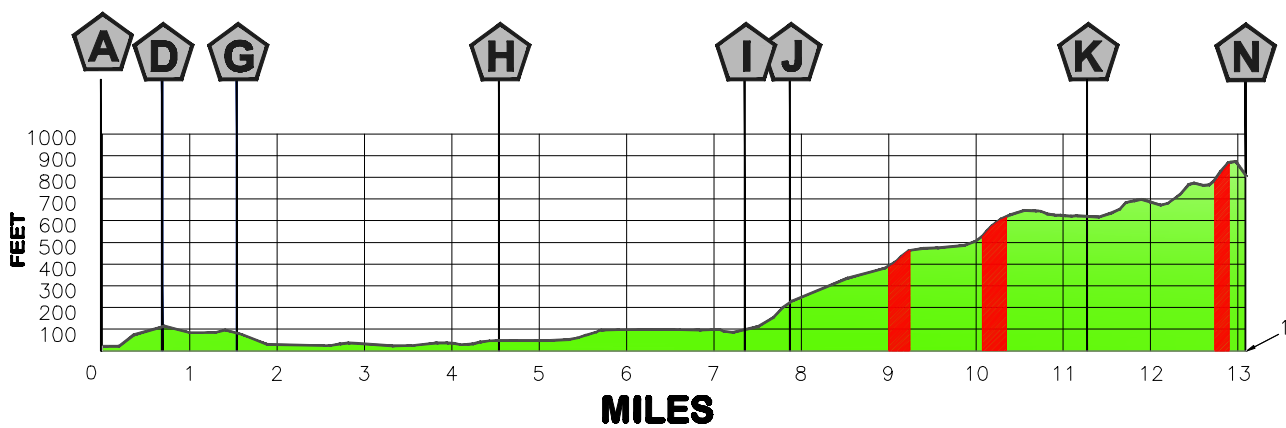
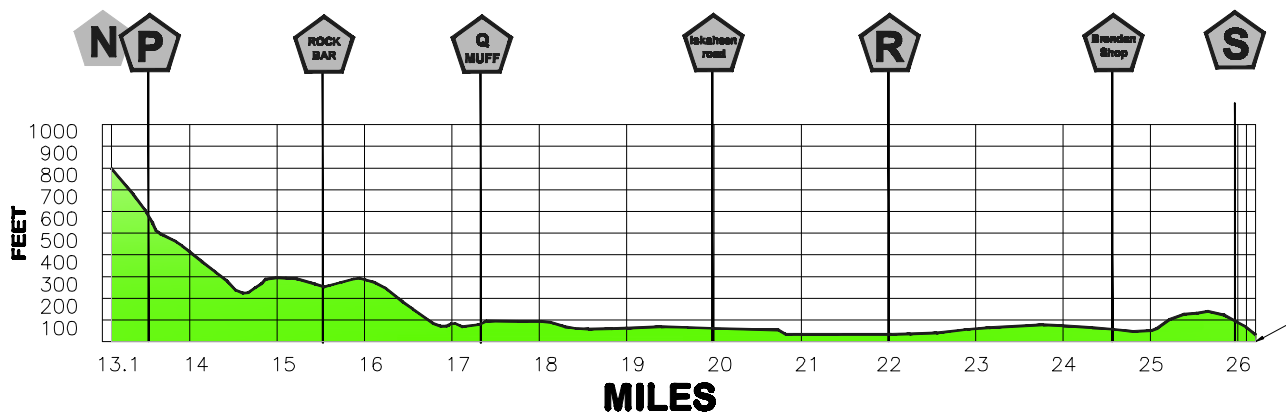


# DAY 4 - MUFF MARATHON



Stage 1 - MUFF MARATHON (Buncrana to Grainne's Gap)



Stage 2 - MUFF MARATHON ( Grainne's Gap to Redcastle)  
Half marathon route

Enduring Climbs



Flat / Easy incline - decline



## LEGENDS

- STAGE 1 (13.1 MILES) MARATHON
- STAGE 2 OF MARATHON & HALF MARATHON



## RACE LEGENDS

- JUNCTION REFERENCES
- WATER STATION
- MILE MARKER