

# Stage 1 – Balbriggan to Donabate

- Distance – 20km
- Distance to go – 11,817km



Ireland





# Balbriggan

- Population – 20,000
- Balbriggan is beside the sea
- Balbriggan is 30 km from Dublin
- Many sports are played in Balbriggan like GAA, football and golf





# Donabate

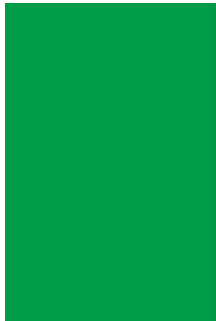


- Population – 8700
- 4 Schools – St Pats Boys, St Pats Girls, Donabate Community College, DPETNS
- There are 5 golf courses in the area
- Local GAA club is St Pats and was formed in 1924
- St Ita's soccer club have played for nearly 100 years
- Home of Newbridge house, build in 1736



# Stage 2 – Donabate to Dublin

- Distance – 19km
- Distance to go – 11,798km



Ireland





# Dublin, Ireland



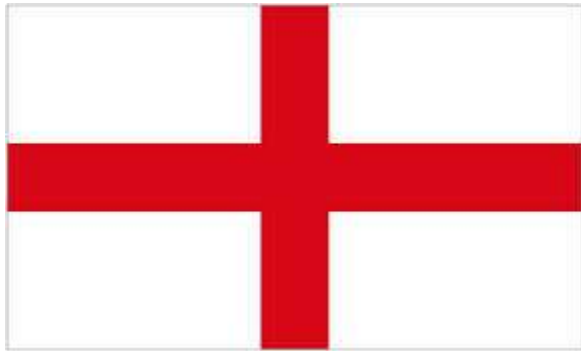
- In Ireland there are 6 million people
- Ireland is an island
- Dublin is the capital of Ireland
- In Dublin there are 1 million people



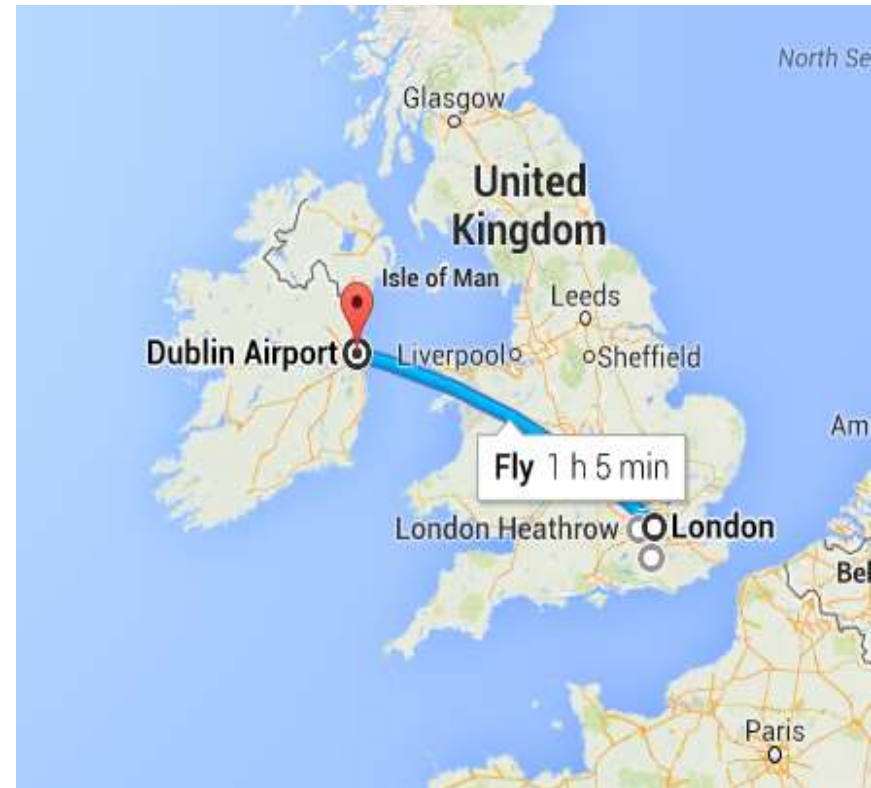


# Stage 3 – Dublin to London

- Distance – 524km
- Distance to go – 11,294km



England





# London, England



- London is the capital of England
- Population – 8.3 million
- City founded in Roman times 43ME
- London is the world's most visited city
- More than 300 languages are spoken in London



# Stage 4 – London to Paris

- Distance – 360km
- Distance so far – 863km
- Distance to go – 10,954km



France





# Paris, France



- Population 2.2 million
- Language – French – Bonjour!
- Paris is nearly 2000 years old
- Paris Metro is the subway system was built in 1900 & serves 9 million passengers every day



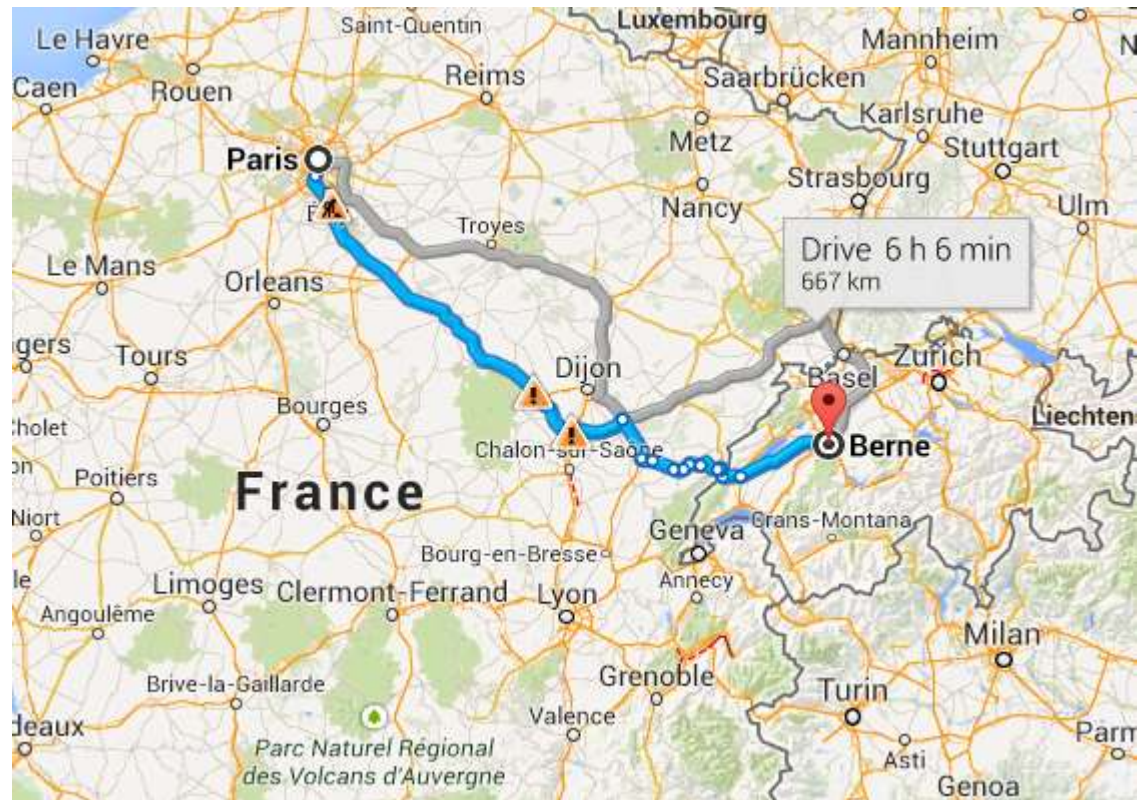
# Stage 5 – Paris to Berne

- France to Switzerland

- Distance – 459km
- Distance so far – 1303km –
- Distance to go – 10,515km



Switzerland



# Berne, Switzerland



- Berne is the capital of Switzerland
- Population of 130,000
- City was set up in the 12<sup>th</sup> century
- The country has 4 official languages – French, Italian, Swiss German and Romansh
- Switzerland is famous for...

Making watches and chocolate!



# Stage 6 – Berne to Rome

— Switzerland to Italy

- Distance – 697km
- Distance so far – 2020km
- Distance to go – 9818km



Italy





# Rome, Italy

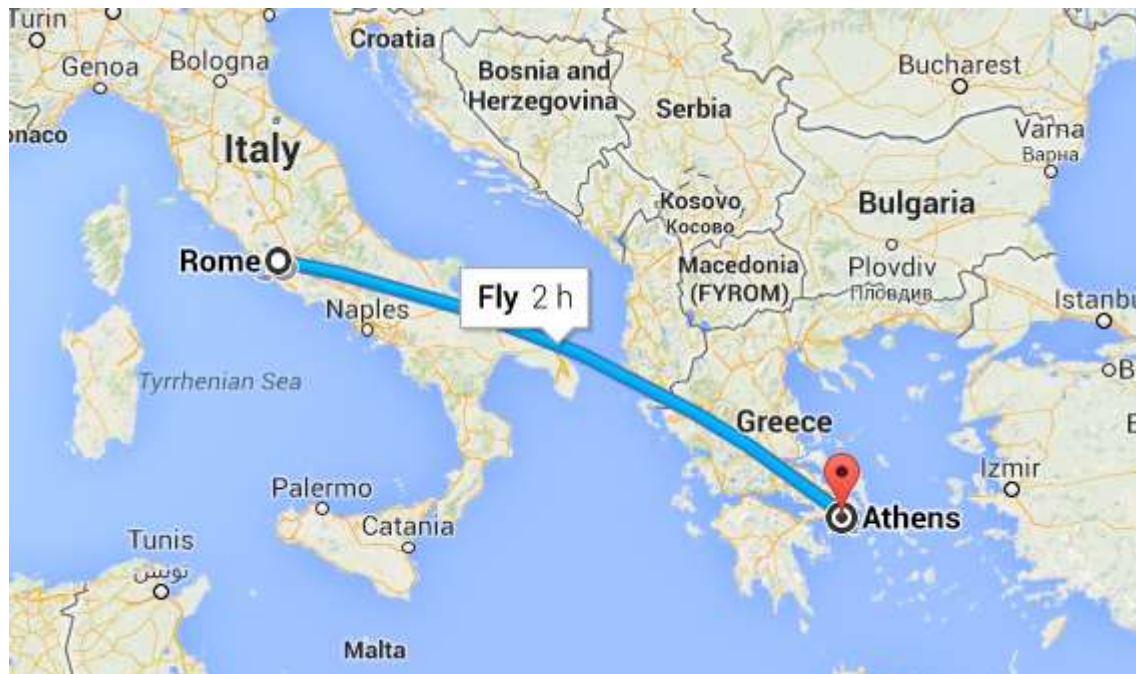
- Rome is the capital of Italy
- City formed in 753 BME
- Language spoken – Italian – Ciao!
- Population 2.6 million
- Evidence of human settlement here 14,000 years ago



# Stage 7 – Rome to Athens

— Italy to Greece

- Distance – 1060km
- Distance so far – 3080km
- Distance to go – 8758km



Greece

# Athens, Greece



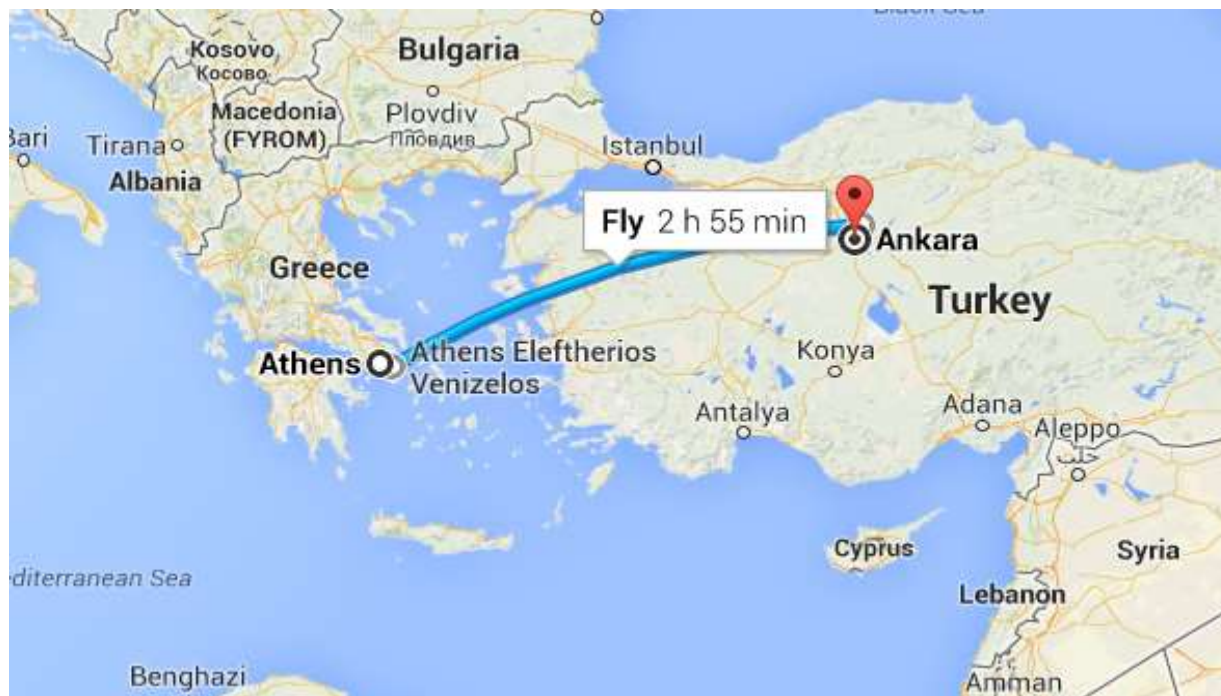
- One of the oldest cities in the world (3400 years old)
- Population of 660,000
- Host of the first Olympic games in 1896
- Language – Greek – ‘γεια σου’ means hello (pronounced ‘geiá sou’)



# Stage 8 – Athens to Ankara

— Greece to Turkey

- Distance – 816km
- Distance so far – 3896km
- Distance to go – 7942km



Turkey



# Ankara, Turkey



- Ankara is the capital of Turkey
- Population 4.3 million
- City dates back to the Stone Age
- Language – Turkey – ‘Merhaba’ (hello)
- Ankara is known as “the heart of Turkey”



# Stage 9 – Ankara to Tehran

— Turkey to Iran

- Distance – 1714km
- Distance so far – 5590km
- Distance to go – 6228km



Iran



# Tehran, Iran



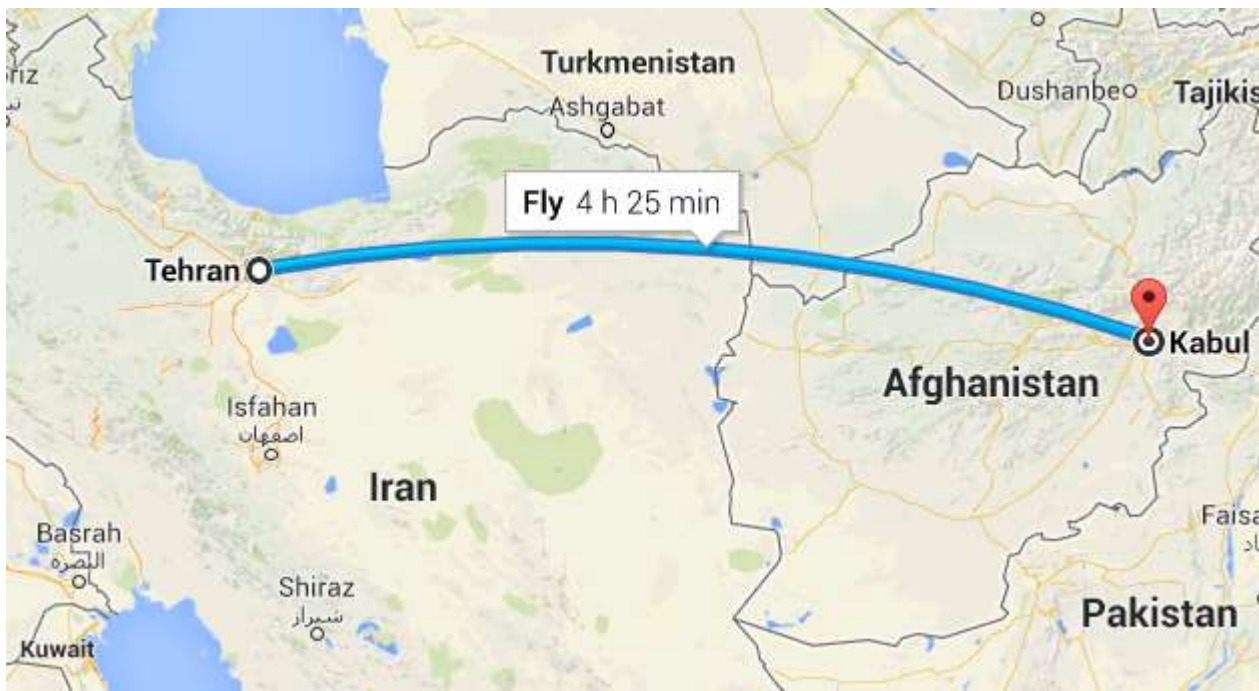
- Tehran is the capital of Iran
- The city dates back to the 9<sup>th</sup> century
- Population of 8.3 million
- Language spoken – persian
- One of the biggest cities in western Asia
- Iran suffers from bad air pollution



# Stage 10 – Tehran to Kabul

— Iran to Afghanistan

- Distance – 1618km
- Distance so far – 7208km
- Distance to go – 4610km



Afghanistan



# Kabul, Afghanistan

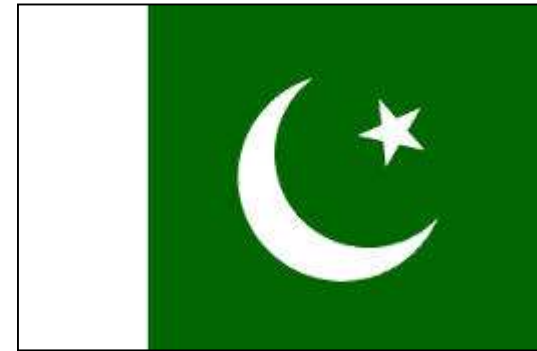
- Kabul is the capital of Afghanistan
- It is over 3500 years old
- Population of 3.2 million
- Languages – Pashtu and Dari
- Popular foods include Naan bread
- Temperatures vary from 35C in summer to -10C in winter



# Stage 11 – Kabul to Islamabad

– Afghanistan to Pakistan

- Distance – 371km
- Distance so far – 7579km
- Distance to go – 4239km



Pakistan

# Islamabad, Pakistan



- Islamabad is the capital of Pakistan
- Stone Age artefacts have been found here
- Population – 805,000
- City nickname is “ The Green City”
- Pakistan achieved independence from the British Raj in 1947
- Cricket is the most popular sport in Pakistan





# Stage 12 – Islamabad to New Delhi

— Pakistan to India

- Distance – 678km
- Distance so far – 8257km
- Distance to go – 3561km



India



# New Delhi, India



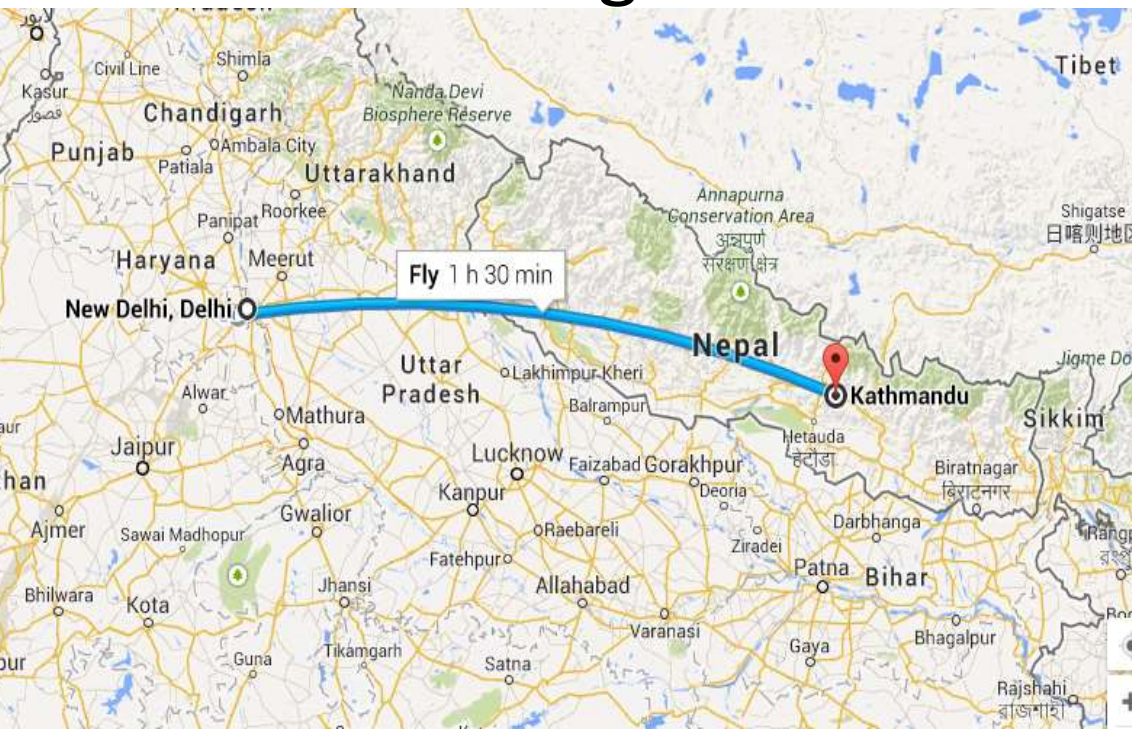
- New Delhi is the capital of India
- Population – 22 million- making it the 2<sup>nd</sup> most populated city in the world
- Many different languages are spoken in India. The main ones are Hindi, Bengali, Telugu, Marathi, Tamil, and Urdu
- Once linked with Pakistan, the two nations split in 1947
- Mahatma Gandhi is famous for the important part he played in gaining India's independence



# Stage 13 – New Delhi to Kathmandu

— India to Nepal

- Distance – 807km
- Distance so far – 9064km
- Distance to go – 2754km



Nepal

# Kathmandu, Nepal

- Kathmandu is the capital of Nepal
- Population 2.5 million
- The city is nearly 2000 years old
- Mount Everest is on the Nepal/China border
- There are 122 languages spoken in Nepal, Nepali being the main one

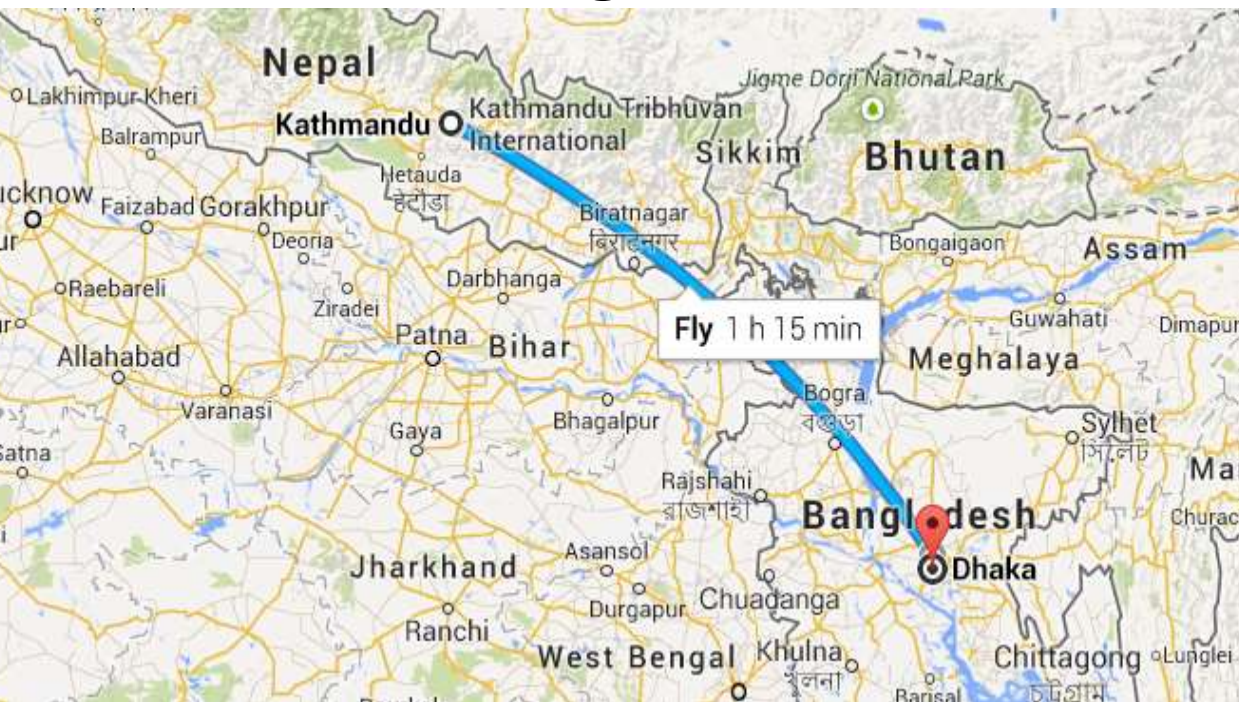




# Stage 14 – Kathmandu to Dhaka

— Nepal to Bangladesh

- Distance – 656km
- Distance so far – 9720km
- Distance to go – 2098km



Bangladesh



# Dhaka, Bangladesh

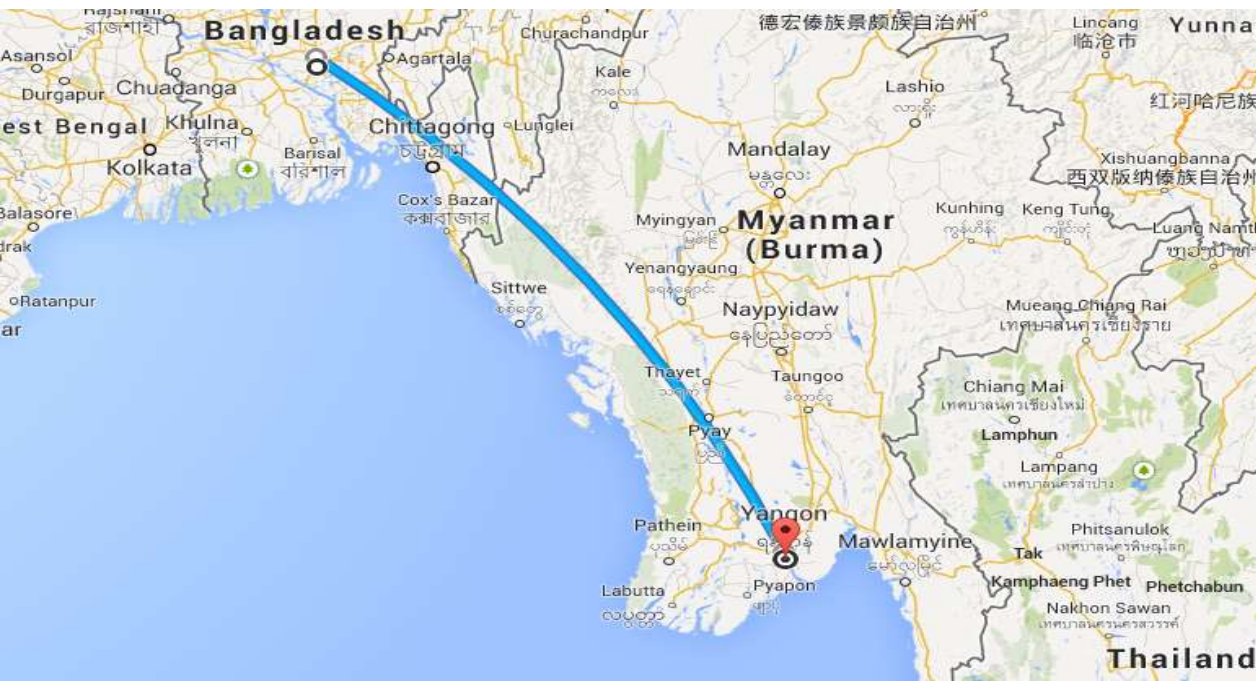
- Dhaka is the capital of Bangladesh
- Estimated population – 15 million
- Official language – Bengali
- It claims to have the world's worst traffic (it can stand still for 7 hours)



# Stage 15 – Dhaka to Yangon

— Bangladesh to Myanmar

- Distance – 984km
- Distance so far – 10,704km
- Distance to go – 1114km



Myanmar

# Yangon, Myanmar



- Yangon was formally the capital of Burma (the country was renamed as Myanmar in 1989)
  - Population – over 5 million
  - The city was founded in 1028
  - Burmese is the main language
  - Aung San Suu Kyi is a national hero and won the Nobel Peace Prize in 1991
- Campaigning peacefully for human rights

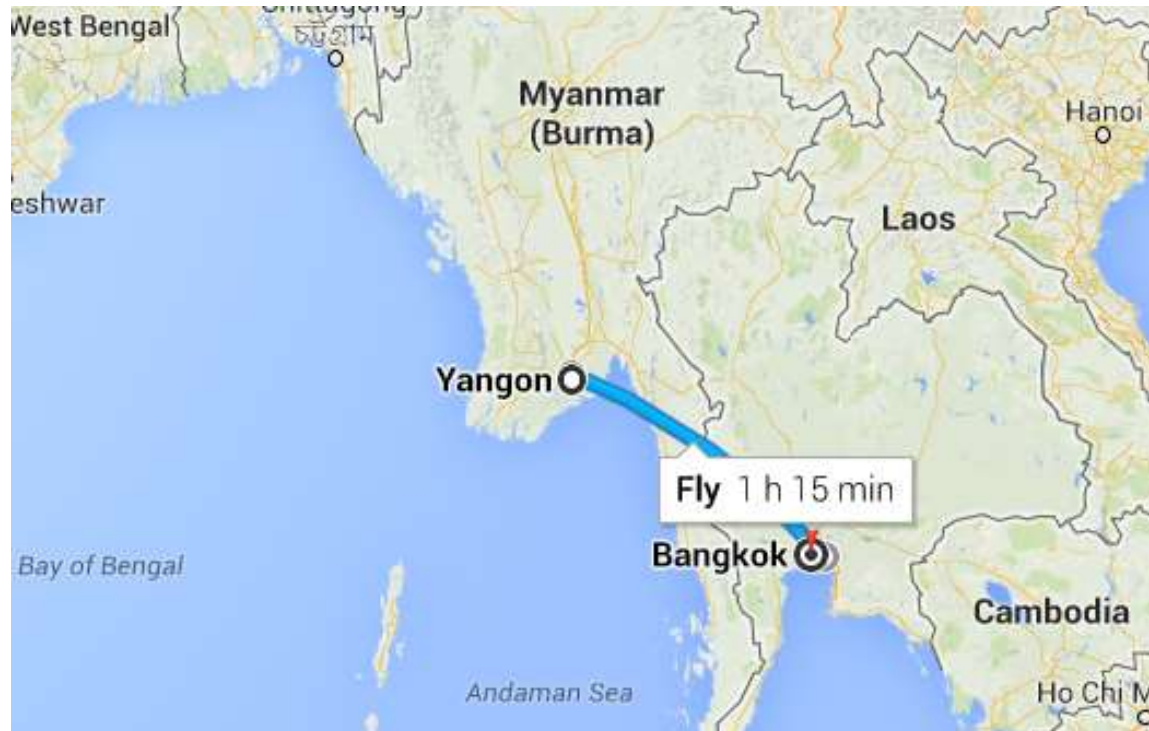




# Stage 16 – Yangon to Bangkok

— Myanmar to Thailand

- Distance – 561km
- Distance so far – 11,265km
- Distance to go – 553km



Thailand



# Bangkok, Thailand

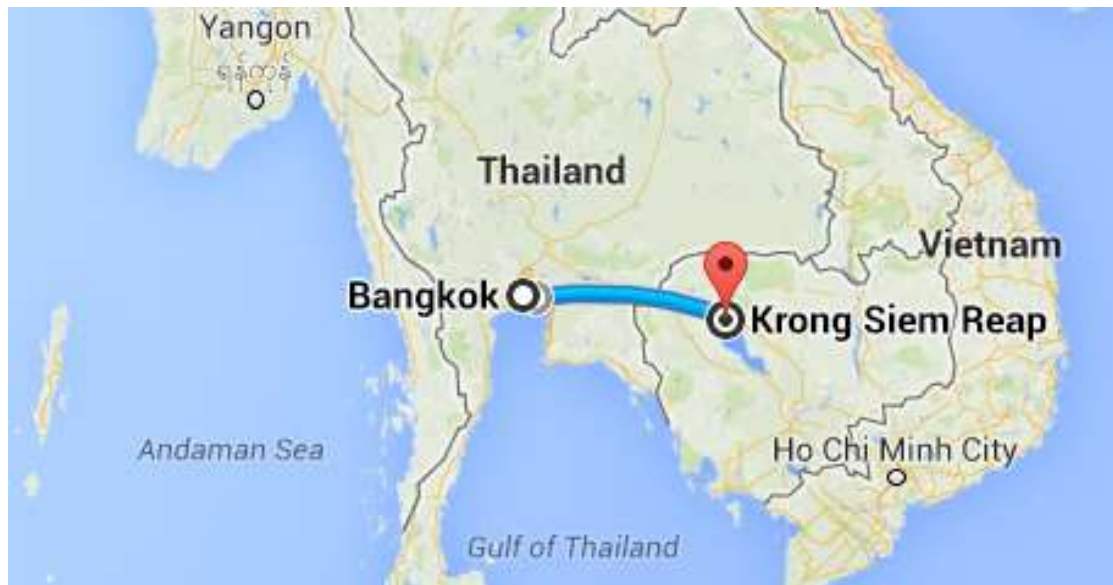
- Bangkok is the capital of Thailand
- Population – 8.2 million
- City is about 500 years old
- 75 languages – the main one being Thai
- Thailand has over 1430 islands
- The Thai currency is called the Baht
- National sport is kick boxing



# Stage 17 – Bangkok to Siem Reap

– Thailand to Cambodia

- Distance – 234km
- Distance so far – 11,499km
- Distance to go – 319km



Cambodia

# Siem Reap, Cambodia



- Siem Reap is a popular tourist destination in Cambodia due to the temples in the region
- Population 175,000
- The city is about 1200 years old
- The most famous temple is Angkor Wat, it was built from the top down and appears on the Cambodian flag
- Our partner PEPY operate an office there

