

Total Cycling Millage = 1596.4 MI (2569.2 KM)
Total Ground Transportation Millage = 542 MI (872 KM)
Total Airplane Millage: Airplane miles 2350 MI (3782 KM)

Total Miles Earth: Total miles traveled, not including airplane miles 2138 MI (3441 KM)
Total Miles: Total miles traveled including airplane miles 4488 MI (7223 KM)
Days of biking: 21 days
Location: Wyoming, Idaho, Montana, Nebraska and Iowa
[Flight information](#)
Total Expenses: ~= \$4,095.12 USD

State	Miles	Kilometers
Wyoming	545.5	877.9
Nebraska	599	964
Iowa	451.9	727.3

Cycling miles table

Day 1, Monday, August 17-18, 2025
Daily Bike Miles: 0 MI (0 KM)
Location: Home to PDX to SEA to IDA to Moran, WY
Points of interest:
1. Meetup walk and then got a haircut.
2. Stayed at Red Lion airport for early departure in the morning.
Expenses: \$16.00 USD – Tip to airport shuttle and food
Accommodations: Slept at Jackson Lake Lodge in Moran, Wyoming

Day 2, Tuesday, August 19, 2025
Daily Bike Miles: 12.3 MI (19.8 KM)
Location: Moran, WY to Jenny Lake to Colter Bay Picnic Area to Moran, WY
Points of interest:
1. Hike to Inspiration Point at Jenny Lake.

2. Saw black bear on the trail at Jenny Lake.

3. Cycled to Colter Bay Village.

Expenses: \$38.00 USD – Ferry ticket and food

Accommodations: Slept at Jackson Lake Lodge in Moran, Wyoming

Day 3, Wednesday, August 20, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Moran, WY to Island Park, ID

Points of interest:

1. Saw Old Faithful and Riverside Geyser erupt.

2. Visted Morning Glory and Prismatic hot springs.

3. Saw bear on the Montana hillside.

Expenses: \$134.07 USD - Food

Accommodations: Slept at Island Park Airbnb (4902 Centennial Dr) in Moran, Wyoming

Day 4, Thursday, August 21, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Island Park, ID to Harriman State Park to Mesa Falls to Island Park, ID

Points of interest:

1. Visited Harriman State Park.

2. Viewed Upper and Lower Mesa Falls.

3. Went to Lakeside Lodge restaurant for dinner.

4. Lots of U.S. dollars stapled to wall and ceiling of bar at Lakeside Lodge.

Expenses: \$50.30 USD - Food

Accommodations: Slept at Island Park Airbnb (4902 Centennial Dr) in Island Park, Idaho

Day 5, Friday, August 22, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Island Park, Idaho

Points of interest:

1. Floated part of the Snake River.

2. Visited Johnny Sack Cabin at the headwater to Henry's Fork of the Snake River.

3. I ate too much pizza at Pond's Pizza

Expenses: \$22.00 USD - Food

Accommodations: Slept at Island Park Airbnb (4902 Centennial Dr) in Island Park, Idaho

Day 6, Saturday, August 23, 2025

Daily Bike Miles: 26.2 MI (42.2 KM)

Location: Island Park, ID to Canyon Village, Yellowstone, WY

Points of interest:

1. Visited Norris Geyser Basin.

2. Cycled from Norris Geyser Basin to Canyon Village.

3. I camped out with a high school friend, Jim Gardner, at Canyon Village.

4. Cycled to Artist Point and Inspiration Point.

5. Hiked to the Brink of upper and lower falls.

Expenses: \$30.00 USD - Gasoline

Accommodations: Slept at Canyon Campground at Yellowstone in West Yellowstone, Montana

Day 7, Sunday, August 24, 2025

Daily Bike Miles: 101.2 MI (162.9 KM)

Location: Canyon Campground, Yellowstone, WY to Cody, WY

Points of interest:

1. Had breakfast with Jim and Cheryl then started cycling.

2. Visited the Fishing Bridge visitor center.

3. Cycled over Sylvan Pass, 8,530 feet elevation.

4. Cycled down to 4,997 feet in elevation at Cody, Wyoming.

Expenses: \$157.28 USD – T-shirt, hotel and food

Accommodations: Slept at Wyoming Inn in Cody, Wyoming

Day 8, Monday, August 25, 2025

Daily Bike Miles: 95.7 MI (154.1 KM)

Location: Cody, WY to Worland, WY

Points of interest:

1. Cycled on highway shoulders with 70 MPH. The shoulders were wide and not too much traffic, so great riding.

Expenses: \$131.89 USD – Sun screen, hotel and food

Accommodations: Slept at Townhouse Motor Inn in Worland, Wyoming

Day 9, Tuesday, August 26, 2025

Daily Bike Miles: 95.5 MI (153.7 KM)

Location: Worland, WY to 10 miles east of Moneta, WY

Points of interest:

1. Went through Thermopolis, did not visit Hot Springs State Park.

2. Cycled Bighorn River Canyon.

3. Almost ran out of water.

4. Camped next to highway.

Expenses: \$18.77 USD - Food

Accommodations: Camped on side of road past Moneta, Wyoming

Day 10, Wednesday, August 27, 2025

Daily Bike Miles: 75.2 MI (121 KM)

Location: 10 miles east of Moneta, WY to Casper, WY

Points of interest:

1. Rained all morning.

2. Only place to stop was Waltman Rest Area on US 20.

3. Casper seemed more run down than other places in Wyoming.

Expenses: \$92.07 USD - Hotel and food

Accommodations: Slept at Sage & Sand Motel in Casper, Wyoming

Day 11, Thursday, August 28, 2025

Daily Bike Miles: 65.5 MI (105.4 KM)

Location: Casper, WY to Douglas, WY

Points of interest:

1. Cycled "Al's Way" trail in Glenrock (2.9 Miles)

2. Road turned to dirt near Pacificorp Dave Johnston Plant. The route was not very correct on my GPS.

3. Visited Fort Fetterman.

Expenses: \$99.85 USD - Hotel and food

Accommodations: Slept at Plains Motel in Douglas, Wyoming

Day 12, Friday, August 29, 2025

Daily Bike Miles: 109.9 MI (176.9 KM)

Location: Douglas, WY to Crawford, NE

Points of interest:

1. Decided not to stay in Harrison, not an interesting looking place.

2. Cycled Smiley Canyon Scenic Drive.

3. Cycled Officer's Row at Fort Robinson.

Expenses: \$125.15 USD - Hotel and food

Accommodations: Slept at Hilltop Motel in Crawford, Nebraska

Day 13, Saturday, August 30, 2025

Daily Bike Miles: 76.1 MI (122.5 KM)

Location: Crawford, NE to Gordon, NE

Points of interest:

1. There was a couple of 15 minute down pours. Luckily, I found cover and stayed mostly dry.

2. Cycled part of the Cowboy Recreation and Nature Trail. Too rocky at first.

3. After Rushville the Cowboy trail was very good.

Expenses: \$112.43 USD - Hotel and food

Accommodations: Slept at Western Sands Motel in Gordon, Nebraska

Day 14, Sunday, August 31, 2025

Daily Bike Miles: 94.9 MI (152.8 KM)

Location: Gordon, NE to Valentine, NE

Points of interest:

1. Slow steady drizzle for part of the day.

2. Small towns without any stores, found a vending machine.

3. The trestle bridges were ready to bike over, but the trails were overgrown.

Expenses: \$145.82 USD - Hotel and food

Accommodations: Slept at Super 8 by Wyndham Valentine NE in Valentine, Nebraska

Day 15, Monday, September 1, 2025

Daily Bike Miles: 86.8 MI (139.7 KM)

Location: Valentine, NE to Stuart, NE

Points of interest:

1. Cycled the Cowboy Trail heading out of Valentine.
2. Cycled over the Niobrara River Bridge on Cowboy Trail.
3. Meet long distance cyclists in Johnstown.
4. Saw an American Badger on trail.
5. Stopped at the free 24/7 Newport Pool Hall.

Expenses: \$124.54 USD - Hotel and food

Accommodations: Slept at Stuart Village Inn in Stuart, Nebraska

Day 16, Tuesday, September 2, 2025

Daily Bike Miles: 104.5 MI (168.2 KM)

Location: Stuart, NE to Norfolk, NE

Points of interest:

1. Met cyclists that ride the Cowboy trail annually from Norfolk to Valentine and then back to Norfolk.
2. More people on the trail near Norfolk than anywhere since Valentine.

Expenses: \$139.74 USD - Hotel and food

Accommodations: Slept at Norfolk Country Inn & suites in Norfolk, Nebraska

Day 17, Wednesday, September 3, 2025

Daily Bike Miles: 118.6 MI (190.9 KM)

Location: Norfolk, NE to Lincoln, NE

Points of interest:

1. Seven miles of road construction.
2. Cycled Oak Creek Recreational Trail.

3. Could not find a hotel and had to continue until I arrived in Lincoln.
4. Fire alarm went off in hotel and I had to evacuate.

Expenses: \$110.11 USD - Hotel and food

Accommodations: Slept at Quality Inn in Lincoln, Nebraska

Day 18, Thursday, September 4, 2025

Daily Bike Miles: 72.2 MI (116.2 KM)

Location: Lincoln, NE to Omaha, NE

Points of interest:

1. Cycled West MoPac Trail.
2. Crossed the Lied Platte River bridge near South Bend, Nebraska.
3. Hit deep gravel and ended up in a ditch.

Expenses: \$122.67 USD - Hotel and food

Accommodations: Slept at Relax Inn Motel & Suites in Omaha, Nebraska

Day 19, Friday, September 5, 2025

Daily Bike Miles: 80.3 MI (129.2 KM)

Location: Omaha, NE to Atlantic, IA

Points of interest:

1. Crossed Bob Kerrey Pedestrian Bridge into Iowa
2. Most of the Highways in Iowa do not have paved shoulders.
3. I chose a hotel that bypassed the downtown part of Atlantic.
4. No one physically present at the Days Inn front desk.

Expenses: \$95.91 USD - Hotel and food

Accommodations: Slept at Days Inn by Wyndham Atlantic in Atlantic, Iowa

Day 20, Saturday, September 6, 2025

Daily Bike Miles: 81.1 MI (130.5 KM)

Location: Atlantic, IA to Perry, IA

Points of interest:

1. Cold morning.

2. Auburn has Albert, the world's largest bull.

3. Restored train depot in Dawson, Iowa.

Expenses: \$175.92 USD - Hotel and food

Accommodations: Slept at Super 8 by Wyndham in Perry, Iowa

Day 21, Sunday, September 7, 2025

Daily Bike Miles: 100.6 MI (161.9 KM)

Location: Perry, IA to Eldora, IA

Points of interest:

1. High Trestle Trail Bridge spans the Des Moines River.

2. Cycled Heart of Iowa Nature Trail.

3. Army tank on display in Rhodes, Iowa.

4. Crossed a down bridge under construction.

5. People drinking and singing in the room next to my motel room.

Expenses: \$97.28 USD - Hotel and food

Accommodations: Slept at The Village Hotel in Eldora, Iowa

Day 22, Monday, September 8, 2025

Daily Bike Miles: 65 MI (104.7 KM)

Location: Eldora, IA to Waterloo, IA

Points of interest:

1. Cycled "River's Edge Trail" to Steamboat Rock, Iowa.

2. Cycled "Pioneer Trail" to Reinbeck, Iowa.

3. Cycled several trail through Cedar Falls to Waterloo.

4. I walked to the John Deer Museum in Waterloo.

Expenses: \$77.89 USD - Hotel and food

Accommodations: Slept at Econo Lodge Inn & Suites in Waterloo, Iowa

Day 23, Tuesday, September 9, 2025

Daily Bike Miles: 82 MI (131.9 KM)

Location: Waterloo, IA to Cedar Rapids, IA

Points of interest:

1. Bike trails all the way to Cedar Rapids. The contiguous off-road bike trails were “Cedar Valley Lakes Trail”, “Cedar River Levee Trail”, “Evansdale Nature Trail” and “Cedar Valley Nature Trail”.
2. Had trouble finding a rental car.
3. Took test ride to airport (CID).
4. Motel room started flooding from upstairs into my room at about 1:00 AM.

Expenses: \$82.26 USD - Hotel and food

Accommodations: Slept at Motel 6 Cedar Rapids, IA - Airport in Cedar Rapids, Iowa

Day 24, Wednesday, September 10, 2025

Daily Bike Miles: 45.7 MI (73.5 KM)

Location: Cedar Rapids to Ely to Cedar Rapids, IA (Mt Trashmore)

Points of interest:

1. Cycled to mile zero of the Cedar Valley Nature Trail.
2. Went on the Cedar Rapids Art Walk and saw most of the murals located in the southeast part of the city.
3. Found a place to get a bike box.
4. Went to NewBo City Market, a food court.
5. Cycled to the top of Mount Trashmore.

Expenses: \$98.50 USD – Packing supplies, hotel and food

Accommodations: Slept at Motel 6 Cedar Rapids, IA - Airport in Cedar Rapids, Iowa

Day 25, Thursday, September 11, 2025

Daily Bike Miles: 7.1 MI (11.5 KM)

Location: Cedar Rapids to Iowa City to Cedar Rapids, IA

Points of interest:

1. Cycled to CID airport to get my rental car.
2. Saw Czech Village clock in action.
3. Got a bike box for my flight home.
4. Went to University of Iowa campus in Iowa City.
5. Visited the Devonian Fossil Gorge.

Expenses: \$224.12 USD - Packing supplies, Parking, Rental car, hotel and food

Accommodations: Slept at Super 8 by Wyndham Cedar Rapids in Cedar Rapids, Iowa

Day 26, Friday, September 12, 2025

Daily Bike Miles: 0 MI (0 KM)

Location: Cedar Rapids, IA to PDX to Home, OR

Points of interest:

1. Taped up bike box with bike inside at the airport.
2. Flight to MSP was delayed by 5 hours, due to battery failure.
3. Took the Max home and thought I lost a pannier.

Expenses: \$85.16 USD - Packing supplies, Gasoline, bike on plane, Max, Parking and food

Accommodations: Slept at Home in Portland, Oregon

Total Ground Transportation Millage = 542 MI (872 KM)

Date	Distance	Traveled Start to End
8/18/2025	72 MI (115.9 KM)	Rental Car - Idaho Falls, ID to Wyoming Border
8/18/2025	54 MI (86.9 KM)	Rental Car - Wyoming Border to Moran, WY
8/19/2025	29 MI (46.7 KM)	Sarah - Car - Moran, WY to Jenny Lake Parking, Moose, WY and back.
8/20/2025	89 MI (143.2 KM)	Rental Car - Moran, WY to Montana Border.
8/20/2025	12 MI (19.3 KM)	Rental Car - Montana Border to Idaho Border.
8/20/2025	14 MI (22.5 KM)	Rental Car - Idaho Border to Island Park, ID
8/21/2025	95 MI (152.9 KM)	Rita - Car - Island Park to Harriman State Park to Lower Mesa Falls to Island Park to Lakeside Lodge to Airbnb
8/22/2025	5 MI (8 KM)	Linda - Car - Airbnb to Mack's Inn River Adventure and back
8/22/2025	5 MI (8 KM)	Raft - van - Mack's Inn River Adventure to start of raft trip
8/22/2025	4 MI (6.4 KM)	Rita - Car - Airbnb to Johnny Sack Cabin
8/22/2025	11.5 MI (18.5 KM)	Gene - Car - Johnny Sack Cabin to other Airbnb (3807 Mortensen Lane)
8/22/2025	5.4 MI (8.7 KM)	Gene - Car - Other Airbnb (3807 Mortensen Lane) to Pond's Pizza
8/22/2025	7.9 MI (12.7 KM)	Joe - Car - Pond's Pizza to Airbnb
8/23/2025	50 MI (80.5 KM)	Nancy - Car - Airbnb to Norris Geyser Basin
9/11/2025	70 MI (112.7 KM)	Rental Car - Cedar Rapids to Iowa City

9/12/2025	8 MI (12.9 KM)	Rental Car - Cedar Rapids to CID airport
9/12/2025	10 MI (16.1 KM)	Max train - PDX to Home

Total Cycling Millage = 1596.4 MI (2569.2 KM)

Date	Distance	Traveled Start to End
8/19/2025	12.3 MI (19.8 KM)	Bicycle - Jackson Lake Lodge, Moran, WY to Colter Bay Picnic Area, WY.
8/23/2025	26.2 MI (42.2 KM)	Bicycle - Norris Geyser Basin to Canyon Village to Artistic point to Inspiration point
8/24/2025	101.2 MI (162.9 KM)	Bicycle - Canyon Campground, Yellowstone to Cody, WY
8/25/2025	95.7 MI (154.1 KM)	Bicycle - Cody, WY to Worland, WY
8/26/2025	95.5 MI (153.7 KM)	Bicycle - Worland, WY to 10 miles east of Moneta, WY
8/27/2025	75.2 MI (121 KM)	Bicycle - 10 miles east of Moneta, WY to Casper, WY
8/28/2025	65.5 MI (105.4 KM)	Bicycle - Casper, WY to Douglas, WY
8/29/2025	73.8 MI (118.8 KM)	Bicycle - Douglas, WY to Nebraska border
8/29/2025	36.1 MI (58 KM)	Bicycle - Nebraska border to Crawford, NE
8/30/2025	76.1 MI (122.5 KM)	Bicycle - Crawford, NE to Gordon, NE
8/31/2025	94.9 MI (152.8 KM)	Bicycle - Gordon, NE to Valentine, NE
9/1/2025	86.8 MI (139.7 KM)	Bicycle - Valentine, NE to Stuart, NE
9/2/2025	104.5 MI (168.2 KM)	Bicycle - Stuart, NE to Norfolk, NE
9/3/2025	118.6 MI (190.9 KM)	Bicycle - Norfolk, NE to Lincoln, NE
9/4/2025	72.2 MI (116.2 KM)	Bicycle - Lincoln, NE to Omaha, NE
9/5/2025	9.8 MI (15.8 KM)	Bicycle - Omaha, NE to Iowa Border
9/5/2025	70.5 MI (113.4 KM)	Bicycle - Iowa border to Atlantic, IA
9/6/2025	81.1 MI (130.5 KM)	Bicycle - Atlantic, IA to Perry, IA
9/7/2025	100.6 MI (161.9 KM)	Bicycle - Perry, IA to Eldora, IA
9/8/2025	65 MI (104.7 KM)	Bicycle - Eldora, IA to Waterloo, IA
9/9/2025	82 MI (131.9 KM)	Bicycle - Waterloo, IA to Cedar Rapids, IA
9/10/2025	45.7 MI (73.5 KM)	Bicycle - Cedar Rapids to Ely back to Cedar Rapids (Mt Trashmore)
9/11/2025	7.1 MI (11.5 KM)	Bicycle - Cedar rapids Hotel to CIN Airport

Total Air Transportation Millage = 2350 MI (3782 KM)

Date	Distance	Traveled Start to End
8/18/2025	140 MI (225.3 KM)	Plane - Portland, Oregon (PDX) to Seattle, Washington (SEA)
8/18/2025	573 MI (922.2 KM)	Plane - Seattle, WA (SEA) to Idaho Falls, ID (IDA)
9/12/2025	215 MI (346 KM)	Plane - Cedar Rapids, IA (CID) to Minneapolis, MN (MSP)
9/12/2025	1422 MI (2288.5 KM)	Plane - Minneapolis, MN (MSP) to Portland, OR (PDX)