Day	Destination	Distance (km)	Time on Bike	Climbing (m)	Average	Notes
1	Fontainebleau	75.8	8.15	500	9.2	Tricky navigation slows us down.
2	Pithiviers	63.4	6.19	587	10.0	Strong Headwind makes it tough
3	Ferte St. Aubin	72.0	4.42	272	15.3	Flat day
4	Issoudun	82.9	4.52	457	17.0	Mixed day
5	La Souterraine	110.7	8.07	1144	13.6	Hilly finish
6	Limoges	64.0	6.33	846	9.8	Includes difficult city entry
7	Perigueux	88.2	6	1047	14.7	Hilly
8	Bergerac	79.7	5.4	596	14	We have a headwind against us
9	Marmande	55.9	3.56	423	14.5	Hot day & JC is ill with tummy bug
10	Mt. de Marsan	96.5	5.16	286	17.9	Flat
11	Orthez	58.9	4.24	628	13.3	Big Climbs as we approach Pyrenees
12	St. Jean Pied de Port	77.3	5.59	865	12.9	Hot day & hilly
13	Pamplona	61.1	5.3	1322	11.1	Hilly with 1051 & 801 summits
14	Estella	62.1	6.1	811	10.1	Navigation is difficult.
15	Ventosa	74.6	6.06	1174	12.2	Easier despite hills?
16	Burgos	96.8	6.57	1150	13.8	Includes 3km 6% Climb
17	Palencia	111.1	8.27	768	13.1	Strong headwind makes it tough
18	Toro	102.1	6.44	409	15.1	Jaded!
19	Zamora	34.1	2.28	122	13.8	Stroll
20	Ledesma	56.4	3.59	231	14.2	Soaked!
21	Ciudad Rodrigo	81.6	4.43	421	17.3	Rolling
22	Monfortinho	100.5	6.21	880	15.8	Stunning scenery
23	Val. de Alcantara	106.9	7.33	1419	14.2	Slog
24	Portalegre	35.2	2.43	465	13.0	Sticky day and hilly terrain
25	Elvas	66.3	4.52	677	13.6	Busy road & hilly
26	R. de Monseraz	67.8	4.47	736	14.1	Wet start
27	Serpa	79.1	5.43	772	13.8	Thunder & lightening
28	Castro Verde	95.6	7.06	1069	13.4	Strong Headwind makes it tough
29	Algoz	90.1	6.38	1236	13.6	We get lost in the hills!