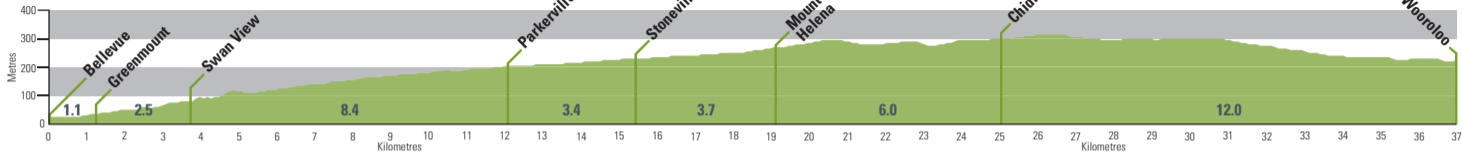
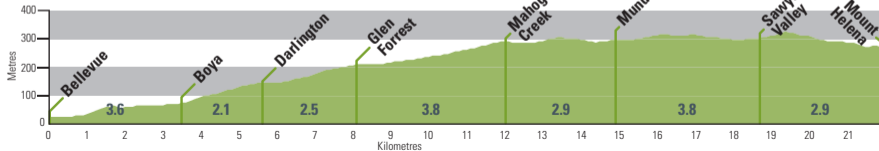


Elevation and distances: Bellevue – Wooroloo



Elevation and distances: Bellevue – Mount Helena



Timings

Activity	1km	5km	20km	50km
Walking – 4km/h	15mins	1hr 15mins	5hrs	12hrs 30mins
Horse Riding – 7.5km/h	8mins	40mins	2hrs 40mins	6hrs 40mins
Cycling – 12km/h	5mins	25mins	1hr 40mins	4hrs 10mins