

Paul's 1st Missionary Journey

Approximate Distances Traveled

	MILES
Antioch in Syria to Selucia	15
Selucia to Salamais	100
Salamais to Paphos	100
Paphos to Perga	175
Perga to Antioch in Pisidia	100
Antioch in Pisidia to Iconium	85
Iconium to Lystra	30
Lystra to Derbe	30
Derbe to Lystra	30
Lystra to Iconium	30
Iconium to Antioch in Pisidia	85
Antioch in Pisidia to Perga	100
Perga to Attalia	20
Attalia to Seleucia	320
Seleucia to Antioch in Syria	15
	1,235

1st MISSIONARY JOURNEY

Reference - Acts 13 - 14:28

Duration - 2 years

Total Miles Traveled - 1,235



Paul's 2nd Missionary Journey

Approximate Distances Traveled

	MILES
Antioch in Syria to Cilician Gates	140
Cilician Gates to Derbe	100
Derbe to Lystra	30
Lystra to Iconium	30
Iconium to Antioch in Pisidia	85
Phrygia and Galatia	200+
To Troas	200+
Troas to Samothrace	70
Samothrace to Neapolis	70
Neapolis to Phillipi	10
Philippi to Amphipolis	30
Amphipolis to Apollonia	35
Apollonia to Thessalonica	40
Thessalonica to Berea	50
Berea to the coast	20
To Athens	250
Athens to Corinth	50
Corinth to Cenchrea	8
Cenchrea to Ephesus	250
Ephesus to Caesarea	650+
Caesarea to Jerusalem	65
Jerusalem to Antioch in Syria	320+
	2,703+

2nd MISSIONARY JOURNEY

Reference - Acts 15:36 - 18:23

Duration - 3 years

Total Miles Traveled - 2,703+

1,290 by Sea • 1,410 by Land