

[Total Ground Transportation Millage = 551 MI \(886.75 KM\)](#)

[Total Cycling Millage = 747.68 MI \(1203.27 KM\)](#)

Miles Biked: Total bike miles 747.68 MI (1203.27 KM)

Days of biking: 14 days

Location: Washington, Idaho, Montana

Total Expenses: ~\$1,122.11 USD

Day 1, Sunday, August 6, 2023

Daily Bike Miles: 64.99 MI (104.59 KM)

Location: Portland, Oregon to Seattle, Washington to Snoqualmie Falls, Washington

Points of interest:

1. Cycled from my house to the Portland train station.
2. Took the train from Portland, Oregon to Seattle, Washington.
3. Cycled about 40 miles of paved bike trails - Burke-Gilman Trail and Sammamish River Trail.
4. Ended out on a hiking trail near Snoqualmie Falls.
5. Camped under a rail road bridge east of Snoqualmie Falls.

Expenses: 0 USD - None

Accommodations: Slept at camped near Snoqualmie, Washington.

Day 2, Monday, August 7, 2023

Daily Bike Miles: 88.28 MI (142.07 KM)

Location: Snoqualmie, Washington to Ellensburg, Washington

Points of interest:

1. Cold night, did not sleep well.
2. Cycled through the 2.3 miles Iron Horse Tunnel.
3. Cycled by the scenic Keechelus Lake.
4. Cycled a lot further than planned, I wanted to stay near the Summit of Snoqualmie Pass.

Expenses: 120.21 USD - hotel and food

Accommodations: Slept at Best Western in Ellensburg, Washington.

Day 3, Tuesday, August 8, 2023

Daily Bike Miles: 66.74 MI (107.41 KM)

Location: Ellensburg, Washington to slightly west of Othello, Washington

Points of interest:

1. Cycled over a cool trestles bridge over interstate I-90.
2. Cycled through 20 miles of the U.S. Army Yakima Training Center.
3. Met only touring Cyclist east of Ellensburg on the Palouse to Cascades State Park Trail.
4. There was a closed tunnel, some sand and then a fair downhill before leaving the U.S. Army Yakima Training Center.
5. Crossed the Columbia River on the Beverly Railroad Bridge.

Expenses: 13.50 USD - food

Accommodations: Camped slightly west of Othello, Washington.

Day 4, Wednesday, August 9, 2023

Daily Bike Miles: 74.57 MI (120.01 KM)

Location: Slightly west of Othello, Washington to Ralston, Washington

Points of interest:

1. Found first gate where I needed to get throw with the combination provided with trail registration.
2. Cycled some paved roads, near Othello. Then back to the dirt trail.
3. Thought about going to hotel in Ritzville, but instead camped in Ralston.

Expenses: 32.96 USD - food

Accommodations: Camped at Ralston Memorial Park.

Day 5, Thursday, August 10, 2023

Daily Bike Miles: 72.09 MI (116.02 KM)

Location: Ralston, Washington to between Malden, Washington and Rosalia, Washington

Points of interest:

1. Cycled the Cow creek crossing detour, due to missing trestle bridge.
2. Met the state park ranger, Travis (I had talked to him about the trail prior to departing on my journey) and his trainee.
3. Was able to get water at a grain tower.
4. Lost my Garmin Etrex 22x GPS.
5. Almost camped near a grass fire.
6. Camped in a tunnel on the Palouse to Cascades State Park Trail.

Expenses: 0 USD - None

Accommodations: Camped between Malden, Washington and Rosalia, Washington.

Day 6, Friday, August 11, 2023

Daily Bike Miles: 76.35 MI (122.87 KM)

Location: Between Malden, Washington and Rosalia, Washington to Harrison, Idaho

Points of interest:

1. Got water at "hole in the ground coffee" shop in Rosalia, Washington. Cool town!
2. Unmarked bridge out between Rosalia, Washington and Tekoa, Washington.
3. Saw my first 2 cyclists on the Palouse to Cascades State Park Trail in 4 days.
4. Lost my second GPS; this time it was my old Garmin Etrex Vista HCX. I did find this one.
5. I lost his camera, backtracked 1.3 miles and found it.

Expenses: 60.93 USD - Camping and food

Accommodations: Camped at RV park in Harrison, Idaho.

Day 7, Saturday, August 12, 2023

Daily Bike Miles: 52.63 MI (84.7 KM)

Location: Harrison, Idaho to Wallace, Idaho

Points of interest:

1. Saw a moose on the Trail of Coeur D'Alene.
2. Stopped at "The Snake Pit" and found it was closed for that day. It is the oldest restaurant in Idaho.
3. Checked out the historic mining equipment in Wallace.

Expenses: 202.28 USD – Misc supplies, hotel and food

Accommodations: Slept at Stardust Motel Wallace in Wallace, Idaho.

Day 8, Sunday, August 13, 2023

Daily Bike Miles: 74.18 MI (119.38 KM)

Location: Wallace, Idaho to Lolo National Forest, Montana

Points of interest:

1. Cycled to Mullan and then toward Lookout Pass.
2. My GPS mixed me up and I cycled the wrong way down Lookout Pass for a few miles.
3. A man at Lookout Pass, told me how many people he believed got killed by bears. I became more concerned about bears.
4. Had some rain near St. Regis. It rained hard, but only for about 30 minutes. Then it drizzled a little.

Expenses: 13.08 USD - Food

Accommodations: Camped in Lolo National Forest, Montana.

Day 9, Monday, August 14, 2023

Daily Bike Miles: 82.6 MI (132.93 KM)

Location: Lolo National Forest, Montana to Missoula, Montana

Points of interest:

1. A slight downhill paved road for most of the day.
2. Was stopped at bridge and could not continue. I had to backtrack about.
3. Two ladies Near Alberto, Montano told me how I could save about 10 miles on my ride to Missoula. I went there way, instead of my GPS route.
4. Had to take I-90 a couple of times, great shoulders, but fast traffic. It is legal to cycle on the interstates in Montana.

Expenses: 166.83 USD – 5/8 wrench, hotel and food

Accommodations: Slept at Red Lion Inn & Suites in Missoula, Montana.

Day 10, Tuesday, August 15, 2023

Daily Bike Miles: 36.97 MI (59.5 KM)

Location: Missoula, Montana

Points of interest:

1. Looked for new camera, no luck.
2. Cycled the Bitterroot bike trails to past the south end of Missoula.
3. Visited Adventure Cycling in Missoula.
4. Checked out the historic buildings in Missoula.
5. Cycled to east Missoula.
6. Went to the “Downtown Tonight” festival at Caras Park in Missoula.

Expenses: 275.22 USD - Bus, socks, T-shirt hotel and food

Accommodations: Slept at Red Lion Inn & Suites in Missoula, Montana.

Day 11, Wednesday, August 16, 2023

Daily Bike Miles: 11.62 MI (18.7 KM)

Location: Missoula, Montana to Coeur d'Alene, Idaho

Points of interest:

1. Greg gave me a ride to Coeur d'Alene
2. We stopped at Lookout Pass and learned about the route of the Hiawatha trail.
3. We had lunch at the oldest restaurant in Idaho, “The Snake Pit”
4. We did a short ride along the lake in Coeur d'Alene.

Expenses: 56.76 USD - Food

Accommodations: Slept at Rental house in Coeur d'Alene, Idaho.

Day 12, Thursday, August 17, 2023

Daily Bike Miles: 30.03 MI (48.33 KM)

Location: Coeur d'Alene, Idaho

Points of interest:

1. Cycled the Route of the Hiawatha Trail.
2. Cycled through the 1.6-mile-long St. Paul Pass tunnel (Taft Tunnel).
3. We skipped the shuttle and cycled back up the Route of the Hiawatha Trail.
4. We had a great dinner in Wallace, Idaho.

Expenses: 67.56 USD – Ticket for the Route of the Hiawatha Trail and food

Accommodations: Slept at Rental house in Coeur d'Alene, Idaho.

Day 13, Friday, August 18, 2023

Daily Bike Miles: 0 MI (0 KM)

Location: Coeur d'Alene, Idaho to White Salmon, Washington

Points of interest:

1. We washed all the bikes; they got very dirty on the Route of the Hiawatha Trail.
2. Jay drove me back to his place in White Salmon.
3. We stopped in Briggs Junction, Oregon to get take home Indian food for dinner.

Expenses: 81.78 USD - Gas and food

Accommodations: Slept at Jay's place in White Salmon, Washington.

Day 14, Saturday, August 19, 2023

Daily Bike Miles: 16.63 MI (26.76 KM)

Location: White Salmon, Washington to Portland, Oregon

Points of interest:

1. Jay gave me a ride to Vancouver, Washington
2. Cycled home from Jay's doctor's appointment in Vancouver, Washington

Expenses: 0 USD - None

Accommodations: Slept at Ted's house in Portland, Oregon.

Total Ground Transportation Millage = 551 MI (886.75 KM)

Date	Distance	Traveled Start to End
8/6/2023	174 MI (280.03 KM)	Train - Portland to Seattle
8/18/2023	315 MI (506.94 KM)	Truck - Coeur d'Alene, Idaho to White Salmon, Washington
8/19/2023	62 MI (99.78 KM)	Truck - White Salmon, Washington to Vancouver, Washington

Total Cycling Millage = 747.68 MI (1203.27 KM)

Date	Distance	Traveled Start to End
8/6/2023	4.26 MI (6.86 KM)	Gary Fisher - Home to Portland train
8/6/2023	60.73 MI (97.74 KM)	Gary Fisher - Seattle to a little past Snoqualmie Falls
8/7/2023	88.28 MI (142.07 KM)	Gary Fisher - Past Snoqualmie Falls to Ellensburg
8/8/2023	66.74 MI (107.41 KM)	Gary Fisher - Ellensburg to about 20 miles east of Beverly
8/9/2023	74.57 MI (120.01 KM)	Gary Fisher - About 20 miles east of Beverly to Ralston, WA

	KM)	
8/10/2023	72.09 MI (116.02 KM)	Gary Fisher - Ralston, WA between of Mango/ Rosalia
8/11/2023	50.35 MI (81.03 KM)	Gary Fisher - Between Mango/ Rosalia To Idaho Border
8/11/2023	26 MI (41.84 KM)	Gary Fisher - Washington Border To Harrison, Idaho
8/12/2023	52.63 MI (84.7 KM)	Gary Fisher - Harrison, ID to Wallace, Idaho
8/13/2023	18.85 MI (30.34 KM)	Gary Fisher - Wallace to Montana Border (Lookout Pass)
8/13/2023	55.33 MI (89.04 KM)	Gary Fisher - Idaho border to Lolo National Forest (near St. Regis)
8/14/2023	82.6 MI (132.93 KM)	Gary Fisher - Lolo National Forest to Missola, Montana
8/15/2023	36.97 MI (59.5 KM)	Gary Fisher - Riding in Missoula, Montana
8/16/2023	11.62 MI (18.7 KM)	Gary Fisher - Coeur d'Alene
8/17/2023	30.03 MI (48.33 KM)	Gary Fisher - Hiawatha
8/19/2023	16.63 MI (26.76 KM)	Gary Fisher - Vancouver, Washington to Portland, Oregon