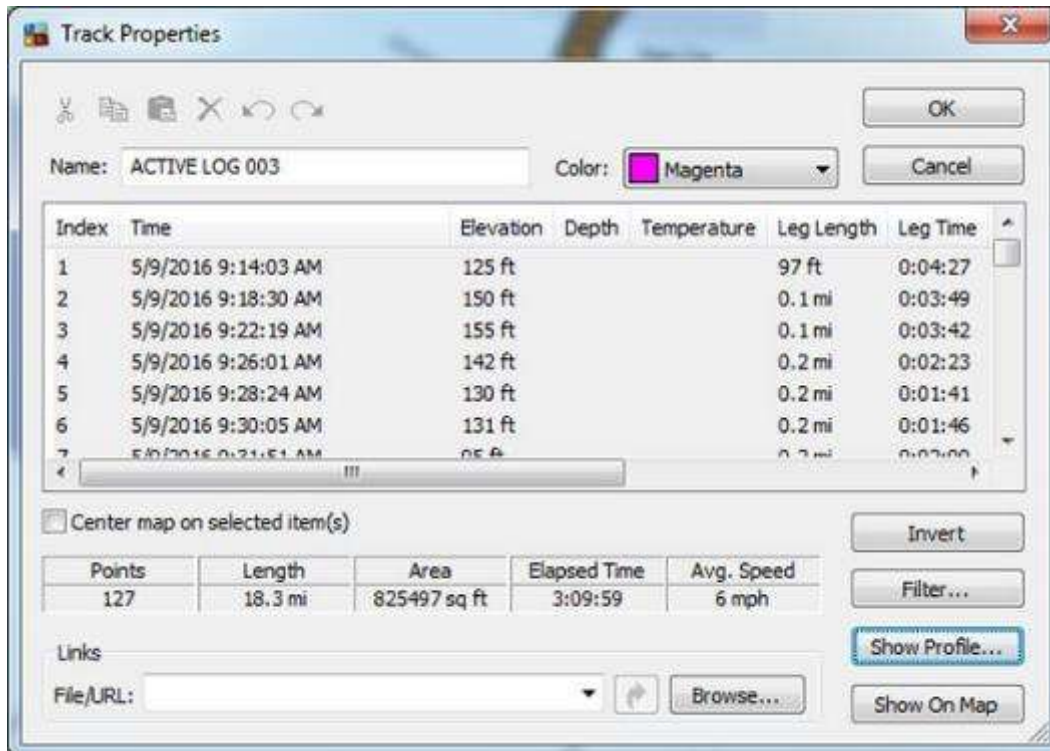**Day 3, Monday, May 9, 2016 – Cycling Track -Reykjavik, Iceland**

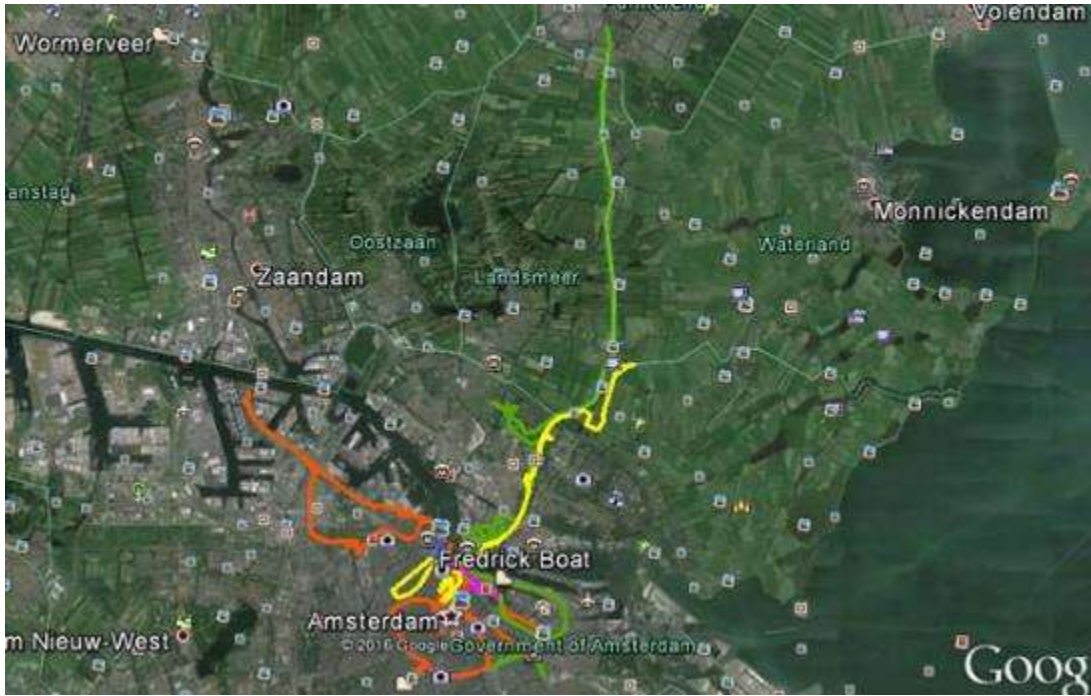**Day 3, Monday, May 9, 2016 – Altitude Profile - Reykjavik, Iceland**

Day 3, Monday, May 9, 2016 – Distance/ Speed - Reykjavik, Iceland

Red – Amsterdam, Netherlands (Day04 to Day07), Lilli, France (Day 22, Saturday, May 28, 2016) and Brussels, Belgium (Day03)
Purple – Day08, Day10, Day12, Day15, Day17 and day19 (North Sea)
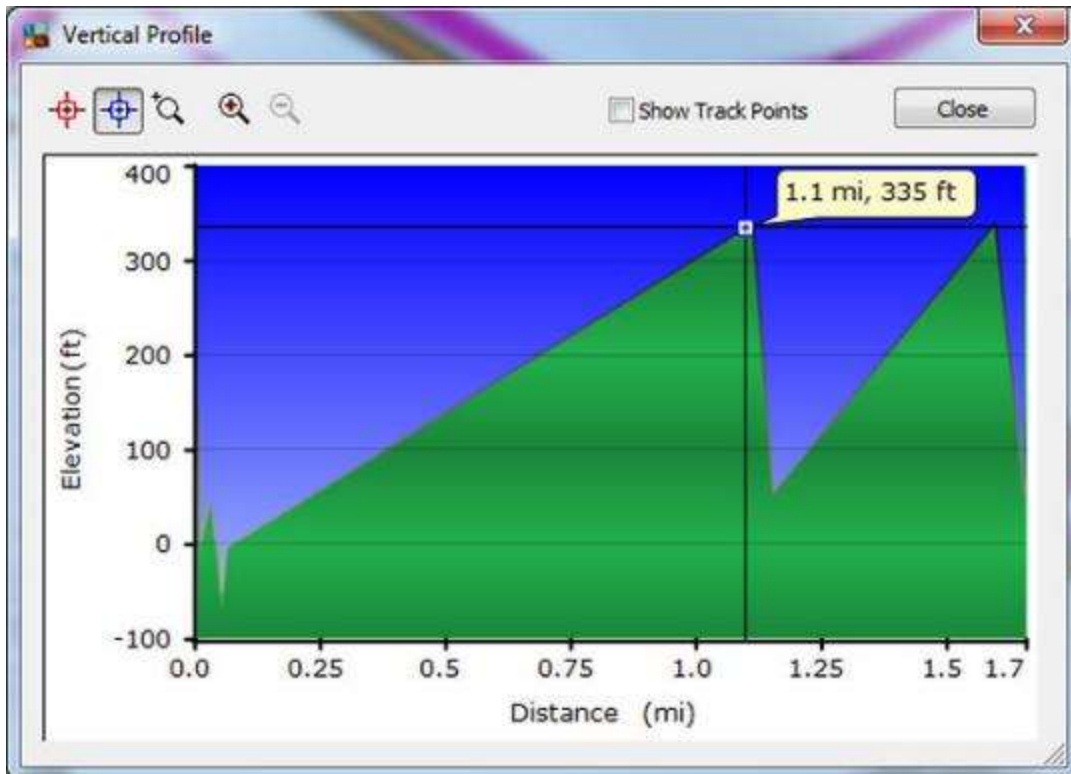**Green – Day09, Day11, Day13, Day16, Day18, Day19 (Train) and Day20_21**

**Day 4, Tuesday, May 10, 2016 to Day 7, Friday, May 13, 2016 - Cycling Track –
Amsterdam, Netherlands
Day 4 – Purple
Day 5 – Orange
Day 6 – Green
Day 7 - Yellow**

Day 4, Tuesday, May 10, 2016 = Altitude Profile – Amsterdam, Netherlands

Day 4, Tuesday, May 10, 2016 - Distance/ Speed – Amsterdam, Netherlands

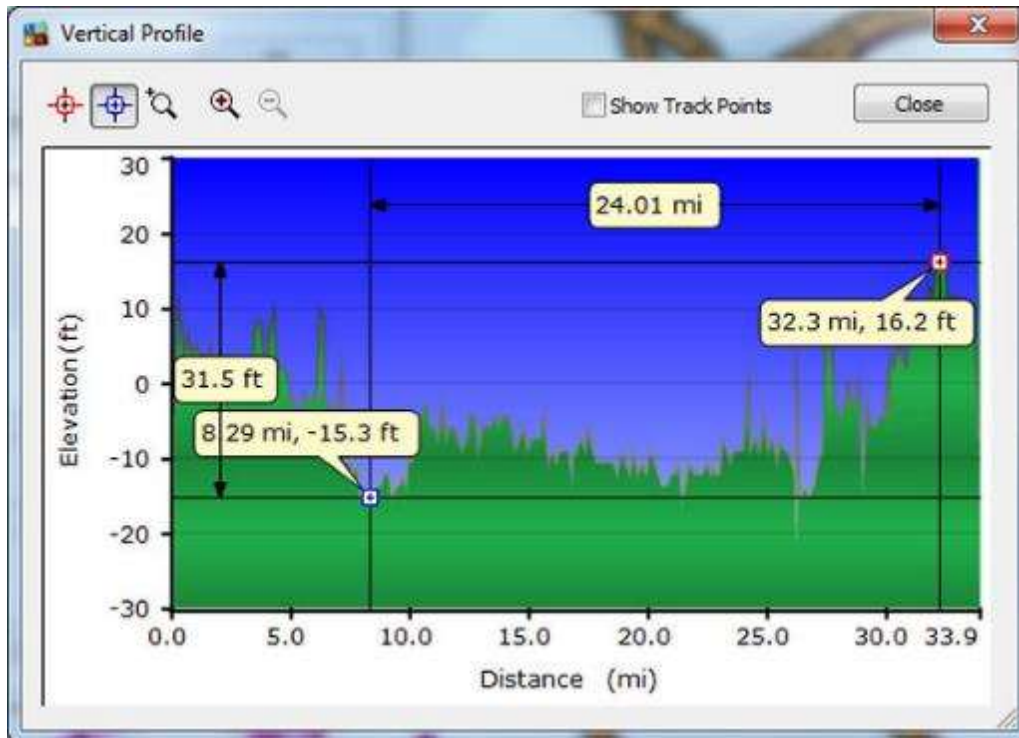**Day 5, Wednesday, May 11, 2016 - Altitude Profile – Amsterdam, Netherlands**

Day 5, Wednesday, May 11, 2016 - Distance/ Speed – Amsterdam, Netherlands

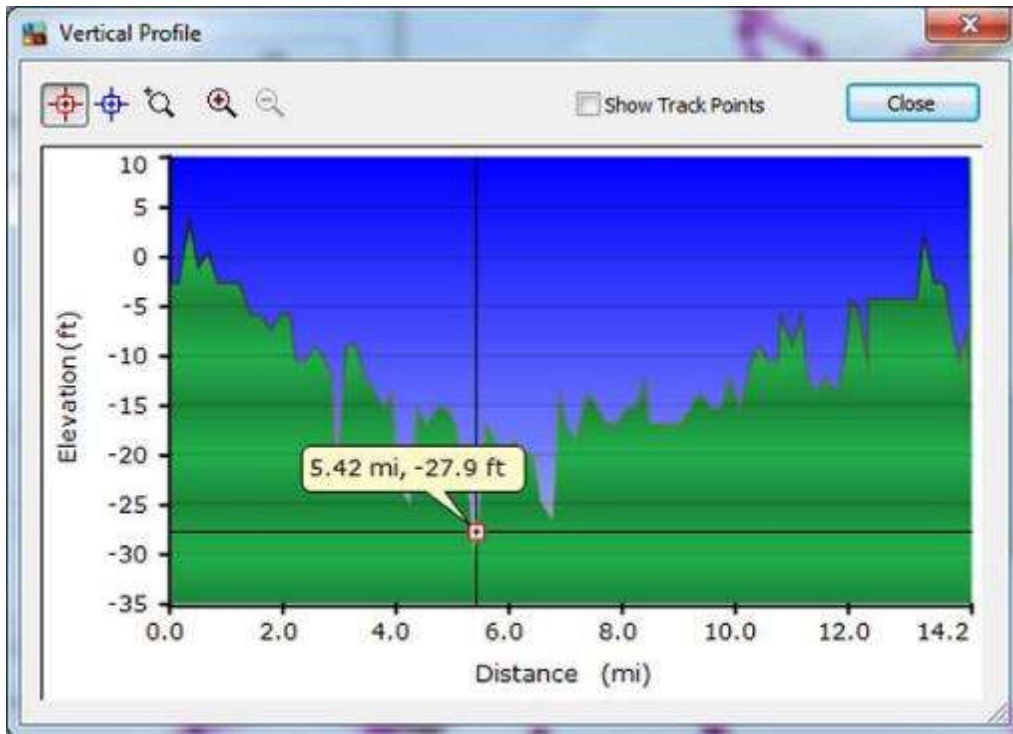**Day 6, Thursday, May 12, 2016 - Altitude Profile – Amsterdam, Netherlands**

Day 6, Thursday, May 12, 2016 - Distance/ Speed – Amsterdam, Netherlands

Day 7, Friday, May 13, 2016 - Altitude Profile – Amsterdam, Netherlands
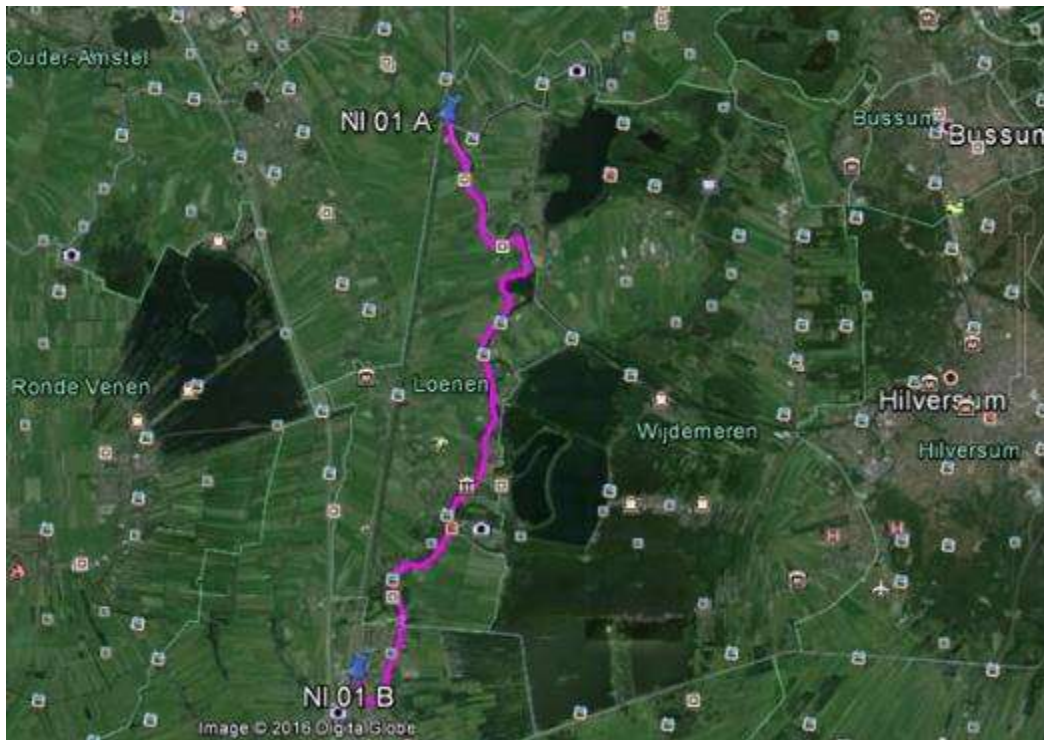

Day 7, Friday, May 13, 2016 - Distance/ Speed – Amsterdam, Netherlands
Day 8, Saturday, May 14, 2016 Walked around Amsterdam, Netherlands before boarding boat at 12:30 PM

Day 8, Saturday, May 14, 2016 - Cycling Track –Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.
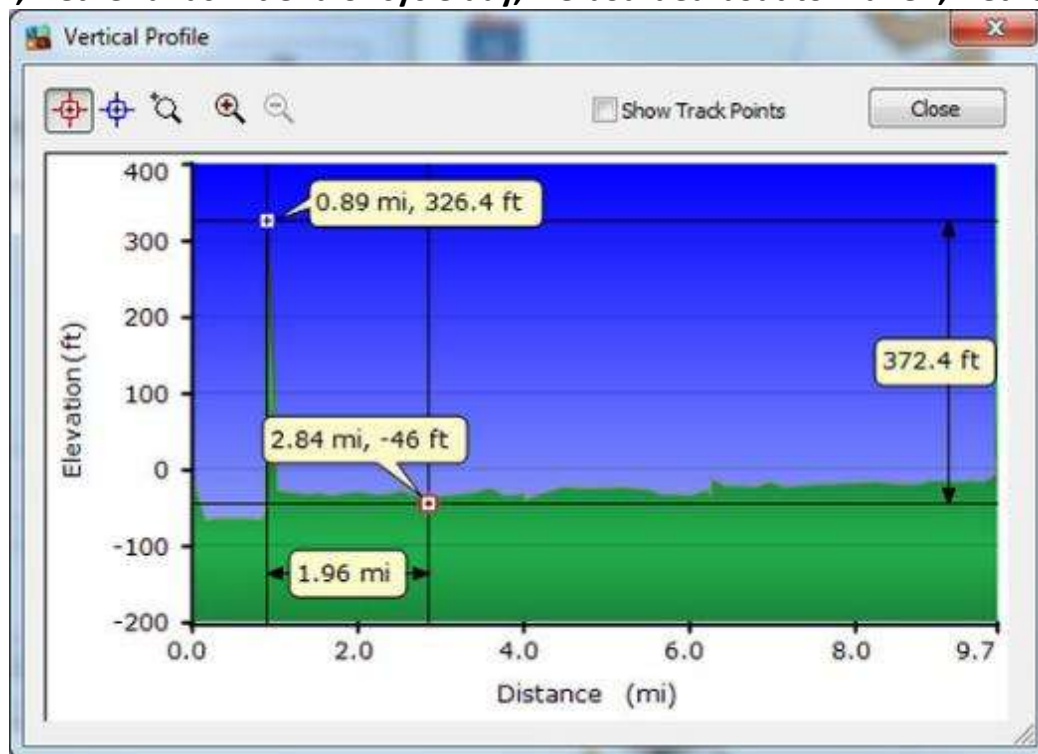
Day 8, Saturday, May 14, 2016 - Altitude Profile - Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.

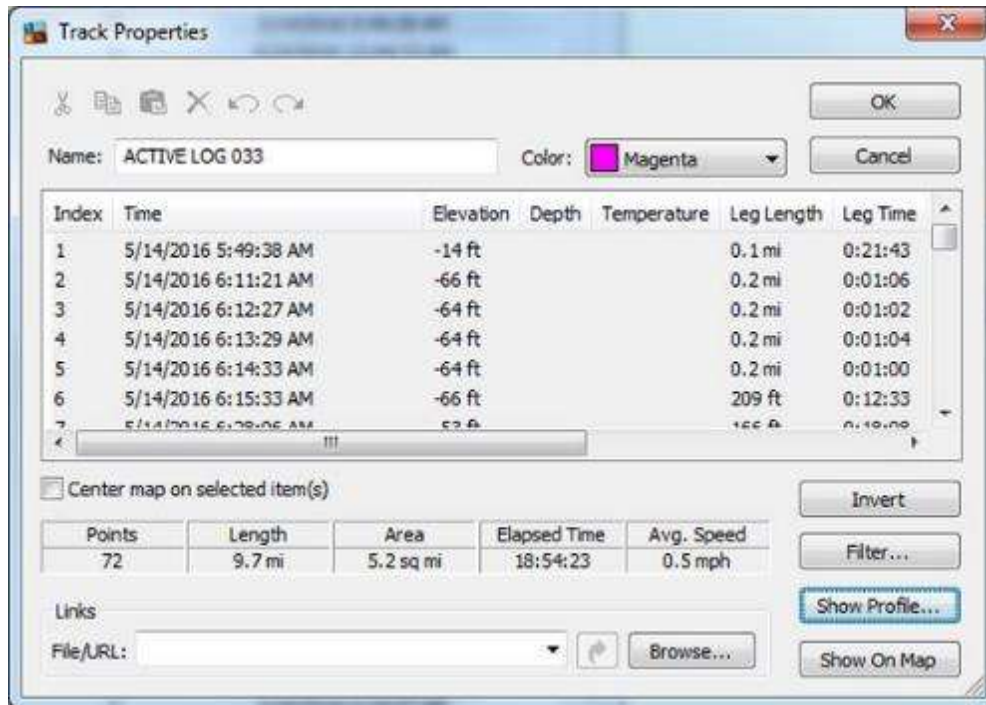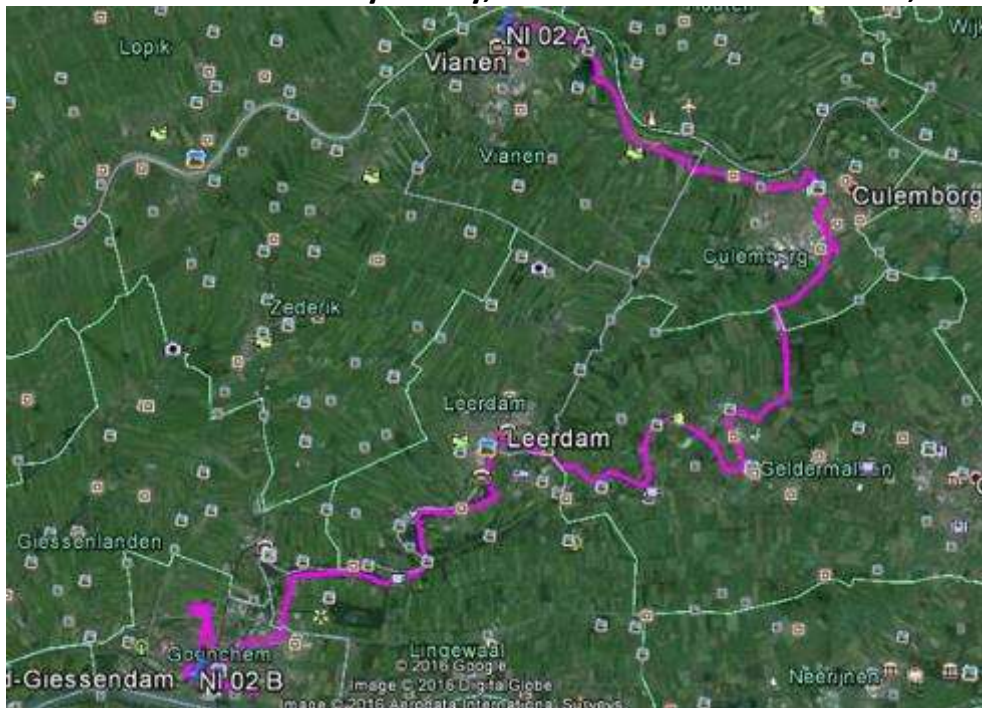**Day 8, Saturday, May 14, 2016 - Distance/ Speed - Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.**

Day 9, Sunday, May 15, 2016 - Cycling Track - Vianen, Netherlands to Gorinchem, Netherlands.
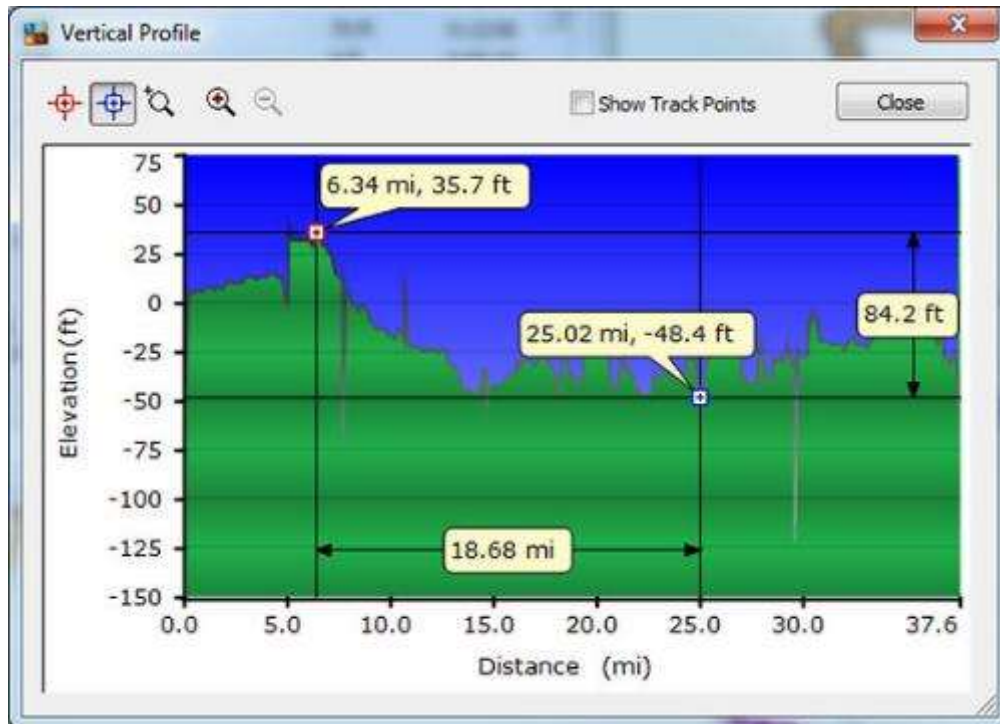
Day 9, Sunday, May 15, 2016 - Altitude Profile -- Vianen, Netherlands to Gorinchem, Netherlands.

Day 9, Sunday, May 15, 2016 - Distance/ Speed -- Vianen, Netherlands to Gorinchem, Netherlands.
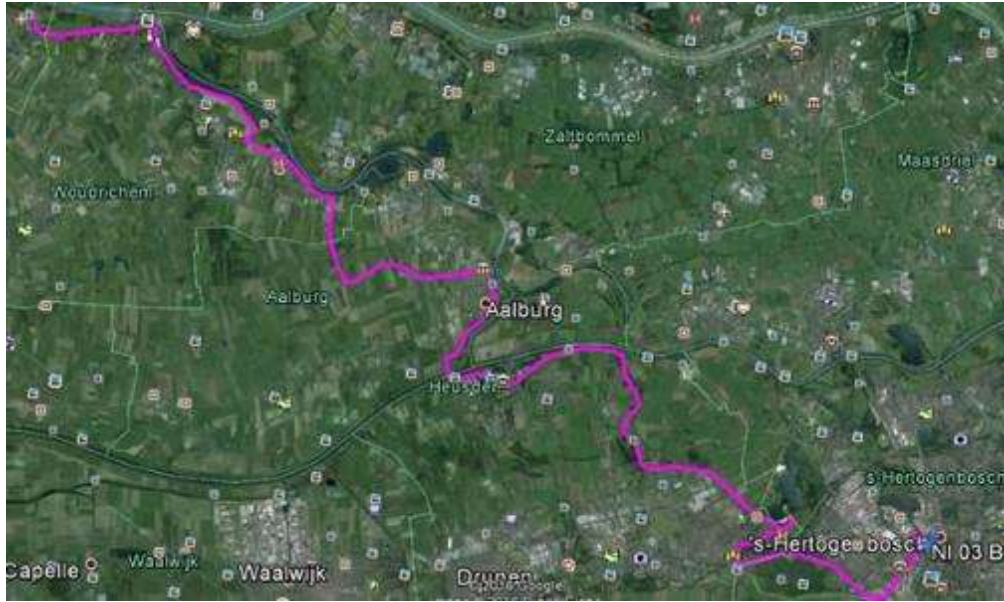
Day 10, Monday, May 16, 2016 - Cycling Track -- Gorinchem, Netherlands to Den Bosch, Netherlands.
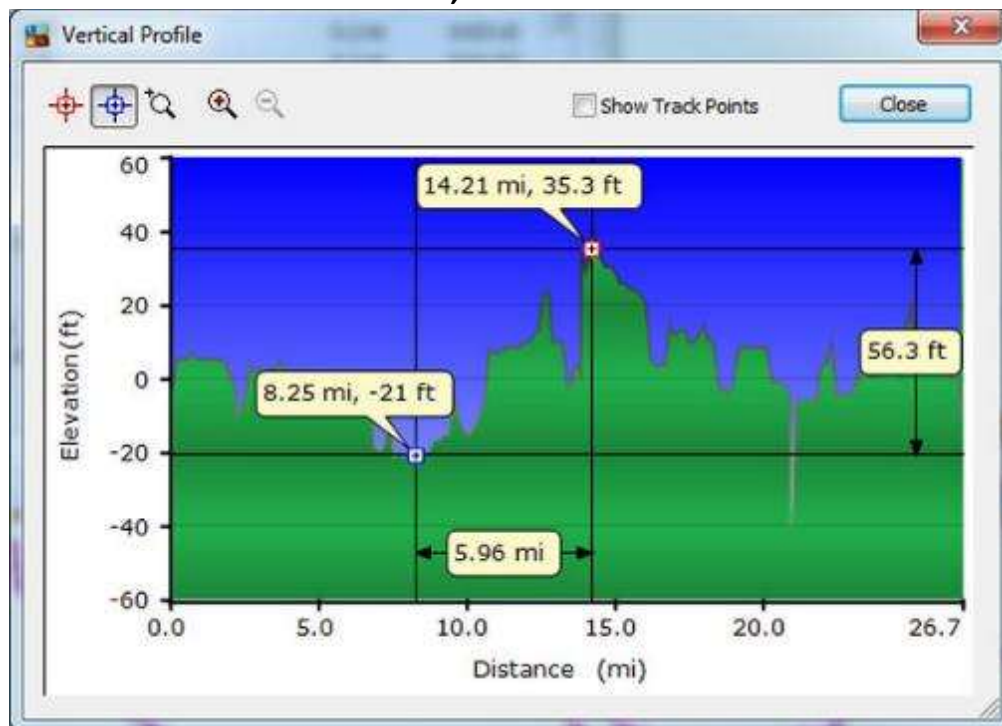
Day 10, Monday, May 16, 2016 - Altitude Profile - Gorinchem, Netherlands to Den Bosch, Netherlands.
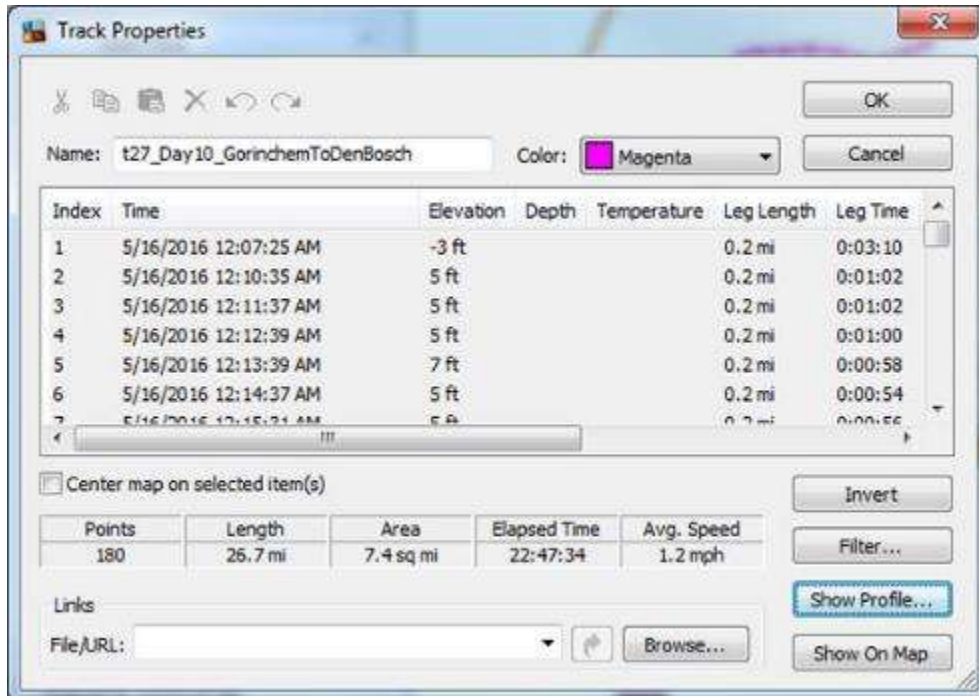
Day 10, Monday, May 16, 2016 - Distance/ Speed - Gorinchem, Netherlands to Den Bosch, Netherlands.
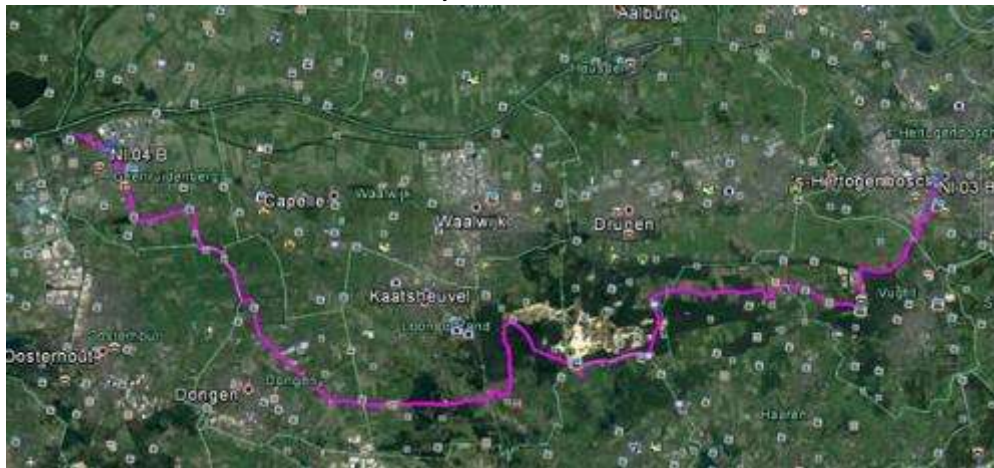
Day 11, Tuesday, May 17, 2016 - Cycling Track - Den Bosch, Netherlands to Geertruidenberg, Netherlands.
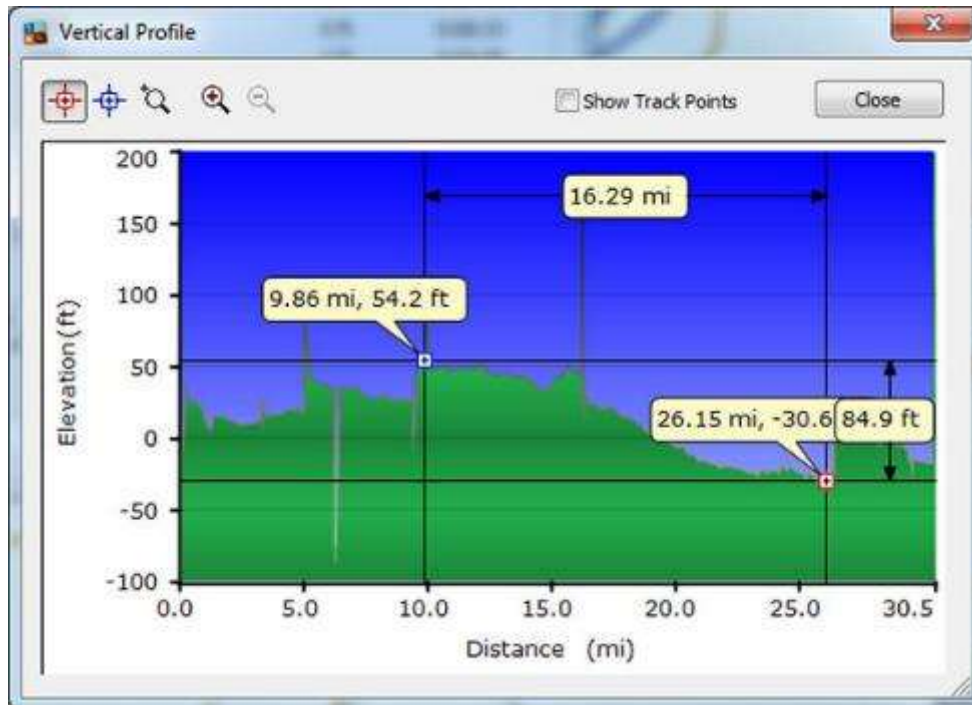
Day 11, Tuesday, May 17, 2016 - Altitude Profile - Den Bosch, Netherlands to Geertruidenberg, Netherlands.

Day 11, Tuesday, May 17, 2016 - Distance/ Speed - Den Bosch, Netherlands to Geertruidenberg, Netherlands.
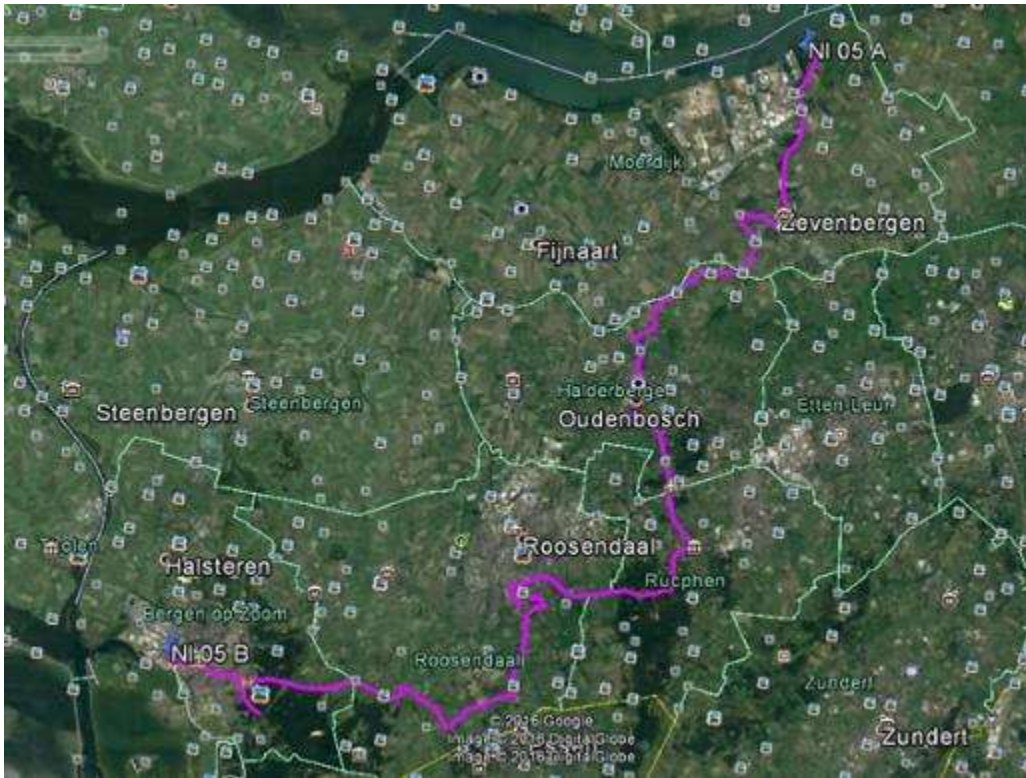
Day 12, Wednesday, May 18, 2016 – Cycling Track – Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.

Day 12, Wednesday, May 18, 2016 – Altitude Profile - Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.
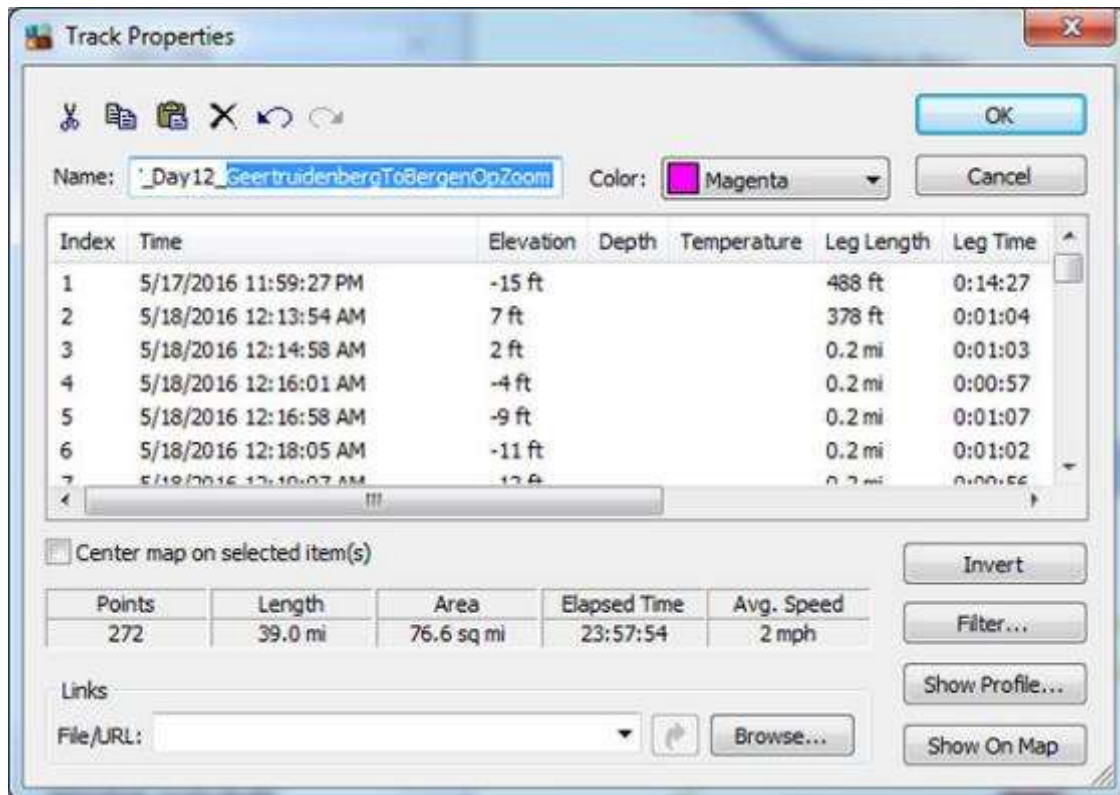
Day 12, Wednesday, May 18, 2016 – Distance/ Speed - Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.
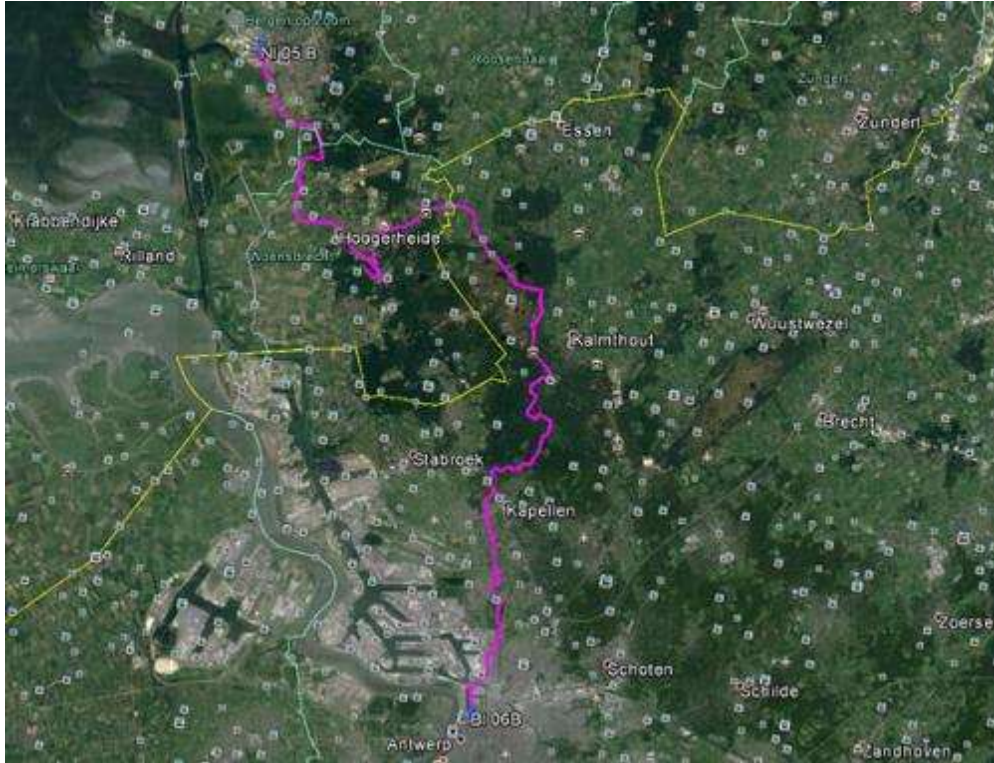
Day 13, Thursday, May 19, 2016 – Cycling Track - Bergen Op Zoom, Netherlands to Antwerp, Belgium.

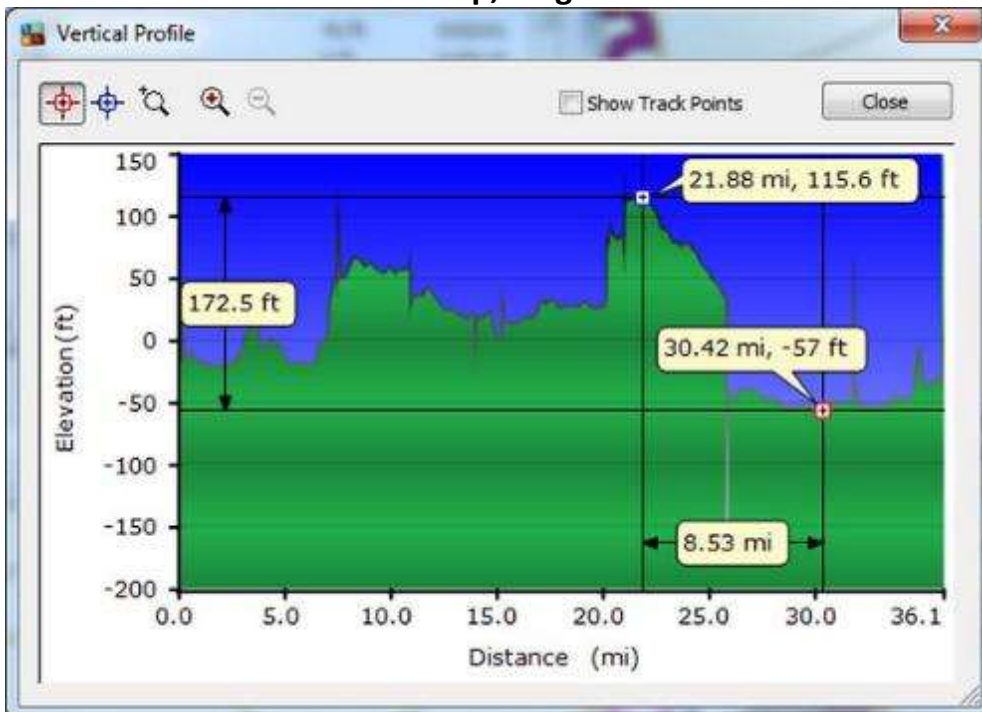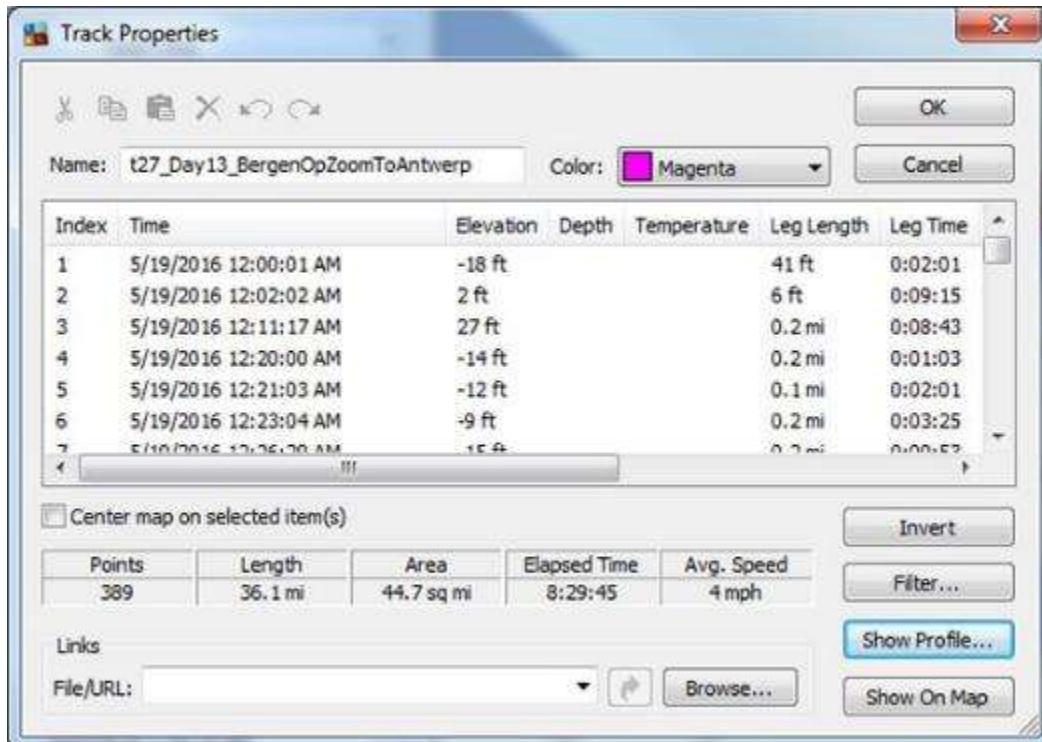**Day 13, Thursday, May 19, 2016 – Altitude Profile - Bergen Op Zoom, Netherlands to Antwerp, Belgium.**

Track Properties

Name: t27_Day13_BergenOpZoomToAntwerp   Color: ▮ Magenta

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
1	5/19/2016 12:00:01 AM	-18 ft			41 ft	0:02:01
2	5/19/2016 12:02:02 AM	2 ft			6 ft	0:09:15
3	5/19/2016 12:11:17 AM	27 ft			0.2 mi	0:08:43
4	5/19/2016 12:20:00 AM	-14 ft			0.2 mi	0:01:03
5	5/19/2016 12:21:03 AM	-12 ft			0.1 mi	0:02:01
6	5/19/2016 12:23:04 AM	-9 ft			0.2 mi	0:03:25
7	5/19/2016 12:26:29 AM	15 ft			0.2 mi	0:00:53

☐ Center map on selected item(s)

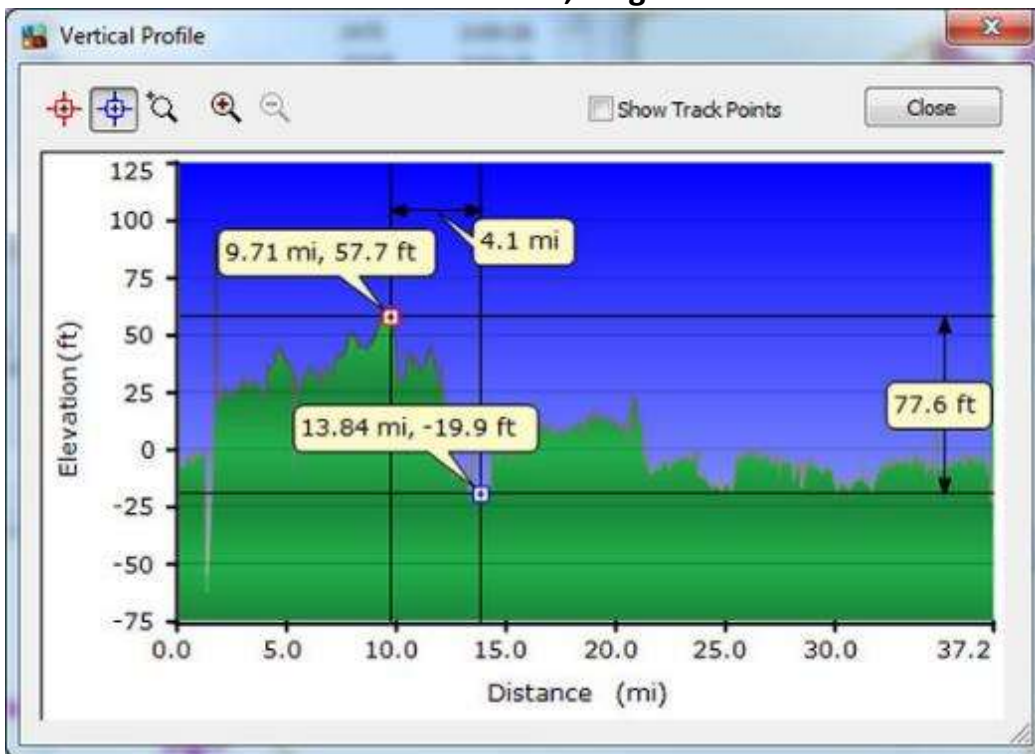| Points	Length	Area	Elapsed Time	Avg. Speed
389	36.1 mi	44.7 sq mi	8:29:45	4 mph

Links

File/URL:

Day 13, Thursday, May 19, 2016 – Distance/ Speed - Bergen Op Zoom, Netherlands to Antwerp, Belgium.
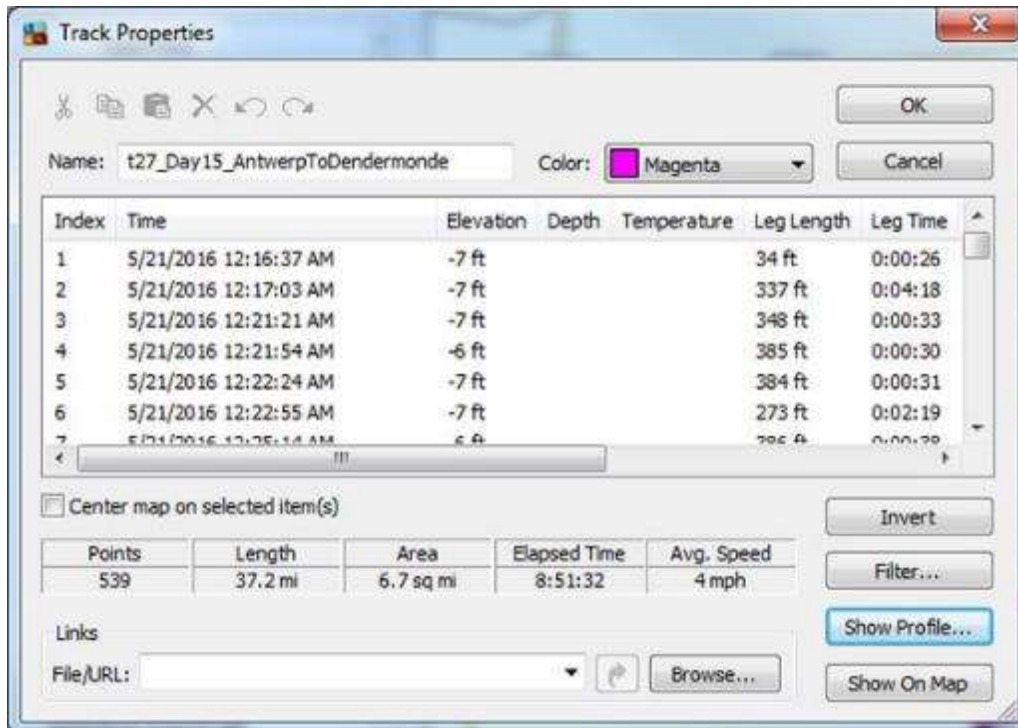**Day 14, Friday, May 20, 2016 – No biking spent day walking around Antwerp, Belgium.**
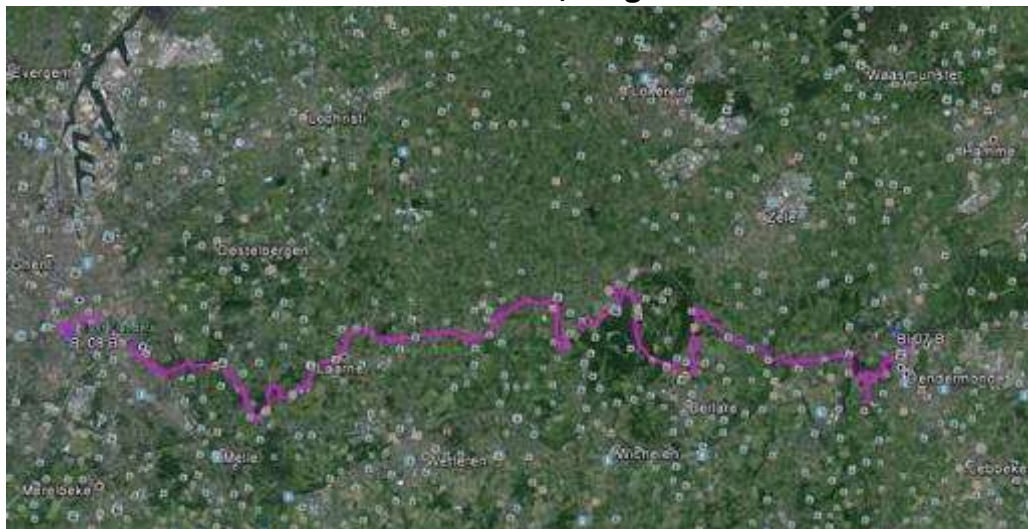
Day 15, Saturday, May 21, 2016 – Cycling Track – Antwerp, Belgium to Dendermonde, Belgium
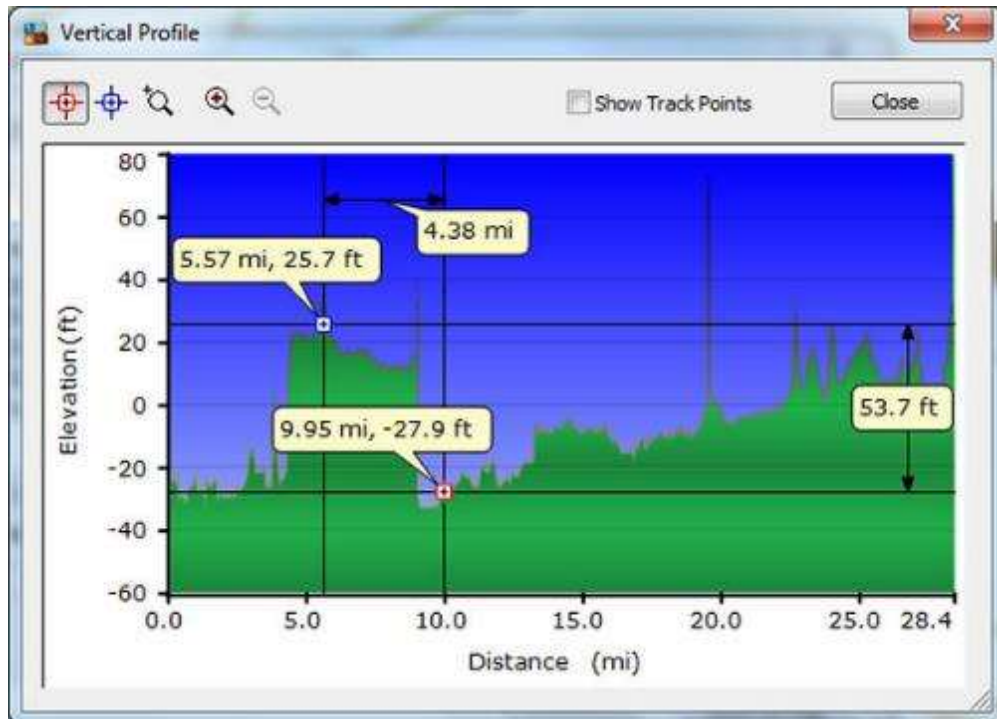

Day 15, Saturday, May 21, 2016 – Altitude Profile - Antwerp, Belgium to Dendermonde, Belgium

Day 15, Saturday, May 21, 2016 – Distance/ Speed - Antwerp, Belgium to Dendermonde, Belgium

Day 16, Sunday, May 22, 2016 – Cycling Track –Dendermonde, Belgium to Ghent, Belgium

Day 16, Sunday, May 22, 2016 – Altitude Profile - Dendermonde, Belgium to Ghent, Belgium
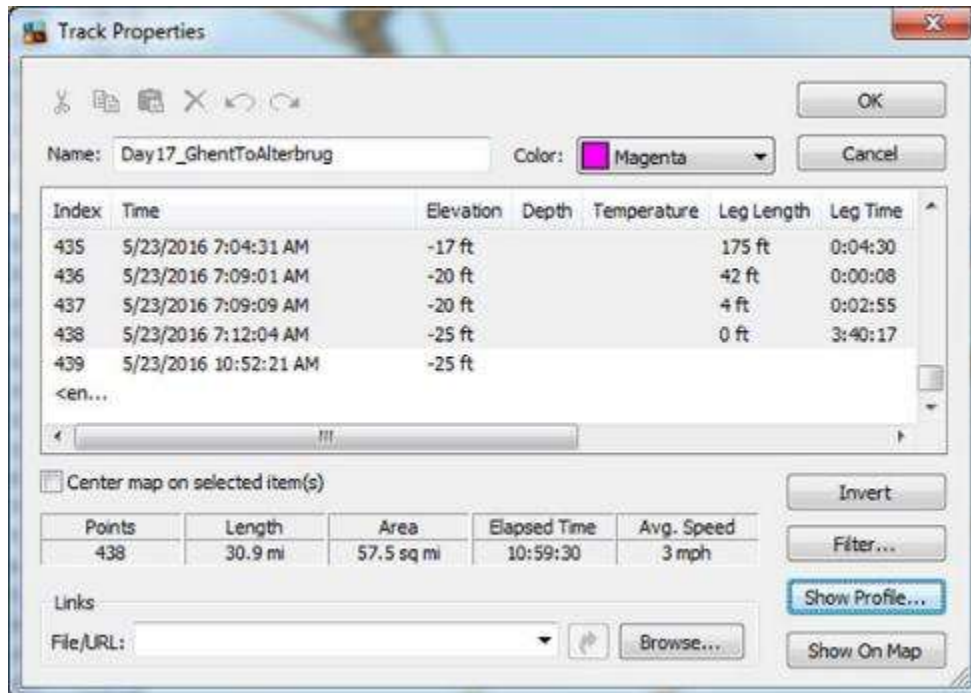

Day 16, Sunday, May 22, 2016 – Distance/ Speed - Dendermonde, Belgium to Ghent, Belgium

Day 17, Monday, May 23, 2016 – Cycling Track – Ghent, Belgium to Alterbrug, Belgium
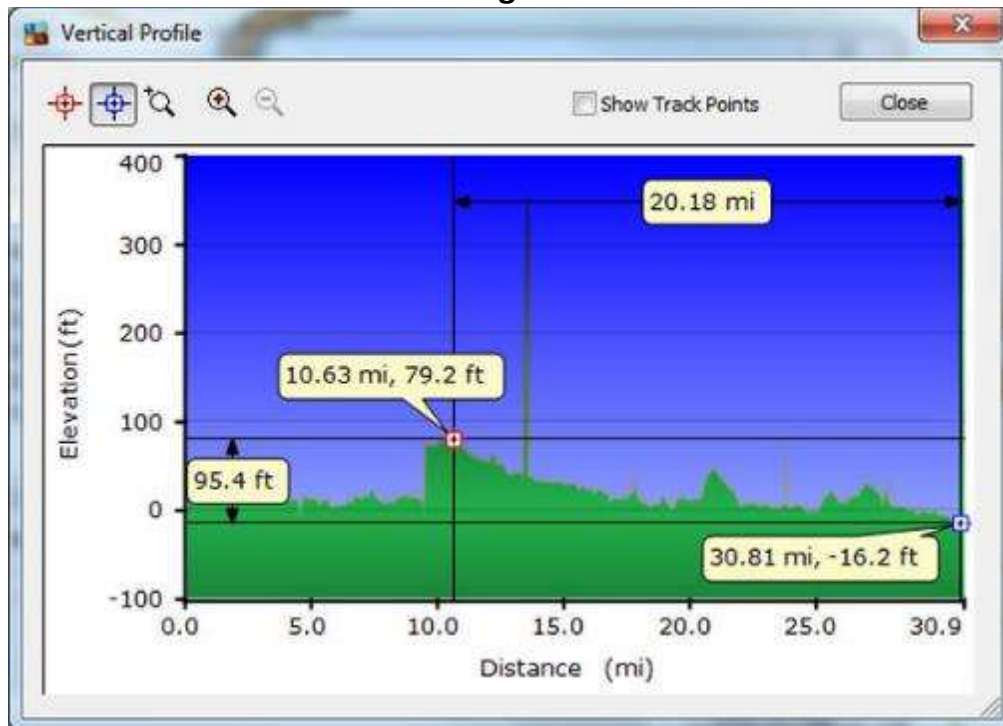
Day 17, Monday, May 23, 2016 – Altitude Profile - Ghent, Belgium to Alterbrug, Belgium
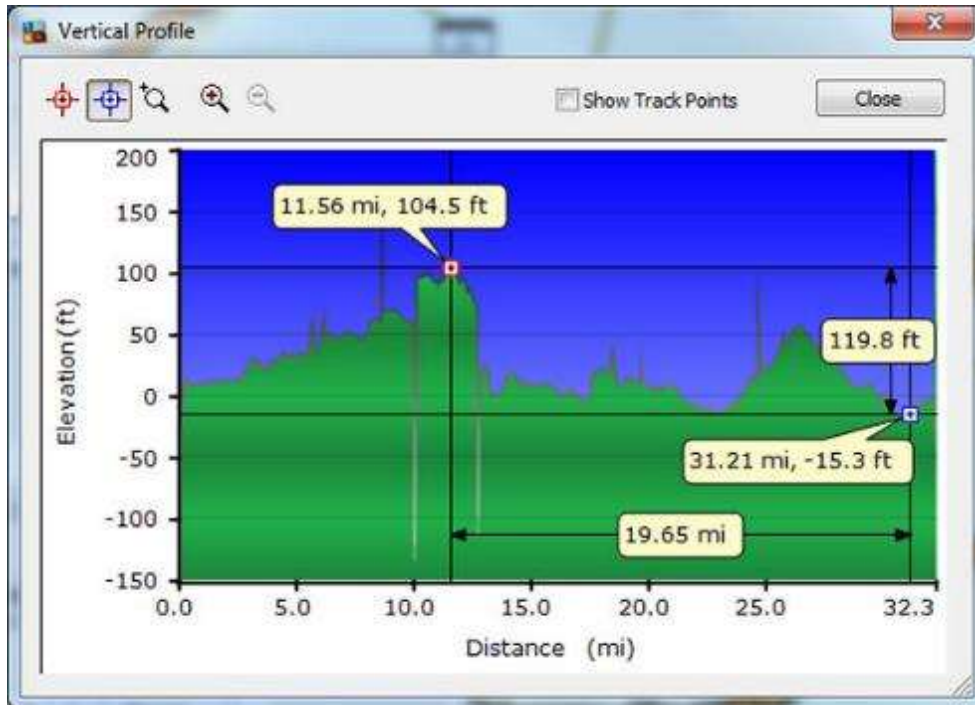
Day 17, Monday, May 23, 2016 – Distance/ Speed - Ghent, Belgium to Alterbrug, Belgium
Then we floated from Alterbrug, Belgium to near Moerbrugge, Belgium. Where we stayed that night.

Day 18, Tuesday, May 24, 2016 – Cycling Track - Moerbrugge, Belgium to Bruges, Belgium

Day 18, Tuesday, May 24, 2016 – Altitude Profile - Moerbrugge, Belgium to Bruges, Belgium

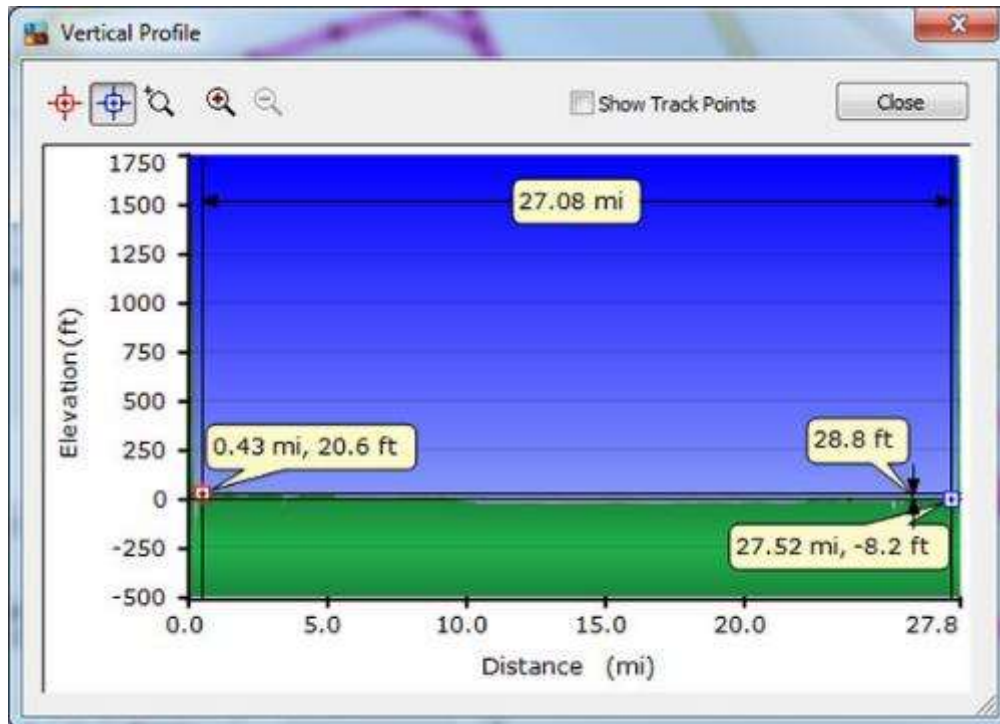**Day 18, Tuesday, May 24, 2016 – Distance/ Speed - Moerbrugge, Belgium to Bruges, Belgium**

Day 19, Wednesday, May 25, 2016 - In the morning we cycled from the boat to the train station. Then we took the train to Ostend, Belgium

Day 19, Wednesday, May 25, 2016 – Cycling Track - Ostend, Belgium to Bruges, Belgium

Day 19, Wednesday, May 25, 2016 – Altitude Profile - Ostend, Belgium to Bruges, Belgium
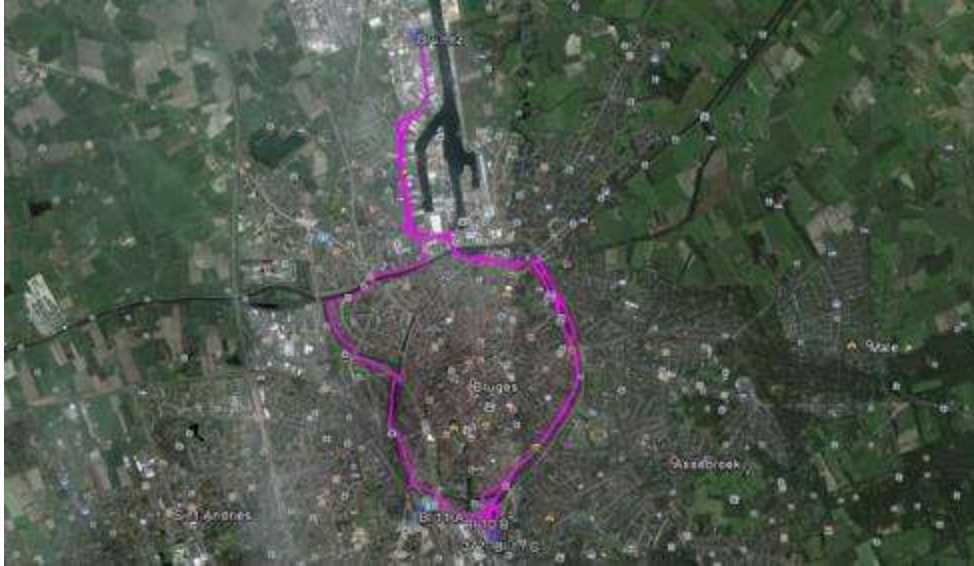

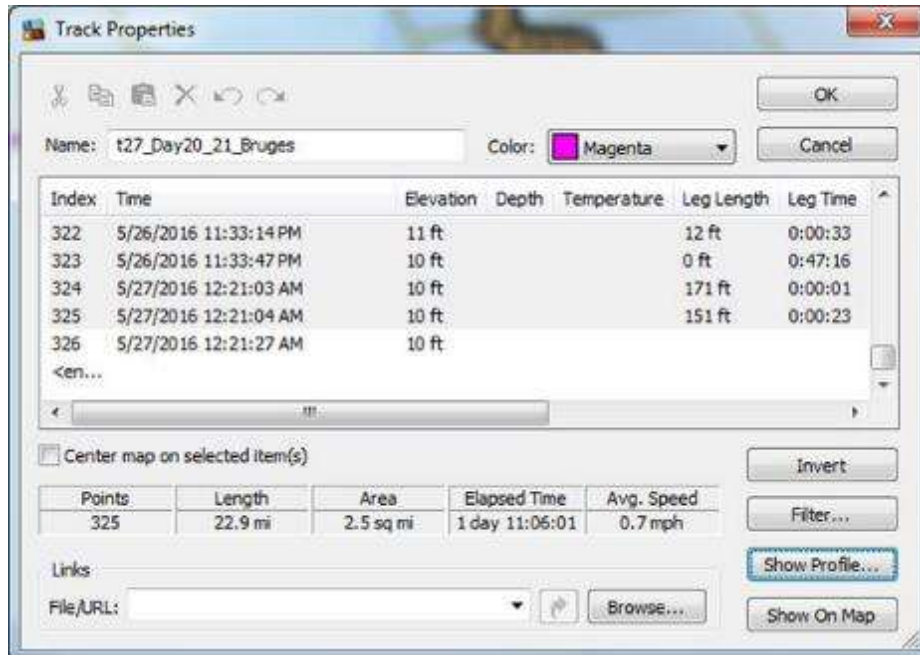**Day 19, Wednesday, May 25, 2016 – Distance/ Speed - Ostend, Belgium to Bruges, Belgium**

Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Cycling Track – Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium
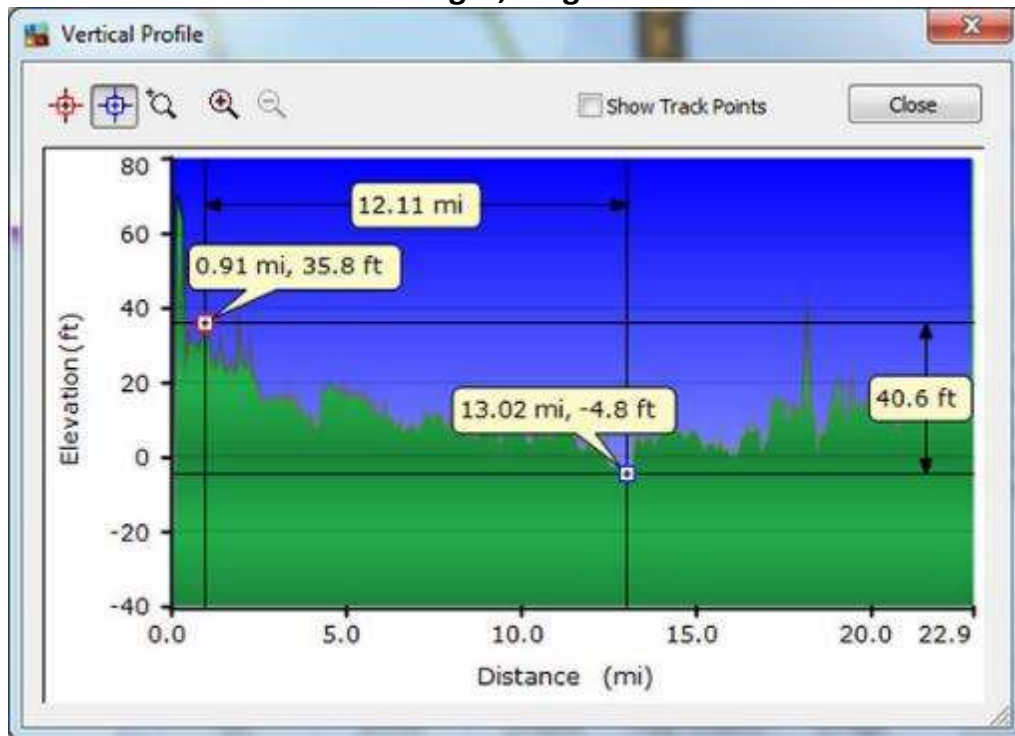
Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Altitude Profile - Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium

Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Distance/ Speed - Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium
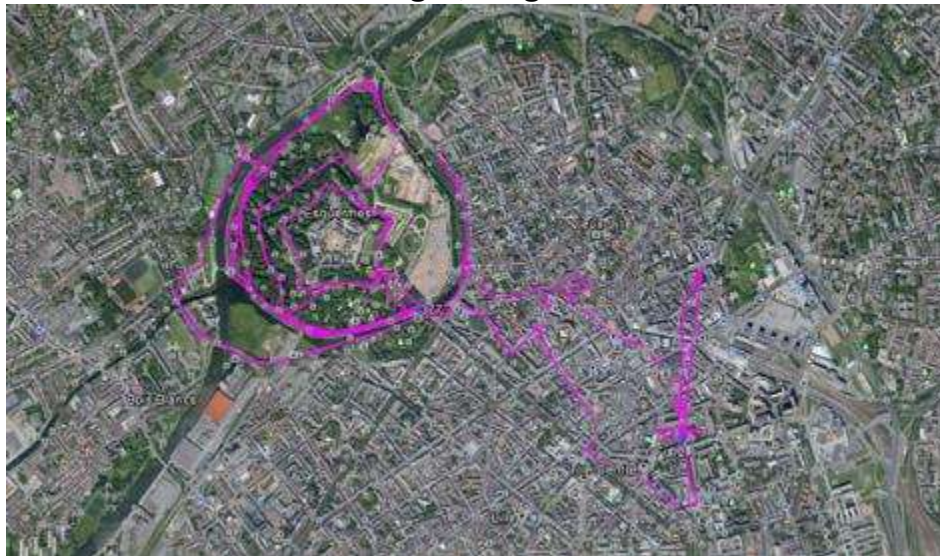
Day 22, Saturday, May 28, 2016 – Cycling Track – Lilli, France

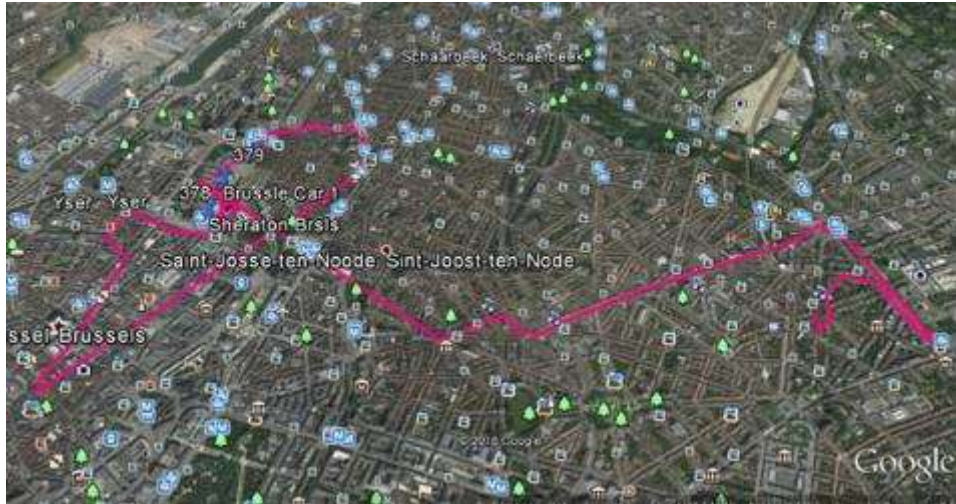**Day 22, Saturday, May 28, 2016 – Altitude Profile – Lilli, France**

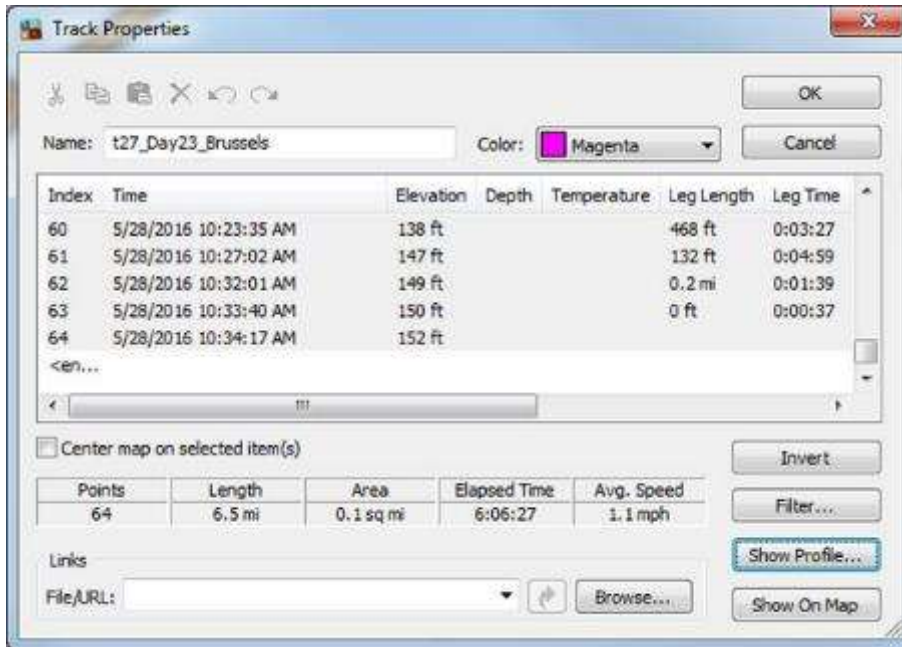**Day 22, Saturday, May 28, 2016 – Distance/ Speed - Lilli, France**

Day 23, Sunday, May 29, 2016 – Cycling Track – Brussels, Belgium
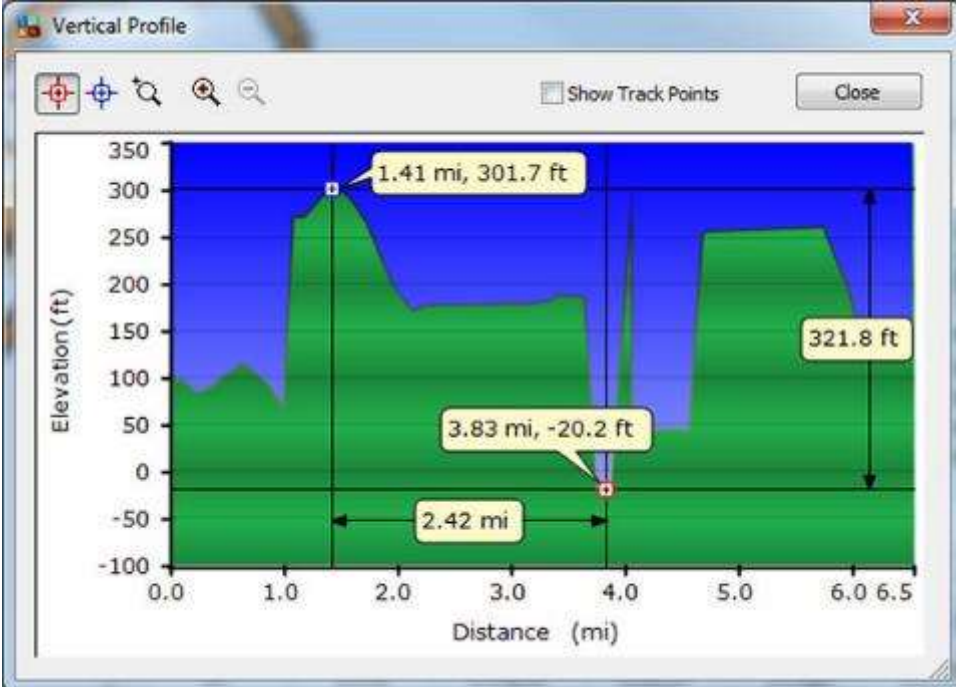
Day 23, Sunday, May 29, 2016 – Altitude Profile - Brussels, Belgium

Day 23, Sunday, May 29, 2016 – Distance/ Speed - Brussels, Belgium