The Run of The Ring: A Training Logbook

Bag End (Hobbiton) to Mount Doom (Mordor)

1800 miles / 2897 kilometers



LOTR Timeline Day/Date	Narrative Event/Milestone	Frodo Distance [mi/km]	Training Date [Day]	Training Distance [Time]	Total Distance [Time]	Remaining Distance
Day 1 23 Sept 3018	Frodo sets out for Crickhollow along with Sam and Pippin. One of the Black Riders comes to Hobbiton at nightfall.	18 mi 29 km				
Day 2 24 Sept 3018	The Hobbits encounter the Nazgûl near Woody End but the chanting of approaching elves scare them away. The Hobbits meet Gildor and the High Elves and camp with them during the night.	46 mi 74 km				
Day 3 25 Sept 3018	Frodo, Sam and Pippin come to Maggot's Estates in the afternoon. They reach Crickhollow in the night and the conspiracy is unmasked.	73 mi 117 km				
Day 4 26 Sept 3018	Frodo, Sam, Merry and Pippin enter the Old Forest leaving Fredegar Bolger behind to impersonate Frodo. The four Hobbits encounter the evil tree Old Man Willow and are rescued by Tom Bombadil. They spend the night at Tom's house.	98 mi 158 km				

Day 5 27 Sept 3018	The Hobbits spend a second night at Tom's house because of the rain. Frodo wears the Ring for the first time.	98 mi 158 km				
Day 6 28 Sept 3018	The Hobbits are captured by a Barrow-wight.	115 mi 185 km				
Day 7 29 Sept 3018	Frodo and his companions reach Bree at night and stay at the Prancing Pony.	135 mi 217 km				
Day 8 30 Sept 3018	The Inn at Bree is raided but the Black Riders find only pillows in the Hobbits' beds. Frodo and his companions leave Bree together with Strider.	147 mi 237 km				
Day 9 1 Oct 3018	Together with Strider the four hobbits travel towards Weathertop.	163 mi 262 km				
Day 10 2 Oct 3018	Together with Strider the four Hobbits travel through the Midgewater Marshes.	179 mi 288 km				
Day 11 3 Oct 3018	Together with Strider the four Hobbits travel towards Weathertop and leave the Midgewater Marshes. They see flashes from Gandalf's fight with the Black Riders at Weathertop in the night.	194 mi 312 km				
Day 12 4 Oct 3018	Together with Strider the four hobbits travel towards Weathertop.	211 mi 340 km				
Day 13 5 Oct 3018	Together with Strider the four hobbits travel towards Weathertop.	229 mi 369 km				
Day 14	The four Hobbits and Aragorn reach	241 mi 388 km				

6 Oct 3018	Weathertop at noon. Their camp is raided by the Black Riders at night and Frodo is stabbed with a Morgul Blade by the Witch King.					
Day 15 7 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	260 mi 418 km				
Day 16 8 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	279 mi 449 km				
Day 17 9 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	298 mi 480 km				
Day 18 10 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	317 mi 510 km				
Day 19 11 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	336 mi 541 km				
Day 20 12 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	355 mi 571 km				
Day 21 13 Oct 3018	The four Hobbits and Aragorn cross the Last Bridge and find the beryl left by Glorfindel.	362 mi 583 km				
Day 22 14 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	368 mi 592 km				
Day 23 15 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	374 mi 602 km				
Day 24	With Frodo severely wounded, Strider and the	380 mi 612 km				

16 Oct 3018	four hobbits travel slowly towards Rivendell.					
Day 25 17 Oct 3018	With Frodo severely wounded, Strider and the four hobbits travel slowly towards Rivendell.	386 mi 621 km				
Day 26 18 Oct 3018	Strider and the four hobbits find Bilbo's Trolls as they travel towards Rivendell. They find the Great East Road where they are found by Glorfindel at dusk.	420 mi 676 km				
Day 27 19 Oct 3018	Glorfindel hurries Strider and the four hobbits along and they cover a great distance towards the Ford of Bruinen.	440 mi 708 km				
Day 28 20 Oct 3018	Glorfindel, Strider and the four hobbits reach the Ford of Bruinen where they are attacked by the Black Riders. Frodo reaches the other riverside but the Riders are cast back by the water, their horses drown and their robes are destroyed.	458 mi 737 km				
Days 29-92 21 Oct-24 Dec 3018	Frodo recovers from his wound in Rivendell. Frodo recovers from his wound in Rivendell. Elrond finds the shard of the Morgul blade in his shoulder and removes it. Frodo Baggins awakes in Rivendell and meets Gandalf. Elrond makes a feast where Frodo meets Glóin. He later meets Bilbo in the Hall of Fire. The Council of Elrond is held in Rivendell and it is decided that the One Ring must be destroyed in Mordor. Frodo and Sam volunteers to go on the mission.	458 mi 737 km				

	Frodo and Samwise rest in Rivendell and prepare for their quest to destroy The One Ring. The Fellowship of the Ring is formed with the purpose of destroying the One Ring. The Fellowship of the Ring rests in Rivendell and prepare for their quest to destroy The One Ring.					
Day 93 25 Dec 3018	The Fellowship of the Ring leaves Rivendell at dusk.	480 mi 772 km				
Day 94 26 Dec 3018	The Fellowship of the Ring travels south along the Misty Mountains.	495 mi 797 km				
Day 95 27 Dec 3018	The Fellowship of the Ring travels south along the Misty Mountains.	510 mi 821 km				
Day 96 28 Dec 3018	The Fellowship of the Ring travels south along the Misty Mountains.	525 mi 845 km				
Day 97 29 Dec 3018	The Fellowship of the Ring travels south along the Misty Mountains.	540 mi 869 km				
Day 98 30 Dec 3018	The Fellowship of the Ring travels south along the Misty Mountains.	555 mi 893 km				
Day 99 1 Yule	The Fellowship of the Ring travels south along the Misty Mountains.	570 mi 917 km				
Day 100 2 Yule	The Fellowship of the Ring travels south along the Misty Mountains.	585 mi 941 km				

Day 101 1 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	600 mi 966 km				
Day 102 2 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	615 mi 990 km				
Day 103 3 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	630 mi 1014 km				
Day 104 4 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	645 mi 1038 km				
Day 105 5 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	660 mi 1062 km				
Day 106 6 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	675 mi 1086 km				
Day 107 7 Jan 3019	The Fellowship of the Ring travels south along the Misty Mountains.	690 mi 1110 km				
Day 108 8 Jan 3019	The Fellowship of the Ring reach Hollin and they spot the Crebain.	708 mi 1139 km				
Day 109 9 Jan 3019	The Fellowship of the Ring travels towards Caradhras.	725 mi 1167 km				
Day 110 10 Jan 3019	The Fellowship of the Ring travels towards Caradhras.	742 mi 1194 km				
Day 111 11 Jan	The Fellowship of the Ring camps at the foot of the Redhorn Pass. They	750 mi 1207 km				

3019	try to cross the pass at night but are unsuccessful.					
Day 112 12 Jan 3019	Unable to cross the pass of Caradhras, the Fellowship of the Ring return to Hollin. In the night they are attacked by a pack of Wargs.	778 mi 1252 km				
Day 113 13 Jan 3019	The Fellowship of the Ring is attacked by a pack of Wargs in the early hours. They reach the West-gate of Moria at nightfall where they are attacked by the Watcher.	818 mi 1316 km				
Day 114 14 Jan 3019	The Fellowship of the Ring travel through Moria and spend the night in Hall Twenty-one.	838 mi 1349 km				
Day 115 15 Jan 3019	The Fellowship of the Ring find the Chamber of Mazarbul and Balin's Tomb. They are attacked by Orcs and a Balrog and Gandalf falls with Durin's Bane. The rest of the Fellowship exits Moria and enters Dimrill Dale where Gimli, Frodo and Sam gaze in Mirrormere. Upon entering Lothlórien they meet Haldir, Rúmil and Orophin and spend the night on flets in the trees.	856 mi 1378 km				
Day 116 16 Jan 3019	The Fellowship of the Ring is led through Lórien.	888 mi 1429 km				
Day 117 17 Jan 3019	The Fellowship of the Ring pass the Silverlode and reach the Naith and Cerin Amroth. They come to Caras Galadhon in the evening.	920 mi 1481 km				
Days 118-145	The Fellowship of the Ring rests in Lórien.	920 mi 1481 km				

18 Jan- 15 Feb 3019	Galadriel shows Frodo and Sam the Mirror of Galadriel.					
Day 146 16 Feb 3019	The Fellowship of the Ring leave Lothlórien and Galadriel gives them gifts on their departure. They travel south on the river Anduin by boat.	951 mi 1530 km				
Day 147 17 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	987 mi 1588 km				
Day 148 18 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	1023 mi 1646 km				
Day 149 19 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	1083 mi 1743 km				
Day 150 20 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	1155 mi 1859 km				
Day 151 21 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	1205 mi 1936 km				
Day 152 22 Feb 3019	The Fellowship of the Ring travels south on the river Anduin.	1255 mi 2020 km				
Day 153 23 Feb 3019	The Fellowship of the Ring travels south on the river Anduin. They reach Sarn Gebir at night where they are ambushed by Orcs.	1267 mi 2039 km				
Day 154 24 Feb 3019	The Fellowship of the Ring carries their boats across a passage above Sarn Gebir and continue	1269 mi 2042 km				

	their journey south on the river Anduin.					
Day 155 25 Feb 3019	The Fellowship of the Ring passes the Argonath at noon and reaches Nen Hithoel. They camp at Parth Galen.	1309 mi 2107 km				
Day 156 26 Feb 3019	The breaking of the Fellowship of the Ring. They are attacked by Orcs from the North, Mordor, and Isengard. Boromir is slain and Merry and Pippin are captured. Frodo and Sam enter the eastern Emyn Muil and proceed towards Mordor alone. Aragorn, Legolas and Gimli set out in pursuit of the Orcs at evening.	1319 mi 2123 km				
Day 157 27 Feb 3019	Frodo and Samwise sleep on a cliff at the eastern Emyn Muil.	1339 mi 2155 km				
Day 158 28 Feb 3019	Frodo and Samwise try to find a way through the Emyn Muil.	1359 mi 2187 km				
Day 159 29 Feb 3019	Frodo and Sam descend from the Emyn Muil and meet Gollum.	1393 mi 2242 km				
Day 160 30 Feb 3019	Frodo, Sam and Gollum travel towards the Black Gate.	1418 mi 2282 km				
Day 161 1 Mar 3019	Frodo, Sam and Gollum begin the passage of the Dead Marshes at dawn. They temporarily halt and hide from a flying Nazgûl.	1433 mi 2306 km				
Day 162 2 Mar 3019	Frodo, Sam and Gollum reach the end of the Dead Marshes.	1448 mi 2330 km				

Day 163 3 Mar 3019	Frodo, Sam and Gollum cross the plain between the Dead Marshes and the Black Gate.	1462 mi 2353 km				
Day 164 4 Mar 3019	Frodo, Sam and Gollum reach the slag-mounds on the edge of the Desolation of the Black Gate.	1474 mi 2372 km				
Day 165 5 Mar 3019	Frodo hides in sight of the Morannon, and leaves at dusk.	1498 mi 2411 km				
Day 166 6 Mar 3019	Frodo, Sam and Gollum travel towards Ithilien.	1522 mi 2449 km				
Day 167 7 Mar 3019	Faramir takes Frodo and Sam to Henneth Annûn. He learns about Frodo carrying the One Ring but does not try to take it.	1532 mi 2466 km				
Day 168 8 Mar 3019	Frodo and Sam leave Henneth Annûn and say farewell to Faramir. Gollum comes with them.	1554 mi 2501 km				
Day 169 9 Mar 3019	Frodo, Sam and Gollum reach the Morgul Road at dusk.	1576 mi 2536 km				
Day 170 10 Mar 3019	The Dawnless Day. Frodo, Sam and Gollum pass the Cross-roads, and see the Morgul-host set forth towards Minas Tirith.	1598 mi 2572 km				
Day 171 11 Mar 3019	Frodo, Sam and Gollum ascend the Straight Stair.	1620 mi 2607 km				
Days 172-174 12 Mar-14 Mar	Gollum leads Frodo and Sam into Shelob's Lair. Frodo is stabbed by Shelob and subsequently captured by the Orcs of Cirith Ungol.	1634 mi 2630 km				

3019	Samwise finds Frodo in the Tower of Cirith Ungol.					
Day 175 15 Mar 3019	Frodo and Samwise escape from Cirith Ungol and begin their journey north along the Morgai.	1649 mi 2654 km				
Day 176 16 Mar 3019	Frodo and Sam travel northward along the Morgai.	1676 mi 2697 km				
Day 177 17 Mar 3019	Frodo and Sam travel northward along the Morgai.	1701 mi 2737 km				
Day 178 18 Mar 3019	Frodo and Sam come in sight of the Isenmouthe. They are overtaken by Orcs on the road from Durthang to Udûn.	1721 mi 2770 km				
Day 179 19 Mar 3019	Frodo and Samwise escape from the Orcs and begin their journey along the road to Barad-dûr.	1731 mi 2786 km				
Day 180 20 Mar 3019	Frodo and Samwise continue their journey along the road to Barad-dûr.	1746 mi 2810 km				
Day 181 21 Mar 3019	Frodo and Samwise continue their journey to Mount Doom along the road to Barad-dûr.	1761 mi 2834 km				
Day 182 22 Mar 3019	Frodo and Sam leave the road to Barad-dûr and turn south to Mount Doom.	1776 mi 2858 km				
Day 183 23 Mar 3019	Frodo and Sam decide to leave their arms and gear behind.	1786 mi 2874 km				
Day 184 24 Mar 3019	Frodo and Samwise travel the last distance to Mount Doom.	1796 mi 2890 km				

Day 185 25 Mar 3019	Frodo and Samwise reach the Sammath Naur, the Ring is destroyed, and Sauron defeated.	1800 mi 2897 km				






MORDOR

