

Statistics (Totals/Locations)

Miles: 4,235.3 miles

Days: 74 days

States: New Mexico, Colorado, Utah, Wyoming, Montana, Washington State and Alaska

Canadian Provinces: Alberta and British Columbia

note: This brief paper was written about 25 years after trip based on detailed journal, photos and estimated profiles.

Day 0, Saturday, May 28, 1988

Daily Miles: 0 miles

Location: Albuquerque, New Mexico to Durango, Colorado

Points of interest: None

Expenses: Unknown - Bus

Accommodations: Park in Durango, Colorado

Estimated Altitude profile: None

Day 1, Sunday, May 29, 1988

Daily Miles: 63.8 miles

Location: Durango, Colorado to Cabin North of Red Mountain Pass, Colorado

Points of interest:

1. Coal Banks Pass (10,640 ft)
2. Molas Pass (10,910 ft)
3. Red Mountain Pass (11,018 ft).
3. Town of Silverton, Colorado
4. Cabin with free beer

Expenses: Unknown

Accommodations: Cabin on Red Mountain Pass, Colorado

Estimated Altitude profile: Three big mountain passes - strenuous

Day 2, Monday, May 30, 1988

Daily Miles: 80.7 miles

Location: Cabin North of Red Mountain Pass, Colorado to 10 miles north of Delta, Colorado

Points of interest:

1. Snowy cold ride to Ouray, used socks for gloves
2. Petrified Waves near highway next to a waterfall
3. Hot springs in Ouray

Expenses: Unknown

Accommodations: Slept on Picnic Table at rest stop 10 miles North of Delta, Colorado

Estimated Altitude profile: Easy biking mostly downhill or flat.

Day 3, Tuesday, May 31, 1988

Daily Miles: 91.3 miles

Location: 10 miles north of Delta, Colorado to base of Douglas Pass

Points of interest:

1. Colorado National Monument

Expenses: Unknown

Accommodations: Camped at the base of Douglas Pass.

Estimated Altitude profile: Variable - ended day with a big uphill.

Day 4, Wednesday, June 1, 1988

Daily Miles: 108.8 miles

Location: Douglas Pass, Colorado to Steinaker Reservoir just north of Vernal, Utah

Points of interest:

1. Petroglyphs that date back to 800 AD
2. Steinaker Reservoir slightly north of Vernal, Utah

Expenses: Unknown

Accommodations: Camped north of Vernal, Utah - Steinaker Reservoir

Estimated Altitude profile: Hilly

Day 5, Thursday, June 2, 1988

Daily Miles: 88.8 miles

Location: Steinaker Reservoir just north of Vernal, Utah to 30 miles South of Rock Springs, Wyoming

Points of interest:

1. Daggett pass to Flamingo Gorge, Utah
2. Brahma bulls, wild horses, antelope, a wild dog and deer roaming the plains of Wyoming

Expenses: Unknown

Accommodations: Camped 30 miles South of Rock Springs, Wyoming.
Estimated Altitude profile: A big pass and small hills.

Day 6, Friday, June 3, 1988

Daily Miles: 36.7 miles

Location: 30 miles South of Rock Springs, Wyoming to Rock Springs, Wyoming

Points of interest:

1. Un-eventful day.

Expenses: Motel 6 and unknown

Accommodations: Motel 6 in Rock Springs, Wyoming

Estimated Altitude profile: Downhill, then a pass and more downhill.

Day 7, Saturday, June 4, 1988

Daily Miles: 105.7 miles

Location: Rock Springs, Wyoming to Pinedale, Wyoming.

Points of interest:

1. Tony was almost hit by an antelope on his bike.

2. First night I paid for camping on trip.

Expenses: Unknown - Camping

Accommodations: KOA campground in Pinedale, Wyoming

Estimated Altitude profile: Hilly, gradual uphill.

Day 8, Sunday, June 5, 1988

Daily Miles: 85.5 miles

Location: Pinedale, Wyoming to Jackson Hole, Wyoming

Points of interest:

1. Met Cyclist, Jim from Los Angeles, California

2. Antler reef at Jackson Hole city Park

Expenses: Unknown - Motel

Accommodations: Motel in Jackson Hole

Estimated Altitude profile: Some big climbs

Day 9, Monday, June 6, 1988

Daily Miles: 88.5 miles

Location: Jackson Hole, Wyoming to West Thumb in Yellowstone, Wyoming.

Points of interest:

1. Motel manager waking us to get more money, he called us foreigners.
2. Snow covered Teton
3. Hot springs in Yellowstone

Expenses: Unknown - Condo

Accommodations: Luxury condo in West Thumb, Wyoming

Estimated Altitude profile: Hilly

Day 10, Tuesday, June 7, 1988

Daily Miles: 81.8 miles

Location: West Thumb in Yellowstone, Wyoming to Mammoth Hot Springs Campground, Wyoming

Points of interest:

1. buffalo, elk, hot springs and geysers

Expenses: Unknown

Accommodations: Mammoth Hot Springs Campground - free

Estimated Altitude profile: mostly flat with an uphill section.

Day 11, Wednesday, June 8, 1988

Daily Miles: 57.1 miles

Location: Mammoth Hot Springs Campground, Wyoming to Norris campground, Yellowstone, Wyoming

Points of interest:

1. I Carried my bike up and down stairs at Mammoth Hot Spring.
2. Tower falls
- 3, Big Bull Elk and Buffalo
4. Friendly people at Norris campground

Expenses: Unknown - Camping

Accommodations: Camping at Norris campground, Yellowstone, Wyoming

Estimated Altitude profile: Started with uphill then mostly flat.

Day 12, Thursday, June 9, 1988

Daily Miles: 75 miles

Location: Norris campground, Yellowstone, Wyoming to West Yellowstone, Montana.

Points of interest:

1. Old faithful and neat nearby hot springs trail

Expenses: \$9.00 for camping and rest Unknown

Accommodations: Camping at West Yellowstone, Montana.

Estimated Altitude profile: Little hills with downhill end of day

Day 13, Friday, June 10, 1988

Daily Miles: 107.1 miles

Location: West Yellowstone, Montana to near Bozeman, Montana's Belgrade airport

Points of interest:

1. I saw 2 coyotes.
2. Crossed the Missouri river headwaters.
3. I slept on a bed of rocks.

Expenses: Unknown

Accommodations: Camped on bed of rocks next to Bozeman, Montana's Belgrade airport.

Estimated Altitude profile: Hilly with overall downhill grade.

Day 14, Saturday, June 11, 1988

Daily Miles: 116.6 miles

Location: Near Bozeman, Montana's Belgrade airport to McDonald Pass, Montana.

Points of interest:

1. Biked with a tiger swallowtail butterfly for about 2 miles
2. Small town in Montana had an action with cowboys and a police officer that did not seem to want me around.
3. Cycled through capital on Montana, Helena
4. Had a 3000 vertical foot uphill to McDonald Pass.
5. I broke my bike rim.
6. I set up my tent for the first time of trip.

Expenses: Unknown

Accommodations: Camped at free campground near the top of McDonald Pass

Estimated Altitude profile: Some big hills, one about 3000 vertical feet.

Day 15, Sunday, June 12, 1988

Daily Miles: 78 miles

Location: McDonald Pass to Missoula, Montana.

Points of interest:

1. It rained most of the night, so I stayed in my tent most of the morning. Did not leave campground until about noon

2. Hitched a ride to Missoula, Montana to get a new bike rim

Expenses: \$18.00 for motel and rest Unknown

Accommodations: In nice motel in Missoula, Montana.

Estimated Altitude profile: Some hills but mostly flat to downhill.

Day 16, Monday, June 13, 1988

Daily Miles: 80.1 miles

Location: Missoula, Montana to Holland Lake, Montana

Points of interest:

1. Bought a bike rim at Arron's bike shop.

2. I did not leave Missoula until 2:00 PM.

3. Cycled up Swan Valley a beautiful lush valley with wildlife and a gentle river.

4. A Turtle peed on me at Salmon Lake

5. Camped at Holland Lake with a bear hunter.

Expenses: Unknown

Accommodations: Camped at Holland Lake in Swan Valley

Estimated Altitude profile: One big uphill then mostly flat.

Day 17, Tuesday, June 14, 1988

Daily Miles: 80.9 miles

Location: Holland Lake to East of Columbia Falls, Montana

Points of interest:

1. Water skiing

2. Won a dollar at a bar playing video poker.

Expenses: \$5.00 for camping and rest Unknown

Accommodations: camped East of Columbia Falls in campground

Estimated Altitude profile: Downhill and flat.

Day 18, Wednesday, June 15, 1988

Daily Miles: 78.7 miles

Location: East of Columbia Falls, Montana to near Saint Mary's Lake, Glacier National Park, Montana.

Points of interest:

1. Hydrogenating plant at Hungry Horse Dam.
2. Cycling "The Road to the Sun" at Glacier National Park over Logan pass.
3. Saw waterfalls, cliffs, deer and Rocky Mountain sheep near the road over Logan pass.

Expenses: Unknown

Accommodations: camped near Saint Mary's lake.

Estimated Altitude profile: Lots of altitude gain and loss.

Day 19, Thursday, June 16, 1988

Daily Miles: 37.4 miles

Location: Near Saint Mary's lake, Glacier National Park Montana to Many Glaciers in Glacier National park, Montana

Points of interest:

1. Cycled with "Trans American" bicyclists along Saint Mary's Lake in Glacier National Park.
2. Hike over 13 miles at Many Glaciers to Swiftcurrent pass.

Expenses: Unknown

Accommodations: Camped at campground at the base of Swiftcurrent Pass in Many Glaciers in Glacier National Park, Montana.

Estimated Altitude profile: big downhill, followed by flat and then some uphill

Day 20, Friday, June 17, 1988

Daily Miles: 103.5 miles

Location: Many Glaciers in Glacier National Park, Montana, USA to Bellevue, Alberta, Canada

Points of interest:

1. My first ever international border crossing on a bike was at 11:04 AM into Canada.
2. At Waterton Park I saw buffalo
3. Cycling West the winds were so strong that I could not cycle downhill without pedaling hard.

Expenses: Unknown

Accommodations: Free campground at Bellevue, Alberta

Estimated Altitude profile: A big climb then mostly flat with heavy headwinds.

Day 21, Saturday, June 18, 1988

Daily Miles: 57.6 miles

Location: Bellevue, Alberta to Fernie, British Columbia, Canada.

Points of interest:

1. More very strong head winds.
2. Town of Frank that was covered by a land slide on April 29, 1903.

Expenses: Unknown

Accommodations: Free camping at Fernie, British Columbia, Canada.

Estimated Altitude profile: Hilly and windy

Day 22, Sunday, June 19, 1988

Daily Miles: 82.9 miles

Location: Fernie, British Columbia, Canada to near Canal Flat, British Columbia, Canada

Points of interest:

1. Met an English couple that were completing a bike ride around the world.
2. Visited Fort Steel.

Expenses: Unknown

Accommodations: Camped near road just South of Canal Flat, British Columbia, Canada

Estimated Altitude profile: Unknown

Day 23, Monday, June 20, 1988

Daily Miles: 84.2 miles

Location: Near Canal Flat, British Columbia, Canada to McLeod Meadows campground in the Kootenay National Forest, BC, Canada

Points of interest:

- 1 Met several cyclists
- 2, Met Ron a motorcycle from Nova Scotia that I ended up taking the Alaska Ferry with several days later.
3. Took a shower and swim at Radium Hot Springs
4. Saw 4 black bears as I was riding along the highway. Not all at the same time.

Expenses: \$2.00 Hot springs and rest Unknown

Accommodations: Camped at McLeod Meadows campground in the Kootenay National Forest

Estimated Altitude profile: Unknown

Day 24, Tuesday, June 21, 1988

Daily Miles: 82.2 miles

Location: McLeod Meadows campground in the Kootenay National Forest, BC to Banff National Park, Alberta, Canada

Points of interest:

1. Hiked to Dog Lake.
2. I saw 3 large mountain goats with 2 young goats.
3. Hike in Marble Canyon.

Expenses: Unknown - Hostel

Accommodations: Spray River Hostel in Banff National Park

Estimated Altitude profile: Unknown

Day 25, Wednesday, June 22, 1988

Daily Miles: 74.3 miles

Location: Banff National Park, Alberta, Canada to Yoho National Park, BC, Canada

Points of interest:

1. 3 miles hike in Johnson Canyon
2. Turquoise colored Moraine Lake and Lake Louise

Expenses: Unknown

Accommodations: Kicking Horse Campground in Yoho National Park, BC, Canada

Estimated Altitude profile: Unknown

Day 26, Thursday, June 23, 1988

Daily Miles: 53.1 miles

Location: Yoho National Park, BC, Canada to Hi-Mosquito Creek Hostel Banff, Alberta, Canada

Points of interest:

1. Takakkow Falls, the tallest waterfall in the Canadian Rockies.
2. Very wet from all the rain, hung out with Germans next to their fire.
3. Hike 10-mile round trip trail to Twin Falls
4. Saw a moose and Marmot.
5. Met a cyclist Mike that I ran into on the streets of Vancouver at the end of that summer.

Expenses: Unknown

Accommodations: Hi-Mosquito Creek Hostel with other cyclists

Estimated Altitude profile: Unknown

Day 27, Friday, June 24, 1988

Daily Miles: 71.5 miles

Location: Hi-Mosquito Creek Hostel Banff, Alberta, Canada to Columbia Ice Fields campground, Banff, Alberta, Canada

Points of interest:

1. I saw several mountain goats and a few Rocky Mountain sheep.
2. I hiked to Bow Pass for an overview look of Peyto Lake.
3. Walked on Columbia Ice field, first time on a glacier. Crawling in a hole I saw blue ice and miniature waterfalls.

Expenses: Unknown

Accommodations: Columbia Ice Fields campground, Banff, Alberta, Canada

Estimated Altitude profile: Unknown

Day 28, Saturday, June 25, 1988

Daily Miles: 96.2 miles

Location: Columbia Ice Fields campground, Banff, Alberta, Canada to Yellowhead Lake, BC, Canada

Points of interest:

1. Took Columbia Ice field bus tour.
2. I saw 12 elk, 47 mountain goats, 5 mountain sheep and a deer.

Expenses: Unknown

Accommodations: Camped at Yellowhead Lake campground in Mount Robson Provincial park

Estimated Altitude profile: Unknown

Day 29, Sunday, June 26, 1988

Daily Miles: 110.5 miles

Location: Yellowhead Lake, BC, Canada to Goat River rest area, BC, Canada

Points of interest:

1. Saw Ron again, from Canal Flats.
2. Visit Mount Robson Provincial Park, wanted to hike.

Expenses: Unknown

Accommodations: Slept under a bridge at Goat River rest area

Estimated Altitude profile: Unknown

Day 30, Monday, June 27, 1988

Daily Miles: 103 miles

Location: Goat River rest area, BC, Canada to Prince George, BC, Canada

Points of interest:

1. Met man that I helped move furniture and he let me stay in a trailer on his lot for free.
2. Drank beer with Canadians, one of them was not fond of people from the USA.

Expenses: Unknown

Accommodations: In a trailer in Prince George, BC, Canada

Estimated Altitude profile: Unknown

Day 31, Tuesday, June 28, 1988

Daily Miles: 101.8 miles

Location: Prince George, BC, Canada to near Fraser Lake, BC, Canada

Points of interest:

1. Tried camping on Indian land, but heard something near my tent. It seemed like the size of a bear.

Expenses: Unknown

Accommodations: Camped part of the night on Indian Land and then moved to Beaumont campground

Estimated Altitude profile: Flat and downhill

Day 32, Wednesday, June 29, 1988

Daily Miles: 105.1 miles

Location: Near Fraser Lake, BC, Canada to near Houston, BC, Canada

Points of interest:

1. Not great roads and headwinds

Expenses: Unknown

Accommodations: Camped in woods near Houston, BC, Canada

Estimated Altitude profile: Flat with headwinds

Day 33, Thursday, June 30, 1988

Daily Miles: 87.1 miles

Location: Near Houston, BC, Canada to Hazelton, BC, Canada

Points of interest:

1. Stayed in motel with Ron that I had met in Canal Flats
2. Danced with lady at bar under motel room.
3. Fights and people removed from bar all night.

Expenses: Unknown

Accommodations: Motel in Hazelton, BC, Canada

Estimated Altitude profile: Unknown

Day 34, Friday, July 1, 1988

Daily Miles: 92.6 miles

Location: Hazelton, BC, Canada to near Torrance, BC, Canada

Points of interest:

- 1 Road lined with snow covered peaks and flowers.
2. Rained all night

Expenses: Unknown

Accommodations: Camped on a logging road near Torrance, BC, Canada

Estimated Altitude profile: Unknown

Day 35, Saturday, July 2, 1988

Daily Miles: 84.1 miles

Location: Near Torrance, BC, Canada to Prince Rupert, BC, Canada

Points of interest:

1. Met a guy on a bike headed for the Northwest Territories of Canada.
2. I touched the Pacific Ocean at about 6:30 PM
3. Met up with Ron from Canal Flat and we both got rooms in the same motel that night.

Expenses: Unknown

Accommodations: Motel in Prince Rupert, BC

Estimated Altitude profile: Unknown

Day 36, Sunday, July 3, 1988

Daily Miles: 0.9 miles

Location: Prince Rupert, BC, Canada to Alaska on Ferry

Points of interest:

1. Arrived in Alaska by ferry at about 10:45 AM.

Expenses: Unknown

Accommodations: Slept on Solarium of Alaskan Ferry

Estimated Altitude profile: Unknown

Day 37, Monday, July 4, 1988

Daily Miles: 59.3 miles

Location: Canada to Alaska on Ferry to Juneau, Alaska

Points of interest:

1. Sandy Eagle Beach north of Juneau

2. Mendenhall Glacier

Expenses: Unknown

Accommodations: camped near Mendenhall Glacier

Estimated Altitude profile: A couple big hills.

Day 38, Tuesday, July 5, 1988

Daily Miles: 59.9 miles

Location: Juneau, Alaska

Points of interest:

1. Saw some bald eagles, one with about an 8-foot wingspan.

2. Went for a hike to the base of Mendenhall Glacier.

3. Found a job at Douglas Cold storage.

Expenses: Unknown

Accommodations: Unknown

Estimated Altitude profile: small hills

Day 39 to 48, Wednesday, July 6, 1988 to Friday, July 15, 1988

Estimated Miles: 50 miles

Location: Juneau, Alaska

Points of interest:

1. Worked at Douglas cold storage

2. Enjoyed grinding fish heads

3. I lived free in a historical office building at Treadmill.

Expenses: Unknown

Accommodations: slept in vacant building at Treadmill historic park

Estimated Altitude profile: Unknown

Day 49 to 51, Saturday, July 16, 1988 to Monday, July 18, 1988

Estimated Miles: 109.7 miles

Location: Juneau, Alaska

Points of interest:

1. Totem poles, the Alaska State Museum, and a Russian Orthodox Church.
2. Hiked to the top of Mount Juneau

Expenses: Unknown

Accommodations: Probably continued sleeping in vacant building at Treadmill historic park.

Estimated Altitude profile: Unknown

Day 52, Tuesday, July 19, 1988

Estimated Daily Miles: 30 miles

Location: Juneau, Alaska

Points of interest:

1. Hiked up muddy trails of Eaglecrest Ski Area and slid down.
2. Climb to the top of Mount Roberts and saw wild marmots.

Expenses: Unknown

Accommodations: Probably continued sleeping in vacant building at Treadmill historic park.

Estimated Altitude profile: Probably flat biking with about 4,000 vertical feet of gain between 2 hikes.

Day 53, Wednesday, July 20, 1988

Estimated Miles: 12.4 miles

Location: Juneau, Alaska

Points of interest:

1. Hiked at Herbert Glacier.
2. I took a dinner cruise to Tracie's Arm.

Expenses: Unknown I think the dinner cruise was about \$70.00 with a Salmon feast.

Accommodations: The spare room at Paul's (man from Minnesota I worked with at

Douglas Cold Storage) house.

Estimated Altitude profile: Unknown

Day 54, Thursday, July 21, 1988

Estimated (no record in notes) Daily Miles: 0 miles

Location: Juneau, Alaska to Gustavus, Alaska

Points of interest:

1. Went to Glacier Bay during a storm in a 17-foot Boston Whaler.
2. Hit at least 3-foot waves at high speed in the small Boston Whaler boat.

Expenses: Unknown

Accommodations: Slept in Dave's cabin at Gustavus, Alaska

Estimated Altitude profile: NA

Day 55, Friday, July 22, 1988

Daily Miles: 0 miles

Location: Gustavus, Alaska to Glacier bay, Alaska

Points of interest:

1. Checked out Glacier Bay lodge.
2. Dave's boating friends all had bigger boats and waited out the storm we blasted through the previous night.
3. We took Dave's boat into Glacier bay for camping.

Expenses: \$50.00 for gas in Dave's boat and Unknown

Accommodations: Camped in Glacier bay on a beach near bear shit.

Estimated Altitude profile: NA

Day 56, Saturday, July 23, 1988

Estimated Miles: 1 mile

Location: Glacier bay, Alaska to Hoonah, Alaska

Points of interest:

1. Entering deeper into Glacier Bay.
2. It was like entering a freezer, Glacier Bay has 13 glaciers that enter the ocean.
3. Small fishing village of Hoonah has old buildings and only dirt roads.

Expenses: Unknown

Accommodations: Slept at Hoonah, Alaska Ferry terminal

Estimated Altitude profile: NA

Day 57 -58, Sunday, July 24, 1988 to Monday, July 25, 1988

Estimated Miles: 1 mile

Location: Hoonah, Alaska to Sitka, Alaska

Points of interest:

1. I saw a whale repeatedly jumping out of the water. This is called "breaching"
2. Biked to southern end of Sitka Road to camp.

Expenses: Unknown

Accommodations: 1) slept on Ferry. 2) camped at Southern end of road in Sitka, Alaska.

Estimated Altitude profile: NA

Day 59, Tuesday, July 26, 1988

Estimated Miles: 68.4 miles

Location: Sitka, Alaska

Points of interest:

1. Biked to Blue Lake and then hiked to Beaver Lake
2. Visited Castle Hill, pioneer homes, Totem Park, Sheldon Jackson College, the Anthropology Museum, and a Russian Orthodox Church.
3. Sitka has a strong Russian heritage; it was the Russian capital of Alaska when Alaska was owned by Russia.
4. I biked to the top of Harbor Mountain recreation area (the only subalpine road in southeast Alaska).

Expenses: Unknown

Accommodations: camped at the bottom of Harbor Mountain Road.

Estimated Altitude profile: A couple of big climbs.

Day 60, Wednesday, July 27, 1988

Daily Miles: 48.7 miles

Location: Sitka, Alaska to Wrangell, Alaska to Ferry headed towards Petersburg, Alaska

Points of interest:

1. Bear Tribal house on Chief Shakes Island.
2. Found petroglyphs on a beach.
3. Hiked to Rainbow falls.

Expenses: Unknown

Accommodations: Slept on Alaska ferry between Wrangell and Petersburg, Alaska

Estimated Altitude profile: Close to flat, a couple small hills

Day 61, Thursday, July 28, 1988

Daily Miles: 50.3 miles

Location: Petersburg, Alaska to Ketchikan, Alaska

Points of interest:

1. Found petroglyphs in Petersburg
2. There is a strong Norwegian heritage in Petersburg, even a Viking ship.
3. Arrived in Ketchikan with Heavy rain around 11:00 PM.

Expenses: Unknown

Accommodations: camped at Ward Lake Recreation Area in Ketchikan

Estimated Altitude profile: mostly flat and a hill

Day 62, Friday, July 29, 1988

Daily Miles: 57.3 miles

Location: Ketchikan, Alaska to Canadian Ferry headed to Prince Rupert, BC, Canada

Points of interest:

1. Totem Bright Park and Saxman Village with several totem poles.
2. Visited the historic Creek Street Red Light district.

Expenses: Unknown

Accommodations: Slept on Canadian ferry

Estimated Altitude profile: Some small hills

Day 63, Saturday, July 30, 1988

Daily Miles: 1 miles

Location: Canadian Ferries from Alaska to Port Hardy, Vancouver Island, BC, Canada

Points of interest:

1. Canadian ferry

Expenses: Unknown

Accommodations: Camped at the rest area near the Port Hardy, Vancouver Island, BC ferry terminal

Estimated Altitude profile: NA

Day 64, Sunday, July 31, 1988

Daily Miles: 123.4 miles

Location: Vancouver Island, - Port Hardy, Vancouver Island, BC, Canada to Big Tree Creek Rest Area, Vancouver Island, BC, Canada

Points of interest:

1. Cycled with foreigner long distance cyclists

Expenses: Unknown

Accommodations: Slept at Big Tree Creek Rest Area, Vancouver Island, BC, Canada

Estimated Altitude profile: Unknown

Day 65, Monday, August 1, 1988

Daily Miles: 92.1 miles

Location: Big Tree Creek Rest Area, Vancouver Island, BC, Canada to North of Langdale, BC, Canada

Points of interest:

1. Ferry from Campbell River, BC, Canada to Powell River, BC, Canada
2. Cycled the sunshine coast in BC, Canada
3. Ferry from Saltery Bay, BC, Canada to Earl Cove, BC, Canada

Expenses: Unknown

Accommodations: camped next to road north of Langdale, BC, Canada

Estimated Altitude profile: Hilly

Day 66, Tuesday, August 2, 1988

Daily Miles: 60.6 miles

Location: North of Langdale, BC, Canada to Vancouver, BC, Canada

Points of interest:

1. I took a chilling swim in the ocean near Horseshoe Bay.
2. First time all summer I could comfortably wear shorts.
3. Cycled around Stanley Park
4. I found Mike a person I met in the Canadian Rockies walking the streets of Vancouver.
5. Mike took me around Vancouver on his motorcycle.
6. That evening Mike's friend Heather chauffeured us around in her Jaguar.

Expenses: Unknown

Accommodations: Spent the night on the floor of Mike's friends' pad in Vancouver,

BC, Canada.

Estimated Altitude profile: Unknown

Day 67, Wednesday, August 3, 1988

Daily Miles: 65.2 miles

Location: Vancouver, BC, Canada to Victoria, Vancouver Island, BC, Canada

Points of interest:

1. I cycled downtown Vancouver where I saw Chinatown, Gas Town and Queen Elizabeth Park.
2. Was not allowed to bike through George Massey Tunnel, so I took the free shuttle for bikes through the tunnel.
3. Took the ferry from Tsawwassen, BC, Canada to Swartz Bay, Vancouver Island, BC, Canada.
4. Cycled to Victoria, BC.

Expenses: Unknown

Accommodations: Slept at the ferry terminal in Victoria, Vancouver Island, BC.

Estimated Altitude profile: Unknown

Day 68, Thursday, August 4, 1988

Daily Miles: 57.9 miles

Location: Victoria, Vancouver Island, BC, Canada to near Lake Crescent, Washington State, USA

Points of interest:

1. I cycled from sea level to Hurricane Ridge (5320 vertical feet in 18 miles)
2. Clear day with great views from the top of Hurricane ridge.

Expenses: Unknown

Accommodations: Camped on a closed road near Lake Crescent

Estimated Altitude profile: over 5000 vertical feet of gain.

Day 69, Friday, August 5, 1988

Daily Miles: 100.9 miles

Location: Near Lake Crescent, Washington State to just south of the turn off to the Hoh Rain Forest, Washington State.

Points of interest:

1. Hoh Rain Forest.

Expenses: Unknown

Accommodations: Slept in the moss just south of the turn off to the Hoh Rain Forest.

Estimated Altitude profile: flat and downhill

Day 70, Saturday, August 6, 1988

Daily Miles: 95.5 miles

Location: Just south of the turn off to the Hoh Rain Forest, Washington State to east of Aberdeen, Washington State

Points of interest:

1. Cedar tree that took 47 paces to walk around its base.
2. Cycling in the light fog near Ruby beach.

Expenses: Unknown

Accommodations: Slept 10 miles east of Aberdeen in bushes near a cemetery

Estimated Altitude profile: Hilly, one bigger hill.

Day 71, Sunday, August 7, 1988

Daily Miles: 77.8 miles

Location: East of Aberdeen, Washington State to Seattle, Washington

Points of interest:

1. Ferry from Bremerton, Washington to Seattle, Washington.
2. When I arrived in Seattle, I called Conner's cousins. They did not know who I was or that I was coming to visit and asked me questions about Conner and his mother.

Expenses: Unknown

Accommodations: Connor's cousin house in Seattle, Washington

Estimated Altitude profile: one big hill climb and mostly flat.

Day 72, Monday, August 8, 1988

Estimated Daily Miles: 46.1 miles

Location: Seattle, Washington State

Points of interest:

1. Pike's Market, and the Space Needle
2. Cycled Washington Lake Boulevard to Seward Park.

Expenses: Unknown

Accommodations: Connor's cousin house in Seattle, Washington

Estimated Altitude profile: Unknown

Day 73, Tuesday, August 9, 1988

Estimated Daily Miles: 35.3 miles

Location: Seattle, Washington State and Mount Rainier National Park

Points of interest:

1. Hike to Ice caves at Mount Rainier National Park. The caves melted a few years after my visit.

Expenses: Unknown

Accommodations: Connor's cousin house in Seattle, Washington

Estimated Altitude profile: Unknown

Day 74, Wednesday, August 10, 1988

Estimated Daily Miles: 0 miles

Location: Seattle, Washington State to Albuquerque, New Mexico

Points of interest:

1. Toured Boeing plant in Everett, Washington State

Expenses: Unknown

Accommodations: Plane and home in Albuquerque, New Mexico.

Estimated Altitude profile: NA