



The 2022 Nissan Mizen to Malin Challenge



Day 1 ~120km - Mizen Head - Killarney
via Mizen Head, Goleen, Toormore, Durrus, Bantry, Glengarriff, Caha Pass, Kenmare, Killarney



ELEVATION (M)



CLIMB DETAILS

CATEGORY	AVG. GRADE	ELEVATION	DISTANCE
01	4.4%	GAIN 79 m	LENGTH 1.80 km
02	2.1%	GAIN 62 m	LENGTH 2.90 km
03	0.9%	GAIN 65 m	LENGTH 7.01 km
04	3.3%	GAIN 310 m	LENGTH 9.31 km
05	2.2%	GAIN 244 m	LENGTH 10.91 km
06	2.2%	GAIN 61 m	LENGTH 2.80 km

Information about Climbs

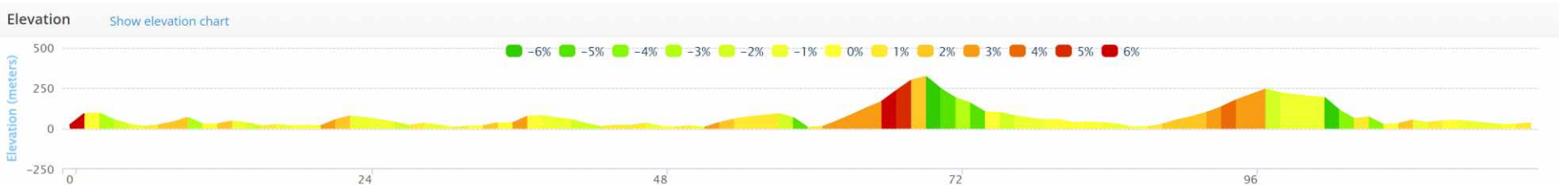


For any climb to be rated (receive a climb score/category) it must be at least **500 meters** in length with an average grade of **3% or more**.

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.



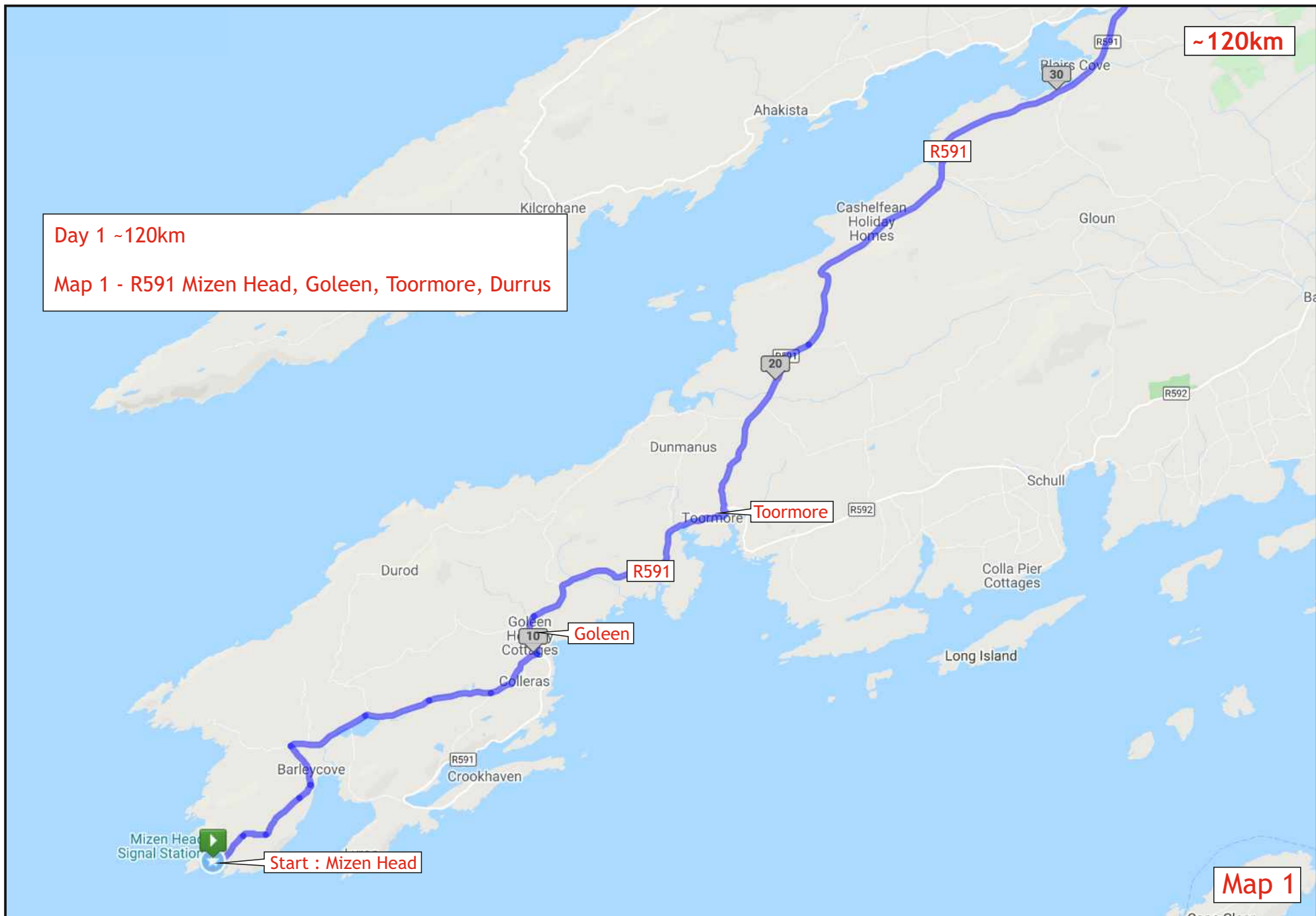
Day 1 Profiles



~ 120km

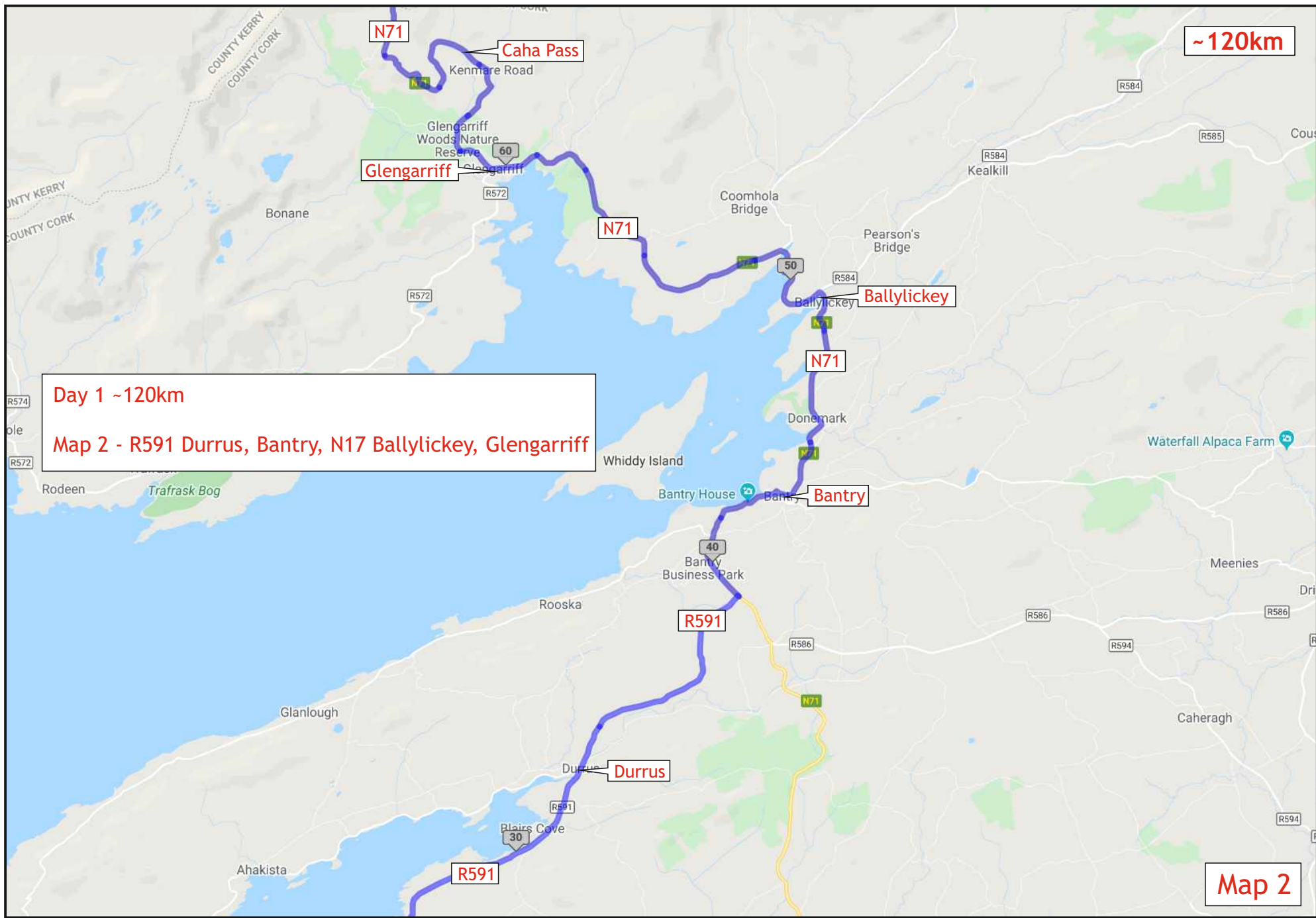
Day 1 ~120km

Map 1 - R591 Mizen Head, Goleen, Toormore, Durrus



Start : Mizen Head

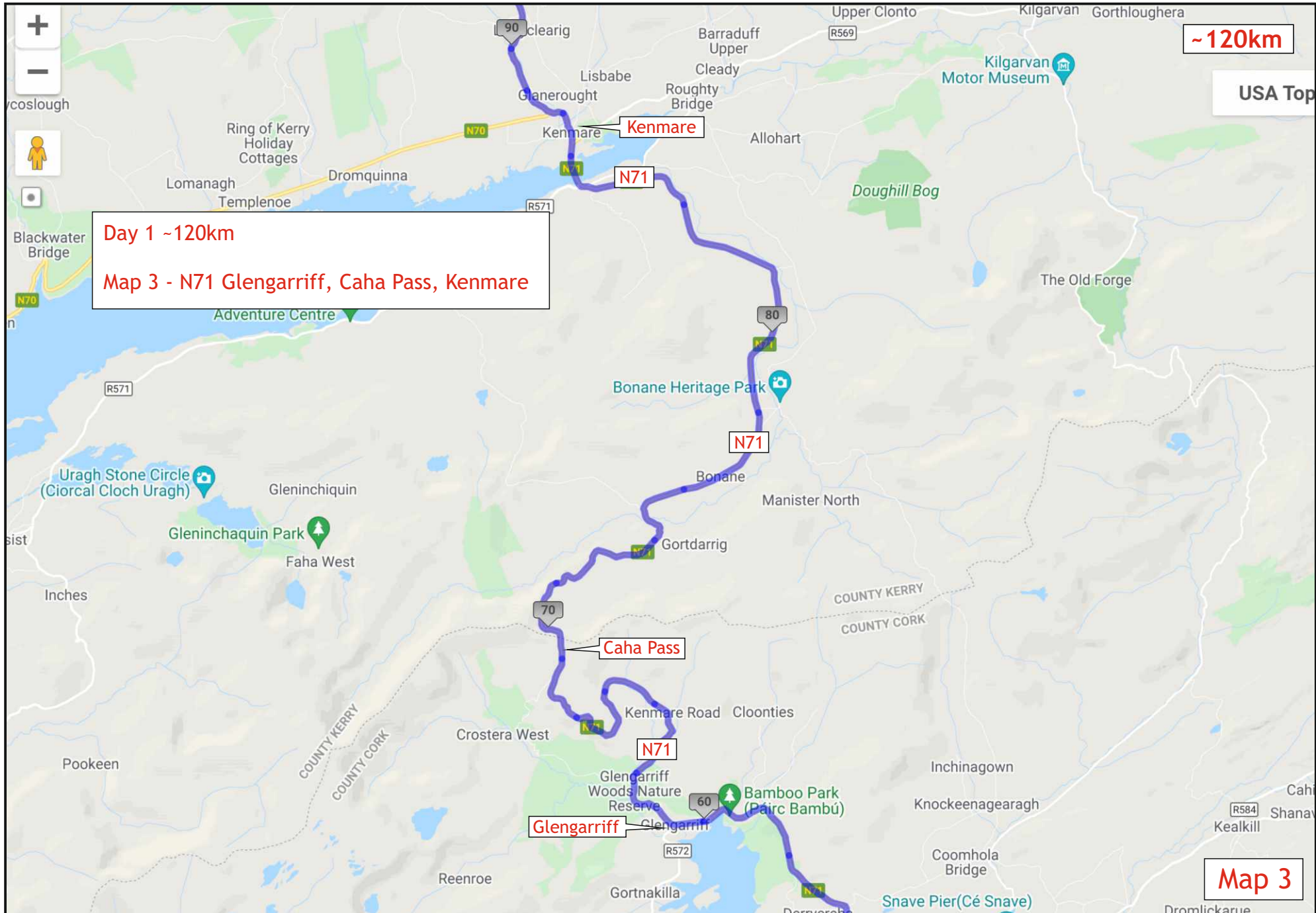
Map 1



~ 120km

Day 1 ~120km
 Map 2 - R591 Durrus, Bantry, N17 Ballylickey, Glengarriff

Map 2

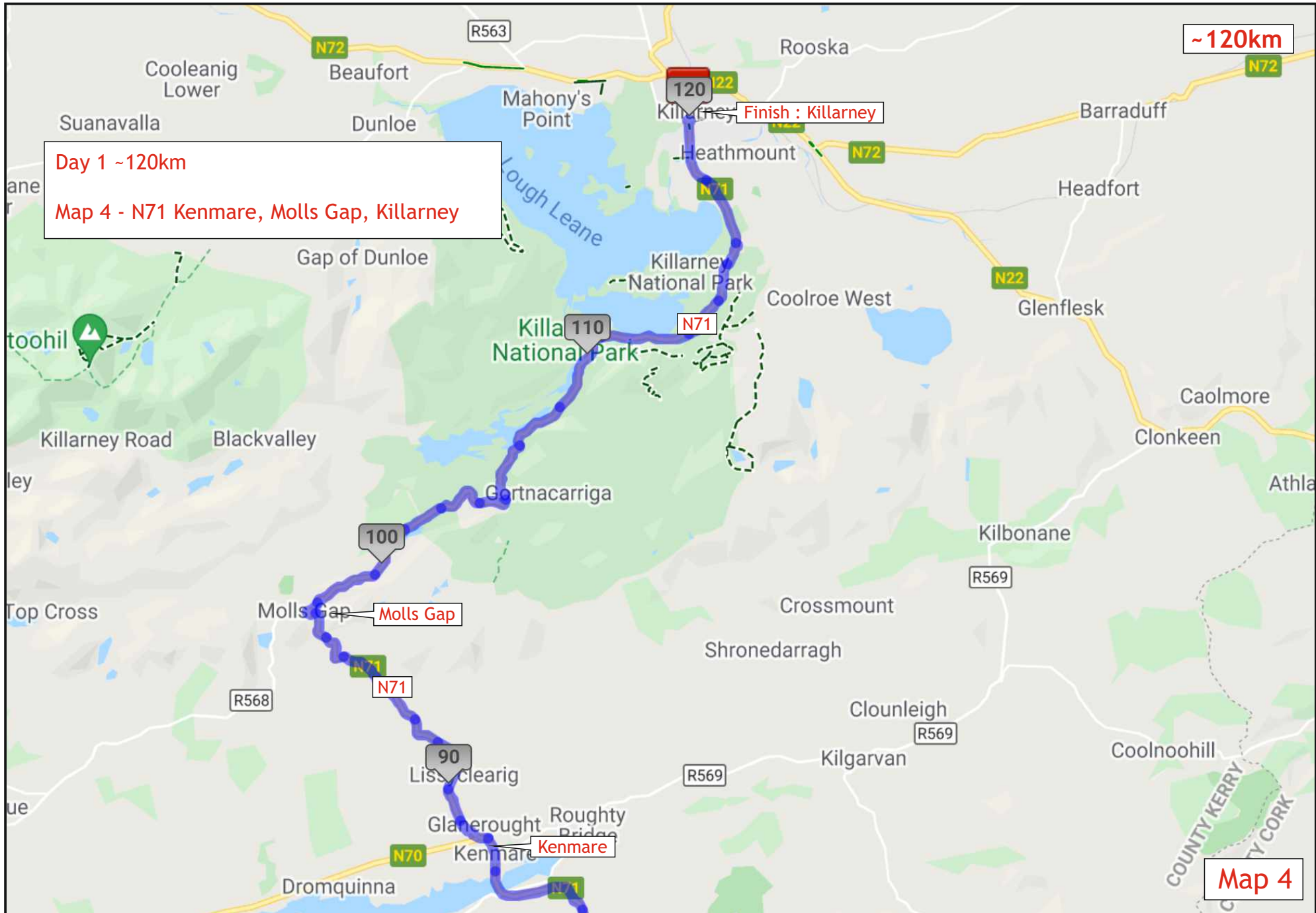


~ 120km

USA Top

Day 1 ~120km
Map 3 - N71 Glengarriff, Cahah Pass, Kenmare

Map 3



~ 120km

Day 1 ~120km

Map 4 - N71 Kenmare, Molls Gap, Killarney

Finish : Killarney

Molls Gap

Kenmare

Map 4