

Day 1

Launceston to St. Helens (163km)

↑ 1,855 m · ↓ 1,864 m



Day 2

St. Helens to Swansea (117km)

↑ 599 m · ↓ 595 m



Day 3

Swansea to Hobart (137km)

↑ 1,072 m · ↓ 1,060 m



Day 4

Hobart to Hobart (38.9km)

↑ 1,280 m · ↓ 1,280 m



Day 5

Hobart to Bronte Park (159km)

↑ 1,970 m · ↓ 1,331 m



Day 6

Bronte Park to Launceston (142km)

↑ 966 m · ↓ 1,611 m



Day 7

Launceston to George Town return (120km)

↑ 747 m · ↓ 747 m

