

Miles Biked: Total bike miles about 775.4 miles (1247.88 KM)

Days of biking: 15 days

Location: USA States – New Hampshire, Vermont, New York, Pennsylvania, Maryland, West Virginia, Virginia, Delaware, New Jersey, Connecticut, Rhode Island, Massachusetts and Maine

Total Expenses: ≈ \$ 5332. 47 USD

Trip summary:

[Total Cycling Millage = 775.4 MI \(1247.88 KM\)](#)

[Total Ground Transportation Millage = 3627 MI \(5837.08 KM\)](#)

3,627 miles (5835.8 KM) (I normally had my GPS on to track route, total GPS tracks miles is 2945.3 miles. Not sure why GPS is missing so many miles, it was usually tracking)

Table of cycle distance per state and how many nights I stayed in each state for this trip.

State	Bike Miles (KM)	Night
New Hampshire	65.9 (106)	4
Vermont	64.4 (103.7)	2
New York	65 (104.6)	2
Pennsylvania	65.3 (105)	1
Maryland	64.4 (103.6)	1
West Virginia	64.3 (103.5)	1
Virginia	64 (103)	1
Delaware	64 (103)	1
New Jersey	64.5 (103.7)	1
Connecticut	63.8 (102.7)	1
Rhode Island	64.4 (103.7)	1
Massachusetts	65.6 (105.6)	4
Maine	0 (Previously completed)	2

### **Day 1, Saturday, June 5, 2021**

Daily Bike Miles: 0 miles

Location: Portland, Oregon to flight to Manchester, New Hampshire

Points of interest:

1. Max had an accident with a car. Therefore, it took a long time to get to the airport.

Expenses: \$73.50 USD – Max train to airport and Luggage on airplane fee

Accommodations: Slept on flight to Manchester, New Hampshire.

### **Day 2, Sunday, June 6, 2021**

Daily Bike Miles: 32.85 miles

Location: Manchester, New Hampshire to Keene, New Hampshire

Points of interest:

1. I cycled around Keene looking for the Cheshire Rail Trail bike trail. I found another trail to cycle on.

Expenses: \$44.23 USD –Food (Hotel was pre-paid for \$112.84)

Accommodations: Slept at Days Inn in Keene, New Hampshire

### **Day 3, Monday, June 7, 2021**

Daily Bike Miles: 78.62 miles

Location: Keene, New Hampshire to Killington, Vermont

Points of interest:

1. I woke up at 6:00 AM and cycled the Cheshire Rail Trail North trail.

2. A runner told me he saw a bear on the trail.

3. I cycled to the other end of trail. It was rough so I turned back.

4. I cycled the West River Trail near Brattleboro, Vermont.

5. I cycled near Bethel, Vermont.

6. I cycled from Killington most of the way to the ski area and then back.

Expenses: \$74.89 USD – Hotel and food

Accommodations: Slept at Hillside Inn in Killington, Vermont

#### **Day 4, Tuesday, June 8, 2021**

Daily Bike Miles: 45.6 miles

Location: Killington, Vermont to Glen Falls, New York

Points of interest:

1. I cycled to the base of the ski area at Killington.
2. I cycled from Rutland, Vermont and got a flat tire.
3. I cycled from Glen Falls to Lake George on the Warren County Bikeway trail.

Expenses: \$129.69 USD – Charger, bike tube, hotel, gas and food

Accommodations: Slept at Days Inn in Glen Falls, New York

#### **Day 5, Wednesday, June 9, 2021**

Daily Bike Miles: 38.27 miles

Location: Glen Falls, New York to Stone Ridge, New York

Points of interest:

1. I cycled the Glens Falls Feeder Canal Trail to Hudson Falls.
2. I cycled the Mohawk-Hudson bike trail.
3. I got soaked by the rain riding back to Schenectady, New York.
4. Visit my Niece Kate and her husband Renan. We went for a walk at Ashokan Reservoir.

Expenses: \$69.03 USD – USB charger, 2 more bike tubes, gas and food

Accommodations: Slept at Niece Kate and her husband Renan house in Stone Ridge, New York.

#### **Day 6, Thursday, June 10, 2021**

Daily Bike Miles: 26.21 miles

Location: Stone Ridge, New York to Delaware Water Gap, Pennsylvania

Points of interest:

1. I walked around Woodstock, New York.
2. I cycled around Delaware Water Gap.

Expenses: \$110.35 USD – Hotel and food

Accommodations: Slept at Rodeway Inn in Delaware Water Gap, Pennsylvania

**Day 7, Friday, June 11, 2021**

Daily Bike Miles: 38.73 miles

Location: Delaware Water Gap, Pennsylvania to Baltimore, Maryland

Points of interest:

1. Drove to Milford, Pennsylvania to check out the Delaware Water Gap National Recreation Area.
2. I cycled bike trails from Jim Thorpe, Pennsylvania. Great place for cycling.

Expenses: \$120.86 USD – Hotel, gas and food

Accommodations: Slept at Cheap stinky Hotel in Baltimore, Maryland

**Day 8, Saturday, June 12, 2021**

Daily Bike Miles: 64.35 miles

Location: Baltimore, Maryland to Fairmont, West Virginia

Points of interest:

1. I cycled the Torrey C. Brown Rail Trail.
2. I did a lot of driving.

Expenses: \$110.14 USD – Hotel, gas and food

Accommodations: Slept at Motel 8 in Fairmont, West Virginia

**Day 9, Sunday, June 13, 2021**

Daily Bike Miles: 64.32 miles

Location: Fairmont, West Virginia to Lexington, Virginia

Points of interest:

1. I cycled the Marion County Rail Trail.
2. I drove to Virginia.

Expenses: \$135.17 USD – Hotel, gas and food

Accommodations: Slept at Motel 6 in Lexington, Virginia

**Day 10, Monday, June 14, 2021**

Daily Bike Miles: 64.05 miles

Location: Lexington, Virginia to New Castle, Delaware

Points of interest:

1. I cycled the Chessie nature bike trail in Lexington
2. I cycled the Washington and Old Dominion Railroad Regional rails trail (W&OD).
3. Drove through Washington DC.

Expenses: \$150.69 USD – Hotel, gas and food

Accommodations: Slept at Travel Inn in New Castle, Delaware

### **Day 11, Tuesday, June 15, 2021**

Daily Bike Miles: 64.08 miles

Location: New Castle, Delaware to Bordentown, New Jersey

Points of interest:

1. I cycled the Michael Castle Trail.
2. I cycled in Wilmington, Delaware. I did not find great cycling in Wilmington.

Expenses: \$100.30 USD – Hotel and food

Accommodations: Slept at Motel 6 in Bordentown, New Jersey

### **Day 12, Wednesday, June 16, 2021**

Daily Bike Miles: 64.46 miles

Location: Bordentown, New Jersey to Bradford, Connecticut

Points of interest:

1. I cycled from hotel in Bordentown.
2. I cycled the Delaware & Raritan Canal State Park Trail.

Expenses: \$120.21 USD – Hotel, gas and food

Accommodations: Slept at Motel 6 in Bradford, Connecticut

### **Day 13, Thursday, June 17, 2021**

Daily Bike Miles: 63.84 miles

Location: Bradford, Connecticut to Providence, Rhode Island

Points of interest:

1. I cycled the Farmington Canal Heritage Trail.

Expenses: \$114.73 USD – Hotel and food

Accommodations: Slept at Motel 6 in Providence, Rhode Island

### **Day 14, Friday, June 18, 2021**

Daily Bike Miles: 66.88 miles

Location: Providence, Rhode Island to Orleans, Massachusetts

Points of interest:

1. I cycled the Washington Secondary bike trail.

2. I cycled to find the Cape Cod Rail Trial (CCRT).

Expenses: \$263.28 USD –Hotel, gas and food

Accommodations: Slept at Old Tavern Inn and motel in Orleans, Massachusetts

### **Day 15, Saturday, June 19, 2021**

Daily Bike Miles: 21.11 miles

Location: Orleans, Massachusetts to Tewksbury, Massachusetts

Points of interest:

1. I cycled the Cape Cod Rail Trial (CCRT).

2. I checked out Plymouth Rock.

Expenses: \$161.47 USD – Another bike tube, hotel, gas and food

Accommodations: Slept at Motel 6 in Tewksbury, Massachusetts

### **Day 16, Sunday, June 20, 2021**

Daily Bike Miles: 42.03 miles

Location: Tewksbury, Massachusetts to Manchester, New Hampshire

Points of interest:

1. Lots of Police outside my Motel 6 room.

2. Bus fire at Wal-Mart.

3. Had dinner with my cousin.

Expenses: \$212.78 USD – Museum fee, hair gel, shoes, batteries, cloths, hotel, gas and food

Accommodations: Slept at Econo Lodge in Manchester, New Hampshire

### **Day 17, Monday, June 21, 2021**

Daily Bike Miles: 0 miles

Location: Manchester, New Hampshire to Waterbury, Vermont

Points of interest:

1. I checked out the capital of New Hampshire (Concord) and the capital of Vermont (Montpelier)
2. I visited my cousin Tracy in Waterbury.

Expenses: \$110.19 USD – Parking, hotel, gas and food

Accommodations: Slept at Mountain Meadow View Bed and Breakfast in Waterbury, Vermont

### **Day 18, Tuesday, June 22, 2021**

Daily Bike Miles: 0 miles

Location: Waterbury, Vermont to Gorham, New Hampshire

Points of interest:

1. I hiked to the top of Mt Mansfield.
2. I checked out the town of Gorham. Great historic train display at the town park.

Expenses: \$95.24 USD – Hotel and food

Accommodations: Slept at Gorham Motel Inn in Gorham, New Hampshire

### **Day 19, Wednesday, June 23, 2021**

Daily Bike Miles: 0 miles

Location: Gorham, New Hampshire to Kennebunk, Maine

Points of interest:

1. I took a tour van to the top of Mt Washington.
2. I hike to Thomas Falls near Wildcat ski area and to Glen Ellis Falls.

Expenses: \$108.04 USD – Coat, tour, parking, hotel, gas and food

Accommodations: Slept at Gloria's house (A girlfriend of my dad's) in Kennebunk, Maine

### **Day 20, Thursday, June 24, 2021**

Daily Bike Miles: 0 miles

Location: Kennebunk, Maine to Belfast, Maine and then back to Kennebunk, Maine

Points of interest:

1. I checked Bowdoin College. My dad had gone to school there.
2. I checked out the town of Belfast, Maine.
3. I also checked out the capital of Maine (Augusta).

Expenses: \$38.54 USD –Hotel and food

Accommodations: Slept at Gloria's house (A girlfriend of my dad's) in Kennebunk, Maine

### **Day 21, Friday, June 25, 2021**

Daily Bike Miles: 0 miles

Location: Kennebunk, Maine to Nashua, New Hampshire

Points of interest:

1. I walked around Portsmouth, New Hampshire. Great place to walk around.
2. My hair was very long, I decided to get it cut short for the funeral.
3. I hiked around Mine Falls Park.

Expenses: \$176.39 USD – Parking, haircut, shaving cream, shaver, comb, camera case, hotel, gas and food

Accommodations: Slept at Motel 6 in Nashua, New Hampshire

### **Day 22, Saturday, June 26, 2021**

Daily Bike Miles: 0 miles

Location: Nashua, New Hampshire to Amesbury, Massachusetts

Points of interest:

1. I went to my aunt Shirley's funeral.
2. I went to Shirley's celebration of life party at Gordy and Cousin Beth's place.



Expenses: \$6.20 USD – food

Accommodations: Slept at Gordy and Cousin Beth's place in Amesbury, Massachusetts

### **Day 23, Sunday, June 27, 2021**

Daily Bike Miles: 0 miles

Location: Amesbury, Massachusetts to Salem, Massachusetts then back to Amesbury, Massachusetts

Points of interest:

1. I helped my cousins take down and store all the stuff used for Shirley's celebration of life party.
2. I hung out at the beach and cousin Chris's beach house in Seabrook, New Hampshire.
3. I drove to Salem and checked out the historic area and the Warf.

Expenses: \$4.33 USD – food

Accommodations: Slept at Gordy and Cousin Beth's place in Amesbury, Massachusetts

### **Day 24, Monday, June 28, 2021**

Daily Bike Miles: 0 miles

Location: Amesbury, Massachusetts to Portland, Oregon

Points of interest:

1. I checked out the town of Newburyport.
2. I checked out Parker River National Wildlife Refuge. I was in too much of a hurry and did not see much.
3. I returned my rental car to Manchester, New Hampshire airport a little after noon (12:40PM).
4. My first flight was to Chicago. The second flight they announced that it was 113-degree Fahrenheit in Portland, Oregon (~8:55 PM). When we landed in Portland, Oregon (~10:30 PM) they announced the temperature was 82 degrees Fahrenheit. I just missed the record heat wave.

Expenses: \$146.79 USD – Parking, Wildlife refuge fee, luggage fees, taxi to my house, gas and food

Accommodations: Slept at my house in Portland, Oregon

### **Day 25, Tuesday, June 29, 2021**

I woke up around 7:00 AM and was back to work by about 8:00 AM.

**Total Cycling Millage = 775.4 MI (1247.88 KM)**

Date	Distance	End Town	State	Comment
6/6/2021	32.85 MI (52.87 KM)	Keene	New Hampshire	Mostly cycled Cheshire Rails Trail.
6/7/2021	33.04 MI (53.17 KM)	Keene	New Hampshire	Mostly cycled Cheshire Rails Trail.
6/7/2021	22.54 MI (36.27 KM)	Brattleboro	Vermont	West River Trail.
6/7/2021	16.93 MI (27.25 KM)	Bethel	Vermont	Cycled along highways.
6/7/2021	6.11 MI (9.83 KM)	Killington	Vermont	From hotel in direction of ski area.
6/8/2021	10.61 MI (17.08 KM)	Killington	Vermont	.From hotel in ski area and back
6/8/2021	8.24 MI (13.26 KM)	Rutland	Vermont	Town, roads and trail riding.
6/8/2021	26.75 MI (43.05 KM)	Glenn Falls	New York	Warren County Bikeway trail to Lake George.
6/9/2021	16.08 MI (25.88 KM)	Glenn Falls	New York	Glens Falls Feeder Canal Trail to Hudson Falls.
6/9/2021	22.19 MI (35.71 KM)	Schenectady	New York	Mohawk-Hudson bike trail and town.
6/10/2021	26.21 MI (42.18 KM)	Delaware Water Gap	Pennsylvania	Cycled mostly roads and a little bit on a bike.
6/11/2021	38.73 MI (62.33 KM)	Jim Thorpe	Pennsylvania	Mostly cycled the D & L trail - past Slatington.
6/12/2021	64.35 MI (103.56 KM)	Parkton	Maryland	Cycled the Torrey C. Brown Rail Trail and roads.

6/13/2021	6.88 MI (11.07 KM)	Fairmont	West Virginia	Cycled in the town area.
6/13/2021	27.35 MI (44.02 KM)	Fairmont	West Virginia	Marion County Rail Trail and continuing onto the Monongahela River trail.
6/13/2021	30.09 MI (48.43 KM)	Fairmont	West Virginia	West Fork River trail to near Shinnston.
6/14/2021	15.15 MI (24.38 KM)	Lexington	Virginia	Chessie nature bike trail and around town.
6/14/2021	48.9 MI (78.7 KM)	Purcellville	Virginia	Washington and Old Dominion Railroad Regional rails trail.
6/15/2021	15.17 MI (24.41 KM)	New Castle	Delaware	Ride near Motel.
6/15/2021	27.66 MI (44.51 KM)	Delaware City	Delaware	Michael Castle Trail from Delaware City to boarder of Maryland.
6/15/2021	21.25 MI (34.2 KM)	Wilmington	Delaware	Cycled around town and on bike trails.
6/16/2021	16.48 MI (26.52 KM)	Bordentown	New Jersey	From hotel on highway shoulders.
6/16/2021	47.98 MI (77.22 KM)	Trenton	New Jersey	Delaware & Raritan Canal State Park Trail.
6/17/2021	63.84 MI (102.74 KM)	New Haven	Connecticut	Town, Yale campus and Farmington Canal Heritage Trail.
6/18/2021	11.04 MI (17.77 KM)	Providence	Rhode Island	Near hotel towards town.

6/18/2021	53.37 MI (85.89 KM)	Providence	Rhode Island	Washington Secondary bike trail from Connecticut boarder to near Providence.
6/18/2021	2.47 MI (3.98 KM)	Orleans	Massachusetts	Cape Cod Rail Trial and grocery store.
6/19/2021	21.11 MI (33.97 KM)	Orleans	Massachusetts	Cape Cod Rail Trial from Orleans to Wellfleet and back.
6/20/2021	42.03 MI (67.64 KM)	Orleans	Massachusetts	Cape Cod Rail Trial from Orleans to Dennis and back.

**Total Ground Transportation Millage = 3627 MI (5837.08 KM)**

Date	Distance	End Town	State	Comment
6/6/2021	61 MI (98.17 KM)	Keene	New Hampshire	Manchester, NH to Keene, NH
6/7/2021	133 MI (214.04 KM)	Killington	Vermont	Keene, NH to Brattleboro, VT to Bethel, VT to Killington, VT
6/8/2021	74 MI (119.09 KM)	Glenn Falls	New York	Killington, VT to Rutland, VT to Glenn Falls, NY
6/9/2021	0 MI (0 KM)	Glenn Falls	New York	Glens Falls Feeder Canal Trail to Hudson Falls.
6/9/2021	123 MI (197.95 KM)	Schenectady	New York	Glenn Falls, NY to Schenectady, NY to Stone Ridge, NY

6/10/2021	193 MI (310.6 KM)	Delaware Water Gap	Pennsylvania	Stone Ridge, NY to Woodstock, NY to Delaware Water Gap, PA
6/11/2021	315 MI (506.94 KM)	Baltimore	Maryland	Delaware Water Gap, PA to Jim Thorpe, PA to Baltimore, MD
6/12/2021	286 MI (460.27 KM)	Fairmont	West Virginia	Baltimore, MD to Fairmont WV
6/13/2021	251 MI (403.94 KM)	Lexington	Virginia	Fairmont WV to Lexington, VA
6/14/2021	339 MI (545.57 KM)	New Castle	Delaware	Lexington, VA to Purcellville, VA to Washington DC to New Castle, DE
6/15/2021	106 MI (170.59 KM)	Wilmington	Delaware	New Castle, DE to Wilmington, DE to Trenton, NJ to Bordentown, NJ
6/16/2021	173 MI (278.42 KM)	Bradford	Connecticut	Bordentown, NJ to Trenton, NJ to New Haven, CT to Bradford, CT
6/17/2021	133 MI (214.04 KM)	Providence	Rhode Island	Bradford, CT to New Haven, CT to Providence RI
6/18/2021	112 MI (180.25 KM)	Orleans	Massachusetts	Providence RI to Orleans, MA

6/19/2021	180 MI (289.68 KM)	Tewksbury	Massachusetts	Orleans, MA to Provincetown, MA to Plymouth Rock, MA to Tewksbury, MA
6/20/2021	119 MI (191.51 KM)	Manchester	New Hampshire	Tewksbury, MA to Lowell, MA to Manchester. NH
6/21/2021	163 MI (262.32 KM)	Waterbury	Vermont	Manchester. NH to Concord, NH to Montpelier, VT to Waterbury, VT
6/22/2021	154 MI (247.84 KM)	Gorham	New Hampshire	Waterbury, VT to Stowe, VT to Gorham, NH
6/23/2021	143 MI (230.14 KM)	Kennebunk	Maine	Gorham, NH to Mt Washington, NH to Crawford notch to Kennebunk, ME
6/24/2021	257 MI (413.6 KM)	Kennebunk	Maine	Kennebunk, ME to Bowdoin, ME to Belfast, ME to Augusta, ME to Kennebunk, ME
6/25/2021	116 MI (186.68 KM)	Nashua	New Hampshire	Kennebunk, ME to Ogunquit, ME to Portsmouth, NH to Nashua, NH
6/26/2021	63 MI (101.39 KM)	Amesbury	Massachusetts	Nashua, NH to Andover, MA to Tewksbury, MA to Amesbury, MA
6/27/2021	60 MI (96.56 KM)	Amesbury	Massachusetts	Amesbury, MA to Salem, MA to Amesbury, MA

6/28/2021	73 MI (117.48 KM)	Portland	Oregon	Amesbury, MA to Newburyport, MA to Plum Island, MA
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