

Red Shield Ride 2019 Itinerary

			Distance	Elevation
Day 1	29 April	Sydney to Kiama	130.9	1,710
Day 2	30 April	Kiama to Goulburn	150.7	2,170
Day 3	1 May	Goulburn to Canberra	116.7	1,069
Day 4	2 May	Canberra to Cooma	119.8	1,335
Day 5	3 May	Cooma to Eden	171.3	2,272
Day 6	4 May	Eden to Orbost	185.6	2,591
Day 7	5 May	Orbost to Sale	171.8	1,065
Day 8	6 May	Sale to Moe	93.5	579
Day 9	7 May	Moe to Warragul	170.1	3,596
Day 10	8 May	Warragul to Melbourne	112.6	557
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