

PAC Tour

2022 Eastern Mountains

<u>Date</u>	<u>Start</u>	<u>Finish</u>	<u>Miles</u>	<u>Climbing</u>	
Fly to Portland, Maine on Monday Sept. 5 (Labor Day)					
1	Tues. Sept. 6	Portland, Maine	Conway, NH	77	2,600'
2	Wed. 7	Conway	Woodsville, NH	76	3,700'
3	Thur. 8	Woodsville	Rutland, VT	87	4,500'
4	Fri. 9	Rutland	Johnstown, NY	109	3,550'
5	Sat. 10	Johnstown	Norwich, NY	87	5,500'
6	Sun. 11	Norwich	Clarks Summit, PA	95	4,500'
7	Mon. 12	Clarks Summit	Mill Hall (Lamar), PA	127	7,500'
8	Tues. 13	Lamar	Breezewood, PA	107	6,200'
9	Wed. 14	Breezewood	Front Royal, VA	114	5,600'
10	Thur. 15	Front Royal	Waynesboro, VA	114	10,100'
11	Fri. 16	Waynesboro	Bedford, VA	85	8,000'
12	Sat. 17	Bedford	Rocky Mount, VA	70	2,500'
13	Sun. 18	Rocky Mount	Mount Airy, NC	82	6,300'
14	Mon. 19	Mount Airy	Boone, NC	90	6,100'
15	Tues. 20	Boone	Asheville, NC	108	10,100'
16	Wed. 21	Asheville	Cherokee, NC	90	9,500'
17	Thur. 22	Cherokee	Commerce, GA	114	3,600'
18	Fri. 23	Commerce	Stone Mountain, GA	64	2,800'

Fly home from Atlanta, Georgia on Saturday, September 24

1,700 total miles

95 miles per day

103,000 feet climbing

6,000' climbing per day