



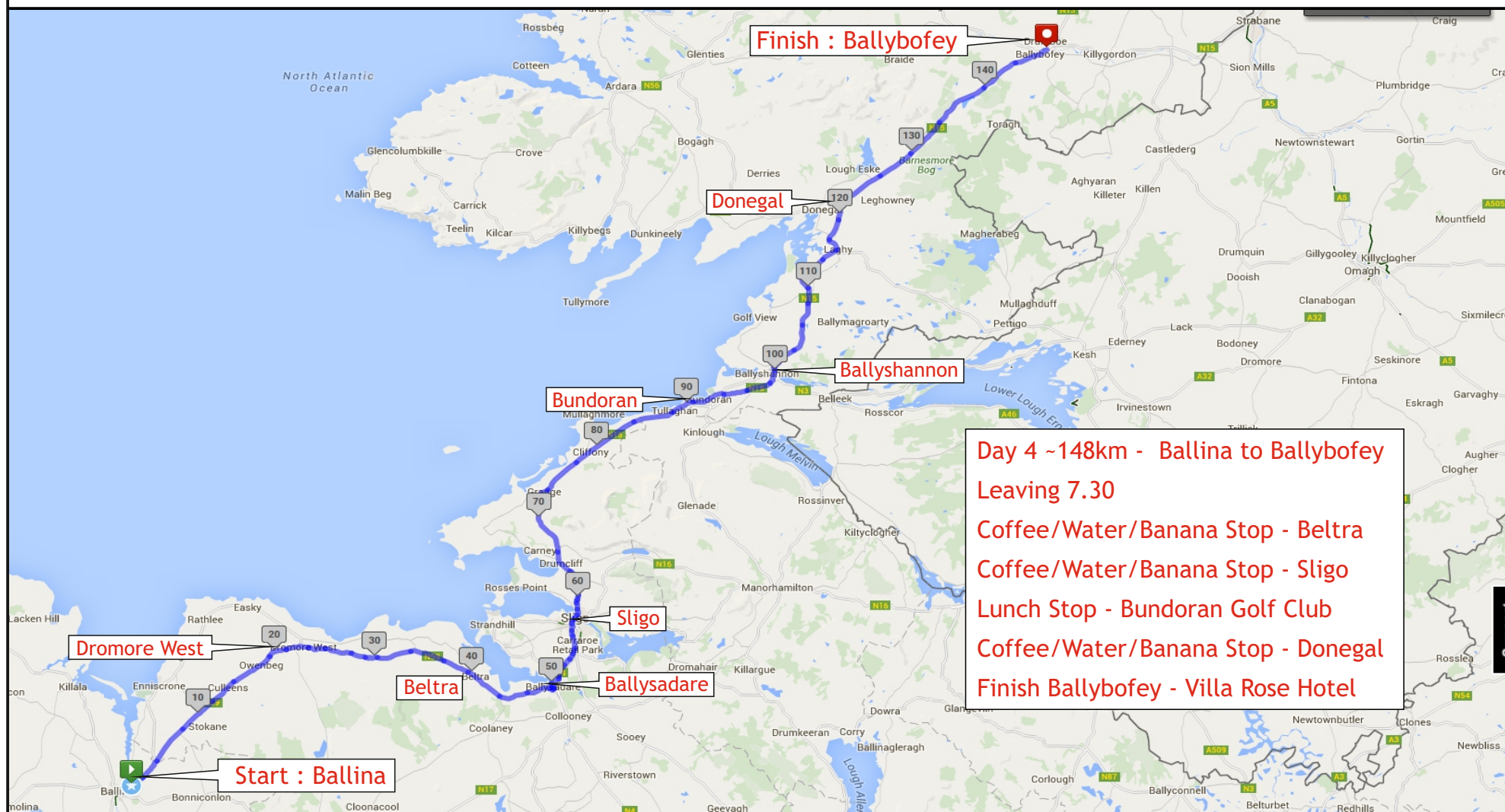
# The 2016 Nissan Mizen to Malin Challenge



Support  
Vinny Paterson 086 8100110  
Liam O' Flaherty 086 2553414

**Day 4 ~148km - Ballina to Ballybofey**  
via Dromore West, Ballysadare, Sligo, Bundoran,  
Ballyshannon & Donegal

Support  
Gerry Park 086 8188067  
Mick Carolan 086 0854237



**Day 4 ~148km - Ballina to Ballybofey**  
**Leaving 7.30**  
**Coffee/Water/Banana Stop - Beltra**  
**Coffee/Water/Banana Stop - Sligo**  
**Lunch Stop - Bundoran Golf Club**  
**Coffee/Water/Banana Stop - Donegal**  
**Finish Ballybofey - Villa Rose Hotel**

Support



|                                |                               |                       |                                                                                                           |
|--------------------------------|-------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------|
| START ELEVATION<br><b>18 M</b> | MAX ELEVATION<br><b>178 M</b> | GAIN<br><b>1060 M</b> | CLIMBS ON ROUTE<br><br>1 |
|--------------------------------|-------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------|

## CLIMB DETAILS

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

| Rating                                                                            | Start/End Points    | Length   | Start/End Elevation | Avg Grade |
|-----------------------------------------------------------------------------------|---------------------|----------|---------------------|-----------|
|  | 121.72 km/136.43 km | 14.71 km | 27 m/176 m          | 1.0%      |

### Information about Climbs



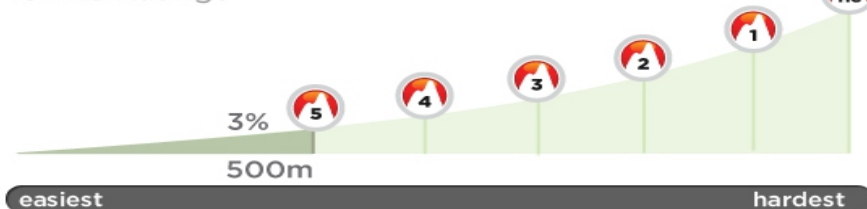
For any climb to be rated (receive a climb score/category) it must be at least **500 meters** in length with an average grade of **3% or more**.

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).

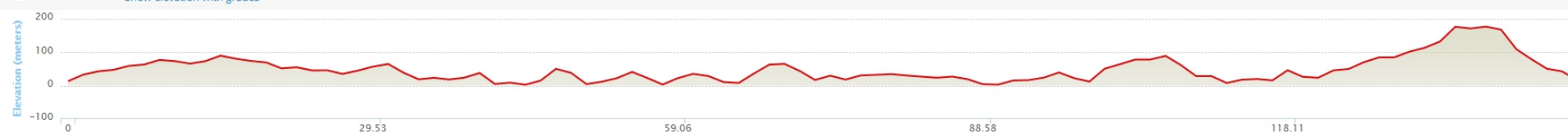
### Information about Climbs

#### Climb Ratings

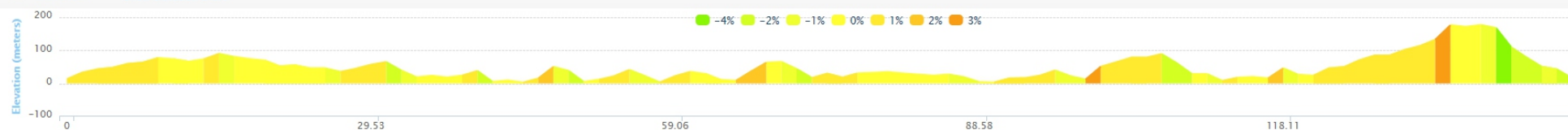


## Day 4 Profiles

### ▼ Elevation

[Show elevation with grades](#)


### ▼ Elevation

[Show elevation chart](#)








Day 4 ~148km

Map 3 - N15 Grange, R267 Bundoran, N15 Ballyshannon & Ballintra

