

Miles Biked: Total bike miles about 333.04 MI (535.97 KM)

Days of biking: 9 days

Location: USA States – North Carolina, South Carolina, Georgia and Tennessee.

Total Expenses: ≈ \$2309.06 USD

Trip summary:

Total Cycling Millage = 333.04 MI (535.97 KM)

Total Ground Transportation Millage = 1609.4 MI (2590.07 KM)

Table of cycle distance per state and where I stayed for the nights on this trip.

State	Bike Miles (KM)	Spend Night (s)
North Carolina	92 miles (148 KM)	Durham Ashville Mooresville
South Carolina	102.4 miles (164.8 KM)	Easley Piedmont Columbia
Georgia	68.5 miles (110.3 KM)	Rockmart
Tennessee	70.2 miles (112.9 KM)	Athens Chattanooga

Day 1, Friday, November 5, 2021

Daily Bike Miles: 15.12 miles (biked to work, this is not included in my trip miles)

Location: Portland, Oregon to Flight to Detroit, Michigan.

Points of interest:

1. Worked in the morning.
2. Took the max to airport after work.
3. Boarded my flight to DTW at about 10:30 PM.

Expenses: \$1.5 USD – Train (MAX) to Airport (PDX)

Accommodations: Slept on airplane on my way to Detroit (DTW)

Day 2, Saturday, November 6, 2021

Daily Bike Miles: 35.17 miles

Location: Flight to Detroit, Michigan to Durham, North Carolina

Points of interest:

1. The rental car I received did not match my paperwork. (Good thing I did not get pulled over)
2. I cycled part of the American Tabaco trail.

Expenses: \$42.30 USD – food

Accommodations: Slept at Econo Lodge in Durham, North Carolina (paid before departure)

Day 3, Sunday, November 7, 2021

Daily Bike Miles: 36.23 miles

Location: Durham, North Carolina to Asheville, North Carolina

Points of interest:

1. I cycled the American Tabaco trail to Durham.
2. I cycled part of the Atlantic & Yadkin Greenway bike trail

Expenses: \$142.98 USD – Hotel, gas and food

Accommodations: Slept at Super 8 Hotel in Asheville, North Carolina

Day 4, Monday, November 8, 2021

Daily Bike Miles: 25.39 miles

Location: Asheville, North Carolina to Athens, Tennessee

Points of interest:

1. I visited Mount Mitchell (highest point in North Carolina).
2. I stopped at Oconaluftee Visitor Center to see the exhibits.
3. I visited to Clingmans Dome (highest point in Tennessee).
4. I cycled part of the Maryville-Alcoa greenway trail.

Expenses: \$143.98 USD – Hotel, gas and food

Accommodations: Slept at Days inn Motel in Athens, Tennessee

Day 5, Tuesday, November 9, 2021

Daily Bike Miles: 44.25 miles

Location: Athens, Tennessee to Rockmart, Georgia

Points of interest:

1. I cycled the Chattooga River walk trail.
2. I tried to find Lookout Mountain near Chattanooga.

Expenses: \$120.08 USD – Hotel and food

Accommodations: Slept at Econo Lodge in Rockmart, Georgia

Day 6, Wednesday, November 10, 2021

Daily Bike Miles: 75.53 miles

Location: Rockmart, Georgia to Easley, Georgia

Points of interest:

1. I cycled for about 60 miles on the Silver Comet Trail. Great trail, tunnels, trestle bridges and great pavement.
2. I visited Brasstown Bald (highest point in Georgia). I was a little late everything was closed and when I left, the ranger locked the gate after me.

Expenses: \$146.81 USD – Hotel, gas and food

Accommodations: Slept at Days Inn in Easley, Georgia

Day 7, Thursday, November 11, 2021

Daily Bike Miles: 39.04 miles

Location: Easley, Georgia to Piedmont, South Carolina

Points of interest:

1. I cycled the Doodle rail trail in the rain.
2. I visited Sassafras Mountain Tower (the highest point in South Carolina)
3. I cycled on the Prisma Health Swamp Rabbit Trail.

Expenses: \$120.19 USD – Hotel, gas and food

Accommodations: Slept at the Super 8 in Piedmont, South Carolina

Day 8, Friday, November 12, 2021

Daily Bike Miles: 25.99 miles

Location: Piedmont, South Carolina to Columbia, South Carolina

Points of interest:

1. I cycled more of the Prisma Health Swamp Rabbit Trail.
2. I visited Congaree National Park

Expenses: \$105.47 USD – Hotel and food

Accommodations: Slept at the Super 8 in Columbia, South Carolina

Day 9, Saturday, November 13, 2021

Daily Bike Miles: 30.33 miles

Location: Columbia, South Carolina to Mooresville, North Carolina

Points of interest:

1. I cycling the Three Rivers Greenway from Columbia Canal and Riverfront Park.
2. I went to Columbia to check out the capital.

Expenses: \$143.78 USD – Hotel and food

Accommodations: Slept at Quality Inn suit in Mooresville, North Carolina

Day 10, Sunday, November 14, 2021

Daily Bike Miles: 20.57 miles

Location: Mooresville, North Carolina to Portland, Oregon

Points of interest:

1. Hiked at Lake Normal.
2. I cycled the short (2 mile) Statesville Greenway trail
3. My flight left Charlotte a little after 8 PM and I returned to my home in Portland around midnight.

Expenses: \$97.70 USD – Baggage fee, gas, taxi home from PDX and food

Accommodations: Slept at my home in Portland, Oregon.

Day 11, Monday, November 15, 2021

I cycled to work at 7:00 AM and started working at 8:00 AM.

Total Cycling Millage = 333.04 MI (535.97 KM)

Date	Distance	End Town	State	Comment
11/6/2021	35.17 MI (56.6 KM)	Durham	North Carolina	Cycled American Tabaco trail to mile 22.
11/7/2021	19.84 MI (31.93 KM)	Durham	North Carolina	Cycled American Tabaco trail and in Durham.
11/7/2021	16.39 MI (26.38 KM)	Greensboro	North Carolina	Cycled the Atlantic & Yadkin Greenway trail.
11/8/2021	25.93 MI (41.73 KM)	Maryville	Tennessee	Cycled Maryville- Alcoa Greenway Trail and on roads.

11/9/2021	11.26 MI (18.12 KM)	Athens	Tennessee	Cycled near my hotel in the morning.
11/9/2021	32.99 MI (53.09 KM)	Chattanooga	Tennessee	Cycled Chattanooga River walk trail and in town.
11/10/2021	68.51 MI (110.26 KM)	Rockmart	Georgia	Cycled the Silver Commit trail from mile 37.5 to mile 5 then back.
11/10/2021	7.02 MI (11.3 KM)	Easley	South Carolina	Cycle near hotel.
11/11/2021	20.39 MI (32.81 KM)	Easley	South Carolina	Cycled Doodle trail from Easley to Pickens and back.
11/11/2021	18.65 MI (30.01 KM)	Greenville	South Carolina	Cycled part of the Prisma Health Swamp Rabbit Trail from near Furman University.
11/12/2021	25.99 MI (41.83 KM)	Greenville	South Carolina	Cycled part of the Prisma Health Swamp Rabbit Trail from Falls Park.
11/13/2021	30.33 MI (48.81 KM)	Columbia	South Carolina	Cycled part of the Three Rivers Greenway Trail.
11/14/2021	8.84 MI (14.23 KM)	Statesville	North Carolina	Cycled the Statesville Greenway Trail.

11/14/2021	11.73 MI (18.88 KM)	Troutman	North Carolina	Cycled highways and trails.
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Total Ground Transportation Millage = 1609.4 MI (2590.07 KM)

Date	Distance	End Town	State	Comment
11/6/2021	162.9 MI (262.16 KM)	Durham	North Carolina	Charlotte, NC to Durham, NC
11/7/2021	70 MI (112.65 KM)	Greensboro	North Carolina	Durham, NC to Greensboro, NC
11/7/2021	183.1 MI (294.67 KM)	Ashville	North Carolina	Greensboro, NC to Ashville, NC
11/8/2021	277.3 MI (446.27 KM)	Athens	Tennessee	Ashville, NC to Mt Mitchell, NC to Clingmans Dome, TN to Athens, TN
11/9/2021	54.9 MI (88.35 KM)	Chattanooga	Tennessee	Athens, TN to Chattanooga, TN
11/9/2021	136.6 MI (219.84 KM)	Rockmart	Georgia	Chattanooga, TN to Rockmart, GA
11/10/2021	239.5 MI (385.44 KM)	Easley	South Carolina	Rockmart, GA to Brasstown Bald, GA to Easley, SC

11/11/2021	86.6 MI (139.37 KM)	Piedmont	South Carolina	Easley, SC to Sassafras Mountain Tower, SC to Piedmont, SC
11/12/2021	176.2 MI (283.57 KM)	Columbia	South Carolina	Piedmont, SC to Columbia, SC
11/13/2021	138.2 MI (222.41 KM)	Moorsville	North Carolina	Columbia, SC to Moorsville, NC
11/14/2021	84.1 MI (135.35 KM)	Charlotte	North Carolina	Moorsville, NC to Charlotte. NC