

Panamericana 2016
Travel Diary & Statistics: Day by Day

date	means of transportation	route / places	distance cycled (km)	time on bike (hh:mm)	average speed (km/h)	altitude up (m)
21/03/16	plane	Flight ZRH-LAX (LX40)				
22/03/16	bus, walking	Sight-seeing in Los Angeles (stay at Hollywood Le Bon Hotel)				
23/03/16	bike	L.A. to Point Mugu State Park (Sycamore Canyon)	77	04:15	18.1	490
24/03/16	bike	Poin Mugu to Carpinteria State Beach	79	04:15	18.6	199
25/03/16	walking	Rest day				
26/03/16	bike	Carpinteria to Refugio State Beach	75	03:35	20.9	475
27/03/16	bike	Refugio State Beach to Pismo Beach	130	07:20	17.7	1200
28/03/16	train, walking	Rest day (day trip to San Luis Obispo)				
29/03/16	bike	Pismo Beach to Morro Bay	61	03:23	18.0	400
30/03/16	bike	Morro Bay to Plaskett Creek	101	05:36	18.0	1035
31/03/16	bike	Plaskett Creek to Big Sur (Pfeiffer State Park)	56	03:07	18.0	894
01/04/16	walking	Rest day (hike around Pfeiffer State Park)				
02/04/16	bike	Big Sur to Monterey	54	02:47	19.4	826
03/04/16	walking	Monterey				
04/04/16	walking	Monterey (Aquarium)				
05/04/16	bike	Monterey to Costanoa Campsite (near Pescadero)	133	06:18	21.1	948
06/04/16	bike	Costanoa to Palo Alto (Lukas Gerber)	75	04:33	16.5	1109
07/04/16	walking, bike	Rest day in Palo Alto, Stanford visit				
08/04/16	rental car	Palo Alto to Millerton Lake				
09/04/16	rental car	Millerton Lake to Mojave and Boron				
10/04/16	rental car	Boron to Death Valley (Panamint Springs)				
11/04/16	rental car	Death Valley: Panamint Springs (Darwin Falls), Mosaic Canyon, Furnace Creek (Artists Drive, Devil's Golf Course, Badwater)				
12/04/16	rental car	Death Valley: Furnace Creek (Zabriskie Point, hike Grower Gulch, Golden Canyon, Red Cathedral, Badland)				
13/04/16	rental car	Death Valley: drive to Charcoal Kiln, hike to Telescope Pk, drive to Panamint Springs				
14/04/16	rental car	Panamint Springs to Bishop, rail museum Laws, drive to Walker (KOA)				
15/04/16	rental car	Walker to Yosemite (Camp 4)				
16/04/16	rental car	Yosemite NP (Valley Loop Walk, Glacier Point Hike)				
17/04/16	rental car	Yosemite NP to Fleming Meadows Campground at Don Pedro Lake				
18/04/16	rental car	Don Pedro Lake to Anthony Chabot Regional Park Campground				
19/04/16	car and bike	Drive to Redwood City, bus to Palo Alto, bike Palo Alto to SF (Amsterdam Hostel)	60	03:53	15.5	299
20/04/16	walking, bike	San Francisco (bike tour GGB, Piers etc.; in the evening: baseball game Giants vs. Arizona Diamondbacks)				
21/04/16	walking, bike	San Francisco (Cable Car Museum, Chinatown, Financial District)				
22/04/16	walking, bike	San Francisco (REI shopping and Macy's), Martin arrives at night (Cheesecake Factory)				
23/04/16	walking, bike	San Francisco with Martin (biketour to Twin Peaks, Haight Ashbury, Golden Gate Park, GGB; Indian Dinner etc.)				
24/04/16	bike	San Francisco to Samuel P. Taylor State Park	62	03:29	17.8	883
25/04/16	bike	Samuel P. Taylor State Park to Bodega Bay	68	04:01	16.9	945
26/04/16	bike	Bodega Bay to Gualala Point Regional Park	77	04:20	17.8	1083
27/04/16	bike	Gualala Point Regional Park to Albion	74	04:37	16.0	1112
28/04/16	bike	Albion to Westport	57	03:27	16.5	732
29/04/16	bike	Westport to Richardson Grove State Park	74	04:46	15.5	1335
30/04/16	bike	Richardson Grove State Park to Ferndale	112	05:32	20.2	895
01/05/16	bike	Ferndale to McKinleyville	63	02:58	21.2	219
02/05/16	bike	McKinleyville to Elk Prairie State Park	63	03:10	19.9	617
03/05/16	bike	Elk Prairie State Park to Crescent City (Anchor Beach Inn Motel)	54	02:49	19.2	764
04/05/16	walking, bike	Rest day in Crescent City (Anchor Beach Inn Motel)				
05/05/16	bike	Crescent City (CA) to Harris Beach State Park (OR)	50	02:12	22.7	287
06/05/16	bike	Harris Beach State Park to Humbug Mountain State Park	81	04:19	18.8	929
07/05/16	bike	Humbug Mountain State Park to Sunset Bay State Park	97	04:50	20.1	890
08/05/16	bike	Sunset Bay State Park to Honeyman State Park	92	04:32	20.3	814
09/05/16	bike	Honeyman State Park to South Beach State Park	84	03:48	22.1	763
10/05/16	bike	South Beach State Park to Cape Lookout State Park	119	05:51	20.3	1224
11/05/16	bike	Cape Lookout State Park to Tillamook (Air Museum) to Nehalem State Park	94	04:20	21.7	724
12/05/16	bike	Nehalem State Park to Fort Stevens State Park (near Astoria)	67	03:15	20.6	693
13/05/16	bike	Fort Stevens State Park to Scappoose	139	05:51	23.8	1018
14/05/16	bike	Scappoose to Portland (stay at Travelodge)	40	01:38	24.5	185
15/05/16	walking, bike	Portland (laundry, bike repair, sight-seeing Downtown & Old Town)				
16/05/16	walking, bike	Portland (Rose test garden, sight-seeing Belmont area)				
17/05/16	bike	Portland to Castle Rock (Paradise Cove Resort & RV Park)	118	05:00	23.6	492
18/05/16	bike	Castle Rock to Sylvia Lake State Park (in Montesano)	137	06:11	22.2	580
19/05/16	bike	Montesano to Lake Quinalt (Olympic National Forest, Willaby campsite)	95	04:37	20.6	612
20/05/16	bike	Lake Quinalt to Hoh Rain Forest	120	05:24	22.2	934
21/05/16	bike	Hoh Rain Forest to Forks (Forks Motel)	57	02:32	22.5	397
22/05/16	bike	Forks to Elwha Valley (wilderness camping)	91	04:15	21.4	757
23/05/16	bike, ferry	Elwha Valley to Port Angeles, ferry to Victoria (stay at Ocean Island Inn Hostel)	41	02:13	18.5	370
24/05/16	walking	Victoria sight-seeing, whale watching trip				
25/05/16	bike	Victoria to French Beach (Provincial Park)	69	03:26	20.1	654
26/05/16	bike	French Beach to Port Renfrew (Pacheedaht Campground)	54	02:43	19.9	677
27/05/16	bike	Port Renfrew to Sidney (McDonald Provincial Park)	141	06:28	21.8	1161
28/05/16	walking, bike	Sidney sight-seeing and relaxing				
29/05/16	bike, ferry	Sidney to Swartz Bay, ferry to Tsawwassen, bike to Langley	49	02:54	16.9	80
30/05/16	walking, bike	Langley (stay at Rita&Thomas')				
31/05/16	walking, bike	Langley (stay at Rita&Thomas')				
01/06/16	bike	Langley to Vancouver (stay at The Burrard Hotel, walk through Yaletown & Library)	57	03:03	18.7	511
02/06/16	walking, bike	Vancouver sight-seeing: Canada Place, Gastown, Yaletown, Granville Island; Massage				
03/06/16	bike	Vancouver (drive through Stanley Park) to Paradise Valley	96	04:43	20.4	1155
04/06/16	bike	Paradise Valley to Whistler to Lillooet Lake	115	06:14	18.4	1437
05/06/16	bike	Lillooet Lake to Cottonwood Creek	66	04:24	15.0	1414
06/06/16	bike	Cottonwood Creek to Marble Canyon	77	04:34	16.9	1346
07/06/16	bike	Marble Canyon to Steelhead Provincial Park	79	03:26	23.0	555
08/06/16	bike	Steelhead Provincial Park to Chase (Lions Club RV Park)	109	04:34	23.9	833
09/06/16	bike	Chase to Malakwa (Noah's Ark Resort)	132	05:51	22.6	1009
10/06/16	walking	Rest day at Noah's Ark Resort (blog writing, route planning)				
11/06/16	bike	Malakwa to Canyon Hot Springs	67	03:04	21.8	731
12/06/16	bike	Canyon Hot Springs to Golden (Whispering Spruce Camping)	124	05:45	21.6	1414
13/06/16	bike	Golden to Lake Louise	95	05:21	17.8	1440
14/06/16	walking	Rest day and Planning in Lake Louise				
15/06/16	bike	Lake Louise to Rampart Creek (Icefields Pkw)	101	04:47	21.1	1066
16/06/16	bike	Rampart Creek to Jasper (Whistlers Campground) (Icefields Pkw)	144	06:45	21.3	1255
17/06/16	walking, bike	Jaspar (sight-seeing, laundry, hike)				