

2Girls2Run Daily Schedule

The following table provides the start and finish locations for the 2Girls run each day. The locations for the daily start and finish will not change. They will stop for a break at around 20-21kms or around 10.00am to 11.00am. The 2Girls will try and keep to the lunch schedule but this is not guaranteed and may change during the run depending on how they are feeling. The run each day will start at 7.30am except Day 1 when the team will be at the start from 10.00am and the run will start at 11.00. Anyone wishing to join the girls should contact the team by email or by calling Shirley on 917568851, Jill on 963447338 or Sue on 913651466

Day	Date	Start and Finish Locations	Distance	Lunch Stop	Comments
Day 1	Sunday 4 May	Start Vila Real at ferry terminal Finish Tavira – at river near restaurants	31.7 km	Cacela Velha (Vila Nova de Cacela) – in the old town, just before the Fabrica	This is a pretty run and the start will be a great event. Please join us
Day 2	Monday 5 May	Start Tavira – at river near restaurants Finish Olhao – on the seafront near the restaurants	29.0 km	Fuzeta – in the square overlooking the sea	Extremely pretty and recommended as a good day to join the girls
Day 3	Tuesday 6 May	Start Olhao – on the seafront near the restaurants Finish Quarteria – outside Dom Joao Hotel	35.0 km	Quinta Shopping	Also very pretty and another day to be recommended
Day 4	Wednesday 7 May	Start Quarteira – outside Dom Joao Hotel Finish Armacao da Pêra – Fisherman's beach	31.3 km	Albufeira Old Town (the girls will actually go into Albufeira Marina for their lunch) but will spend some time in the Old town	This day goes through Albufeira and takes in a few more roads and hills
Day 5	Thursday 8 May	Start Armacao da Pera – Fisherman's beach Finish Alvor – on the seafront near the restaurants	29.3 km	Ferragudo main square	Many parts of this run are lovely and for those wishing to join the girls contact the team on the above nos.
Day 6	Friday 9 May	The Start will be in Alvor but the girls will be crossing the lagoon by boat to Meia Praia to avoid the long section on the N125 Finish Burgau – near the sea	25.1–29.1 km	Luz at the seafront	From Meia Praia the girls will go through the town of Lagos and on the road to Luz. From there it will be a lovely run.
Day 7	Saturday 10 May	Start Burgau – near the sea Finish Sagres – the centre of the town near the start for the 10km run (on Sunday)	26-30 km	Between Salema and Martinhal – not yet decided. On this section the girls will run along the coast rather than go inland at Figueira as it will be a little shorter	Another extremely pretty section finishing with a spectacular and interesting route across cliff paths from Ingrina to Martinhal
Day 8	Sunday 11 May	Sagres to Cabo do Sao Vicente	Last 10km Run	Mitic Café in Sagres	To be celebrated by all.

Any person running with the girls at any time must be responsible for their own drink, food and transport