

Total Ground Transportation Millage = 1475.85 MI (2375.14 KM)

Total Cycling Millage = 661.19 MI (1064.08 KM)

Miles Biked: Total bike miles 661.19 MI (1064.08 KM)

Days of biking: 24 days

Location: Italy, Slovenia, France, Monaco and Spain

Flight information

Total Expenses: ~\$7,490.24 USD

Country	Miles	Kilometers
Italy	284.23	457.42
Slovenia	273.9	440.8
France	42.2	67.91
Monaco	12	19.31
Spain	48.86	78.63

Cycling miles table

Day 1, Monday, September 16, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Portland, Oregon to Reykjavik, Iceland

Points of interest:

1. I had a friend give me a ride to the airport.
2. I slept for most of my flight to Reykjavik.

Expenses: \$47.00 USD – Airport parking and lunch at PDX

Accommodations: Slept in Airplane from PDX to KEF to MXP

Day 2, Tuesday, September 17, 2024

Daily Bike Miles: 3.82 MI (6.15 KM)

Location: Reykjavik, Iceland to Milano Centrale Railway Station to Milan, Italy hotel

Points of interest:

1. My bike did not come out at the baggage claim area at the Milan airport.
2. My Galaxy SmartTag helped find my bike.

Expenses: \$113.00 USD - Headset, Train ticket, hotel and food

Accommodations: Slept at Hotel Galla in Milan, Italy

Day 3, Wednesday, September 18, 2024

Daily Bike Miles: 32.7 MI (52.63 KM)

Location: Milan to Bergamo, Italy

Points of interest:

1. My suitcase fell off my bike in Milan.
2. Hike to Città Alta portion of Bergamo, Italy.

Expenses: \$113.39 USD - Hotel and food

Accommodations: Slept at Best Western Hotel Piemontese in Bergamo, Italy

Day 4, Thursday, September 19, 2024

Daily Bike Miles: 41.89 MI (67.42 KM)

Location: Bergamo to Brescia, Italy

Points of interest:

1. Cycled along town on Lake Iseo, Italy.
2. Walked around the town of Brescia, Italy.

Expenses: \$153.07 USD - Hotel and food

Accommodations: Slept at Hotel Igea in Brescia, Italy

Day 5, Friday, September 20, 2024

Daily Bike Miles: 52.04 MI (83.75 KM)

Location: Brescia to Verona, Italy

Points of interest:

1. Visited the fortified town of Peschiera del Garda.
2. Trail over the dam on Mincio river was closed.
3. Walked around Verona and checked out the outside of the colosseum.

Expenses: \$114.56 USD - Hotel and food

Accommodations: Slept at Casamore Rooms in Verona, Italy

Day 6, Saturday, September 21, 2024

Daily Bike Miles: 43.41 MI (69.86 KM)

Location: Verona to Vicenza, Italy

Points of interest:

1. We saw lots of vineyards.
2. Cycled some great very low traffic roads along canals.
3. Cycled through the fortified town of Soave, Italy.
4. There was a wine tasting festival in Vicenza, Italy.

Expenses: \$118.96 USD - Hotel and food

Accommodations: Slept at Campo Marzio in Vicenza, Italy

Day 7, Sunday, September 22, 2024

Daily Bike Miles: 28.04 MI (45.13 KM)

Location: Vicenza to Padova, Italy

Points of interest:

1. A man from the UK took a photo of us.
2. Great ride, lots of bike trails.

Expenses: \$95.06 USD - Hotel and food

Accommodations: Slept at Hotel Casa del Pellegrino in Padova, Italy

Day 8, Monday, September 23, 2024

Daily Bike Miles: 28.64 MI (46.09 KM)

Location: Padova to Venice, Italy

Points of interest:

1. Great canal cycling from Padova to Venice, Italy.
2. We made in to Venice, Italy, our final destination for biking in Italy.
3. We walked all around Venice, Italy.

Expenses: \$152.19 USD - Hotel and food

Accommodations: Slept at Hotel Pantalon in Venice, Italy

Day 9, Tuesday, September 24, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Venice to Trieste Centrale, Italy to Ljubljana, Slovenia

Points of interest:

1. We took the train from Venice, Italy to Ljubljana, Slovenia.
2. Walked around the business area of Ljubljana, Slovenia.
3. Found a dental clinic for the next day.

Expenses: \$113.86 USD - Train, hotel and food

Accommodations: Slept at Meksiko Hotel in Ljubljana, Slovenia

Day 10, Wednesday, September 25, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Ljubljana, Slovenia to Kobarid, Slovenia

Points of interest:

1. I was luckily able to find someone to recement my loose crown in Ljubljana, Slovenia.
2. We got shuttled by our tour company from Ljubljana, Slovenia to Kobarid, Slovenia.
3. We walked from the town of Kobarid, Slovenia to St. Anthony church on the hill.

Expenses: \$416.45 USD - Dental, Rental Bike and food

Accommodations: Slept at Hotel Hvala in Kobarid, Slovenia

Day 11, Thursday, September 26, 2024

Daily Bike Miles: 42.05 MI (67.67 KM)

Location: Kobarid, Slovenia to Šmartno, Slovenia

Points of interest:

1. We cycled over the historic Napoleon's Bridge over the Soča River.
2. I climbed the stairs to the top of the Gonjače lookout tower.

Expenses: \$47.93 USD - Food

Accommodations: Slept at Aldila in Šmartno, Slovenia

Day 12, Friday, September 27, 2024

Daily Bike Miles: 35.2 MI (56.65 KM)

Location: Šmartno, Slovenia to Slap, Slovenia

Points of interest:

1. Festival (Gusti di Frontiera 2024) in Gorizia, Italy
2. We had to cross through a couple of small streams on our cycling route.
3. We stayed in an estate in Slap, Slovenia that was originally established around 1700.

Expenses: \$83.55 USD - Food

Accommodations: Slept at Majerija in Slap, Slovenia

Day 13, Saturday, September 28, 2024

Daily Bike Miles: 17.5 MI (28.16 KM)

Location: Slap, Slovenia to Štanjel, Slovenia

Points of interest:

1. Had coffee at Okrepčevalnica Panorama Štanjel Snack Bar.
2. We walked on trail around hill and to the fort top.
3. I walked to the Ferrari Garden (Ferrarijev Vrt)

Expenses: \$9.74 USD - Food

Accommodations: Slept at Vila Ana in Štanjel, Slovenia

Day 14, Sunday, September 29, 2024

Daily Bike Miles: 25.62 MI (41.23 KM)

Location: Štanjel, Slovenia to Lipica, Slovenia

Points of interest:

1. Found a cool xylophone and troll near the bike trail.
2. There is a large network of bike trails near Lipica, Slovenia.
3. Large stud farm near hotel.
4. Very modern hotel in a sparsely populated area.
5. We checked out the Casino near the hotel.

Expenses: \$65.86 USD - Food

Accommodations: Slept at Hotel Maestoso in Sežana (Lipica), Slovenia

Day 15, Monday, September 30, 2024

Daily Bike Miles: 10.7 MI (17.22 KM)

Location: Lipica, Slovenia to Divaca, Slovenia to Ljubljana, Slovenia

Points of interest:

1. We checked out Škocjan Caves.
2. We took a train from Divaca to Ljubljana.

Expenses: \$56.34 USD – Cave entry fee, Souvenirs, Train and food

Accommodations: Slept at Best Western Hotel Piemontese in Ljubljana, Slovenia

Day 16, Tuesday, October 1, 2024

Daily Bike Miles: 26.15 MI (42.08 KM)

Location: Ljubljana, Slovenia to Zidani Most, Slovenia to Krško, Slovenia

Points of interest:

1. Took a train to Zidani Most, Slovenia.
2. Cycled along the Sava River.
3. Cycled by corn fields and wine vineyards.
4. Got sick, probably food poisoning.

Expenses: \$11.78 USD - Train and food

Accommodations: Slept at Tri Lucke in Krško, Slovenia

Day 17, Wednesday, October 2, 2024

Daily Bike Miles: 27.23 MI (43.82 KM)

Location: Krško, Slovenia to Podčetrtek, Slovenia

Points of interest:

1. Lots of elevation gain (~2,884 vertical feet of gain), but a short day.
2. Stayed at a hotel with a golf course, but far from a town.

Expenses: \$32.78 USD - Food

Accommodations: Slept at Natura Amon in Podčetrtek, Slovenia

Day 18, Thursday, October 3, 2024

Daily Bike Miles: 28.93 MI (46.56 KM)

Location: Podčetrtek, Slovenia to Ptuj, Slovenia

Points of interest:

1. Rainy all day.
2. Walked up to the castle in town.

Expenses: \$3.64 USD - Food

Accommodations: Slept at Hotel Mitra in Ptuj, Slovenia

Day 19, Friday, October 4, 2024

Daily Bike Miles: 19.96 MI (32.12 KM)

Location: Ptuj, Slovenia to Maribor, Slovenia

Points of interest:

1. Had streams running across the dirt trail, due to 1.5 days of rain.
2. Too much water, we had to make our own route to Maribor.
3. We had coffee with an Italian man named Giovanni.
4. we walked around Maribor.

Expenses: \$22.49 USD - Food

Accommodations: Slept at Hotel Maribor Garden Rooms in Maribor, Slovenia

Day 20, Saturday, October 5, 2024

Daily Bike Miles: 23.53 MI (37.87 KM)

Location: Maribor, Slovenia to Ljubljana, Slovenia

Points of interest:

1. Found a farmers' market in Maribor.
2. Cycled the Maribor loop trail that takes you to St. Urban viewpoint.
3. Took the train from Maribor to Ljubljana, Slovenia.

Expenses: \$30.71 USD - Train and food

Accommodations: Slept at Best Western Hotel Piemontese in Ljubljana, Slovenia

Day 21, Sunday, October 6, 2024

Daily Bike Miles: 24.33 MI (39.16 KM)

Location: Ljubljana, Slovenia

Points of interest:

1. Cycled The Trail of Remembrance (POT).
2. I went to the Ljubljana Castle.

Expenses: \$34.76 USD – Entry fee to castle and food

Accommodations: Slept at Best Western Hotel Piemontese in Ljubljana, Slovenia

Day 22, Monday, October 7, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Ljubljana, Slovenia to Novara, Italy

Points of interest:

1. Took a train from Ljubljana, Slovenia to Villach HBF, Austria.
2. Took a train from Villach HBF, Austria to Venice, Italy.
3. Took a train from Venice, Italy to Milan, Italy.
4. Took a train from Milan, Italy to Novara, Italy.

Expenses: \$197.43 USD - Train, hotel and food

Accommodations: Slept at Hotel Stazione in Novara, Italy

Day 23, Tuesday, October 8, 2024

Daily Bike Miles: 46.39 MI (74.66 KM)

Location: Milan, Italy to Novara, Italy

Points of interest:

1. Took a train from Novara, Italy to Milan, Italy.
2. It was a very rainy day.

3. I cycled back to Milan.

Expenses: \$134.00 USD - Train, hotel and food

Accommodations: Slept at Hotel Stazione in Novara, Italy

Day 24, Wednesday, October 9, 2024

Daily Bike Miles: 0.45 MI (0.72 KM)

Location: Novara, Italy to Nice, France train station to Nice, France hotel

Points of interest:

1. Took a train from Novara, Italy to Milan, Italy.
2. Took a train from Milan, Italy to Genoa, Italy.
3. Took a train from Genoa, Italy to Ventimiglia, Italy.
4. Took a train from Ventimiglia, Italy to Nice, France.

Expenses: \$189.27 USD - Train, hotel and food

Accommodations: Slept at Relais Acropolis in Nice, France

Day 25, Thursday, October 10, 2024

Daily Bike Miles: 48.41 MI (77.91 KM)

Location: Nice, France to Monte Carlo to Antibes, France

Points of interest:

1. Cycled from Nice, France to Monte Carlo, Monaco.
2. I found a cool statue of a Mermaid Mother with her Child in Beaulieu-sur-Mer, France.
3. I saw a man driving a 3.5-million-dollar car, a Pagani Huayra Roadster in Monte Carlo, Monaco.
4. An issue with the trains caused them to temporarily not running from Monte Carlo, Monaco to Nice, France.
5. Cycled from Monte Carlo, Monaco to Antibes, France.
6. Saw the outside of Pablo Picasso house in Juan Les- Pins, France.

Expenses: \$134.55 USD - Hotel

Accommodations: Slept at Hotel La Villa Juan Beach in Antibes, France

Day 26, Friday, October 11, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Antibes, France

Points of interest:

1. We hiked the coastal path on Cap d'Antibes.
2. Had an Aperol Spritz drink.
3. Reserved a hotel and train tickets for the following day.

Expenses: \$75.93 USD - Food

Accommodations: Slept at Residence du Port Gallice in Antibes, France

Day 27, Saturday, October 12, 2024

Daily Bike Miles: 5.34 MI (8.59 KM)

Location: Antibes, France to Montpellier, France

Points of interest:

1. Took a train from Antibes, France to Cannes, France.
2. Took a train from Cannes, France to Marseille, France.
3. The train in Marseille was loaded and ready to go at departure time, it sat on the tracks without moving for 40 minutes. Therefore, we departed 40 minutes late.
4. Took a train from Marseille, France to Montpellier, France.

5. Cycled in the rain around Montpellier, France.

Expenses: \$196.82 USD - Train, hotel and food

Accommodations: Slept at BW Plus Hotel Comedie Saint-Roch in Montpellier, France

Day 28, Sunday, October 13, 2024

Daily Bike Miles: 18.71 MI (30.11 KM)

Location: Montpellier, France to Barcelona, Spain

Points of interest:

1. Took train from Montpellier, France to Barcelona, Spain. No room for my gear near my assigned seat.
2. Had to move luggage at the first few stops.
3. I cycled to the Sagrada Familia and around Barcelona.

Expenses: \$190.82 USD – Hotel, Train and food

Accommodations: Slept at easyHotel Barcelona Fira in Barcelona, Spain

Day 29, Monday, October 14, 2024

Daily Bike Miles: 30.15 MI (48.52 KM)

Location: Barcelona, Spain

Points of interest:

1. A nice viewpoint to Harbor, but bad air quality.
2. Cycled along grounds of Montjuïc castle
3. Cycled to Güell Park, but it was oversold.
4. I was able to get a Brampton box for my flight home.
5. A police told me I had to cycle with both hands on my handlebars.
6. Had lunch at a Pinchos bar.
7. Cycled to MNAC (Museum of Nacional Art de Catalunya).

Expenses: \$173.99 USD - Suitcase, hotel and food

Accommodations: Slept at easyHotel Barcelona Fira in Barcelona, Spain

Day 30, Tuesday, October 15, 2024

Daily Bike Miles: 0 MI (0 KM)

Location: Barcelona, Spain to Portland, Oregon

Points of interest:

1. I took a city bus from my hotel to the BCN airport.
2. I had to go through passport control at Barcelona El Prat Josep Tarradellas Airport (BCN) for my flight.
3. It took 1 hour and 10 minutes to get through TSA security at New Yorks JFK airport.
4. My bike did not arrive in Portland with my flight.
5. I took the max home from Portland International Airport (PDX)

Expenses: \$231.58 USD - Transportation, Souvenirs, Cellular data, foreign exchange fees, hotel and food

Accommodations: Slept at Home in Portland, OR, USA

Total Ground Transportation Millage = 1475.85 MI (2375.14 KM)

Date	Distance	Traveled Start to End
9/17/2024	32 MI (51.5 KM)	Train - Milan Malpensa Airport to Milano Centrale Railway Station
9/24/2024	100 MI (160.93 KM)	Train - Venezia S. Lucia, Italy to Trieste Centrale, Italy
9/24/2024	64.1 MI (103.16 KM)	Train - Trieste Centrale, Italy to Ljubljana, Slovenia
9/25/2024	67 MI (107.83 KM)	Guild car - Ljubljana, Slovenia to Kobarid, Slovenia

9/30/2024	67 MI (107.83 KM)	Train - Divaca, Slovenia to Ljubljana, Slovenia
10/1/2024	42.45 MI (68.32 KM)	Train - Ljubljana, Slovenia to Zidani Most, Slovenia
10/5/2024	79 MI (127.14 KM)	Train - Maribor, Slovenia to Ljubljana, Slovenia
10/7/2024	330.3 MI (531.57 KM)	Train - Ljubljana, Slovenia to Novara, Italy
10/9/2024	250 MI (402.34 KM)	Train - Novara, Italy to Nice, France
10/12/2024	234 MI (376.59 KM)	Train - Train Juan Les-Pins, France to Montpellier, France
10/13/2024	210 MI (337.96 KM)	Train - Train Montpellier, France to Barcelona, Spain
10/15/2024	0 MI (0 KM)	Bus - Barcelona, Spain Airport

Total Cycling Millage = 661.19 MI (1064.08 KM)

Date	Distance	Traveled Start to End
9/17/2024	3.82 MI (6.15 KM)	Brompton - Milano Centrale Railway Station to Milan, Italy hotel
9/18/2024	32.7 MI (52.63 KM)	Brompton - Milan to Bergamo, Italy
9/19/2024	41.89 MI (67.42 KM)	Brompton - Bergamo to Brescia, Italy
9/20/2024	52.04 MI (83.75 KM)	Brompton - Brescia to Verona, Italy
9/21/2024	43.41 MI (69.86 KM)	Brompton - Verona to Vicenza, Italy
9/22/2024	28.04 MI (45.13 KM)	Brompton - Vicenza to Padova, Italy
9/23/2024	28.64 MI (46.09 KM)	Brompton - Padova to Venice, Italy
9/26/2024	42.05 MI (67.67 KM)	Rental Bike - Kobarid, Slovenia to Šmartno, Slovenia
9/27/2024	7.3 MI (11.75 KM)	Rental Bike - Gorizia, Italy
9/27/2024	27.9 MI (44.9 KM)	Rental Bike - Šmartno, Slovenia to Slap, Slovenia (-Gorizia)
9/28/2024	17.5 MI (28.16 KM)	Rental Bike - Vipava, Slovenia to Štanjel, Slovenia
9/29/2024	25.62 MI (41.23 KM)	Rental Bike - Štanjel, Slovenia to Lipica, Slovenia
9/30/2024	10.7 MI (17.22 KM)	Rental Bike - Lipica, Slovenia to Divaca, Slovenia
10/1/2024	26.15 MI (42.08 KM)	Rental Bike - Zidani Most, Slovenia to Krško, Slovenia
10/2/2024	27.23 MI (43.82 KM)	Rental Bike - Krško, Slovenia to Olimje, Slovenia
10/3/2024	28.93 MI (46.56 KM)	Rental Bike - Olimje, Slovenia to Ptuj, Slovenia
10/4/2024	19.96 MI (32.12 KM)	Rental Bike - Ptuj, Slovenia to Maribor, Slovenia
10/5/2024	23.53 MI (37.87 KM)	Rental Bike - Maribor, Slovenia
10/6/2024	24.33 MI (39.16 KM)	Rental Bike - Ljubljana, Slovenia
10/8/2024	46.39 MI (74.66 KM)	Brompton - Millan, Italy to Novara, Italy
10/9/2024	0.45 MI (0.72 KM)	Brompton - Nice, France train station to Nice, France hotel
10/10/2024	12 MI (19.31 KM)	Brompton - Monte Carlo, Monaco
10/10/2024	36.41 MI (58.6 KM)	Brompton - Nice, France to Monte Carlo to Antibes, France (-Monte Carlo)
10/12/2024	5.34 MI (8.59 KM)	Brompton - Montpellier, France
10/13/2024	18.71 MI (30.11 KM)	Brompton - Barcelona, Spain
10/14/2024	30.15 MI (48.52 KM)	Brompton - Barcelona, Spain