

3 Day Mens Health Ride								
Itinerary	Via	km	Fuel	Duration	Est Arr	Est Dep	Est Stop	Notes
Saturday, 17 November 2018								
Bathurst						8:00		
Fitzerald's Mount		23		0h 20m	8:20	8:25	0h 5m	Meeting up with Peter W
Wyangala	Woodstock	88		1h 5m	9:30	9:40	0h 10m	Leg stretch
Boorowa		78	189	1h 0m	10:40	11:20	0h 40m	Morning Tea, Fuel
Jugiong		72		0h 50m	12:10	12:20	0h 10m	Leg stretch
Tumut	Gobarralong, Bungle	84	156	1h 0m	13:20	14:20	1h 0m	Fuel, lunch
Victoria border	Laurel Hill, Tumbarumba, Jingellic Rd	110		1h 20m	15:40	15:50	0h 10m	Leg stretch
Tallangatta	Granya	87	197	1h 10m	17:00			Fuel, accommodation
	Daily totals	542		6h 45m			2h 15m	
Sunday, 18 November 2018								
Tallangatta						8:00		
Bright	Tawonga	95		1h 15m	9:15	9:45	0h 30m	Morning Tea
Mount Hotham		51		1h 0m	10:45	11:00	0h 15m	Enjoy the view
Omeo		57	203	0h 55m	11:55	12:55	1h 0m	Lunch, Fuel
Mitta Mitta		114		2h 0m	14:55	15:25	0h 30m	Afternoon Tea (and top up if 242km is too far)
Corryong		128	242	1h 0m	16:25			Fuel, accomodation
	Daily totals	445		6h 10m			2h 15m	
Monday, 19 November 2018								
Corryong						8:00		
Adelong	Tooma, Tumbarrumba	131		1h 30m	9:30	9:40	0h 10m	Leg stretch
Dog on the Tucker Box	Gundagai	44	175	0h 35m	10:15	10:55	0h 40m	Fuel, morning tea
Boorowa	Muttama, Wallendbeen	123	123	1h 20m	12:15	13:15	1h 0m	Fuel, lunch
Crookwell		87		1h 0m	14:15	14:25	0h 10m	Leg stretch
Trunkey Creek		88		1h 5m	15:30	15:35	0h 5m	Bye bye Willo
Bathurst	Hobby's Yards, Newbridge	61	236	0h 45m	16:20	16:20		
	Daily totals	534		6h 15m			2h 5m	