



Walk & Shine

Here for the silent voices

Terry Mitropoulos

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Vic Square Adelaide to Crafers 17Km / 5 Hrs D1 Total 17 kms Remainder 746 kms	18 Crafers to Mount Barker 21 km / 6 Hrs D2 Total 38 kms Remainder 725 kms
19 Mount Barker to Callington 24 kms / 8 Hrs 16 km to Rest Area D3 Total 62 kms Remainder 701 kms	20 Callington to Murray Bridge 23km / 8 Hrs 16 Kms to Rest Area 19 Kms to Rest Area D4 Total 85 kms Remainder 678 kms	21 REST DAY D5 Total 85 kms Remainder 678 kms	22 Murray Bridge to Tailem Bend 25km / 8 Hrs D6 Total 110 kms Remainder 653 kms	23 Tailem Bend to Cookeplains 18kms / 6 Hrs D7 Total 128 kms Remainder 635 kms	24 Cookeplains To Yumali 27kms / 8 hrs D8 Total 155 kms Remainder 608 kms	25 Yumali to Coonalpyn 23 kms / 8 hrs D9 Total 178 kms Remainder 585 kms
26 REST DAY D10 Total 178 Remainder 585 kms	27 Coonalpyn to Tintinara 28 kms / 8 hrs D11 Total 206 kms Remainder 557 kms	28 Tintinara to Rest area 11478 Dukes Hwy Coombe 25 kms / 7 hrs D12 Total 231 kms Remainder 532 kms	29 Rest area 1147 Dukes Hwy Coombe to Keith 13kms / 4 hrs D13 Total 244 kms Remainder 519 kms	30 Keith to Wirrega 15kms to Brimbago Rest 28 kms / 8 hrs D14 Total 272 km Remainder 491 kms	31 REST DAY D15 Total 272 kms Remainder 491 kms	1 Wirrega to Boardertown 22.5 kms / 7 hrs D16 Total 294.5 kms Remainder 468.5 kms

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2 Boardertown to SA/Vic State Border 20.5 kms / 7 hrs</p> <p>D17 Total 315 kms Remainder 448 kms</p>	<p>3 SA/Vic State Border to Kaniva 26.5 kms / 8 hrs</p> <p>D18 Total 345.5 kms Remainder 421.5 kms</p>	<p>4 Kaniva to Lawloit Range HWY Park 25.5 kms / 8 hrs</p> <p>D19 Total 371 kms Remainder 396 kms</p>	<p>5 Lawloit Range HWY Park to Nhill 17 kms / 5 hrs</p> <p>D20 Total 384 kms Remainder 379 kms</p>	<p>6 REST DAY</p> <p>D21 Total 384 kms Remainder 379 kms</p>	<p>7 Nhill to Gerang 23 kms / 7 hrs</p> <p>D22 Total 407 kms Remainder 356 kms</p>	<p>8 Gerang to ²⁶ Patterson Rd Wail 3401 (RA) 26 kms / 8 hrs</p> <p>D23 Total 433 kms Remainder 330 kms</p>
<p>9 26 Patterson Rd Wail 3401 (RA) to Horsham 26 kms / 8 hrs</p> <p>D24 Total 439 kms Remainder 304 kms</p>	<p>10 Horsham to A8 Dadswells Bridge Rest Area 30 kms / 10 hrs</p> <p>D25 Total 489 kms Remainder 274 kms</p>	<p>11 REST DAY</p> <p>D26 Total 489 kms Remainder 274 kms</p>	<p>12 A8 Dadswells Bridge Rest Area to Western Hwy & Lake rd, Deep Leap 22 kms / 7 hrs</p> <p>D27 Total 511 kms Remainder 252 kms</p>	<p>13 Western Hwy & Lake rd, Deep Leap to Stawell 15 kms / 5 hrs</p> <p>D28 Total 526 kms Remainder 237 kms</p>	<p>14 Stawell to Ararat 31km / 10 hrs</p> <p>D29 Total 557 kms Remainder 206 kms</p>	<p>15 Ararat to *17 km to Langi Ghiran Rest Area 11 Beaurort-Ben, Nevis rd Buangor 22 kms / 7 hrs</p> <p>D30 Total 579 kms Remainder 184 kms</p>
<p>16 REST DAY</p> <p>D31 Total 579 kms Remainder 184 kms</p>	<p>17 11 Beaurort-Ben, Nevis rd Buangor to Beaurort 22 km / 7 hrs</p> <p>D32 Total 601 kms Remainder 162 kms</p>	<p>18 Beaurort to 2311 Western Hwy Burrumbeet 24 kms 8 hrs</p> <p>D33 Total 625 kms Remainder 138 kms</p>	<p>19 2311 Western Hwy Burrumbeet to Ballarat 23 kms / 7 hrs</p> <p>D34 Total 648 kms Remainder 115 kms</p>	<p>20 REST DAY</p> <p>D35 Total 648 kms Remainder 115 kms</p>	<p>21 Ballarat to 28 Moorabool W Rd Gordon 3345 24 kms 7 hrs</p> <p>D36 Total 672 kms Remainder 91 kms</p>	<p>22 28 Moorabool W Rd Gordon 3345 to 19 Pykes Creek Rd Myrniiong 3341 20 kms / 7 hrs</p> <p>D37 Total 692 kms Remainder 71 kms</p>
<p>23 19 Pykes Creek Rd Myrniiong 3341 to Melton 27 kms / 8 hrs</p> <p>D38 Total 719 kms Remainder 44 kms</p>	<p>24 REST DAY</p> <p>D39 Total 719 kms Remainder 44 kms</p>	<p>25 Melton to Deer Park 20 kms / 7 hrs</p> <p>D40 Total 739 kms Remainder 24 kms</p>	<p>26 Deer Park to 1 Parliament PL East Melb Park Hyatt Melb 22 kms / 7 hrs</p> <p>D41 Total 761 kms Remainder 2 kma</p>	<p>27 Parliament PL East Melb to Melbourne Fed Square 2kms / 1 hrs</p> <p>D42 Total 763 kms Remainder 0 kms</p>	<p>28</p>	<p>29</p>

Total Kms: 768 [Ave 22kms]

Total Hrs (w) 244 [Ave 7 hrs Daily]

43 Days total -8 rest days =35 Actual Days