

Miles Biked: Total bike miles about 527.6 miles (includes walking bike)

Days of biking: 21 days

Location: Ecuador and Colombia

Total Expenses: ~\$1882.90 USD

### **Day -1, Saturday, November 12, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 0 feet

Location: Portland, Oregon, USA to Salt Lake City, Utah

Points of interest:

1. Stressed out about trip and packing.
2. Flight from Portland, Oregon to Salt Lake City, Utah.

Expenses: 15 USD – Beer and Parking at PDX

Accommodations: Slept on benches and floor at Salt Lake City, Utah Airport.

### **Day 0, Sunday, November 13, 2016**

Daily Bike Miles: 0.51 miles

Daily elevation gain: 0 feet

Location: Salt Lake City, Utah, USA to Quito, Ecuador

Points of interest:

1. Trouble getting Colombian Pesos
2. Shared Taxi with lady and her husband that sat next to me on the flight to Quito.
3. Researched Ayahuasca (A hallucinogenic the lady from plane recommended).

Expenses: 50.20 USD – Taxi, water and hotel

Accommodations: Slept at Quito Airport Suites Hotel in Tababela, Ecuador

### **Day 1, Monday, November 14, 2016**

Daily Bike Miles: 53.2 miles

Daily elevation gain: 2801 sure feet

Location: Quito, Ecuador to Lago San Pablo (near Otavalo, Ecuador)

Points of interest:

1. Started out going the wrong direction.
2. Start of lots of uphill.

Expenses: 105.14 – Hotel and food.

Accommodations: Slept at Puerto Lago Hotel (near Otavalo, Ecuador)

### **Day 2, Tuesday, November 15, 2016**

Daily Bike Miles: 57.82 miles

Daily elevation gain: 4160 feet

Location: Near Otavalo, Ecuador to just south of San Gabriel, Ecuador

Points of interest:

1. Downhill, followed by a long uphill.

2. A highway worker gave me a ride part way up a long uphill.

Expenses: 28.40 USD – Hotel and Food.

Accommodations: Slept at Cupid Hotel just south of San Gabriel, Ecuador

### **Day 3, Wednesday, November 16, 2016**

Daily Bike Miles: 35.87 miles

Daily elevation gain: 1852 feet (Had to somewhat guess)

Location: Just south of San Gabriel, Ecuador to Ipailes, Colombia

Points of interest:

1. Went into Colombia without going through customs, had to go back to Ecuador.

2. Could not figure out how to use ATM

3. Could only get small bottled water or 6-liter bags of water.

Expenses: 2 USD and 44,800 COP – Hotel and Food.

Accommodations: Slept at Ipailes Hotel in Ipailes, Colombia

### **Day 4, Thursday, November 17, 2016**

Daily Bike Miles: 42.16 miles

Daily elevation gain: 3547 feet

Location: Ipailes, Colombia to Pasto, Colombia

Points of interest:

1. Started with a long downhill ride.

2. Bridge guarded by Militants or rebels (not sure which)

3. Then a long uphill, I cycled about 4,000 vertical feet and was given a ride for the last 700 vertical feet.

Expenses: 47,400 COP – Hotel and Food.

Accommodations: Slept at Hotel Valle de Atriz in Pasto, Colombia

### **Day 5, Friday, November 18, 2016**

Daily Bike Miles: 54.64 miles

Daily elevation gain: 13,258 feet (most likely a GPS error, should be more like 5,000)

Location: Pasto, Colombia to Popayan, Colombia

Points of interest:

1. Started with a 2,000 foot ascend. Which was followed by a 6,000 foot descend. Then another 2,000-foot gain.

2. Took a bus to Popayan, did not want to cycle up 6,000 vertical feet. From the bus, it did not seem that bad.

Expenses: 95,800 COP and 2.5 USD – Hotel, bus and Food.

Accommodations: Slept at Hostel Case Grande in Popayan, Colombia

### **Day 6, Saturday, November 19, 2016**

Daily Bike Miles: 22.28 miles

Daily elevation gain: 9135 feet (This includes van ride to San Agustin)

Location: Popayan, Colombia to San Agustin, Colombia

Points of interest:

1. Cycled around Popayan without the trailer.
2. Hotel owner got mad at me for loading my bike in my suitcase on the hotel lobby floor.
3. Militants stopped our bus and had everyone get out. They frisked each of us before letting us continue.
4. The 80-mile sprinter van trip from Popayan to San Agustin took about 4 hours.
5. Was taken to a very nice hotel by a man that recruited me when I got out of the van in San Agustin.

Expenses: 217,700 COP – Hotel, transportation and Food.

Accommodations: Slept at Cabanas Camping Colinas de San Diego in San Agustin, Colombia

### **Day 7, Sunday, November 20, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 287 feet

Location: San Agustin, Colombia

Points of interest:

1. Went on a jeep tour.
  - a. I was able to sit in the passages seat on the jeep tour – best seat).
  - b. Checked out Magdalena River- El Estrecho
  - c. Visited Obando Archeologic Park
  - d. Visited Alto de Los Idolos
  - e. Our group bought and shared two 375 ml bottles of Aguardiente Doble Anis which we purchased in San Jose De Isnos, Colombia.
  - f. Visited La Chorrera Falls.
  - g. Visited Alto De Las Piedras
  - h. Visited Salto Del Motorino waterfall
2. Back at the hotel I meet motorcyclists that were travel to Tierra del Fuego.

Expenses: 108,500 COP – Souvenirs, Food, Tours and hotel.

Accommodations: Slept at Cabanas Camping Colinas de San Diego in San Agustin, Colombia

### **Day 8, Monday, November 21, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 7,600 feet

Location: San Agustin, Colombia to Cali, Colombia

Points of interest:

1. San Agustin Archeological Park.
2. I accidentally flashed my money when getting my passport. I think I ended out

getting over change and thought I might get robbed. Oops!

3. The bus broke down before arriving in Popayan.

Expenses: 193,300 COP – Transportation, Food, Souvenir and hotel.

Accommodations: Slept at Hotel across from bus station in Cali, Colombia

### **Day 9, Tuesday, November 22, 2016**

Daily Bike Miles: 17.62 miles

Daily elevation gain: 7834 feet

Location: Cali, Colombia to Armenia, Colombia

Points of interest:

1. Walked around city center at Cali
2. Took a bus to Armenia.
3. Cycled from Armenia to Calaca.

Expenses: 161,020 COP – Hotel, Transportation and Food.

Accommodations: Slept at Nuevo Hotel Café Real in Armenia, Colombia

### **Day 10, Wednesday, November 23, 2016**

Daily Bike Miles: 63.48 miles

Daily elevation gain: 2,446 feet

Location: Armenia, Colombia to a small village between Armenia and Medellin, Colombia

Points of interest:

1. The day started with a gradual uphill, gained about 2,100 feet in 20 miles.
2. Then I went mostly downhill for about 30 miles. Then it flattened out.
3. Had trouble figuring out how to go to Medellin. The road signs did not match my GPS directions.
4. Could not find a hotel until slightly before sunset.

Expenses: 54,350 COP – Hotel and Food.

Accommodations: Slept at No Name Hotel in a very small village (maybe 100 people) of Colombia

### **Day 11, Thursday, November 24, 2016**

Daily Bike Miles: 47.8 miles

Daily elevation gain: 2819 feet

Location: Less populated areas between Armenia and Medellin, Colombia

Points of interest:

1. I accumulated about 2,819 vertical feet.
2. Then I went downhill and lost about 4,700 vertical feet. I found a hotel to stay at in the lower elevation.

Expenses: 39,420 COP and 5 USD – Hotel and Food.

Accommodations: Slept at Hotel 78 miles south of Medellin, Colombia

**Day 12, Friday, November 25, 2016**

Daily Bike Miles: 64.68 miles

Daily elevation gain: 6925 feet

Location: 78 miles south of Medellin, Colombia to Medellin, Colombia

Points of interest:

1. The day started with a gradual 30 miles descend.
2. The I cycled up about 2,000 vertical feet and got a ride up an additional 3,700 vertical feet.
3. Then I cycled downhill most of the way to Medellin.
4. Last 6 miles into Medellin was heavy traffic.
5. Nearly peed on by a young boy.

Expenses: 33,200 COP and 37.51 USD– Hotel and Food.

Accommodations: Slept at Hotel Nutibara in Medellin, Colombia

**Day 13, Saturday, November 26, 2016**

Daily Bike Miles: 24.38 miles

Daily elevation gain: 2139 feet

Location: Medellin, Colombia to Santa Fe De Antioquia, Colombia

Points of interest:

1. Took about 1.5 hours to get out of Medellin.
2. Once out of town this hill ended with a tunnel that did not allow bikes. I had to hitch a ride through the tunnel.
3. Checked out the nice town of Santa Fe De Antioquia, Colombia

Expenses: 143,200 COP – Hotel and Food.

Accommodations: Slept at Hosteria BoHois in Santa Fe De Antioquia, Colombia

**Day 14, Sunday, November 27, 2016**

Daily Bike Miles: 11.32 miles

Daily elevation gain: 13,781 feet

Location: Santa Fe De Antioquia, Colombia to Turbo, Colombia

Points of interest:

1. Cycled with local man up part of a hill.
2. Hot and then very rainy.
3. Took a bus to Turbo

Expenses: 141,500 COP – Hotel, Transportation and Food.

Accommodations: Slept at Hotel Castilla DeOro in Turbo, Colombia

**Day 15, Monday, November 28, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 5204 feet

Location: Turbo, Colombia to Cartagena, Colombia

Points of interest:

1. Walked around Turbo.
  2. Took Minivan to Monteria, then one to Cartagena
- Expenses: 178,500 COP – Hotel, Transportation and Food.  
Accommodations: Slept at Hotel Cordialdad Plaza Spa in Cartagena, Colombia

### **Day 16, Tuesday, November 29, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 3521 feet

Location: Cartagena, Colombia to Santa Marta, Colombia

Points of interest:

1. The noise outside my hotel started at about 5:00 AM.
2. Took a bus to Santa Marta, Colombia.
3. Walked around the town of Santa Marta.
4. Arranged a tour of Minca for the next day.

Expenses: 244,340 COP – Hotel, Transportation, Tour to Minca and Food.

Accommodations: Slept at Hotel Tarromar in Santa Marta, Colombia

### **Day 17, Wednesday, November 30, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 2,022 feet

Location: Santa Marta, Colombia

Points of interest:

1. Took a taxi to Minca (part of the tour).
2. I forgot my swim trunks and had to swim in my underwear.
3. Saw and learned about bamboo houses.
4. Sampled freshly processed chocolate and learned about chocolate processing.
5. Visited a coffee plantation.

Expenses: 140,600 COP – Guide tip, Food, Souvenir and hotel.

Accommodations: Slept at Hotel Tarromar in Santa Marta, Colombia

### **Day 18, Thursday, December 1, 2016**

Daily Bike Miles: 11.33 miles

Daily elevation gain: 3,937 feet

Location: Santa Marta, Colombia to Cartagena, Colombia

Points of interest:

1. Cycled to Taganga and then back Santa Marta.
2. Took a comfortable bus to Cartagena.
3. Easily found a cheap taxi from bus station to Bocagrande (high rise part of Cartagena)

Expenses: 81,350 COP and 57.10 USD– Hotel and Food.

Accommodations: Slept at Atlantic Lux Hotel in Cartagena, Colombia

**Day 19, Friday, December 2, 2016**

Daily Bike Miles: 20.48 miles

Daily elevation gain: 190 feet

Location: Cartagena, Colombia

Points of interest:

1. Cycled around Cartagena.
2. Visited Castillo de San Felipe by bike and on city tour.
3. Took a city tour bus. Visited
  - a) Visited shoe sculpture with vendors,
  - b) Toured Convento de Santa Cruz de la Popa (highest point in Cartagena)
  - c) Castillo de San Felipe
  - d) Visited historic area and were entertained by break dancers.

Expenses: 217,130 COP and 57.10 USD – Tours, entry fees, Food and hotel.

Accommodations: Slept at Atlantic Lux Hotel in Cartagena, Colombia

**Day 20, Saturday, December 3, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 0 feet

Location: Cartagena, Colombia to Atlanta, Georgia, USA

Points of interest:

1. I walked around Bocagrande for a couple of hours.
2. Then I took a taxi to the airport.
3. Flew to Atlanta, Georgia
4. Took the hotel's shuttle to my room, watched a little TV and went to sleep.

Expenses: 78.72 USD and 259,070 COP – Transportation, Food, Souvenir and hotel.

Accommodations: Slept at Days Inn Hotel in Atlanta, Georgia, USA

**Day 21, Sunday, December 4, 2016**

Daily Bike Miles: 0 miles

Daily elevation gain: 0 feet

Location: Atlanta, Georgia to Portland, Oregon, USA

Points of interest:

1. Took the hotel shuttle to the airport.
2. I walked almost every wing of the airport.
3. Flew to Portland, Oregon
4. Nancy gave me a ride home and then we went to a Christmas party.

Expenses: Unknown – No expenses recorded

Accommodations: Slept at home in Portland, Oregon, USA