

Subject to minor changes.

Stages	Start/Finish	Distance (km)	Duration (hrs)
1	Hantana - Galaha	12.8	4
2	Galaha - Loolkandura	14.7	5
3	Loolkandura - Tawalantenne	18.1	6
4	Tawalantenne - Pundal Oya	15.5	4.5
5	Pundal Oya - Watagoda	14.3	4.5
6	Watagoda - Kotagala	14.9	4.5
7	Kotagala - Norwood	16.5	5
8	Norwood - Bogawantalawa	17.1	5
9	Bogawantalawa - Dayagama	15.9	4.5
10	Dayagama - Horton Plains	15.8	5
11	Horton Plains - Udaweriya	14.3	4
12	Udaweriya - Haputale	19.6	6
13	Haputale - St Catherine	14.6	4
14	St Catherine - Makulella	9.5	3
15	Makulella - Ella	9.6	3
16	Ella - Demodara	9.5	3
17	Demodara - Hali Ela	13.2	4.5
18	Hali Ela - Ettampitiya	14.7	6
19	Ettampitiya - Loonuwatte	21	6
20	Loonuwatte - Udupussellawa	13.7	4.5
21	Udupussellawa - Kandapola	16.9	5.5
22	Kandapola - St Pedro	11.3	4.5
Totals		323.5	102