



From Cork Institute of Technology, Rossa Avenue, Co. Cork, Ireland, to Ballina, Co. Mayo, Ireland,

Distance: 298.38 Show Distances in Miles | Time: 4 hr 5 min

	Directions	Distance
1.	Start: Head east	0
2.	At the roundabout, take the 1st exit onto Rossa Ave	0.18
3.	Turn right onto Model Farm Rd/R608	0.51
4.	Turn left onto Victoria Cross/N71	2.29
5.	Slight right onto Carrigrohane Rd/N22	2.76
6.	Slight left to stay on Carrigrohane Rd/N22	2.88
7.	Turn left onto Western Rd/R846	3
8.	Turn right onto Sunday's Well Rd/R846	3.34
9.	Turn left onto Shanakiel Rd	3.89
10.	Merge onto Blarney St	4.79
11.	Turn right	5.87
12.	Turn right onto R617	10.11
13.	Merge onto N20 via the ramp to Mallow/Limerick	10.61
14.	At the roundabout, take the 2nd exit onto Limerick Rd/N20	36.41
15.	At the roundabout, take the 2nd exit and stay on Limerick Rd/N20 Continue to follow N20	36.94
16.	Take the ramp to N20/Limerick/N7/Dublin	89.02
17.	Continue onto M20	89.63
18.	At junction 1, take the N18 exit to Galway/Limerick (Centre)/Airport/N69	98.85
19.	Continue onto N18 Partial toll road	99.32

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20.	Continue onto M18 (signs for Galway/N18/Ennis)	121.06
21.	At the roundabout, take the 1st exit onto N66	162.81
22.	At the roundabout, take the 1st exit onto Galway Rd/N18 Continue to follow N18	162.99
23.	At the roundabout, take the 2nd exit and stay on N18	187.51
24.	At the roundabout, take the 2nd exit and stay on N18	188.78
25.	At the roundabout, take the 3rd exit and stay on N18	189.65
26.	At the roundabout, take the 2nd exit and stay on N18	191.69
27.	At the roundabout, take the 1st exit and stay on N18	191.87
28.	Turn right onto N17	197.29
29.	Continue straight	225.4
30.	Continue onto N17	226.86
31.	Take the R323 exit toward Knock/Ballyhaunis/Kiltimagh/Ballina	255.52
32.	Continue onto Carrowmore Meadows	255.91
33.	Turn left onto R323	256.04
34.	Turn right onto Main St/R320 Continue to follow R320	263.96
35.	Continue onto Swinford Rd/R321 Continue to follow R321	264.62
36.	Turn left onto N5	271.34
37.	Turn right onto R321	272.18
38.	Turn right onto N58	276.99
39.	Turn left onto Chapel Rd/N26 Continue to follow N26	282.38
40.	Continue onto Teeling St/N59	297.87
41.	Turn right onto Tone St	298.12
42.		298.28

This recommended route is designed as a guide to help you get to your destination safely and easily. If you find an error or omission, please let us know (routeplannerquery@aaireland.ie) so we can correct it for future users.

Always use your mobile phone safely – park legally before dialling or checking text messages. You must not use this route in a way that interferes with your control of your vehicle, or otherwise endangers your safety or the safety of others.

No representation is made or guarantee given as to the content or usability of these directions. AA Ireland and its suppliers assume no responsibility for any loss or delay resulting from use of these directions.