The longest journey, in easy stages

Move along the waymarks, in order, trying to reach each in the indicated number of steps from the start.

(Practise on the shortest sections first.)



Shifting the square

From the same starting position, find ways of moving the square piece to each of the following positions

in the given number of steps from the start



Reflection



151 (Conway's century-and-a-half puzzle)

Changing the starting position: the longest journey



and now for a question: is 220 moves really the greatest distance between any two positions which can be linked at all? David Fremlin, 31.1.17