

CHALLENGE	TOTAL DISTANCE	KM/WEEK	STEPS/WEEK	KM/DAY	STEPS/DAY
COAST OF SLIGO & LEITRIM	148 km	24.7 km	30,833 steps	3.4 km	4,405 steps
COAST OF CLARE	206 km	34.3 km	42,916 steps	4.9 km	6,130 steps
COAST OF GALWAY	312 km	52.0 km	65,000 steps	7.4 km	9,285 steps
COAST OF MAYO	553 km	92.3 km	115,375 steps	13.2 km	16,482 steps
COAST OF DONEGAL	610 km	101.7 km	1,27116 steps	14.5 km	18,159 steps