

# 100K - TG Memorial Cycle 2022

<https://www.strava.com/routes/2992050472383734570>

Distance	Elevation Gain	Estimated Moving Time
101.2 Kilometres	504 Metres	3 hours 45 minutes

DIRECTION	DISTANCE (kilometers)
Proceed From PAYPAL	0.0
<b>RIGHT</b> onto Dublin Road	0.2
Right onto Commons Road	3.5
Right onto L1182	6.7
Right onto R215 (Dundalk / Ardee Road)	11.2
Left onto Dundalk South Interchange	14.7
Continue on Southern Link (EXIT 2)	14.9
Proceed onto Southern Link	15.2
Straight Through Xerox Lights	18.1
Proceed onto Dundalk Inner Relief Road	18.3
Continue on Táin Bridge	21.6
Continue straight at Red Cow Roundabout	23.0
Continue onto Ballymascanlon Roundabout	24.4
4 <sup>th</sup> Exit onto Carlingford Road - R173	24.4
Continue on R173	24.6
Proceed onto R173 (Through Lordship)	34.3
Turn LEFT at Bush Cross and <b>STAY LEFT</b>	38.7

Proceed on to Longs Way Grave (Via Glenmore)	<b>47.8</b>
Proceed to Cornamucklagh / BCP1	<b>53.2</b>
Turn Right R173 (Omeath / Newry Road)	<b>55.2</b>
Proceed to Omeath Village	<b>61.0</b>
Proceed onto off-road waypoint. No data available	<b>61.1</b>
Continue on R173	<b>61.1</b>
Proceed onto R173	<b>63.4</b>
Continue on R176 Along Carlingford Sea Front	<b>65.8</b>
Continue on Greenore Road	<b>65.9</b>
Proceed onto Greenore Road	<b>66.4</b>
Right onto R175 – Cooley Junction	<b>69.3</b>
Left onto R173	<b>83.6</b>
Left onto Ballymascanlan Roundabout	<b>87.2</b>
Continue on Inner Relief Road	<b>87.2</b>
Continue on Táin Bridge	<b>89.9</b>
Continue on Coe's Road	<b>90.0</b>
Right on Quay Street	<b>90.7</b>
Continue on Point Road	<b>91.0</b>
Right onto Red Barns Road	<b>92.0</b>
Continue onto Sea Road, Blackrock	<b>96.6</b>
Proceed onto Coast Road	<b>97.7</b>

Continue Through Blackrock **98.2**

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Proceed onto Cockle Hill **98.7**

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Right onto R132 – At Greengates **98.9**

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Arrive at Finish **101.20**

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