

November 11, 2017, I flew from Portland, Oregon to Acapulco, Mexico. I spent my first night in a beach resort. The next morning, I started cycling east. I stayed in hotel and cycled for 9 days by the time I reached Salina Cruz, Mexico. Then I took ground transportation until I arrived at Lake Atitlan in Guatemala. I spent a couple of days cycling near Panajachel and then took a bus to Antigua. I cycled around Antigua for a couple of days and then took a bus to Tikal National Park. I spent 2 days hiking and biking in Tikal. Then I took a bus and boat to Livingston, Guatemala and spent the night. Then I went to Rio Dulce for two days and cycled around there. From Rio Dulce I took a 180-mile, 8-hour bus ride to Guatemala City. On December 03, 2017 I flew back to Portland, Oregon from Guatemala City, Guatemala. In total I cycled about 726 miles and covered a little over 1300 miles in buses and boats through Mexico and Guatemala in 20 days.

November 22, 2013, I flew from Portland, Oregon to Guatemala City, Guatemala. I cycled to Antigua, Guatemala and climbed most of the way up Volcano Pacaya . Then I cycled through El Salvador and Honduras to get to Nicaragua . In the town of Leon I was hit by a Taxi and had to fix my trailer in the hotel that night. I continued as far south as San Jorge, Nicaragua and took a ferry to Ometepe Island in Lake Nicaragua. The island has 2 volcanoes and I climbed the higher one, Volcano Conception. I ended my cycling trip at Managua international airport. On this trip I cycled 710.07 miles in Central America in 14 days. I flew back to Portland, Oregon on December 8, 2013.

April 19, 2019, Marty gave me a ride to the airport and at a little after 11:00 PM, my flight from Portland, Oregon departed towards Managua, Nicaragua. I arrive in Managua the next day around 1:00 PM and took ground transportation to Rivas, Nicaragua. The following day I started cycling to Liberia, Costa Rica. Once in Liberia I rented a car and visited Manuel Antonio National Park and Monteverde Cloud Forest Reserve. Then I drove back to Liberia and the following day I hiked at Rincón de la Vieja National Park. I cycled 154.11 miles during this trip where 87.7 of the miles are part of my American Journey (Arctic Ocean to Southern tip of South America). I also covered 434.34 miles in a rental car during this trip. On April 27, 2019, I flew back to Portland, Oregon from Liberia, Costa Rica.

December 18, 2010, I flew from Portland, Oregon to Panama City, Panama. My bike was damaged on the plane and I only had one gear for the entire trip. I spent 2 days in Panama City looking for the Panama Canal. Then I took a bus to David and taxied to the town of Boquete. I climbed to the top of the highest point in Panama, the peak of Volcano Buro. I also tried zip lining and went on a coffee tour before leaving Boquete. At that point I started cycling with my damages bike. Most of the journey was flat and I followed the Pacific coast of Costa Rica. I pushed my bike up all the hills and when I arrived near Liberia I rented a car. The rest of the trip was spent driving place to place, hiking and biking from the car. On this trip I ended up cycling 575.11 miles through Panama and Costa Rica in 15 days.

June 2, 2017, I flew from Portland, Oregon to Panama City, Panama. This was not a bike trip, just a fill in the Gap trip, the Darien Gap! The trip started by taking a 4 wheel drive to Carti, Panama. Then I went with the San Blas Adventure group on an outboard motor boat for three days through the San Blas islands. We stayed in Hammocks in Kuna Indian villages. The tour officially ended in Sapzurro, Colombia and we took another outboard motor boat to Capurgana, Colombia. From there I hiked to La Miel, Panama and then back to Capurgana, Colombia. I completed this trip by taking a boat to Necocli, Colombia and then a bus from there to Medellin, Colombia. On June 13, 2017 I flew back to Portland, Oregon from Medellin, Colombia.

November 12, 2016, I flew from Portland, Oregon to Salt Lake City, Utah. The next day I flew to Quito, Ecuador. I then cycled to a little north of Pasto, Colombia. From there I took a bus to Popayan, Colombia. The following day I took a bus to San Agustin, Colombia and visit the Archeological sites for a couple of day. Then I cycled and took buses to Santa Fe, Colombia. Then I took a bus to Turbo, Columbia. Turbo is where the Pan American highway picks up at the southern end of the Darien Gap. From there I took buses to Santa Marta, Colombia and visited the mountain town of Minca, Colombia. Then I took a bus to Cartagena, Colombia. On December 03, 2016 I flew back to Portland, Oregon from Cartagena, Colombia. In total I cycled 527.6 miles and covered a little over 1300 miles in buses through Ecuador and Colombia in 20 days.

November 15, 2014, I flew from Portland, Oregon to Quito, Ecuador. I cycled the Andes in Ecuador reaching an elevation of 12,678 feet above sea level before returning to sea level. Then I spent 3 days on the Galapagos Islands. Then I took a bus to Piura, Peru and cycled through the Sechura desert to Trujillo, Peru. I then took a bus to Lima, Peru. On this trip I ended up cycling 827.72 miles through Ecuador and Peru in 20 days. I flew back to Portland, Oregon on December 5, 2014.

August 23, 2019, Marty and I flew from Portland, Oregon to the Galapagos Island in Ecuador. We spent 5 days on a tour boat checking out the birds and reptiles on the Galapagos Island. We flew to Quito to visit the Equator and the historic district in Quito. Next, we flew to Cusco, Peru to visit the Sacred Valley and archeological sites. Then we went on a three night, four day Inca trail hike to Macho Picchu. On September 7, 2019, I started my bike and bus portion of this trip. I took a bus from Cusco, Peru to Nazca, Peru. I then cycled to Paracas, Peru and met up with Marty (she was on a bus trip from Cusco to Lima). We visited Islas Ballestas where we saw penguins, sea lions and hundreds of sea birds. Then we traveled by bus to Lima Peru which is the last link in my American Journey (At that point I had traveled from the Arctic Ocean to the Southern tip of South America). We flew back towards Portland on September 14, arriving in Portland the following day and taking the max back to my place. On this trip, I cycled about

260.83 miles, covered 246 miles on boats and 1,360.88 miles using ground transportation traveling through Ecuador and Peru in 24 days.

November 10, 2018, I flew from Portland, Oregon to Cusco, Peru. When I arrived in Cusco, I took a bus to Puno. While in Puno, I cycled some and toured floating island on Lake Titicaca. Next, I took a Bolivia hop bus to La Paz, which included a trip to Isle Del Sol. While in La Paz, I took a tour to Tiwanaku ruins and a tour that included cycling the world's most dangerous road. Then I took a bus to Uyuni, Bolivia and toured the world's largest salt flats. Then I made my way through a portion of Argentina to get to Asuncion, Paraguay. From there I took a flight to Montevideo, Uruguay and then a bus to Colonia, Uruguay. I then took a ferry to Buenos Aries and cycled to Moron, Argentina. On December 02, 2018, I started my flight back to Portland, Oregon from Buenos Aries, Argentina. I arrive in Portland at about 11:00 AM on December 3rd, took the max home, took a shower and cycled to work. I was at work by about 1:00 PM. On this trip I cycled about 631.63 miles and covered over 2,500 miles using ground transportation and about 33 miles on boats traveling through Peru, Bolivia, Argentina, Paraguay and Uruguay in 24 days.

November 14, 2015, I flew from Portland, Oregon to Asuncion, Paraguay. I cycled from Asuncion, Paraguay to Caaguazu, Paraguay. From Caaguazu I took a bus to Ciudad Del Este, Paraguay. Then I cycled to where I could take a ferry to Puerto Iguazu, Argentina. I hiked all the trails at Iguazu Falls National Park in Argentina. Then I cycled to Gobernador Ingeniero, Argentina. From there I took a bus to Concordia, Argentina. Then I cycled to Salto Grande Dam. I was not allowed to bicycle over the dam, so I hitched a ride to Salto, Uruguay. I then cycled to Colonia, Uruguay. From Colonia, Uruguay I rented a car and drove to Punta Del Este and then Montevideo, Uruguay. On this trip I cycled 860.77 miles through Paraguay, Argentina and Uruguay in 19 days. I flew back to Portland, Oregon on December 5, 2015.

Summary of all trips in Chronologic order - <https://gobikeride.com/about-rides-summary/>