

Date	From	To	Mileage	Climb (ft)
14-Sep-23	Angmering	Folkstone	104.03	2,756
15-Sep-23	Folkstone	Gravesend	100.32	3,691
16-Sep-23	Gravesend	Harwich	103.75	2,885
17-Sep-23	Harwich	Mundesley	99.34	1,904
18-Sep-23	Mundesley	Boston	103.17	2,225
19-Sep-23	Boston	Hull	103.32	1,020
20-Sep-23	Hull	Whitby	98.03	2,595
21-Sep-23	Whitby	Blyth	100.44	3,900
22-Sep-23	Blyth	Dunbar	99.81	3,395
23-Sep-23	Dunbar	St Andrews	102.38	2,714
24-Sep-23	St Andrews	Aberdeen	94.27	3,297
25-Sep-23	Aberdeen	Portgordon	101.13	3,854
26-Sep-23	Portgordon	Tain	100.71	3,228
27-Sep-23	Tain	Dunnet	100.00	4,404
28-Sep-23	Dunnet	Kinlochbervie	101.06	6,791
29-Sep-23	Kinlochbervie	Braemore	92.07	6,707
30-Sep-23	Braemore	Applecross	106.38	6,405
01-Oct-23	Applecross	Portree	97.68	7,748
02-Oct-23	Portree	Mallaig	100.97	5,863
03-Oct-23	Mallaig	Oban	98.10	5,816
04-Oct-23	Oban	Cambeltown	97.66	5,636
05-Oct-23	Cambeltown	Ardrossan	98.71	5,506
06-Oct-23	Ardrossan	Portpatrick	101.40	3,299
07-Oct-23	Portpatrick	Kirkcudbright	98.28	3,249
08-Oct-23	Kirkcudbright	Angerton	99.17	3,125
09-Oct-23	Angerton	Barrow	104.64	3,482
10-Oct-23	Barrow	Blackpool	99.87	3,012
11-Oct-23	Blackpool	Flint	94.89	1,265
12-Oct-23	Flint	Amlwch	94.41	4,152
13-Oct-23	Amlwch	Nefyn	98.23	4,476
14-Oct-23	Nefyn	Machynlleth	94.34	4,121
15-Oct-23	Machynlleth	Fishguard	92.07	8,375
16-Oct-23	Fishguard	Tenby	92.79	5,819
17-Oct-23	Tenby	Swansea	95.26	5,579
18-Oct-23	Swansea	Severn Beach	99.11	3,097
19-Oct-23	Severn Beach	Lynmouth	104.28	4,447
20-Oct-23	Lynmouth	Boscastle	97.40	8,717
21-Oct-23	Boscastle	Penzance	103.63	7,732
22-Oct-23	Penzance	Crafthole	98.61	7,890
23-Oct-23	Crafthole	Budleigh Salterton	96.88	6,717
24-Oct-23	Budleigh Salterton	Corfe Castle	96.18	7,622
25-Oct-23	Corfe Castle	Portsmouth	88.50	2,493
26-Oct-23	Portsmouth	Angmering	57.41	507
		Totals	4,210.68	191,516
Highest	Lowest			