

Total Cycling Millage = 390.2 MI (628 KM)

Total Ground Transportation Millage = 44 MI (70 KM)

Total Airplane Millage: Airplane miles 4511 MI (7260 KM)

Total Miles Earth: Total miles traveled, not including airplane miles 434 MI (698 KM)

Total Miles: Total miles traveled including airplane miles 4945 MI (7958 KM)

Days of biking: 10 days

Location: Pittsburgh 2 DC

[Flight information](#)

Total Expenses: ~= \$3,168.26 USD

State	Miles	Kilometers
Pennsylvania	150.1	241.5
Maryland	152.9	246.1
West Virgina	15.6	25.1
Virginia	56.2	90.4
Washington DC	15.5	25

Cycling miles table

Day 0, Monday, May 5, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Portland, Oregon

1. Took max to airport around 7:00 PM

2. Checked in for flight and walked around PDX

Expenses: \$4.4 USD – Max train to airport

Accommodations: Slept on planes to Pittsburgh, Pennsylvania

Day 1, Tuesday, May 6, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Portland (PDX) to Pittsburgh (PIT) to hotel in Pittsburgh, Pennsylvania

Points of interest:

1. Flight departed PDX at about 1:00 AM
2. Arrived at Pittsburgh airport around 10:20 AM.
3. Took bus from airport to downtown Pittsburgh
4. Found Jay at the Westin hotel.
5. Walked to Fort Duquesne and PPG Plaza.

Expenses: \$459.93 USD - Bus, hotel and food

Accommodations: Slept at Drury Plaza Hotel in Pittsburgh, Pennsylvania

Day 2, Wednesday, May 7, 2025

Daily Bike Miles: 15.6 MI (25.1 KM)

Location: Around Pittsburgh, Pennsylvania

Points of interest:

1. Went on the “Beauty of the Burgh” bike tour
2. Saw confluence of the Allegheny, Monongahela, and Ohio Rivers.
3. Went up the Monongahela Incline.
4. Went for a night walk to checked out the lights in Pittsburgh.

Expenses: \$41.50 USD – Ticket to go up the Monongahela incline and food

Accommodations: Slept at Drury Plaza Hotel in Pittsburgh, Pennsylvania

Day 3, Thursday, May 8, 2025

Daily Bike Miles: 37.2 MI (59.9 KM)

Location: Pittsburgh, Pennsylvania to West Newton, Pennsylvania

Points of interest:

1. Went to mile 148.8 of the GAP Trail, marking mile zero at the Pittsburgh end to start our ride.
2. Rode the Three Rivers Heritage Trail
3. Cycled by the Homestead Steel Works stacks
4. Bike trail paved all the way to McKeesport.
5. Saw Dravo Cemetery in Elizabeth Township
6. Went to West Newton’s weekly outdoor market.

Expenses: \$30.75 USD - Food

Accommodations: Slept at Bright Morning B&B in West Newton, Pennsylvania

Day 4, Friday, May 9, 2025

Daily Bike Miles: 43.8 MI (70.6 KM)

Location: West Newton, Pennsylvania to Ohiopyle, Pennsylvania

Points of interest:

1. Found historic Coke ovens.
2. Stopped at Blue Canoe RV Park.
3. Saw Ohiopyle falls.
4. Found live music at Falls City Pub.

Expenses: \$53.05 USD - Souvenirs and food

Accommodations: Slept at Ohiopyle Suites in Ohiopyle, Pennsylvania

Day 5, Saturday, May 10, 2025

Daily Bike Miles: 42.1 MI (67.7 KM)

Location: Ohiopyle, Pennsylvania to Meyersdale, Pennsylvania

Points of interest:

1. Great coffee shop in Confluence, Tissue Farm
2. Crossed Pinkerton High bridge and through Pinkerton Tunnel
3. Free food at Rock City Express customer appreciation event in Rockwood.
4. Visited Meyers Burial Ground
5. Crossed Salisbury Viaduct
6. Ate at the White House.

Expenses: \$33.36 USD - Food

Accommodations: Slept at Inn on Main in Meyersdale, Pennsylvania

Day 6, Sunday, May 11, 2025

Daily Bike Miles: 32.4 MI (52.1 KM)

Location: Meyersdale, Pennsylvania to Cumberland, Maryland

Points of interest:

1. Crossed Eastern Continental divide.
2. Cycled last 25-mile downhill to Cumberland

3. Went through Big Savage tunnel, to view of 3 states (Pennsylvania, Maryland and West Virginia)
4. Train passed right next to us on the GAP trail near Frostburg.
5. Went through Brush tunnel that is shared with a train track.
6. Visited sites in Cumberland, including Goerge Washington Quarters

Expenses: \$26.71 USD - Food

Accommodations: Slept at Fairfield Inn Cumberland in Cumberland, Pennsylvania

Day 7, Monday, May 12, 2025

Daily Bike Miles: 53.8 MI (86.6 KM)

Location: Cumberland, Maryland to Little Orleans, Maryland

Points of interest:

1. Started cycling the Chesapeake & Ohio Canal (C&O Canal) Trail
2. Saw lots of turtles in the canal.
3. Stopped at the restored Lock 75.
4. Had some flower lined trail and even saw a Beaver dam.
5. Went through Paw Paw Tunnel with a canal near the narrow trail.
6. Cycled 1,100 feet of elevation to get to our lodging.

Expenses: \$40.87 USD - Food

Accommodations: Slept at Town Hill B & B in Little Orleans, Maryland

Day 8, Tuesday, May 13, 2025

Daily Bike Miles: 43 MI (69.2 KM)

Location: Little Orleans, Maryland to Williamsport, Maryland

Points of interest:

1. It rained all day long.
2. Cycled most of the paved Western Maryland Rail Trail (WMRT).
3. Visted Fort Frederick
4. Challenging detour near the power plant at Dam No. 5 (Honeywood Dam)
5. Stayed at the historic Elmwood Farm.

Expenses: \$7.41 USD - Food

Accommodations: Slept at Ellwood B&B in Williamsport, Maryland

Day 9, Wednesday, May 14, 2025

Daily Bike Miles: 36.2 MI (58.2 KM)

Location: Williamsport, Maryland to Harpers Ferry, West Virginia

Points of interest:

1. The Potomac River was still rising.
2. Took photos of Lock 44 and the R. Paul Smith Power Plant.
3. The C&O trail was closed by a gate with a detour sign.
4. We saw snapping turtles on the C&O trail.
5. The Appalachian Trail goes through Harper Ferry.
6. Looked at the outside of the buildings at Harpers Ferry National Historical Park.

Expenses: \$90.43 USD – T-shirt and food

Accommodations: Slept at Towns Inn in Harper Ferry, West Virginia

Day 10, Thursday, May 15, 2025

Daily Bike Miles: 76.1 MI (122.4 KM)

Location: Harpers Ferry, West Virginia to Washington DC

Points of interest:

1. The Potomac River rose another 3 feet over night flooding the C&O trail.
2. Wanted to go back to the C&O, but my route took as far from the trail.
3. Nice stop at Stoneybrook Farm Market.
4. Cycled The Washington & Old Dominion Trail (W&OD).
6. Saw Jefferson Memorial, with views of the Washington Monument.

Expenses: \$68.41 USD - Food

Accommodations: Slept at VRBO in Washington DC

Day 11, Friday, May 16, 2025

Daily Bike Miles: 10 MI (16.1 KM)

Location: Washington DC

Points of interest:

1. Saw US Capitol Building, Lincoln memorial, Washington Monument and White House,

2. Could not get to mile zero of the C&O trail. Detour at mile 0.5, near Lock 3.

3. Visited the National Air and Space Museum

4. Poured rain for about 30 minutes.

Expenses: \$107.95 USD - Transportation and food

Accommodations: Slept at VRBO in Washington DC

Day 12, Saturday, May 17, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Washington DC to Detroit, Michigan (DTW) to Portland, Oregon (PDX)

Points of interest:

1. Found that we could store our carry-on luggage in lockers at the Museum we visited that day. The lockers were not large enough for full sized luggage.

2. Visited Smithsonian National Museum of Natural History.

3. Visited Smithsonian National Museum of American History.

4. Short layover in Detroit.

5. The Max Yellow Line had a car that jumped the median on the middle of the tracks.

Expenses: \$27.00 USD - Transportation and food

Accommodations: Slept at my home in Portland, Oregon

Total Ground Transportation Millage = 44 MI (70 KM)

Date	Distance	Traveled Start to End
5/6/2025	23.4 MI (37.7 KM)	Bus - Pittsburgh (PIT) to hotel in Pittsburgh, Pennsylvania
5/13/2025	7.6 MI (12.2 KM)	truck - Little Orleans, MD
5/13/2025	2.5 MI (4 KM)	truck - Williamsport, MD
5/14/2025	2.5 MI (4 KM)	truck - Williamsport, MD
5/17/2025	3.9 MI (6.3 KM)	Bus - Bus to National Museum of Natural History
5/17/2025	3.6 MI (5.8 KM)	car - Uber National Museum of Natural History to DCA

Total Cycling Millage = 390.2 MI (628 KM)

Date	Distance	Traveled Start to End
5/7/2025	15.6 MI (25.1 KM)	Rental bike - Around Pittsburgh, Pennsylvania

5/8/2025	37.2 MI (59.9 KM)	Rental bike - Pittsburgh, PA to West Newton, PA
5/9/2025	43.8 MI (70.6 KM)	Rental bike - West Newton, PA to Ohiopyle, PA
5/10/2025	42.1 MI (67.7 KM)	Rental bike - Ohiopyle, PA to Meyersdale, PA
5/11/2025	11.3 MI (18.2 KM)	Rental bike - Meyersdale, PA to Border of Maryland
5/11/2025	21.1 MI (33.9 KM)	Rental bike - Pennsylvania border to Cumberland, MD
5/12/2025	28.9 MI (46.5 KM)	Rental bike - Cumberland, MD to Paw Paw, WV
5/12/2025	0.6 MI (1 KM)	Rental bike - Paw Paw, WV
5/12/2025	24.3 MI (39.1 KM)	Rental bike - Paw Paw, WV to Little Orleans, MD
5/13/2025	43 MI (69.2 KM)	Rental bike - Little Orleans, MD to Williamsport, MD
5/14/2025	35.6 MI (57.3 KM)	Rental bike - Williamsport, MD to Border MD/WV
5/14/2025	0.6 MI (0.9 KM)	Rental bike - Harpers Ferry, WV
5/15/2025	14.4 MI (23.2 KM)	Rental bike - Harpers Ferry, West Virginia to Virginia border (Hwy 9)
5/15/2025	56.2 MI (90.4 KM)	Rental bike - Virginia border to Washington DC
5/15/2025	5.5 MI (8.9 KM)	Rental bike - Washington DC
5/16/2025	10 MI (16.1 KM)	Rental bike - Washington DC

Total Air Transportation Millage = 4511 MI (7260 KM)

5/6/2025	1422 MI (2288.5 KM)	Plane - Portland, Oregon (PDX) to Minneapolis, MN (MSP)
5/6/2025	734 MI (1181.3 KM)	Plane - Minneapolis, MN (MSP) to Pittsburgh (PIT)
5/17/2025	407 MI (655 KM)	Plane - Washington-Reagan National, DC (DCA) to Detroit, MI (DTW)
5/17/2025	1948 MI (3135 KM)	Plane - Detroit, MI (DTW) to Portland, Oregon (PDX)