

Trip summary:

Total Cycling Millage = 214.79 MI (345.67 KM)

Total Ground Transportation Millage = 1148 MI (1847.52 KM)

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

State	Bike Miles (KM)	Spend Night (s)
Washington	64.03 miles (103.05 KM)	Spokane
Idaho	150.76 Miles (242.62 KM)	Coeur d'Alene & Moscow

Total Expense – Not tracked for this trip

Day 1, Saturday, April 2, 2022

Daily Bike Miles: 12.4 miles

Location: Portland, Oregon to Spokane, Washington

Points of interest:

1. We cycled the Centennial Trail from People's Park Parking Lot to mile 29 and then back to my car.

Accommodations: Slept at Motel 6 in Spokane, Washington.

Day 2, Sunday, April 3, 2022

Daily Bike Miles: 51.03 miles

Location: Spokane, Washington

Points of interest:

1. We cycled the Centennial Trail to mile 27 (2 miles overlapped from previous day) and then back past the car to the end of the trail (Nine Mile Falls Recreation Area – mile 39.2), then back to the car.

2. After getting a hotel I cycled the People's Park Parking Lot (where I started the previous day) back through town to mile 15 and then back to the hotel.

La Quinta Inn cost \$118.32/ night

Accommodations: Slept at La Quinta Inn & Suites by Wyndham in Downtown Spokane, Washington

Day 3, Monday, April 4, 2022

Daily Bike Miles: 40.85 miles

Location: Spokane, Washington to Coeur d'Alene, Idaho

Points of interest:

1. We cycled from the city of Coeur d'Alene in the wind and rain to highway 90/ Motel 6. I then cycled most of the way to Higgins point and then back to the car.
2. We got a room at the Motel 6 and I then cycled to Prairie Trail Trailhead.

Motel 6 cost \$149.00/ (2 nights)

Accommodations: Slept at Motel 6 in Coeur d'Alene, Idaho

Day 4, Tuesday, April 5, 2022

Daily Bike Miles: 35.29 miles

Location: Coeur d'Alene, Idaho

Points of interest:

1. I cycled the Coeur d'Alene trail from Plummer to Bull Run Lake.
2. I saw a moose on the trail and lots of cool birds along the trail.

Accommodations: Slept at Motel 6 in Coeur d'Alene, Idaho

Day 5, Wednesday, April 6, 2022

Daily Bike Miles: 47.67 miles

Location: Coeur d'Alene, Idaho to Moscow, Idaho

Points of interest:

1. I cycled the Coeur d'Alene trail from Bull Run Lake to Mullen and then back to Wallace.

FairBridge Inn cost \$78.94/ night

Accommodations: Slept at FairBridge Inn in Moscow, Idaho

Day 6, Thursday, April 7, 2022

Daily Bike Miles: 27.55 miles

Location: Moscow, Idaho to Portland, Oregon

Points of interest:

1. We cycled most of the Latah trail in Moscow, Idaho.
2. We cycled around the town of Moscow and on the Bill Chipman Palouse Trail.

Accommodations: Slept at my home in Portland, Oregon.

Day 7, Friday, April 8, 2022

I went to work at 8:00 AM.

Total Cycling Millage = 214.79 MI (345.67 KM)

Date	Distance	End Town	State	Comment
4/2/2022	12.4 MI (19.96 KM)	Spokane	Washington	West on Centennial trail.
4/3/2022	51.03 MI (82.12 KM)	Spokane	Washington	Centennial trail.
4/4/2022	40.85 MI (65.74 KM)	Coeur d'Alene	Idaho	Trails near town.
4/5/2022	35.29 MI (56.79 KM)	Plummer	Idaho	Plummer to Bull Lake Trailhead.
4/6/2022	47.67 MI (76.72 KM)	Kellogg	Idaho	Bull run trailhead to Mullen.
4/7/2022	26.95 MI (43.37 KM)	Moscow	Idaho	Latah Trail and Bill Chipman Palouse trail.
4/7/2022	0.6 MI (0.97 KM)	Palouse trail	Washington	Bill Chipman Palouse trail.

Total Ground Transportation Millage = 1148 MI (1847.52 KM)

Date	Distance	End Town	State	Comment
4/2/2022	355 MI (571.32 KM)	Spokane	Washington	Portland to Spokane (People's Park Parking Lot and Motel 6)
4/3/2022	28 MI (45.06 KM)	Spokane	Washington	Motel 6 to Sontag Community Park to La Quinta Inn at Spokane
4/4/2022	36 MI (57.94 KM)	Coeur d'Alene	Idaho	Spokane to Coeur d'Alene.
4/5/2022	164 MI (263.93 KM)	Coeur d'Alene	Idaho	Coeur d'Alene to Plummer to Coeur d'Alene.
4/6/2022	205 MI (329.91 KM)	Moscow	Idaho	Coeur d'Alene to Bull Run Lake to Moscow
4/7/2022	360 MI (579.36 KM)	Portland	Oregon	Moscow, Idaho to Portland, Oregon