

Miles Biked: about 575.11 miles

Miles Walked: about 102.57 miles

Days of biking: 15 days

Location: Panama City, Panama to San Jose, Costa Rica

Total Expenses: ~= \$4223.84 US

Day 1, Saturday, December 18, 2010

Daily Bike Miles: 0 miles

Location: Flights from Portland, OR To Houston, TX

Points of interest:

1. None

Expenses: US\$1301.52 - Airfare, Bike, GPS maps, Money Exchange charge and Travelers insurance

Accommodations: Slept on Plane

Day 2, Sunday, December 19, 2010

Daily Bike Miles: 0 miles; Walked 12.7 miles

Location: Houston, TX to Panama City, Panama

Points of interest:

1. Evelyn from Portland sat next to me on the plane

2. Old town in Panama City

Expenses: US\$75.00 - Food, internet and Motel

Accommodations: Motel in Panama City, Panama

Day 3, Monday, December 20, 2010

Daily Bike Miles: 0 miles, Walked 10 Miles

Location: Panama City to/from Colon, Panama

Points of interest:

1. Bike broke on Plane, only had 1 gear for the rest of the trip

2. Kids wanted my money on Colon

3. Police stop had me show them my passport and car rental information.

Expenses: US\$189.38 - Car rental, food, motel and bike lock

Accommodations: Motel in Panama City, Panama

Day 4, Tuesday, December 21, 2010

Daily Bike Miles: 0 miles, Walked 5 miles

Location: Panama City, Panama Canal

Points of interest:

1. Panama Canal Tour with trip to park that Overlooked the city and to the area where Cruise Boats docked.

Expenses: US\$184.70 - Canal tour, Internet, food and motel
Accommodations: Motel in Panama City, Panama

Day 5, Wednesday, December 22, 2010

Daily Bike Miles: 0 miles, Walked 5 miles

Location: Panama City to Boquete, Panama

Points of interest:

1. Bus ride to David

Expenses: US\$ 113.20 - Cabs, Buss, Food, internet and Hotel.

Accommodations: Motel in Boquete

Day 6, Thursday, December 23, 2010

Daily Bike Miles: 0 miles, Walked 20 miles

Location: Boquete, Panama

Points of interest:

1. Climbed Volcano Baru

Expenses: US\$77.57 - Cab, Food, Park entrance fee and motel

Accommodations: Motel in Boquete

Day 7, Friday, December 24, 2010

Daily Bike Miles: 7.34 miles, Walked 6 miles

Location: Boquete, Panama

Points of interest:

1. Zip-Line Tour
2. Coffee Tour
3. Free residents garden

Expenses: US\$180.19 - Zip line, Coffee tour, food, souvenirs and motel

Accommodations: Motel in Boquete

Day 8, Saturday, December 25, 2010

Daily Bike Miles: 69.53 miles, Walked 2.34 miles

Location: Boquete, Panama to Neily, Costa Rica

Points of interest:

1. Bikers from Spain.
2. Branch from a tree fell - hurt my leg and tore my sweat pants.
3. Panama/ Costa Rica Boarder
4. Passed out nice looking young lady near wall.

Expenses: US\$4.44 + CR 19,456 - Food, Panama exit tax, note pad and motel.

Accommodations: Motel in Neily

Day 9, Sunday, December 26, 2010

Daily Bike Miles: 50.43 miles, Walked 5 miles

Location: Neily to Puerto Jimenez, Costa Rica

Points of interest:

1. Big Purple butterfly
2. Ferry to Puerto Jimenez with big school of Dolphin near boat.
3. Large Iguana in tree near motel (Puerto Jimenez)
4. Toucans and Parrots in Tree near Tigre River
5. Small alligators in swamp near motel (Puerto Jimenez)

Expenses: US\$29.50 + CR 32290 - Boat, food, motel and internet.

Accommodations Motel in Puerto Jimenez, Costa Rica

Day 10, Monday, December 27, 2010

Daily Bike Miles: 23.18 miles, Walked 4.67 miles

Location: Puerto Jimenez to Dante Corcovado Lodge, Costa Rica

Points of interest:

1. White faced monkeys in the trees at motel (Puerto Jimenez), feed bananas by motel.
2. Turtle on road near La Palma and big Lizards at Dante Corcovado Lodge
3. River ride and dirt road ride near Dante Corcovado Lodge.
4. I turned on the light while the Fan was plugged in and a flash appeared, then all the lights in the village went out.
5. Large spider on trial near lodge.

Expenses: US\$45.00 + CR 1651 - Food and motel

Accommodations: Dante Corcovado Lodge

Day 11, Tuesday, December 28, 2010

Daily Bike Miles: 65.5 miles, Walked 1.59 miles

Location: Dante Corcovado Lodge to Palma Norte, Costa Rica

Points of interest:

1. Man with Machete on the side of road, he gave me a dirty look and was within easy swinging distance.
2. Osa Peninsula - Flowers, Birds and rain forest.

Expenses: US\$25 + CR12317 - motel and food

Accommodations: Motel in Palma Norte, Costa Rica

Day 12, Wednesday, December 29, 2010

Daily Bike Miles: 67.95 miles, Walked 10.9 miles

Location: Palma Norte to Quepos, Costa Rica

Points of interest:

1. Uvita - There is a whale tail shaped beach, but I could not find it. (closed roads)
2. Locals in Quepos

Expenses: US\$85.00 + CR 24713.70 - Food, Motel, Internet and Sun Glasses

Accommodations: Motel in Quepos

Day 13, Thursday, December 30, 2010

Daily Bike Miles: 25.69 miles, Walked 1 mile

Location: Quepos, Costa Rica

Points of interest:

1. Using ATM, had trouble figuring out how to get Costa Rica money, the ATM gave me US dollars
2. Mangrove Tour, Monkeys, birds snakes and silk skin ant eater
3. Biked to Manuel Antonio National Park, big uphill and cheaper motels (Motel prices differs from Lonely Planet Book)
4. Man tried selling me Marijuana.

Expenses: US\$150.00 + CR 12491.5 - Mangrove tour, Internet, Food and Motel

Accommodations: Motel in Quepos

Day 14, Friday, December 31, 2010

Daily Bike Miles: 52.41 miles, Walked 2 miles

Location: Quepos to Jaco, Costa Rica

Points of interest:

1. Antonio Manuel tour with wildlife hike- Squirrel monkeys, Howler Monkeys, White faced monkeys, a colorful crab, lizards and several interesting birds
2. A cyclist that started in New York and was headed for Columbia.

Expenses: US\$103.50 + 500 CR - Hotel, food and Manuel Antonio Park tour

Accommodations: Motel in Jaco

Day 15, Saturday, January 1, 2011

Daily Bike Miles: 53.32 miles, Walked 1 mile

Location: Jaco to Playa Naranjo, Costa Rica

Points of interest:

1. Biggest uphill of trip - 3 miles up just north of Jaco
2. Large alligators in a river north of Jaco
3. Toll road that does not allow bikes, I biked it since there was no clear alternative route.
4. Hectic Ferry terminal in Puntarenas.
5. Fun ferry ride to Playa Naranjo, entertaining people dancing and drinks at the boat's bar.

Expenses: US\$60 + CR11160 - Food, Ferry, Highway fee and Motel

Accommodations: Motel at Playa Naranjo

Day 16, Sunday, January 2, 2011

Daily Bike Miles: 61.06 miles, Walked 2 miles

Location: Playa Naranjo to Santa Cruise, Costa Rica

Points of interest:

1. Interesting small pinball machines in Santa Cruise

Expenses: US\$30.00 + CR 15742 - Motel and food

Accommodations: Motel in Santa Cruise

Day 17, Monday, January 3, 2011

Daily Bike Miles: 35.20 miles, Walked 1 mile

Location: Santa Cruise to Liberia, Costa Rica

Points of interest:

1. Overpriced rental car.
2. Dessert like Santa Rosa National park - A single white nosed Coatis, neat birds and large spiders.

Expenses: US\$621.70 + CR 4450 - Food, Motel, Park entrance fee and Rental car

Accommodations: Motel at Liberia, Costa Rica

Day 18, Tuesday, January 4, 2011

Daily Bike Miles: 9.32 miles, Walked 1 mile

Location: Liberia to La Fortuna, Costa Rica

Points of interest:

1. Heard of white nosed coati
2. Sky tram and zip line at Arenal
3. Wild life near road between Arenal and La Fortuna - Monkeys, Sloth, Two cat looking animals (probably Kinkajous) and Toucans.

Expenses: US\$106.50 + CR 12150 - Food, Motel, souvenirs and sky tram

Accommodations: Motel in La Fortuna, Costa Rica

Day 19, Wednesday, January 5, 2011

Daily Bike Miles: 25.35 miles, Walked 1 mile

Location: La Fortuna, Costa Rica

Points of interest:

1. Trail to La Fortuna Falls
2. Maleku village on way to falls - authentic native people living in a straw housed village.
3. Butterfly garden at entrance to trail to La Fortuna Falls.
3. Baldi Hot spring resort near Arenal

Expenses: US\$71.49 + CR 9509 - La Fortuna Falls, Motel, Food and Baldi hot spring

Accommodations: Motel in La Fortuna, Costa Rica

Day 20, Thursday, January 6, 2011

Daily Bike Miles: 7.16 miles, Walked 3 miles

Location: La Fortuna to Puerto Viejo, Costa Rica

Points of interest:

1. Neat church in Zapota
2. It took an hour to get through San Jose

3. Heavy truck traffic to Limon

4. Hippy town of Puerto Viejo (Caribbean Ocean)

Expenses: US\$40.00 + CR 24775 - Gas, Road Tolls, Food, Internet and Motel

Accommodations: Motel at Puerto Viejo

Day 21, Friday, January 7, 2011

Daily Bike Miles: 21.76 miles, Walked 1 mile

Location: Puerto Viejo to Volcano Poás, Costa Rica

Points of interest:

1. Bike ride from Puerto Viejo to Manzanillo

2. Lost again in San Jose

3. Nice view and room at Poás Lodge - 7000 ft elevation

Expenses: CR 47764 - Lodge, Food, Gas and Internet

Accommodations: Poás Lodge, near top of Volcano Poás, Costa Rica

Day 22, Saturday, January 8, 2011

Daily Bike Miles: 0 miles, Walked 4 miles

Location: Volcano Poás to Alajuela, Costa

Points of interest:

1. Volcano Poás national park

2. La Paz Waterfall Garden

Expenses: US\$150.00 - Motel, Volcano entrance, Waterfall Park, batteries and Liquor bottles

Accommodations: Motel in Alajuela, Costa Rica

Day 23, Sunday, January 9, 2011

Daily Bike Miles: miles, Walked 3 miles

Location: Alajuela, Costa Rica to Portland, Oregon

Points of interest:

1. Churches in Alajuela, Costa Rica

Expenses: US\$113.77 - souvenirs, Food, bike on plane and airport tax

Accommodations: Home in Portland, Oregon