

Day	Date	Day	Miles	KM	Time	Start	End	Comments
94	01-Jun	Monday	88.9	142.24	11	Shahriston Tunnel	Dushanbe	Very high mountains. But excellent drops,for miles and miles. Slightly tough due to climbs and altitude and 11,000 foot climb, but amazing scenery!! wow!!! Tajikistan people, fantastic.
95	02-Jun	Tuesday		0		Dushanbe	Dushanbe	
96	03-Jun	Wednesday		0		Dushanbe	Dushanbe	
97	04-Jun	Thursday	50	80	10	Dushanbe	Dushanbe	50 miles out of Dushanbe and back...really demoralizing day, it was tough mentally before but now its got very real! Solo to Pakistan now as Abuzar quits the world cycle challenge. Up and at them for the orphans.
98	05-Jun	Friday	77.58	124.13	12	Dushanbe	Bulyen	Early start..Very difficult first few hours alone, the blistering heat and huge climbs but then I met German couple and been.cycling with them slower but happier!
99	06-Jun	Saturday	46.39	74.22	10	Bulyen	Khatlon	Nice steady day of cycling..very hot, hit 45 degrees today. But Managed well. People wonderful just like the German couple am with. Old lady forced us into cold shower and invited for lunch!
100	07-Jun	Sunday	29.42	47.07	10	Khatlon	Panj River	Exhausting day in heat with a 2,000 meter step climb and non existence road on other side. Open Skies camping on river facing Afghanistan. Very tired today.
101	08-Jun	Monday	23.17	37.07	9	Panj River	Panj River	Super exhausting day in heat 50.2° Celsius...and it was up and down steep roads. Pitching for the night after many waterfall showers along route!
102	09-Jun	Tuesday	11.01	17.62	4	Panj River	Panj River	Pleasant weather after manic storm last night. Tim, German cyclist not well at all, so letting him rest, so not much millage.
103	10-Jun	Wednesday	64.28	102.85	9	Panj River	Panj River	Decent day of cycling, roads a bit tough, but was happy to get on with millage all be it alone, as Tim(German) too ill. Now mentally ready to reach Pakistan alone.
104	11-Jun	Thursday	79.89	127.82	13	Panj River	Panj River	Long tough day of cycling, road was bad, constant bumps and broken road. Meet Raqam on road 40k from his house and invited to his house, perfect.
105	12-Jun	Friday	88.78	142.05	11	Panj River	Shitam	Bad road in start but better towards end, getting colder up here. Staying with family in village.
106	13-Jun	Saturday	85.24	136.38	13	Shitam	Alichur	4200 meter pass!!! Very interesting and challenging day to make millage and time with road conditions and high pass.max speed 41.6mph.
107	14-Jun	Sunday	67.73	108.37	6	Alichur	Murghab	41.9Mph top speed, decent road and most of it downhill, but very cold at the top. Happy its over!
108	15-Jun	Monday	27.96	44.74	4	Murghab	Karakul Lake	Straight forward cycling, met two fellow cyclists who are on same time scale as me and same destinations.

109	16-Jun	Tuesday	62.24	99.58	12	Karakul Lake	Sary-Tash	Sary-Tash (Kyrgyzstan), Hard day, very cold, horrible head wind, hands and feet frozen. 2 high passes.
110	17-Jun	Wednesday	116.88	187.01	9	Sary-Tash	Osh	Nice weather, good road, two passes but rest all downhill, battled headwind for few hours but then plane sailing all the way down to Osh. Thoroughly enjoyed with amazing scenes!
111	18-Jun	Thursday	16	25.6	2	Osh	Sary-Tash	To get out of osh, very hot and humid.
112	19-Jun	Friday	114.15	182.64	13	Sary-Tash	Kashgar	Kashgar (china), Intense but beautiful ride out of Kyrgyzstan to make 11am border closure. Top speed of 51.4mph. Chain snapped on entry to China. Had to make China border in time otherwise border would be closed for weekend. Repaired chain and shot into kashgar to meet Armando, nice tail wind but dedicated cycling!
113	20-Jun	Saturday	71.13	113.81	10	Kashgar	Karakul Lake	karakul lake China. 10 hours. Hot start and good roads, middle section bad road, end was cold with climbs now at 3600meters.
114	21-Jun	Sunday	0	0	0	Karakul Lake	Karakul Lake	20/06/15 Day off in kashgar.
115	22-Jun	Monday	64.21	102.74	6	Karakul Lake	Tashkurgan	One mountain pass, a little cold, but weather was OK towards end. Happy China over!
116	23-Jun	Tuesday	7.58	12.13	1	Tashkurgan	Sost, Pakistan	Around Tashkurgan immigration centre, had to take bus to sost Pakistan. Long tiring day. Now officially in Pakistan!
117	24-Jun	Wednesday	112.01	179.22	13	Sost, Pakistan	Gilgit	Wet, cold start, drizzle all day. Long tiring ride to Gilgit. Constant up and down, amazing views of valley. Tough day!
118	25-Jun	Thursday	83.73	133.97	12	Gilgit	Chillas	Good road for a bit then terrain got tough, rubble road. Constant up and down, cold, humid, showers, Sun all in a day. Getting tired from the constant climbs. Tired!
119	26-Jun	Friday	25.22	40.35	4	Chillas	Besham	Tough day in bus, was advised not to cycle through this region due to danger. Bus escorted with Police all the way. Rough road journey. Cycled last 25miles but still very tired.
120	27-Jun	Saturday	114.83	183.73	14	Besham	Haripur	Decent day of cycling, weather stayed bearable, annoying people including children. But felt good today.
121	28-Jun	Sunday	68.01	108.82	6	Haripur	Rawalpindi	4am start in the dark, couldn't sleep... Too hot, so hit road early to avoid day heat, costed here, with crazy traffic at end with pollution and that smell! It's extremely hot here!!!!!!!!!!!!!!
122	29-Jun	Monday	26.2	41.92	3	Rawalpindi	Islamabad	Cycled around Islamabad, sight seeing and people fighting then met Lala karamat! Nice catch up. Weather cooled a little after a rain shower.

123	30-Jun	Tuesday	42.74	68.38	4	Islamabad	Dhoke Hashu Khan	Nice cool start with tail wind. Got to Gujar Khan feeling not to good. Food poisoning was kicking in. Left for village with many motorbikes and cars and film crew. Hit 6000 miles on route. Arrived to village with full reception and welcome with bands playing and signs written on roads, all organised by cousins. The old and young all turned out. Was great to see my parents and family after so long. They hosted everyone for Iftaar. But the food poisoning had knocked me out by then, temperature, pains, no energy, was out of it. Off to hospital, couple of injections and a big drip and few hours later sent back to village alive and a good 80% fit! The most eventful day.
<b>Total this month</b>			1665.28	2664.46	231.00			
<b>Total so far</b>			<b>6001.80</b>	<b>9602.90</b>	<b>738.00</b>			