

| | Cape Town | Heidelberg | Ladismith | Riversdale | Albertinia | Calitzdorp | Mossel Bay | Great Brak River | Oudtshoorn | George | Wilderness | Sedgefield | Knysna | Plettenberg Bay | Tsitsikamma | Port Elizabeth |
|------------------|-----------|------------|-----------|------------|------------|------------|------------|------------------|------------|--------|------------|------------|--------|-----------------|-------------|----------------|
| Cape Town | • | 273 | 323 | 305 | 330 | 369 | 379 | 404 | 462 | 438 | 451 | 474 | 494 | 526 | 598 | 735 |
| Heidelberg | 273 | • | 109 | 30 | 70 | 154 | 124 | 134 | 156 | 162 | 176 | 196 | 220 | 255 | 305 | 486 |
| Ladismith | 323 | 109 | • | 79 | 114 | 45 | 133 | 135 | 103 | 151 | 166 | 186 | 211 | 245 | 296 | 466 |
| Riversdale | 305 | 30 | 79 | • | 40 | 124 | 94 | 101 | 134 | 131 | 144 | 164 | 188 | 223 | 273 | 454 |
| Albertinia | 330 | 70 | 114 | 40 | • | 102 | 49 | 74 | 132 | 103 | 121 | 144 | 164 | 196 | 268 | 432 |
| Calitzdorp | 369 | 154 | 45 | 124 | 102 | • | 112 | 103 | 56 | 103 | 120 | 140 | 164 | 199 | 245 | 419 |
| Mossel Bay | 379 | 124 | 133 | 94 | 49 | 112 | • | 25 | 108 | 54 | 72 | 95 | 115 | 147 | 219 | 383 |
| Great Brak River | 404 | 134 | 135 | 101 | 74 | 103 | 25 | • | 80 | 29 | 47 | 70 | 90 | 122 | 194 | 358 |
| Oudtshoorn | 462 | 156 | 103 | 134 | 132 | 56 | 108 | 80 | • | 51 | 69 | 92 | 112 | 144 | 216 | 380 |
| George | 438 | 162 | 151 | 131 | 103 | 103 | 54 | 29 | 51 | • | 18 | 41 | 59 | 93 | 163 | 329 |
| Wilderness | 451 | 176 | 166 | 144 | 121 | 120 | 72 | 47 | 69 | 18 | • | 23 | 43 | 75 | 147 | 311 |
| Sedgefield | 474 | 196 | 186 | 164 | 144 | 140 | 95 | 70 | 92 | 41 | 23 | • | 20 | 52 | 124 | 288 |
| Knysna | 494 | 220 | 211 | 188 | 164 | 164 | 115 | 90 | 112 | 59 | 43 | 20 | • | 32 | 104 | 268 |
| Plettenberg Bay | 526 | 255 | 245 | 223 | 196 | 199 | 147 | 122 | 144 | 93 | 75 | 52 | 32 | • | 72 | 236 |
| Tsitsikamma | 598 | 305 | 296 | 273 | 268 | 245 | 219 | 194 | 216 | 163 | 147 | 124 | 104 | 72 | • | 153 |
| Port Elizabeth | 735 | 486 | 466 | 454 | 432 | 419 | 383 | 358 | 380 | 329 | 311 | 288 | 268 | 236 | 153 | • |