

		Leg Distance (km)	Running Total (km)	Max Time Est (hrs @ 15km/h)	Min Time Est (hrs @ 25km/h)	Arrive	Depart	Daily Total (km)	
Day 1 - 09/01 (SAT)	Sydney Opera House	0	0	0.00	0.00	5am	6am	123	
	Kareela	25	25	1.67	1.00	7-7.45am	8am		
	Helensburgh	28	53	1.87	1.12	9.15-10am	10.15am		
	Corrimal	26	79	1.73	1.04	11.15am-12pm	12.15pm		
	Haywards Bay	25	104	1.67	1.00	1.15-1.55pm	2.15pm		
	Kiama	19	123	1.27	0.76	3-3.35pm	-		
Day 2 - 10/01 (SUN)	Kiama	0	123	0.00	0.00	5am	6am	161	
	Berry	26	149	1.73	1.04	7-7.45am	8am		
	South Nowra	20	169	1.33	0.80	8.45-9.20am	9.35am		
	Jerrawangala	29	198	1.93	1.16	10.45-11.30am	11.45am		
	Mollymook	32	230	2.13	1.28	1-1.45pm	2pm		
	Termeil	23	253	1.53	0.92	2.55-3.30pm	3.45pm		
	Batemans Bay	31	284	2.07	1.24	4-4.45pm	-		
Day 3 - 11/01 (MON)	Batemans Bay	0	284	0.00	0.00	5am	6am	147	
	Monga	39	323	2.60	1.56	7.45-8.35am	8.50am		
	Braidwood	21	344	1.40	0.84	9.40-10.15am	10.30am		
	Bungendore	48	392	3.20	1.92	12.25-1.45pm	2pm		
	Queanbeyan	26	418	1.73	1.04	3-3.45pm	4pm		
	Parliament House	13	431	0.87	0.52	4.30-4.50pm	-		
Day 4 - 12/01 (TUES)	REST DAY: Available all day								
Day 5 - 13/01 (WED)	Parliament House	0	0	0.00	0.00	5am	6am	147	
	Queanbeyan	13	444	0.87	0.52	6.30-6.50am	7.05am		
	Bungendore	26	470	1.73	1.04	8.05-8.45am	9am		
	Braidwood	48	518	3.20	1.92	10.55am-12.15pm	12.30pm		
	Monga	21	539	1.40	0.84	1.20-1.55pm	2.10pm		
	Batemans Bay	39	578	2.60	1.56	3.40-4.45pm	-		
Day 6 - 14/01 (THURS)	Batemans Bay	0	578	0.00	0.00	5am	6am	146	
	Moruya	28	606	1.87	1.12	7.10-7.50am	8.05am		
	Lake Brou	32	638	2.13	1.28	9.20-10.10am	10.25am		
	Central Tilba	27	665	1.80	1.08	11.30am-12.15pm	12.30pm		
	Quama	34	699	2.27	1.36	1.55-2.50pm	3.05pm		
	Bega	25	724	1.67	1.00	4.05-4.45pm	-		
	Bega	0	724	0.00	0.00	5am	6am		
Day 7 - 15/01 (FRI)	Wolumla	33	757	2.20	1.32	7.10-8.55am	9.10am	152	
	Eden	32	789	2.13	1.28	10.25-11.15am	11.30am		
	Scrubby Creek	22	811	1.47	0.88	12.55-1pm	1.15pm		
	VIC&NSW Border	26	837	1.73	1.04	2.15-3pm	3.15pm		
	Genoa	14	851	0.93	0.56	3.50-4.15pm	4.30pm		
	Alfred NP	25	876	1.67	1.00	5.30-6.10pm	-		
	Alfred NP	0	876	0.00	0.00	5am	6am		
	Cann River	23	899	1.53	0.92	6.55-7.30am	7.45am		
Day 8 - 16/01 (SAT)	Lind NP	19	918	1.27	0.76	8.30-9.15am	9.30am	156	
	Cabbage Tree Creek	35	953	2.33	1.40	10.55-11.50am	12.05pm		
	Newmerella	25	978	1.67	1.00	1.05-1.45pm	2pm		
	Tostaree	21	999	1.40	0.84	2.50-3.25pm	3.40pm		
	Lakes Entrance	33	1032	2.20	1.32	5-5.55pm	-		
	REST DAY!!!!								
	Day 9 - 17/01 (SUN)	REST DAY!!!!							
Day 10 - 18/01 (MON)		Lakes Entrance	0	0	0.00	0.00	5am	6am	103
		Bairnsdale	34	1066	2.27	1.36	7.20-8.15am	8.30am	
		Providence Ponds	35	1101	2.33	1.40	9.55-10.50am	11.05am	
		Sale	34	1135	2.27	1.36	12.25-1.20pm	-	
Day 11 - 19/01 (TUES)	Sale	0	1135	0.00	0.00	5am	6am	83	
	Rosedale	28	1163	1.87	1.12	7.10-7.55am	8.10am		
	Traralgon	30	1193	2.00	1.20	9.25-10.10am	10.25am		
	Moe	25	1218	1.67	1.00	11.25am-12.05pm	-		
Day 12 - 20/01 (WED)	Moe	0	1218	0.00	0.00	5am	6am	120	
	Warragul	33	1251	2.20	1.32	7.20-8.10am	8.25am		
	Bunyip North	29	1280	1.93	1.16	9.35-10.25am	10.40am		
	Beaconsfield	28	1308	1.87	1.12	11.45am-12.35pm	12.50pm		
	Frankston	30	1338	2.00	1.20	2-2.50pm	-		
Day 13 - 21/01 (THURS)	Frankston	0	1338	0.00	0.00	5am	6am	46	
	Mordialloc	19	1357	1.27	0.76	6.45-7.20am	7.35am		
	Federation Square	27	1384	1.80	1.08	8.40-9.20am	-		