

Total Cycling Millage = 1081.55 MI (1740.58 KM)

Total Ground Transportation Millage (van, bus, and train) = 384.32 MI (618.5 KM)

Days of biking: 20 days

Location: Norway, Finland and Sweden

Total Expenses: ~= \$6164.82 USD

### **Day 1, Monday, August 08, 2022**

Daily Bike Miles: 0 miles

Location: Portland, Oregon, USA to Newark, New Jersey USA

Points of interest:

1. I woke up at 3:00 AM, Marty gave me a ride to the airport and I was at the airport by 3:50 AM.
2. Flight out of Portland left on time at about 6:00 AM.
3. I stayed awake for all my flights so I would be able to sleep when I arrived in Norway after 10:00 PM the next evening
4. Could not check my bags to the final destination from Portland, too many flight changes. They checked my bags to Alta, Norway.
5. At EWR (Newark Liberty International Airport, Newark, New Jersey) they said they could check my bags all the way through. But they did not retag my bags and they still needed to be rechecked in Alta, Norway (I found them at the baggage claim in Alta)
6. My flight left EWR on time at about 6:55 PM.

Expenses: 155.48 USD – Luggage, Pillow, Type C receptacle adapters and food.

Accommodations – Stayed awake on Plane to help reduce jet lag (I was arriving in Norway late at night and wanted to be able to sleep in their time zone) (might have dozed off a little)

### **Day 2, Tuesday, August 09, 2022**

Daily Bike Miles: 0 miles

Location: Newark, New Jersey to Honningsvåg, Norway (HVG)

Points of interest:

1. Had to pay for my diet coke on the Norway flights.
2. My bags were supposed to be checked through to final destination, but they ended up in the Alta baggage claim area.

I found my luggage at the Alta baggage claim area and had them check them to my final destination (HVG).

3. I found I could have taken a bus from Alta to Honningsvåg. I could not determine that before I left the USA.

4. No Taxis at HVG, found someone from my flight to give me a ride to my hotel.

Expenses: 3.61 USD and 50 NOKRO – Diet Code and ride to hotel

Accommodations: Slept at Hotel Scandic Honningsvåg in Honningsvåg, Norway.

### **Day 3, Wednesday, August 10, 2022**

Daily Bike Miles: 0 miles

Location: Honningsvåg, Norway

Points of interest:

1. Took a tour to Nordkapp (Northern most point in Europe)

2. Hiked up trail that overlooked Honningsvåg. They were working on the stairs of the trail and the trail was closed to the top. You could only hike about 1/4 of the way up the hill.

3. Walked around at the monument park in Nordkapp.

4. Saw serval reindeer.

Expenses: 150.80 USD – Sprint van to Nordkapp, souvenirs and food

Accommodations: Slept at Hotel Scandic Honningsvåg in Honningsvåg, Norway.

### **Day 4, Thursday, August 11, 2022**

Daily Bike Miles: 57.2 miles

Location: Honningsvåg, Norway to Alta, Norway

Points of interest:

1. I took the 6:55 AM bus from Honningsvåg to Skaidi.

2. I started cycling at about 7:47 AM.

3. Had trouble finding hotel in Alta, the hotel I choice was expensive.

Expenses: 242.76 USD – Hotel and bus

Accommodations: Slept at Hotel Scandic Hotel in Alta, Norway.

### **Day 5, Friday, August 12, 2022**

Daily Bike Miles: 70.16 miles

Location: Alta, Norway to 10 miles before Kautokeino, Norway

Points of interest:

1. Cycled biggest hill of trip, it had a sign saying 8% grade for 6 KM. Not that bad of a hill, I only reached 1400 feet in elevation.
2. The road had good pavement and light traffic. However, the shoulder was only about 6 inches wide. Typical roads for the north, the drivers were very polite to cyclist.
3. Camped out, it was cold. I did not bring a sleeping bag. I had a synthetic blanket and wore all my coats and most of my other clothes. I even put on my rain gear.

Expenses: 0 USD – Spent no money on this day

Accommodations: I camped near the road 10 miles before Kautokeino, Norway.

### **Day 6, Saturday, August 13, 2022**

Daily Bike Miles: 62.75 miles

Location: 10 miles before Kautokeino, Norway to Enontekiö, Finland

Points of interest:

1. Cold night and lots of Mosquitoes when I go out of my tent about 6:00 AM.
2. Trouble finding food and water in Kautokeino. I did find an open grocery store as I was leaving town.
3. Lots of colorful and large mushrooms in the roadside forest.
4. Great hotel in Enontekiö.
5. Had reindeer burger in Enontekiö.

Expenses: 86.77 USD, 402 NOKRO and 14.5 Euros – Hotel and food

Accommodations: Slept at Hottelli Hetan majatalo in Enontekiö, Finland.

### **Day 7, Sunday, August 14, 2022**

Daily Bike Miles: 57.71 miles

Location: Enontekiö, Finland to Muonio, Finland

Points of interest:

1. Found great souvenir shops in Sonkamuotka (A town with almost nothing, except two gift shops)
2. Cool closed hotel called Harriniva Hotels & Safaris. Not sure why it was closed. The large hotel land was open to walk around (they had trails).

3. Stayed in campground cabin with Sauna in Muonio.

Expenses: 144.95 Euro– Accommodation, souvenir and food

Accommodations: Slept in cabin at campground in Muonio, Finland.

### **Day 8, Monday, August 15, 2022**

Daily Bike Miles: 68.31 miles

Location: Muonio, Finland to Pajala, Sweden

Points of interest:

1. Crossed boarder from Finland to Sweden.

2. Hotel in Pajala was closed, but there was a very nice campground with cabins.

Expenses: 59.81 USD and 52.60 Euro – Accommodation, souvenir and food

Accommodations: Stayed in cabin at the campground (Camping Route 99) in Pajala, Sweden.

### **Day 9, Tuesday, August 16, 2022**

Daily Bike Miles: 74.15 miles

Location: Pajala, Sweden to Överkalix, Sweden

Points of interest:

1. Met two women from Finland carrying camping gear.

2. I took photos at the Arctic Circle. For the remainder of this trip, I was south of the Arctic Circle. Prior to this point I was north of the Arctic Circle.

3. Found rest stop with free firewood at the picnic table fire rings.

4. Met man at campground who started cycling in Italy and he was headed to Nordkapp.

Expenses: 19.68 USD and 122 SWKRO – Camping and food

Accommodations: Camped at the campground in Överkalix, Sweden.

### **Day 10, Wednesday, August 17, 2022**

Daily Bike Miles: 71.76 miles

Location: Överkalix, Sweden to Skogså, Sweden

Points of interest:

1. When I reached the Sweden coastal highway, I found I could not cycle on the main highway, E4. The Italian cyclist

that I camped near the previous night had told me that. From then on, I had trouble navigating my bike route.

2. First rerouting put me on a remote dirt road that led me back to highway E4.

3. Two of my credit cards did not work and I had to pay cash.

4. Had to camp in a park near homes.

5. It was a rainy night.

Expenses: 267 SWKRO – food

Accommodations: Slept in my tent in a park in Skogså, Sweden.

### **Day 11, Thursday, August 18, 2022**

Daily Bike Miles: 71.86 miles

Location: Skogså, Sweden to Piteå, Sweden

Points of interest:

1. Some stuff in my tent got wet through the rain flap in my tent.

2. The main hotel in Piteå was expensive, they sent me to a cheaper hotel

Expenses: 84.41 and 50 SWKRO – Hotel and food

Accommodations: Slept at Hotel Skoogs City BnB in Piteå, Sweden.

### **Day 12, Friday, August 19, 2022**

Daily Bike Miles: 73.17 miles

Location: Piteå, Sweden to Skellefteå, Sweden

Points of interest:

1. Could not find a bank to exchange US dollars for Sweden Krona

2. An alarm went off in the mall when I was getting money from the ATM.

3. Late night of cycling, I did not arrive in Skellefteå until 8:00 PM.

Expenses: 111.40 USD and 146 SWKRO – ATM fee, Hotel and food

Accommodations: Slept at Quality Hotel Skellefteå Stadshotellet in Skellefteå, Sweden.

### **Day 13, Saturday, August 20, 2022**

Daily Bike Miles: 56.01 miles

Location: Skellefteå, Sweden to 4.1 Kilometers south of Botsmark, Sweden

Points of interest:

1. Rainy morning.
2. About 50% of the roads were slow riding on dirt or gravel roads.
3. Campers feed my Swedish pork, potatoes and wine for dinner.
4. Slept in lake changing room (for people changing into their swim suit for swimming in the lake)
5. It rained most of the night, I was glad I did not sleep in my tent.

Expenses: 50 SWKRO – Camping

Accommodations: Slept in tent at Sanabadets camping 4.1 Kilometers from Botsmark, Sweden.

### **Day 14, Sunday, August 21, 2022**

Daily Bike Miles: 50.84 miles

Location: 4.1 Kilometers south of Botsmark, Sweden to Umeå, Sweden

Points of interest:

1. Rained on and off all day. I got soaked through even with my rain gear on.
2. Took paved roads instead of turning onto the dirt roads suggested by google.
3. I could not get a train ticket at the train station. Had to get the tickets on-line in Umeå.
4. Had to register my passport at ICA to buy groceries at the Umeå Max ICA.

Expenses: 103.85 USD – Hotel and food

Accommodations: Slept at Comfort Hotel Winn in Umeå, Sweden.

### **Day 15, Monday, August 22, 2022**

Daily Bike Miles: 38.65 miles

Location: Umeå, Sweden to Norrfällsviken, Sweden

Points of interest:

1. Had trouble figuring out how to use the web site to get a train ticket.
2. Met French family of three also taking the train to cycle the High Coast of Sweden. They had traveled there on bicycles through central Sweden.
3. My GPS had trouble finding satellites from the train. I was not able to get a complete track.
4. I hiked most of the loop trail in Norrfällsviken Nature Reserve at the campground.

Expenses: 97.95 USD and 206 SWKRO – Train, camping and food  
Accommodations: Slept in cabin at campground in Norrfällsviken, Sweden.

### **Day 16, Tuesday, August 23, 2022**

Daily Bike Miles: 63 miles

Location: Norrfällsviken, Sweden to Härnösand, Sweden

Points of interest:

1. I hiked the rest of the loop trail in Norrfällsviken Nature Reserve at the campground
2. Saw family from train the previous day zoom down a hill past me.
3. Cycled to Ullånger looking for a bus station, but did not find one.
4. I used my Oregon driver's license as an ID to charge groceries.

Expenses: 150.49 USD and 138 SWKRO – Hotel and food

Accommodations: Slept at Hotel TBD in Härnösand, Sweden.

### **Day 17, Wednesday, August 24, 2022**

Daily Bike Miles: 57.31 miles

Location: Härnösand, Sweden to Sundsvall, Sweden

Points of interest:

1. Cycled waterfront in Härnösand and to historic area with Lövhällan trail.
2. The room I reserved on line took a while (~ 2hours) to show up in hotel computer.

Expenses: 102.99 USD and 117 SWKRO – Hotel and food

Accommodations: Slept at Quality Hotel Sundsvall in Sundsvall, Sweden.

### **Day 18, Thursday, August 25, 2022**

Daily Bike Miles: 67.43 miles

Location: Sundsvall, Sweden to Hudiksvall, Sweden

Points of interest:

1. I only had two liters of water and found no stores at first.
2. Had about 5 miles of road construction with flaggers.
3. Again the hotel had trouble finding my room reservations.

Expenses: 131.01 USD and 199.00 SWKRO – Hotel and food  
Accommodations: Slept at Quality Hotel Hudiksvall in Hudiksvall, Sweden.

### **Day 19, Friday, August 26, 2022**

Daily Bike Miles: 49.96 miles

Location: Hudiksvall, Sweden to Ljusne, Sweden

Points of interest:

1. Easy flat ride with great roads.
2. Historic building near campground.

Expenses: 42,77 UDS and 110 SWKRO – Camping and food

Accommodations: Slept in cabin at campground in Ljusne, Sweden.

### **Day 20, Saturday, August 27, 2022**

Daily Bike Miles: 47.94 miles

Location: Ljusne, Sweden to Stockholm, Sweden

Points of interest:

1. In Bergby a man told me his son was going to bike the Great American Rail Trail.
2. At 11:20 AM I reached my 1000 miles of cycling for this trip.
3. Could not find my Allen wrench to disable my bike enough to pack it in my suitcase for the train to Stockholm.
4. The best Western in Stockholm was my least comfortable room of this trip.

Expenses: 319.00 USD and 201.00 SWKRO – Hotel, train ticket and food

Accommodations: Slept at Best Western Hotel at 108 in Stockholm, Sweden.

### **Day 21, Sunday, August 28, 2022**

Daily Bike Miles: 25.46 miles

Location: Stockholm, Sweden

Points of interest:

1. I cycled the route of the Hop-On Hop-Off bus tour in Stockholm.
2. After 3:00 PM it rained hard for a couple of hours and I got soaked through.

Expenses: 184.53 USD and 63.00 SWKRO – Hotel, boat tour and food  
Accommodations: Slept at Best Western Hotel at 108 in Stockholm, Sweden.

### **Day 22, Monday, August 29, 2022**

Daily Bike Miles: 16.13 miles

Location: Stockholm, Sweden

Points of interest:

1. I took the Hop-On Hop-Off bus and boat tours in Stockholm.
2. I took the Royal Bridges and Canal boat tour.
3. I walked Drottninggatan Street and bought souvenirs.
4. I cycled rush hour in Stockholm.
5. I cycled trails on Djurgården Island.

Expenses: 592.00 SWKRO – Souvenirs and food

Accommodations: Slept at Best Western Hotel at 108 in Stockholm, Sweden.

### **Day 23, Tuesday, August 30, 2022**

Daily Bike Miles: 1.75 miles

Location: Stockholm, Sweden to Arlanda, Sweden

Points of interest:

1. Had to use my GPS to find Arlanda express train terminal in Stockholm.
2. Walked around ARN (Stockholm Arlanda Airport) airport.

Expenses: 613.00 SWKRO – Train, souvenirs and food

Accommodations: Slept at Comfort Hotel Arlanda Airport Terminal in Arlanda, Sweden.

### **Day 24, Wednesday, August 31, 2022**

Daily Bike Miles: 0 miles

Location: Arlanda, Sweden to Portland, Oregon, USA

Points of interest:

1. I woke up at 5:00 AM Stockholm time (8:00 PM previous day Portland time)
2. I stayed awake for all my flight to reduce jet lag affects.

3. I took the max from PDX to my house.
  4. I went to sleep at 10:00 PM Portland time (had been awake for 26 hours)
- Expenses: 246.72 USD and 249 SWKRO – Luggage fee, International Data, Foreign exchange fees and food  
 Accommodations: Slept at home in Portland, Oregon.

**Day 25, Thursday, September 1, 2022**

Daily Bike Miles: NA miles

Location: Portland, Oregon

Points of interest:

1. I went on a meetup hike at 9:30 AM.
2. I went to the Mazama Ramble at 6:00 PM.

Total Ground Transportation Millage = 384.32 MI (618.5 KM)

Date	Distance	End Town	Country	Ground Transportation routes
8/10/2022	45.7 MI (73.55 KM)	Honningsvåg	Norway	Round trip Sprinter van Honningsvåg to Nordkapp
8/11/2022	74 MI (119.09 KM)	Skaida	Norway	Bus Honningsvåg to Skaida
8/22/2022	124 MI (199.56 KM)	Kramfors	Sweden	Train Umeå to Kramfors
8/27/2022	109 MI (175.42 KM)	Stockholm	Sweden	Train Gävle to Stockholm
8/27-30/2022	7.32 MI (11.78 KM)	Stockholm	Sweden	Around Stockholm
8/30/2022	24.3 MI (39.11 KM)	Arlanda	Sweden	Train Stockholm to Arlanda

Total Cycling Millage = 1081.55 MI (1740.58 KM)

Date	Distance	End Town	Country	Cycling route
8/11/2022	57.2 MI (92.05 KM)	Alta	Norway	Skaidi to Alta
8/12/2022	70.16 MI (112.91 KM)	Kautokeino	Norway	Alta to 10 miles before Kautokeino

8/13/2022	38.92 MI (62.64 KM)	Boarder	Norway	10 miles before Kautokeino to Finland boarder
8/13/2022	23.83 MI (38.35 KM)	Enontekiö	Finland	Finland boarder to Enontekiö
8/14/2022	57.71 MI (92.88 KM)	Muonio	Finland	Enontekiö to Muonio
8/15/2022	51.4 MI (82.72 KM)	Boarder	Sweden	Muonio To Sweden Boarder
8/15/2022	16.91 MI (27.21 KM)	Pajala	Sweden	Sweden Boarder to Pajala
8/16/2022	74.15 MI (119.33 KM)	Överkalix	Sweden	Pajala to Överkalix
8/17/2022	71.76 MI (115.49 KM)	Skogså	Sweden	Överkalix to Skogså
8/18/2022	71.86 MI (115.65 KM)	Piteå	Sweden	Skogså to Piteå
8/19/2022	73.17 MI (117.76 KM)	Skellefteå	Sweden	Piteå to Skellefteå
8/20/2022	56.01 MI (90.14 KM)	Sanabadets campground	Sweden	Skellefteå to Sanabadets campground
8/21/2022	50.84 MI (81.82 KM)	Umeå	Sweden	Sanabadets campground to Umeå
8/22/2022	38.65 MI (62.2 KM)	Norrfällsviken	Sweden	Umeå to Norrfällsviken
8/23/2022	63 MI (101.39 KM)	Härnösand	Sweden	Norrfällsviken to Härnösand
8/24/2022	57.31 MI (92.23 KM)	Sundsvall	Sweden	Härnösand to Sundsvall
8/25/2022	67.43 MI (108.52 KM)	Hudiksvall	Sweden	Sundsvall to Hudiksvall
8/26/2022	49.96 MI (80.4 KM)	Ljusne	Sweden	Hudiksvall to Ljusne
8/27/2022	46.8 MI (75.32 KM)	Gävle	Sweden	Ljusne to Gävle
8/27/2022	1.14 MI (1.83 KM)	Stockholm	Sweden	Stockholm Central to Best Western Hotel
8/28/2022	25.46 MI (40.97 KM)	Stockholm	Sweden	Stockholm
8/29/2022	16.13 MI (25.96 KM)	Stockholm	Sweden	Stockholm
8/30/2022	1.75 MI (2.82 KM)	Stockholm	Sweden	Stockholm hotel to train station