

Miles Biked: Total bike miles about 710.07 miles (includes walking bike)  
Miles Walked: Total walking miles about 84 miles (not including walking the bike)  
Days of biking: 17 days  
Location: Guatemala, El Salvador, Honduras and Nicaragua  
Total Expenses: ~= \$2411.84

### **Day 0, October 29, to November 21, 2013**

\$734.90 US - Airplane reservations  
\$71.08 US - Hotel reservation - Barcelo Guatemala City  
\$267.96 - Travelers clinic  
\$20.00 – Fred Meyers pharmacy  
\$204.90 – Central America GPS maps  
Expenses: \$1298.84 – Pre-trip expenses - Airfare, motel in Guatemala City

### **Day 1, Friday, November 22, 2013**

Daily Bike Miles: 0 miles (did bike back and forth to work, but not part of this trip)  
Approximate daily walking Miles: 3 miles  
Location: Home to PDX – Left Portland, OR at 11:39 PM  
Points of interest:  
1. Took Max to Airport  
Expenses: \$42.50 – Max to PDX airport and Excess luggage fee  
Accommodations: Slept on plane

### **Day 2, Saturday, November 23, 2013**

Daily Bike Miles: 0 miles  
Approximate daily walking Miles: 13 miles  
Location: Flights from Portland, OR to Houston, TX to Guatemala City/ shuttle to Barcelo Guatemala City  
Points of interest:  
1. About 10 hours and 29 minutes of travel time – (PDX to IAH = 3 hours 51 min) + (Layover = 3 hours 48 min) + (IAH to GUA = 2 hours 50 min)  
2. Money exchange Houston, TX airport - \$150 US = TBD GTQ/ \$75 US = TBD HNL/ \$150 US = TBD NIO  
3. Had trouble figuring out how to get shuttle to motel from airport. A man let me use his cell phone, but I think he knew the shuttle showed up periodically. I could not figure out the cell phone, I think he was after money. When the shuttle showed up I gave him back his cell phone and a \$1.00.  
4. Walked around Guatemala City  
Expenses: \$2.00US + 149.20 GTQ – Tips and food  
Accommodations: Slept on plane and at Barcelo Hotel in Guatemala City

**Day 3, Sunday, November 24, 2013**

Daily Bike Miles: 24.52 miles

Approximate daily walking Miles: 10 miles

Daily elevation gain: Volcano climb 2547 ft; Biked 2466 ft

Location: Guatemala City, Guatemala to Antigua, Guatemala

Points of interest:

1. Steep bike ride hill out of Guatemala City
2. Climb up Volcano Pacaya
3. Loosing motel, but finding it with GPS. Did not look the same at night.

Expenses: \$26.00 US + 205 GTQ – Motel, souvenirs and volcano Pacaya

Accommodations: Slept at Hotel Posada San Vicente in Antigua, Guatemala

**Day 4, Monday, November 25, 2013**

Daily Bike Miles: 64.31 miles

Approximate daily walking Miles: 1 mile

Daily cycled elevation gain: 4194 ft

Location: Antigua, Guatemala to San Carlos, Guatemala

Points of interest:

1. Lots of hills
2. Small village of San Carlos – seemed a little scary

Expenses: 307 GTQ – Motel and food

Accommodations: Slept at motel in San Carlos, Guatemala

**Day 5, Tuesday, November 26, 2013**

Daily Bike Miles: 56.98 miles

Approximate daily walking Miles: 0.25 miles

Daily accumulative elevation gain: 3849 feet

Location: San Carlos, Guatemala to Apaneca, El Salvador

Points of interest:

1. Scammed at border crossing into El Salvador
2. Expensive motels in El Salvador
3. Almost got hit by a motor scooter crossing a road

Expenses: \$111.00 US + 84.70 GTQ – Motel, Crossing El Salvador border and food

Accommodations: Slept at motel in Apaneca, El Salvador

**Day 6, Wednesday, November 27, 2013**

Daily Bike Miles: 75.07 miles

Approximate daily walking Miles: 5 miles

Daily accumulative elevation gain: 2326 feet

Location: Apaneca, El Salvador to near El Zunzai, El Salvador

Points of interest:

1. Tough to navigate through Sonsonate.

2. Stayed at a nice beach town with surfers.

Expenses: \$49.10 US – Motel and food

Accommodations: Slept at motel near El Zunzai, El Salvador

### **Day 7, Thursday, November 28, 2013 (USA Thanksgiving Day)**

Daily Bike Miles: 75.04 miles

Approximate daily walking Miles: 4 miles

Daily accumulative elevation gain: 1358 feet

Location: Near El Zunzai, El Salvador to Usulután, El Salvador

Points of interest:

1. First full grocery store since arriving in central America
2. Lost a screw on my trailer and a man in a 3 wheeled vehicle helped me fix it.
3. Man from Nebraska had driven to Central America.
4. Had smashed tuna sandwiches for Thanksgiving dinner.

Expenses: 59.68 US – Motel and food

Accommodations: Slept at Hotel Campo Real in Usulután, El Salvador

### **Day 8, Friday, November 29, 2013**

Daily Bike Miles: 54.78 miles

Approximate daily walking Miles: 0.25 miles

Daily accumulative elevation gain: 2698 feet

Location: Usulután, El Salvador to Santa Rosa de Lima, El Salvador

Points of interest:

1. Trapped in room at motel.
2. Big uphill with scary towns
3. Nice view of Volcano San Miguel from back road.

Expenses: \$29.55 US – Motel and food

Accommodations: Slept at Royal Palace Auto Hotel in Santa Rosa De Lima

### **Day 9, Saturday, November 30, 2013**

Daily Bike Miles: 63.67 miles

Approximate daily walking Miles: 3 miles

Daily accumulative elevation gain: 1542 feet

Location: Santa Rosa de Lima, El Salvador to Choluteca, Honduras

Points of interest:

1. Crossing the border into Honduras was a lot easier than going into El Salvador
2. The bus traffic on the Pan American highway seemed intense for cycling.
3. Several holes you could fall in on side of road and on sidewalks
4. First Motel with Wi-Fi and hot water since Guatemala

Expenses: \$6.00 US + 701 HNL – Hotel, border crossing and food

Accommodations: Slept at the Paradise Hotel in Choluteca, Honduras

**Day 10, Sunday, December 1, 2013**

Daily Bike Miles: 77.64 miles

Approximate daily walking Miles: 4 miles

Daily accumulative elevation gain: 919 feet

Location: Choluteca, Honduras to Chinandega, Nicaragua

Points of interest:

1. Kids with large tied up iguanas
2. Iguana running across a field
3. Big live snake next to foot as I cycled along the road.
4. Photos with friendly local people.
5. Easy border crossing into Nicaragua from Honduras
6. Lots of 3 wheeled bicycles used as taxis.
7. Nice motel with Wi-Fi to reserve motel for following nights

Expenses: \$215.97 US + 65 HNL – Motel, border crossing and food

Accommodations: Slept at Los volcanos Hotel in Chinandega, Nicaragua

**Day 11, Monday, December 2, 2013**

Daily Bike Miles: 25.08 miles

Approximate daily walking Miles: 10 miles

Daily accumulative elevation gain: 96 feet

Location: Chinandega, Nicaragua to Leon, Nicaragua

Points of interest:

1. Light day of cycling.
2. Hit by a taxi in Leon.
3. Neat churches and buildings in Leon
4. I had my only flat tire of trip – it was on the trailer tire

Expenses: \$443.40 NIO – Food

Accommodations: Slept at Best Western Hotel in Leon, Nicaragua

**Day 12, Tuesday, December 3, 2013**

Daily Bike Miles: 63.63 miles

Approximate daily walking Miles: 0.1 miles

Daily accumulative elevation gain: 2974 feet

Location: Leon, Nicaragua to Diriamba, Nicaragua

Points of interest:

1. 14 miles of road construction – mostly dirt road with 1600 feet of vertical gain.
2. Wild blue Morpho butterflies.
3. Low quality, expensive motel in small town – only thing for miles.
4. Forgot to turn on GPS tracking.

Expenses: 646.25 NIO – Motel and food

Accommodations: Slept at Hotel Y Restaurante Capri in Diriamba, Nicaragua

**Day 13, Wednesday, December 4, 2013**

Daily Bike Miles: 69.36 miles

Approximate daily walking Miles: 3 miles

Daily accumulative elevation gain: 502 feet

Location: Diriamba, Nicaragua to Moyogalpa (Ometepe island)

Points of interest:

1. I was locked in motel with my bike.
2. Nice boat ride from an Jorge to Moyogalpa on Ometepe Island
3. Nice views of Volcano Concepcion from the boat as well as the island.
4. Hired a guide to take me up Volcano Concepcion for the next morning.
5. Group of people marching with a doll figure and singing.

Expenses: \$72 US + 377 NIO – Motel, Boat to Ometepe Island, Tax for bike to Ometepe Island, guide for Volcano Concepcion hike and food

Accommodations: Slept at Yogis Hostel in Moyogalpa, Nicaragua

**Day 14, Thursday, December 5, 2013**

Daily Bike Miles: 0 miles;

Approximate daily walking Miles: 11 miles

Daily accumulative elevation gain: 5159 feet gain from Volcano Concepcion climb

Location: Ometepe island, climber Volcano Concepcion

Points of interest:

1. Climbed volcano Concepcion
2. Bad hiking shoes for hike and guide seemed nervous going down volcano Concepcion.
3. Rented motorcycle and drove around Ometepe island

Expenses: \$57.00 US + 298 NIO – Motel, Motorcycle, Volcano hike expenses and food

Accommodations: Slept at Yogis Hostel in Moyogalpa, Nicaragua

**Day 15, Friday, December 6, 2013**

Daily Bike Miles: 15.35 miles

Approximate daily walking Miles: 7 miles

Daily accumulative elevation gain: 69 feet on bike; 941 feet on bus

Location: Moyogalpa (Ometepe island) to Granada

Points of interest:

1. Met a lady that had biked there from northern Alaska and was headed to Tierra Del Fuego
2. I took big ferry back to mainland.
3. Took a bus in which they loaded my bike on roof rack.
4. Met a man from Germany biking to Grenada, saw him in Granada several times after that.

5. Checked out large cemetery in Granada, Nicaragua with large fancy burial buildings and stones.
6. Granada has neat churches and buildings.
7. Overpaid for water from street vendor in Granada.
8. It was too hard to exchange traveler checks, used ATM.
9. Firecracker blew up at my feet and my good ear was ringing for about an hour.
10. Had beers with a man from Virginia.

Expenses: \$34.50 US + 1028 NIO – Motel, boat, bus and food

Accommodations: Slept at Hotel Jerico S.A. in Granada, Nicaragua

### **Day 16, Saturday, December 7, 2013**

Daily Bike Miles: 44.64 miles

Approximate daily walking Miles: 3 miles

Daily accumulative elevation gain: 538 feet

Location: Granada to motel near Managua international airport (MGA)

Points of interest:

1. Old train in Granada
2. Boat trip of Las Isletas near Granada
3. Only real rain of trip, 15 minutes of medium hard rain and on/off drizzle for part of the day.
4. No bike in hotel, had to put it into suitcase outside the hotel to get it into my room.
5. Best hotel of trip and 2nd best dinner of trip

Expenses: \$15 US + 463.35 NIO – Hotel, boat ride and food

Accommodations: Slept at Camino Real motel near the MGA airport

### **Day 17, Sunday, December 8, 2013**

Daily Bike Miles: 0 miles

Approximate daily walking Miles: 7 miles

Daily accumulative elevation gain: 0 feet

Location: Motel near Managua international airport (MGA) to home in Portland, OR

Points of interest:

1. Long line at United airlines in MGU
2. Very long line to go through customs in Houston, only had 1.5 hours.

Expenses: \$78.78 US + 1279.20 NIO – Souvenirs, Baggage fee, Max train home and food

Accommodations: Slept at home in Portland, Oregon