

Miles Biked: Total bike miles 154.11 miles (87.7 miles towards American Journey)

Days of biking: 6 days (9 days for entire trip)

Location: Nicaragua and Costa Rica

Flight information

Total Expenses: ~\$2473.62 USD

Day 0, Friday, April 19, 2019

Daily Bike Miles: 0 miles

Location: Portland, Oregon, USA towards Atlanta, Georgia USA, to Managua, Nicaragua

Points of interest:

1. Flight out of Portland left at about 11:15 PM
2. I slept for most of the 4.5-hour flight to Atlanta.

Expenses: 70 USD – Airline Luggage fee

Accommodations: Slept on flights

Day 1, Saturday, April 20, 2019

Daily Bike Miles: 9.55 miles

Location: Atlanta, Georgia USA, to Managua, Nicaragua to Rivas, Nicaragua

Points of interest:

1. Smooth traveling once in Nicaragua – Taxi to bus station, bus to Rivas and taxi to my hotel.
2. Assembled bike and cycled to San Jorge.

Expenses: 48.91 USD and 1024.9 NIO = 88.25 USD – Visa, Transportation, Hotel and food

Accommodations: Slept at Hotel Nueva Posada Inn in Rivas, Nicaragua

Day 2, Sunday, April 21, 2019

Daily Bike Miles: 35.13 miles

Location: Rivas, Nicaragua to La Cruz, Costa Rica

Points of interest:

1. Left Hotel at 7:50 AM.
2. Took over 5 hours to get through customs at the Nicaragua/ Costa Rica border
3. Arrived in La Cruz, Costa Rica a little after sunset.

Expenses: 20 USD and 1628 NIO + 13,645 CRC = 107.21 USD – Border fees, Hotel and food

Accommodations: Slept at Hotel Casa del Viento in La Cruz, Costa Rica

Day 3, Monday, April 22, 2019

Daily Bike Miles: 49.45 miles

Location: La Cruz, Costa Rica to Liberia, Costa Rica

Points of interest:

1. I left La Cruz around 9:00 AM.
2. The road to Liberia was good for cars, but not very good for cycling.
3. The side winds blew me off the road 4 times.
4. I arrived in Liberia around 2:00 PM.
5. I rented a car for the remainder of my vacation.

Expenses: 429.66 USD and 6886 NIO = 442.14 USD – Rental car, Hotel and food

Accommodations: Slept at Hotel Boyeros in Liberia, Costa Rica

Day 4, Tuesday, April 23, 2019

Daily Bike Miles: 21.73 miles

Car miles: April 22-23, 2019 = 170.8 miles

Location: Liberia, Costa Rica to Quepos, Costa Rica

Points of interest:

1. I left Liberia around 11:00 AM.
2. Lots of traffic, construction and one lane highways.
3. I arrived in Quepos at around 4:00 PM.
4. Trouble finding a hotel, I settled for one, then cycled and found a better hotel. Ended up canceling the first hotel.

Expenses: 97.77 USD and 29425 CRC = 151.1175 USD – Road toll, Souvenirs, Hotel and food

Accommodations: Slept at Hotel Manual Antonio in Quepos, Costa Rica

Day 5, Wednesday, April 24, 2019

Daily Bike Miles: 0 miles

Car miles: 128.6 miles

Location: Quepos, Costa Rica to Monteverde, Costa Rica

Points of interest:

1. Visited Manual Antonio national park and saw lots of wild life.
2. I left the hotel at about 11:45 AM (hotel checkout was noon).
3. I drove to Monteverde and with some trouble found my reserved hotel room.

Expenses: 263.59 USD + 53715 CRC = 360.98 USD – Entrance fee, guide, gas, highway toll, hotel and food

Accommodations: Slept at Hotel Fonda Vela in Monteverde, Costa Rica

Day 6, Thursday, April 25, 2019

Daily Bike Miles: 0 miles

Car miles: 6.8 miles

Location: Monteverde, Costa Rica

Points of interest:

1. Hiked all the trail in Monteverde Cloud Forest reserve.
2. Almost ran over a Tarantula.
3. Saw beautiful Quetzal bird.
4. Almost run over by a coati.

Expenses: 20 USD + 4290 CRC = 29.78 USD – Park entrance fee and food

Accommodations: Slept at Hotel Fonda Vela in Monteverde, Costa Rica

Day 7, Friday, April 26, 2019

Daily Bike Miles: 20.54 miles

Car miles: 88.9 miles

Location: Monteverde, Costa Rica to Liberia, Costa Rica

Points of interest:

1. Saw monkey and toucan like birds at Monteverde hotel.
2. Left hotel around 8:30 AM.
3. Cycled highway near Bagaces
4. Drove to Palo Verde National Park, but it was too late to enter the park (it closed at 4:00 PM)

Expenses: 84 USD + 25,300 CRC = 129.87 USD – Gas, Hotel and Souvenirs

Accommodations: Slept at Hotel - Hotel Boyeros in Liberia, Costa Rica

Day 8, Saturday, April 27, 2019

Daily Bike Miles: 17.71 miles

Car miles: 39.1 miles

Location: Liberia, Costa Rica to Rincón de la Vieja National Park to Los Angeles airport

Points of interest:

1. Biked in the morning before breakfast.
2. Drove to Rincón de la Vieja National Park after breakfast.
3. Saw a bubbling mud pool, a bubbling water pool and steam fumes at Rincón de la Vieja National Park
4. Flew to LAX (Los Angeles airport) and was given a window exit seat.
5. Slept on a bench in the Southwest airline's baggage claim area.

Expenses: 70 USD + 27,700 CRC = 120.22 USD – Souvenirs, luggage fee, Rincón fees and tip

Accommodations: Slept at bench at Los Angeles airport, California, USA

Day 9, Sunday, April 28, 2019

Daily Bike Miles: 0 miles

Location: Los Angeles airport, California, USA to Portland, Oregon, USA

Points of interest:

1. I did not sleep great at LAX (~10-hour layover in LA – (scheduled flight times were 13 PM to 7:04 AM)). The benches were not comfortable in the airport.
2. Flew to Salt Lake City, Utah and then to Portland, Oregon, USA.
3. I was back in Portland by about noon.
4. I took the max from the airport back to my house.
5. I cycled around Portland with Marty.

Expenses: 2.50 USD – max ride from Airport to Rosa parks (0.5 miles from my house)

Accommodations: Slept at my house in Portland, Oregon