










This was developed for the Melbourne pilgrimage and has been offered as an example and template others can use.

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Stage	Time	From	to	Distance	Terrain	Time allowed	KM Covered
Leg 1 - (19.4km)	3.50am						
	4am	 <b>Mernda Station</b>	Middle Gorge Train Station	4.9kms	<a href="#">New shared path</a>	1hr 20mins	
	5am	 <b>Middle Gorge Train Station in</b>	(via South Morang Train Station) Epping Station	6.1kms (or shorter)	Google suggesting suburban backgrounds, suspect a walking track that would be shorter, to be mapped  Second half is mostly rail trail, some Darebin creek trail & footpaths on few minor roads.	1 hour 30mins	4.9km
	6.30am	Liturgy #2: Stop at a church for prayer				30mins	11km
	7am	 <b>Epping Train Station</b>	Thomastown Train Station (with Lalor in middle)	4.2kms	Footpath along High St (Busy road) and Station St (minor road	1 hour	

					along train route)		
	<b>7.30am possible press conference/media</b>						
	<b>8am</b>	 <b>Thomastown Station</b>	Reservoir Station	4.2kms	Footpath along High St/Spring St. Minimal traffic lights	1 hour	15.2km
<b>Leg 2 - (5.4km)</b>	<b>9am</b>	Liturgy #3.				30mins	19.4km
	<b>9.30</b>	 <b>Reservoir Train Station</b>		4kms	Footpath along Spring St/High St (changes name), about 12 sets of lights	1 hour	
	<b>10.30</b>	Short break at spot with toilets				15mins	23.4km
	<b>10.40</b>	 <b>Northern Community Church</b>		1.4km	Shared path along railway line.	20mins	
<b>Leg 3 - (6.25km)</b>	<b>11am</b>	<b>Liturgy #4: Prayer stop, with Shared lunch</b>				<b>1 hour</b>	<b>24.8km</b>
	<b>12pm</b>			.85km	Shared path along railway line	15mins	
	<b>12.15</b>	Liturgy stop #5:				30mins (with 15min bleed)	25.65km
	<b>1pm</b>	 <b>AAL</b>	Fitzroy	4.2kms		1hr 15mins	
	<b>2.15 pm</b>	Short break & comfort stop					29.85km
	<b>2.30pm</b>	 <b>Fitzroy North Community</b>		1.2kms	Along Canning St, quiet ride but	30mins	

		Church			major bike route, so could safely walk along either centre naturestrip or bikelane		
<b>Leg 4 - (4.4km)</b>	<b>3.00pm</b>	Liturgy stop #6:				30mins (with 15min bleed)	31.05km
	<b>3.45</b>			3kms	Continue along Canning St. Need to cross major road (might delay for change of lights); through Exhibition Gardens	1 hours	
	<b>4.45</b>	Liturgy stop #7:				30mins (with 15min bleed)	34.05km
	<b>5.30pm</b>			1.4kms	Down Albert St & into Flinders St, along Flinders St. Busy city roads	30mins	
<b>Leg 5 - (500m)</b>	<b>6pm</b>	Join  St Paul's Ash Wednesday Service					35.45km