock Rd/R323
255.0	17.9	←	Slight L onto Knock Rd/R323
255.6	0.6	↑	Continue onto Upper Main St/R929
256.2	0.7	✂	Ballyhaunis CONTROL
256.4	0.1	↑	Continue onto Knox St/N83
257.1	0.7	↑	Continue onto N60
265.2	8.2	↖	Slight L to stay on N60
265.7	0.5	→	Slight R onto Wallace Ct/N60

65.1 kilometers. +390/-309 meters

265.9	0.1	→	R No signs
271.4	5.6	→	R onto R361
272.6	1.1	←	L (signs for Ballymoe)
279.4	6.8	→	R onto N60
280.2	0.9	→	R onto R360
280.4	0.2	←	L
281.0	0.6	→	R
282.0	0.9	→	R
283.7	1.8	←	L
284.0	0.2	→	R
284.7	0.8	←	L
295.0	10.3	↑	Continue onto R362
303.9	8.9	→	Slight R to stay on R362
318.0	14.1	←	L to stay on R362
324.7	6.7	←	L to stay on R362
328.6	3.9	←	Slight L to stay on R362
329.0	0.4	↑	At the roundabout, take the 1st exit
330.7	1.7	←	L onto R446
333.0	2.3	↑	At the roundabout, take the 1st exit onto Custume PI/R446
334.3	1.3	←	Slight L onto Brideswell Street/R446
339.2	4.8	→	Slight R to stay on R446
342.0	2.8	→	Slight R to stay on R446 Moate
349.7	7.7	→	R onto Clara Rd
351.7	2.0	↑	At the roundabout, take the 1st exit

85.9 kilometers. +533/-545 meters

351.9	0.2	↑	At the roundabout, take the 1st exit onto R420
359.4	7.5	→	R onto Bridge St
359.6	0.1	↑	At the roundabout, take the 1st exit and stay on Bridge St
359.6	0.0	→	R into Clara House
359.9	0.3	📍	End of route

8.2 kilometers. +26/-47 meters