

Total Cycling Millage = 346.9 MI (558.3 KM)  
Total Ground Transportation Millage = 661 MI (1,064 KM)  
Total Airplane Millage: Airplane miles 16,832 MI (27,088 KM)

Total Miles Earth: Total miles traveled, not including airplane miles 1,008 MI (1,622 KM)  
Total Miles: Total miles traveled including airplane miles 17,840 MI (28,711 KM)  
Days of biking: 11 days  
Location: Vietnam and Cambodia  
[Flight information](#)  
Total Expenses: ~= \$5,602.26 USD

Country	Miles	Kilometers
Vietnam	142.4	229.2
Cambodia	204.5	329.1

Cycling miles table

Day 1, Wednesday, February 4, 2026  
Daily Bike Miles: 0 MI (0 KM)  
Location: Portland, Oregon (PDX) to Los Angeles, California (LAX) to flight to Taipei, Taiwan (TPE)  
Points of interest:  
1. Took the MAX to the airport.  
2. Traveled with only a carry-on and small backpack. Moved quickly through security.  
3. Flew from PDX to LAX.  
4. Boarded international flight from LAX to TPE.  
Expenses: \$1.40 USD – Max to Portland International Airport (PDX)  
Accommodations: Slept at STARLUX Airlines airplane in Portland, Oregon

Day 2, Thursday, February 5, 2026  
Daily Bike Miles: 0 MI (0 KM)  
Location: In transit Los Angeles, California (LAX) to flight to Taipei, Taiwan (TPE)  
Points of interest:

1. Crossed the International Date Line over the Pacific Ocean.

Expenses: \$0.00 USD - None

Accommodations: None

Day 3, Friday, February 6, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Flight to Taipei, Taiwan and flight to Ho Chi Minh City and around Ho Chi Minh City.

Points of interest:

1. Arrived in Ho Chi Minh City; had difficulty locating Jay.
2. Explored major landmarks in Ho Chi Minh City: Independence Palace, Notre Dame Cathedral, Central Post Office, City Hall, Rex Hotel, Opera House, Hotel Continental, Nguyen Hue Walking Street, Bitexco Financial Tower (visited Skydeck), and Ben Thanh Market.

Expenses: \$16.50 USD – Tip, Sky tower and food

Accommodations: Slept at Silverland Yen in Ho Chi Minh City, Vietnam

Day 4, Saturday, February 7, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Walk to Bui Vien Street and then back to hotel

Points of interest:

1. Cu Chi Tunnels tour.
2. Dinner on Bui Vien Street in Ho Chi Minh City.

Expenses: \$ 31.79 USD – Tip, T-shirt and food

Accommodations: Slept at Silverland Yen in Ho Chi Minh, Vietnam

Day 5, Sunday, February 8, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Ho Chi Minh City, Vietnam

Points of interest:

1. Walked to Jade Emperor Pagoda.
2. Met tour guide and got fitted for rental bikes.
3. Met fellow riders Ken and Moira.

Expenses: \$20.57 USD - Food

Accommodations: Slept at Silverland Yen in Ho Chi Mihn, Vietnam

Day 6, Monday, February 9, 2026

Daily Bike Miles: 33.1 MI (53.3 KM)

Location: Ho Chi Mihn City to Tra Vinh, Vietnam

Points of interest:

1. Cycled through rice paddies and farmland.
2. Visited Buu Lam Pagoda.
3. Took Phà Tân Trạ ferry.
4. Saw Dong Khoi National Monument.
5. Sampled rice wine.

Expenses: \$2.66 USD - Food

Accommodations: Slept at Coco Riverside Lodge in Tra Vinh, Vietnam

Day 7, Tuesday, February 10, 2026

Daily Bike Miles: 37.4 MI (60.2 KM)

TBD Location: Tra Vinh to Can Tho, Vietnam

Points of interest:

1. Learned to make rice pancakes.
2. Cycled by several pagodas.
3. Visited school full of friendly children.
4. Meet a basket weaver.
5. Found man deep in pond fishing. Only his head was out of the water.
6. Learned how to cross a monkey bridge.

Expenses: \$12.51 USD - Tip and food

Accommodations: Slept at TTC Premium in Can Tho, Vietnam

Day 8, Wednesday, February 11, 2026

Daily Bike Miles: 34 MI (54.6 KM)

Location: Can Tho to Chau Doc, Vietnam

Points of interest:

1. Visited floating market and Sau Hoai's rice noodle factory.
2. Cycled along canals lined with farmland.
3. Crossed a canal with our bikes via paddle boat.

Expenses: \$24.34 USD – Tip, souvenirs and food

Accommodations: Slept at Chau Pho in Chau Doc, Vietnam

Day 9, Thursday, February 12, 2026

Daily Bike Miles: 38 MI (61.1 KM)

Location: Chau Doc to Ha Tien, Vietnam

Points of interest:

1. Observed drone crop dusting.
2. Visited Tra Su Bird Sanctuary.
3. Stopped at Ba Chúc massacre memorial site, where more than 3,000 people were killed over a 12-day period in April 1978.

Expenses: \$0.95 USD – Orange juice

Accommodations: Slept at River Hotel in Ha Tien, Vietnam

Day 10, Friday, February 13, 2026

Daily Bike Miles: 16.2 MI (26.1 KM)

Location: Ha Tien, Vietnam to Cambodia border to Kep, Cambodia

Points of interest:

1. Crossed from Vietnam into Cambodia.
2. Cycled to Kep.
3. Explored a natural area with a rickety bridge.

Expenses: \$100.01 USD - Tips, Visa, Money Exchange and food

Accommodations: Slept at Tara Lodge in Kep, Cambodia

Day 11, Saturday, February 14, 2026

Daily Bike Miles: 32 MI (51.5 KM)

Location: Kep to Ta Keo, Cambodia

Points of interest:

1. Felt unwell most of the day.
  2. Visited a pepper farm.
  3. Passed numerous mango farms.
- Expenses: \$2.49 USD – Mango Smoothy

Accommodations: Slept at Meas Homestay in Ta Keo, Cambodia

Day 12, Sunday, February 15, 2026

Daily Bike Miles: 29.3 MI (47.2 KM)

Location: Ta Keo to Phnom Penh, Cambodia

Points of interest:

1. Saw people harvesting water lilies to transplant to another lake.
2. Visited Phnom Chisor Temple.
3. Toured the Killing Fields at Choeung Ek.
4. Shuttled to our hotel in Phnom Penh.
5. Dinner at Titanic Restaurant (Bopha Phnom Penh)

Expenses: \$17.68 USD - Drinks

Accommodations: Slept at Duong Chan Hotel in Phnom Penh, Cambodia

Day 13, Monday, February 16, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Phnom Penh, Cambodia

Points of interest:

1. Visited Independence Monument.
2. Toured the Royal Palace with the Silver Pagoda.
3. Watched traditional Chinese performances at Wat Phnom.
4. Explored the National Museum of Cambodia.

Expenses: \$16.88 USD – Pharmacy, shorts and food

Accommodations: Slept at Duong Chan Hotel in Phnom Penh, Cambodia

Day 14, Tuesday, February 17, 2026

Daily Bike Miles: 40.7 MI (65.5 KM)

Location: Phnom Penh to Kampong Cham, Cambodia

Points of interest:

1. Rode through affluent areas of Phnom Penh.
2. Saw stilt houses, monks, livestock, and children along the road.
3. Encountered a washed-out section of road.
4. Tried tarantulas, crickets, grubs, and baby quail cocked in eggshell.

Expenses: \$10.47 USD - Food

Accommodations: Slept at LBN Asian Hotel in Kampong Cham, Cambodia

Day 15, Wednesday, February 18, 2026

Daily Bike Miles: 32.6 MI (52.4 KM)

Location: Kampong Cham to Kampong Thom, Cambodia

Points of interest:

1. Walked across the bamboo bridge to Kaoh Pan Island.
2. Followed the Mekong River past schools and gatherings.
3. Visted Wat Hanchey.
4. Saw rubber and cashew trees.
5. Watched stone carving in Ka Kos village.

Expenses: \$0.50 USD – Bottled water

Accommodations: Slept at Sambor Village in Kampong Thom, Cambodia

Day 16, Thursday, February 19, 2026

Daily Bike Miles: 31.2 MI (50.3 KM)

Location: Kampong Thom to Siem Reap, Cambodia

Points of interest:

1. Observed rice sorting to get the premium rice.
2. Saw drained pond with people collecting the remaining catfish.
3. Sat in walking tractor with the Kubota engine.
4. Visited palm sugar farm.
5. Explored Prasat Sambor Prei Kuk archeological site.
6. Saw Spean Praptos bridge (featured on Cambodian 5,000 bill).

Expenses: \$54.81 USD - Tips, souvenirs and food

Accommodations: Slept at Steung Siemreap in Siem Reap, Cambodia

Day 17, Friday, February 20, 2026

Daily Bike Miles: 22.4 MI (36.1 KM)

Location: Siem Reap, Cambodia

Points of interest:

1. Visited Angkor Wat, Ta Prohm, and Bayon temples.
2. Enjoyed drinks on Pub Street in Siem Reap.
3. Watched an Apsara dance performance at dinner.

Expenses: \$27.43 USD – Tips and drinks

Accommodations: Slept at Steung Siemreap in Siem Reap, Cambodia

Day 18, Saturday, February 21, 2026

Daily Bike Miles: 0 MI (0 KM)

TBD Location: Siem Reap, Cambodia

Points of interest:

1. Shopped for souvenirs in Siem Reap.
2. Visited the War Museum and National Museum in Siem Reap.
3. Visited the Artisans Angkor Living Museum in Siem Reap.

Expenses: \$65.87 USD - Souvenirs, Taxi, Museum entrance fee and food

Accommodations: Slept at Steung Siemreap in Siem Reap, Cambodia

Day 19, Sunday, February 22, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Siem Reap, Cambodia to Bangkok, Thailand

Points of interest:

1. Flew to Bangkok from Siem Reap.
2. Visited major landmarks in Bangkok, Thailand including Democracy Monument, Rattanakosin Wat, Ministry of Defense, Grand Palace, Wat Arun, Wat Pho, King Vajiravudh (Rama VI) Museum, Wat Prayurawongsawas Worawihan, and Wat Kalayanamit Woramahawihan.

- 3. Explored the flower market.
  - 4. Crossed the Chao Phraya River by \$.50 USD ferry in Bangkok.
  - 5. Walked Khao San Road in Bangkok.
- Expenses: \$30.49 USD - Taxi, bus, ferry, pants, hotel fee and food  
 Accommodations: Slept at Tinidee Trendy Bangkok Khaosan in Bangkok, Thailand

Day 20, Monday, February 23, 2026

Daily Bike Miles: 0 MI (0 KM)

TBD Location: Bangkok, Thailand

Points of interest:

- 1. Visite the Grand Palace in Bangkok, Thailand.
- 2. Explored the Charoen Krung art district.
- 3. Saw a water monitor lizard in central park moat.
- 4. Lunch at Dusit Central Park mall.

Expenses: \$65.30 USD – Tuk tuk, Grand Palace entry fee and food  
 Accommodations: Slept at Tinidee Trendy Bangkok Khaosan in Bangkok, Thailand

Day 21, Tuesday, February 24, 2026

Daily Bike Miles: 0 MI (0 KM)

Location: Bangkok, Thailand (BKK) to Seoul, South Korea (ICN) to Seattle, WA (SEA) to Portland, Oregon (PDX)

Points of interest:

- 1. Took taxi for Bangkok hotel to Bangkok international airport (BKK)
- 2. Flew Bangkok, Thailand (BKK) → Seoul, South Korea (ICN) → Seattle, WA (SEA) → Portland, Oregon (PDX)
- 3. Took MAX home and walked the final stretch.
- 4. Completed a short bike ride to Lucky Lab and back.

Expenses: \$8.40 USD – Bangkok Taxi and Portland Max  
 Accommodations: Slept at Home in Portland, Oregon

Total Cycling Millage = 346.9 MI (558.3 KM)

Date	Distance	Traveled Start to End
2/9/2026	15.1 MI (24.3 KM)	Bicycle - Tan Trụ, Long An to Chau Thanh, Long An

2/9/2026	18 MI (29 KM)	Bicycle - Mo Cay Bac, Ben Tre to Mo Cay Nam, Ben Tre
2/10/2026	37.4 MI (60.2 KM)	Bicycle - Phuong 8, Tra Vinh to Cau Ke, Tra Vinh
2/11/2026	34 MI (54.6 KM)	Bicycle - Phong Dien, Can Tho to Thot Not, Can Tho
2/12/2026	38 MI (61.1 KM)	Bicycle - Khom Hoa Binh, Chau Doc to Tri Ton, An Giang
2/13/2026	16.2 MI (26.1 KM)	Bicycle - Cambodia border to Kep Hotel, Tara Lode
2/14/2026	32 MI (51.5 KM)	Bicycle - Kep to Pagoda in Dam Thnam
2/15/2026	29.3 MI (47.2 KM)	Bicycle - Ta Keo to Chak Village
2/17/2026	40.7 MI (65.5 KM)	Bicycle - Phnom Penh edge of city to Mukh Kampul
2/18/2026	32.6 MI (52.4 KM)	Bicycle - Kampong Cham to Bos Khnor
2/19/2026	31.2 MI (50.3 KM)	Bicycle - Kampong Thom hotel to Ang Konh
2/20/2026	22.4 MI (36.1 KM)	Bicycle - Bike around Seim Reap

Total Ground Transportation Millage = 661 MI (1064 KM)

Date	Distance	Traveled Start to End
2/6/2026	4.2 MI (6.8 KM)	Taxi - SNG to Silverland Yen Hotel
2/6/2026	7.8 MI (12.6 KM)	Walking - Walking around Ho Chi Minh City
2/7/2026	0.3 MI (0.5 KM)	Walking - Walking to Cu Chi Tunnels tour company
2/7/2026	58.9 MI (94.8 KM)	Tour Van - Ho Chi Minh City to Cu Chi Tunnels
2/7/2026	3.2 MI (5.1 KM)	Walking - Walk to Bui Vien Street and then back to hotel
2/8/2026	9 MI (14.4 KM)	Walking - Walked around Ho Chi Minh City
2/8/2026	1 MI (1.6 KM)	Tour Van - To get fit to rental bike
2/9/2026	27.2 MI (43.8 KM)	Tour Van - Ho Chi Minh City to Tan Tru, Long An
2/9/2026	27.6 MI (44.4 KM)	Tour Van - Chau Thanh, Long An to Mo Cay Bac, Ben Tre
2/9/2026	10.2 MI (16.4 KM)	Tour Van - Mo Cay Nam, Ben Tre to Coco lodge in Tra Vinh
2/10/2026	17.5 MI (28.2 KM)	Tour Van - Coco Lodge, Vung Liem, Vinh Long to Phuong 8, Tra Vinh
2/10/2026	28.6 MI (46 KM)	Tour Van - Cau Ke, Tra Vinh to Hotel in Can Tho
2/11/2026	12.9 MI (20.8 KM)	Tour Van - Ninh Kieu, Can Tho to Phong Dien, Can Tho
2/11/2026	45.9 MI (73.9 KM)	Tour Van - Thot Not, Can Tho Province to Khom Hoa Binh, Chau Doc
2/12/2026	31.5 MI (50.7 KM)	Tour Van - Tri Ton, An Giang to River Hotel in Ha Tien, Kien Giang
2/13/2026	5.2 MI (8.4 KM)	Tour Van - Ha Tien, Kien Giang to Cambodia border

2/14/2026	34.9 MI (56.2 KM)	Tour Van - Dam Thnam to Ta Keo Homestay
2/15/2026	24.5 MI (39.4 KM)	Tour Van - Chak Village to Phnon Penh
2/16/2026	7 MI (11.3 KM)	Walking - Around Phnom Penh
2/17/2026	5 MI (8 KM)	Tour Van - Phnom Penh to edge of city
2/17/2026	51.8 MI (83.4 KM)	Tour Van - Mukh Kampul to hotel in Kampong Cham
2/18/2026	48.2 MI (77.6 KM)	Tour Van - Bos Khnor to hotel in Kampong Thom
2/19/2026	97.2 MI (156.4 KM)	Tour Van - Ang Konh to Siem Reap
2/22/2026	29.3 MI (47.2 KM)	Taxi - Seim Reap hotel to SAI-Angkor Intl airport
2/22/2026	23.9 MI (38.5 KM)	Bus - Bangkok, Thailand (BKK) to Bangkok Hotel
2/23/2026	24.3 MI (39.1 KM)	Walking - around Bangkok
2/24/2026	23.7 MI (38.1 KM)	Taxi - Bangkok Hotel to Bangkok, Thailand (BKK)

Total Air Transportation Millage = 16832 MI (27088 KM)

Date	Distance	Traveled Start to End
2/4/2026	833 MI (1340.6 KM)	Plane - Portland, Oregon (PDX) to Los Angeles, California (LAX)
2/5/2026	6771 MI (10896.8 KM)	Plane - Los Angeles, California (LAX) to Taipei, Taiwan (TPE)
2/6/2026	1387 MI (2232.2 KM)	Plane - Taipei, Taiwan (TPE) to Ho Chi Minh City, Vietnam (SGN)
2/22/2026	220 MI (354.1 KM)	Plane - Siem Reap, Cambodia (SAI) to Bangkok, Thailand (BKK)
2/24/2026	2298 MI (3698.3 KM)	Plane - Bangkok, Thailand (BKK) to Seoul-Incheon, South Korea (ICN)
2/24/2026	5178 MI (8333.2 KM)	Plane - Seoul-Incheon, South Korea (ICN) to Seattle, WA (SEA)
2/24/2026	145 MI (233.4 KM)	Plane - Seattle, WA (SEA) to Portland, Oregon (PDX)