

Statistics (Totals/Locations)

Miles Biked: 1208.4 miles

Miles Walked: 152.09 miles

Days of biking: 23 days

Total accumulative Altitude gain: 51,622 feet

Location: Genova, Italy to Palermo, Sicily, Italy

Total Expenses: ~= \$4233.82 US

Day -1, Thursday, December 18, 2008

Daily Bike Miles: 0 miles

Location: Flights from Portland, Oregon to Amsterdam, Netherlands

Points of interest:

1. None

Expenses: US\$1444.15 - Airfare and US\$100.00 for shipping my bike on the Airlines

Accommodations: Slept on Plane

Day 0, Friday, December 19, 2008

Daily Bike Miles: 0 miles

Location: Flights – Flight to Paris, France and then to Genova, Italy

Points of interest:

1. None

Expenses: 28.00 URO and US\$81.52 - Taxi and motel

Accommodations: Slept at Hotel Galata - Genova

Day 1, Saturday, December 20, 2008

Daily Bike Miles: 50 miles Daily Walking Miles: 2 miles

Location: Genoa to La Spezia, Italy

Points of interest:

1. Lots of cyclists on the scenic coastal highway.

2. Learning how to take the train and getting warned about validating my train ticket.

Expenses: 19.64 URO + US\$70.27 US - Food and motel

Accommodations: Slept in Mary's motel (Via Fiume 177) – La Spezia

Day 2, Sunday, December 21, 2008

Daily Bike Miles: 0 miles

Daily Walking Miles: 12 miles

Location: La Spezia and the 5 fishing villages of Cinque Terre

Points of interest:

1. 5 Fishing villages of Cinque Terre

2. Castle Tower in Vernazza

Expenses: 20.70 URO + \$70.27 US - Food and motel

Accommodations: Slept in Mary's motel (Via Fiume 177) – La Spezia

Day 3, Monday, December 22, 2008

Daily Bike Miles: 66.92 miles

Daily Walking Miles: 5 miles

Location: La Spezia to Livorno

Points of interest:

1. Coastal highway with several cyclists 2. Leaning tower of Pisa

Expenses: 57.50 URO - Food and motel

Accommodations: Slept in motel – Livorno

Day 4, Tuesday, December 23, 2008

Daily Bike Miles: 89.75 miles

Daily Walking Miles: 11 miles

Location: Livorno to Grosseto

Points of interest:

1. Town of Grosseto with dark fort that you could walk into for free (a little scary)

Expenses: 43.60 URO – Food, postcards and motel

Accommodations: Slept in Hotel Nuova (Piazza Marconi 26) – Grosseto

Day 5, Wednesday, December 24, 2008

Daily Bike Miles: 48.4 miles

Daily Walking Miles: 7.23 miles

Location: Grosseto to Rome

Points of interest:

1. Town of Orbetello and bridge to nearby island

2. Tourist attractions in Rome – Coliseum, etc.

Expenses: 26.25 URO + 92.26 US – Food, Train and motel

Accommodations: Slept at Hotel Caracciolo di Alba De Vivo (Via Cairoli 86/88)– Roma

Day 6, Thursday, December 25, 2008

Daily Bike Miles: 35.37 miles

Daily Walking Miles: 6.29 miles

Location: Rome

Points of interest:

1. Coliseum, Vatican, Castel Sant Angelo and all the other historic monuments in downtown Rome

2. Christmas mass at the Vatican.

Expenses: 22.17 URO + 92.26 US - Food and motel

Accommodations: Slept at Hotel Caracciolo di Alba De Vivo (Via Cairoli 86/88) – Roma

Day 7, Friday, December 26, 2008

Daily Bike Miles: 59.76 miles

Daily Walking Miles: 6.55 miles

Location: Rome to Naples

Points of interest:

1. Cold, wet town of Formia

2. Poverty entering Naples

3. Losing money in Naples ATM

Expenses: 261.40 URO + \$100.78 US – Train, batteries, lost to ATM and motel

Accommodations: Slept at Hotel Il Convento (via Speranzella 137) – Naples

Day 8, Saturday, December 27, 2008

Daily Bike Miles: 34.07 miles

Daily Walking Miles: 14.06 miles

Location: Naples to Sorrento

Points of interest:

1. Excellent motel breakfast with squid in Naples
2. Ten miles of cobble stone road out of Naples
3. Historic Park of Pompeii.

Expenses: 15.60 URO + \$71.98 US – Souvenirs, attractions and motel

Accommodations: Slept in ALBERGO ASCOT SORRENTO – Sorrento

Day 9, Sunday, December 28, 2008

Daily Bike Miles: 49.92 miles

Daily Walking Miles: 9.76 miles

Location: Sorrento to Salerno

Points of interest:

1. View of Isle del Capri from Termini
2. Twisty Road to Salerno with castles, cliff side towns and road hanging onto cliffs.

Expenses: 56.20 URO - Food and motel

Accommodations: Slept in motel – Salerno

Day 10, Monday, December 29, 2008

Daily Bike Miles: 51.64 miles

Daily Walking Miles: 0 miles

Location: Salerno to south of Paola

Points of interest:

1. Finding a place to camp

Expenses: 16.00 URO - Food and train

Accommodations: Slept under a freeway bridge

Day 11, Tuesday, December 30, 2008

Daily Bike Miles: 65.99 miles

Daily Walking Miles: 5.93 miles

Location: South of Paola to Messina

Points of interest:

1. Flat tire
2. Ferry to Sicily
3. Church in Messina

Expenses: 11.55 URO + \$84.20 US – Food, Ferry and motel

Accommodations: Slept in Royal Palace Hotel (Via Cannizzara IS 224 AB) - Messina

Day 12, Wednesday, December 31, 2008

Daily Bike Miles: 78.93 miles

Daily Walking Miles: 5.49 miles

Location: Messina to Catania

Points of interest:

1. Town of Taormina
2. Cyclist from Germany
3. Historic building in Catania

Expenses: 57.70 URO – Food, attraction and motel

Accommodations: Slept in motel – Catania

Day 13, Thursday, January 1, 2009

Daily Bike Miles: 83.53 miles

Daily Walking Miles: 4.95 miles

Location: Catania to Ispica

Points of interest:

1. Views of Mount Etna
2. Archeological area with Cathedral in Siracusa
3. Big hill from motel to town of Ispica
4. Presepe Vivente Ispica

Expenses: 52.00 URO – Food, attraction and motel

Accommodations: Slept in motel – Ispica

Day 14, Friday, January 2, 2009

Daily Bike Miles: 80.85 miles

Daily Walking Miles: 5.83 miles

Location: Ispica to Licata

Points of interest:

1. Big hill that bypassed Ragusa.
2. A man with a bike set up for touring lead me to a cheap hotel in Licata

Expenses: 39.75 URO – Food, batteries and motel

Accommodations: Slept in motel – Licata

Day 15, Saturday, January 3, 2009

Daily Bike Miles: 65.94 miles

Daily Walking Miles: 9.94 miles

Location: Licata to Sciacca

Points of interest:

1. Valley of the Temples in Argenta
2. People at Valley of the Temples that had seen me in Catania

Expenses: 57.29 URO – Food, attraction and motel

Accommodations: Slept in motel – Sciacca

Day 16, Sunday, January 4, 2009

Daily Bike Miles: 65.55 miles

Daily Walking Miles: 2.22 miles

Location: Sciacca to Lo Stagnone

Points of interest:

1. Almost run over by car after fixing a broken spoke
2. Town of Marsala
3. Nice rental house in Lo Stagnone

Expenses: 27.00 URO - Food and motel

Accommodations: Slept in rented 2-bedroom house – Lo Stagnone

Day 17, Monday, January 5, 2009

Daily Bike Miles: 55.84 miles

Daily Walking Miles: 6.59 miles

Location: Lo Stagnone to Alcamo

Points of interest:

1. Motya Island
 2. Temple and archeological park at Segesta.
 3. Free castle Museum in Alcamo
- Expenses: 94.86 URO – Food, batteries, attraction and motel
Accommodations: Slept in motel – Alcamo

Day 18, Tuesday, January 6, 2009

Daily Bike Miles: 49.93 miles

Daily Walking Miles: 13.48 miles

Location: Alcamo to Palermo

Points of interest:

1. Historic building in Palermo

Expenses: 5.00 URO + \$61.99 US – Food, Internet and motel

Accommodations: Slept at Hotel Moderno (Via Roma 276)- Palermo

Day 19, Wednesday, January 7, 2009

Daily Bike Miles: 34.7 miles

Daily Walking Miles: 4.46 miles

Location: Palermo

Points of interest:

1. Post office never sent all my postcards to the USA.
2. Tomb and Creeps tour in Cathedral, not the correct creeps for human bones
3. The cathedral at Monreale
4. Dumpsters and trash all over Palermo

Expenses: 45.48 URO + \$61.99 US – Food, stamps, attractions and motel

Accommodations: Slept at Hotel Moderno (Via Roma 276)- Palermo

Day 20, Thursday, January 8, 2009

Daily Bike Miles: 51.34 miles

Daily Walking Miles: 0 miles

Location: Palermo towards Naples

Points of interest:

1. Cycling east to the town of Santa Flavia
2. Hill ride to statue di s. Rosolia.
3. No drinking fountain on Ferry to Naples.

Expenses: 3.20 URO + \$77.39 US – Tip, Ferry and water

Accommodations: Slept on the boat to Naples

Day 21, Friday, January 9, 2009

Daily Bike Miles: 24.48 miles

Daily Walking Miles: 3.46 miles

Location: Ferry to Naples to Fiumicino

Points of interest:

1. Sleeping in couch in bar of boat to Naples
2. Cycling in the traffic of Rome.

Expenses: 40.00 URO + \$102.92 US – Food, train and motel

Accommodations: Slept an Hotel Mach 2 (Via Portuense 2465) – Fiumicino

Day 22, Saturday, January 10, 2009

Daily Bike Miles: 65.49 miles

Daily Walking Miles: 0.5 miles

Location: Fiumicino, Italy to almost Amsterdam, Netherlands

Points of interest:

1. Ride from Fiumicino to Centro Regina and then back to Rome Airport.
2. Poor scary areas near Fiumicino

Expenses: 21.50 URO + \$205.82 US – Food, souvenir and bike on plane

Accommodations: Slept on plane

Day 23, Sunday, January 11, 2009

Daily Bike Miles: 0 miles

Daily Walking Miles: 15.35 miles

Location: Amsterdam, Netherlands to Portland, Oregon, USA

Points of interest:

1. Police assistance at Amsterdam airport
2. Cold walk around downtown Amsterdam
2. Leffe beer at bar in Amsterdam.
3. Meal of Br. Shoarama in Amsterdam

Expenses: 35.50 URO and \$4.75 US – Food, alcohol and trains

Accommodations: Slept on plane