

Miles Biked: Total bike miles about 17.8 miles

Walked Biked: about 83 miles

Days of biking: 12 days

Location: Panama and Colombia

Total Expenses: ~\$ 1891.68 USD

Day 0, Friday, June 2, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 9 miles

Location: Portland, Oregon, USA to Los Angeles, California (LAX)

Points of interest:

1. Short day of work.
2. Flight from Portland, Oregon to Los Angeles, California.
3. Waited at LAX until almost 3:00 AM for flight to Bogota, Colombia

Expenses: 6.99 USD – Max to airport and chips at LAX

Accommodations: Barely slept on Plan to LAX.

Day 1, Saturday, June 3, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 9 miles

Location: Los Angeles, California (LAX) to Panama City, Panama (PTY)

Points of interest:

1. Walked a lot around small Bogota, Colombia airport.
2. Walked around in Panama City, Panama.

Expenses: 73.66 USD – food, Transportation, lodging and money exchange.

Accommodations: Panama City Panama – Luna Castel Hostel.

Day 2, Sunday, June 4, 2017

Daily Bike Miles: 17.8 miles

Daily Walking Miles: 11.2 miles

Location Panama City, Panama

Points of interest:

1. Checked out all the Panama City attractions that I found on a city walking tour map.
2. Met with San Blas adventure team to prepare for the next day's departure.
3. Cycled around historic area in Panama City.

Expenses: 362.68USD – Food, Transportation and tour balance.

Accommodations: Panama City Panama – Luna Castel Hostel.

Day 3, Monday, June 5, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 0.5 miles

Location Panama City, Panama to small San Blas, Island

Points of interest:

1. I woke up very early, so I would not miss my ride to Carti.
2. Four-wheel drive trip to Carti. Not sure why they needed 4-wheel drives, the road was paved and had pots holes (but the road would have been fine in a normal car)
3. One of the boat's outboard motors did not work. The boats each have 2 motors. With one motor not working the boat was slow.

4. A downpour on the start of boat trip and we got soaked through heavy plastic.
  5. Stayed on single family Kuna Island.
  6. Snorkeled from single family San Blas Island to uninhabited island and then back.
- Expenses: 22.16USD – Food and jewelry.  
Accommodations: A single family Kuna Island in a hammock.

Day 4, Tuesday, June 6, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 1 mile

Location San Blas, Island

Points of interest:

1. Hurt my toe and scraped my knee on Coral.
2. Small hike on uninhabited island
3. Nice coral reef when snorkeling, but not many fish.
4. Great tour of a local Kuna village.
5. A naïve child thought I was about 35 years old. I think he was just being nice.

Expenses: 24.00USD – Food and jewelry.

Accommodations: Kuna Island with village over entire land and area for our group with hammock.

Day 5, Wednesday, June 7, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 1.5 miles

Location San Blas, Island

Points of interest:

1. Bad night, toilet did not work.
2. Rained hard in the morning, the rain slightly made it through the straw roof of our hammock structure.
3. This was the largest San Blas Island, but the village was small.
4. Like normal had trouble sleeping in the Hammocks – not very comfortable.

Expenses: 6.00USD – Cokes and a beer.

Accommodations: Largest Kuna Island with small village – slept in hammock.

Day 6, Thursday, June 8, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 7 miles

Location San Blas, Island to Capurganá, Colombia

Points of interest:

1. Best night of hammock sleeping.
2. Forgot to turn on GPS, no track for about the first 15 miles.
3. It took over 3 hours to get past customs at the Panama boarder.
4. Hiked towards La Coquerita and saw several poison dart frogs.
5. The man that ran the hostel provided great instructions for the hike I was planning.
6. Had group lasagna dinner.
7. Went to Salsa bar.
8. Great night of sleep, a bed instead of a hammock.

Expenses: 117,000 COP and 31.50 USD – Food, Transportation, Tips, bathroom, entertainment and lodging.

Accommodations: Hostel Capurganá – Great night of sleep in a bed.

Day 7, Friday, June 9, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 14 miles

Location Capurganá, Colombia to La Miel, Panama

Points of interest:

1. Left Hostel for hike at about 7:00 AM
2. Panama/ Colombia boarder had militants bunkered down.
3. Hiked from Capurganá, Colombia to La Miel, Panama and then back to Capurganá, Colombia.
4. Hiked to La Coquerita and saw only a couple of the poison dart frogs.
5. Had a lobster dinner.

Expenses: 76,000 COP and 52.00 USD – Food and Transportation.

Accommodations: Hostel Capurganá

Day 8, Saturday, June 10, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 2 miles

Location Capurganá, Colombia to Necocli, Colombia to bus toward Medellin, Colombia

Points of interest:

1. Took the boat to Necocli with 7 people from San Blas Adventure team.
2. Had a 10 hour wait for the bus to Medellin in Necocli.
3. Boarded 9-hour bus to Medellin.

Expenses: 66,000 COP and 11.00 USD – Food, Port tax, Shirt and bathroom.

Accommodations: Bus to Medellin

Day 9, Sunday, June 11, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 10 miles

Location Bus from Necocli, Colombia to Medellin, Colombia

Points of interest:

1. Took Uber car to Hostel.
2. Took train to park Avri.
3. Went to sleep early.

Expenses: 33,260 COP and 82.24 USD – Food, Port tax, Shirt and bathroom.

Accommodations: Casa Kiwi hostel in Medellin

Day 10, Monday, June 12, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 14 miles

Location Medellin, Colombia

Points of interest:

1. Walked around fenced university.
2. Walked around North Park, it was an amusement park. I thought it was a nature park.
3. Spent a few hours at the free botanical garden, very nice (I think there is normally a fee, not sure why I did not need to pay).
4. Saw several iguanas and turtles at the park.
5. Walked around Historic downtown area.
6. Planned to take the train back towards Hostel, but it was crowded so I walked.

7. Went to eat and drink with people staying at the hostel, which had also been on the San Blas Adventures tour.

Expenses: 139,570 COP– Food and earrings.

Accommodations: Casa Kiwi hostel in Medellin

Day 11, Tuesday, June 13, 2017

Daily Bike Miles: 0 miles

Daily Walking Miles: 4 miles

Location Medellin, Colombia to Bogota, Colombia to Los Angeles, California to flight to Portland, Oregon

Points of interest:

1. Left Medellin Hostel around 7:00 AM.

2. Flew to Bogota and walked around the airport for a couple of hours.

3 Flew to Los Angeles, California. Made a mistake on my security paperwork and was stuck in a long line for about an hour.

4. Boarded plane from Los Angeles, California to Portland, Oregon.

Expenses: 12. 00 USD and 442.800 COP – souvenirs.

Accommodations: Airplanes and home in Portland, Oregon.

Day 12, Wednesday, June 14, 2017

Daily Bike Miles: NA miles

Daily Walking Miles: NA miles

Location Flight from Los Angeles, California to Portland, Oregon

Points of interest:

1. Arrived home around 3;00 AM and was at work around 8:00 AM

2. I took a taxi home, it seemed very expensive.

Expenses: 33. 00 USD – taxi from airport to home.

Accommodations: Portland, Oregon.