

Day	Date	Day	Miles	KM	Time	Start	End	Comments
1	28-Feb	Saturday	65	104	8	Luton	Dartford	Great send off, gloomy day Atif made it to embassy! 4 of us to Dartford in the soaking rain.
2	01-Mar	Sunday	65	104	10	Dartford	Folkstone	late but sunny start, some big climbs, crazy bike trail, ABDUL taught us a lot on route. He towed Abuzar! Two punctures rainy end. Ali Asgary made it!
3	02-Mar	Monday	72.00	115.2	6.5	Folkstone	Bruges	Great start to Europe, serious tail wind costed us over 70 miles.
4	03-Mar	Tuesday	64	102.4	7	Bruges	Antwerp	Great ride, lovely cycling routes and respect of cyclists..cold and gloomy day.
5	04-Mar	Wednesday	77	123.2	6.5	Antwerp	Baexem	Rainy windy day. Loads of farm passes. Long day of cycling ended up in a very boring quite and depressing place.
6	05-Mar	Thursday	44	70.4	5	Baexem	Dusseldorf	nice gentle ride into Germany via a crazy forest, lost my glove on route.
7	06-Mar	Friday	28	44.8	3.5	Dusseldorf	Cologne	Rough day, Fell in mud, suspected fractured rib, Heal in 3 weekss, Pakistani guys helped
8	07-Mar	Saturday	0.00	0	0	0	Cologne	Abuzar returns to UK
9	08-Mar	Sunday	18.00	28.8	0	Cologne	Cologne	Rest day - Ribs and illness
10	09-Mar	Monday	43	68.8	13	Cologne	Wissen	crazy crazy hills, never take a short cut! fog and snow and huge hill climbs...
11	10-Mar	Tuesday	43	68.8	11	Wissen	Herborn	huge hills, bad fog, rain all day, snow tracks. Dangerous day. 11 hours!
12	11-Mar	Wednesday	70.00	112	6	Herborn	Frankfurt	late start, followed cycle route to Frankfurt along river/farms/Forrest
13	12-Mar	Thursday	65.00	104	8	Frankfurt	Miltenberg	flat cycle route all the way along the river, Sun out all day.
14	13-Mar	Friday	59.00	94.4	8	Miltenberg	Gemunden	very tired from start, cold all day, headwind most of the day. Slow and sluggish!
15	14-Mar	Saturday	48.00	76.8	5	Gemunden	Winterhausan	Gloomy and cold but steady cycle to destination. Haunted house accommodation!
16	15-Mar	Sunday	60.00	96	6	Winterhausan	Bamberg	Dull, boring, Headwind! Forest hill short cut worked a treat for once.
17	16-Mar	Monday	0.00	0	0	Bamberg	Bamberg	Rest day
18	17-Mar	Tuesday	59.50	95.2	12	Bamberg	Nagel	Sunny. Crazy head wind non stop. Grass trail through Forest in day. Evening lost in Forest for 3-hours, through mud, ice and 4 inches of snow. GPS went nuts couldn't find rest stop. Caked in mud!
19	18-Mar	Wednesday	65.00	104		Nagel	Karlov	Sunny, lovely roads and great cycle path in Czech Republic, long & tiring but pleasant ride along River.
20	19-Mar	Thursday	43.00	68.8	8	Karlov	Jesenice	Sunny, tough start with major climbs. Rock forest route, draining day.

21	20-Mar	Friday	53.00	84.8	5	Jesenice	Prague	Sunny, lovely weather. Costed the miles. Probably best day of cycling so far.
22	21-Mar	Saturday		0		Prague	Prague	Day off
23	22-Mar	Sunday	65.00	104	7	Prague	Pardubice	Dull rainy start, headwind!!! Sunny late in day but still cold and windy.
24	23-Mar	Monday	72.50	116	7	Pardubice	Sumperk	72.5 miles from Pardubice to Sumperk. 7 hours. Sunny, beautiful day, mixture of hills and flat roads. Max speed 38.3mph!
25	24-Mar	Tuesday	75.00	120	7.5	Sumperk	Hlucin	3,000 foot climb to start day, very windy midday, but managed to avoid trouble and had good day.
26	25-Mar	Wednesday	55.50	88.8	7	Hlucin	Bierun	Sunny and very hot! Good hot day of cycling.
27	26-Mar	Thursday	40.00	64	5	Bierun	Krakow	overcast but hot, enjoyable cycle into krakow, first puncture in Europe, luckily in the last 5 mins
28	27-Mar	Friday	36.50	58.4	4	Krakow	Brzesko	Late start, rainy start, gloomy overcast but enjoyable ride in. Max speed 40.8mph
29	28-Mar	Saturday	70.00	112	6	Brzesko	Rzeszow	70 miles from Brzesko to . 6 hours. Comments: Rain all day, waterproofs worked well, great average of 14miles per hour.
30	29-Mar	Sunday	48.00	76.8	5	Rzeszow	Przemysl	Dry overcast, manageable hills all the way. Good day.
31	30-Mar	Monday	80.00	128	8	Przemysl	Mykolaiv	Mykolaiv (Ukraine) Connects: first official border all went smooth. Long day of cycling uphill but with tailwind, overcast. Did very well today.
32	31-Mar	Tuesday	87.00	139.2	10	Mykolaiv	Ivano-Frankivsk	tough day. 46 miles of headwind, cold, missed turning, and bad roads, testing but interesting.
Total this month			1671.00	2673.6	195			
Total so far			1671.00	2673.6	195			