

Royal Canal Cycle Touring Times

The chart below shows the average cycle touring times (in minutes).
 If you are cycling east read horizontally and if you are cycling west read vertically. This table is based on average cycle touring speeds.

	Maynooth										
Enfield	80	Enfield									
Moyvalley	115	35	Moyvalley								
Hill of Down	155	75	40	Hill of Down							
Thomastown	195	115	80	40	Thomastown						
Mullingar	275	195	160	120	80	Mullingar					
Ballynacarrigy	355	275	240	200	160	80	Ballynacarrigy				
Abbeyshrule	400	320	285	245	205	125	45	Abbeyshrule			
Ballybrannigan	440	360	325	285	245	165	85	40	Ballybrannigan		
Mosstown	485	405	370	330	290	205	130	85	45	Mosstown	
Cloondara	550	470	435	395	355	270	195	150	110	65	