

Date :	25th to 27th September 2009
Event :	Sionnach Adeventure
Location :	The Burren Co Claire

Maps / Scale	1:50,000
Magnetic Variation :	6
Sunrise / Sunset	7:27 / 19:27
Route Speed (KPH)	3

## Friday Night

Location		Easting	Northing	Height	Distance(m)	Compass Bearing	Height Gain	Distance Time	Height Time	Leg Time
Start Fanore Church	M	147	089	30						
					806	103	50	16	5	21
Base Camp	M	155	088	80						
TOTALS					806		50	16	5	21

## Saturday Hike

Location		Easting	Northing	Height	Distance(m)	Compass Bearing	Height Gain	Distance Time	Height Time	Leg Time
Base Camp	M	155	088	80						
					1204	54	170	24	17	41
Sahran's Snout	M	164	096	250						
					894	69		18	0	18
High Camp	M	172	100	205						
					283	51	35	6	4	10
Col	M	174	102	240						
					860	150	77	17	8	25
Gleninagh Mountain	M	179	095	317						
					707	104		14	0	14
Track / Wall Junction	M	186	094	210						
					728	112	40	15	4	19
Ciarans Cave	M	193	092	250						
					728	292		15	0	15
Track / Wall Junction	M	186	094	210						
					1140	224	60	23	6	29
Wall Corner	M	179	085	270						
					1063	325	20	21	2	23
Ring Fprt	M	172	093	200						
					700	6	5	14	1	15
High Camp	M	172	100	205						
TOTALS					8307		407	167	41	208

## Sunday Walk Out

Location		Easting	Northing	Height	Distance(m)	Compass Bearing	Height Gain	Distance Time	Height Time	Leg Time
High Camp	M	172	100	205						
					781	316	109	16	11	27
Cairn	M	166	105	314						
					1204	324		24	0	24
Ring fort	M	158	114	190						
					1204	234		24	0	24
Track Corner	M	149	106	90						
					1000	186		20	0	20
Road	M	149	096	50						
					728	202		15	0	15
Start Fanore Church	M	147	089	30						
TOTALS					4917		109	99	11	110

Calculations : The time and distance calculation on this route card are calculated at a speed of	3	kph
and 1 minute for each 10 metres climbed. No allowance is made for height loss. The timing is	20	minutes
per 1000 meters (1km) or 50 metres per minute . No allowance has being made for breaks		