

General Considerations Scandinavia-(Stage 9)

Norway, Sweden, Denmark & Finland

- Once again, pedal and drive on the **RIGHT** side of the road.
- It's one hour later than in the United Kingdom, so set your watch ahead (3 pm instead of 2 pm) one hour.
- Since there are only a relatively small number of Norwegians, Swedes, Danes and Finns, many speak excellent English, so they "can speak to more people", as one local explained.
- Each Scandinavian country uses a different type of currency with its own exchange rate against the USD. The following are approx.
 - Norway's Kroner is worth approx 8.6 Kroner to \$1.
 - The Swedish Krona is worth about 8.8 Krona to \$1.
 - The Denmark Krone is worth about 7.8 Krone to \$1.
 - The Finland Markka is worth about 6.3 Markka to the \$1.
- As most have heard, Scandinavia is very expensive, often supporting taxes rates of 20 to 25%. Lots of services and a high standard of living. You can get anything here.
- Lots of remote territory and great people, so keep stocked up on goodies.
- Overall the roads are excellent and we have uncovered many relatively quiet ones for your cycling enjoyment. Many of the major roads were not viable options because of long tunnels, often in a series. Expect a variety of terrain throughout Scandinavia.
- There is also a well developed network of marine highways, many incorporated into Odyssey's routes. Many are big ferries, sometime giant, and can accommodate large vehicles as well as dozens to hundreds of passengers.
- Norway has the most dramatic terrain along Odyssey's Scandinavian route. Lots of Fjords and mountains, including some respectable climbing.
- Watch for grass, trees and bushes growing on the roofs of some Norwegian homes, hotels and cabins.
- Sweden generally has more gentle terrain with lots of lakes and coniferous forests.
- Denmark gets flatter, but still has some challenging terrain.
- Finland is beautiful and even has some shoulders.
- Supposedly, if a bike path is available in any of the Scandinavian countries, and there are many of them, especially in the larger cities, you are supposed to use them. We recommend that you use them on fast, busy or tight roads. Some places you will have to for obvious reasons, so use your best judgement.
- Since Finland is a neighbor of Russia, you will see more Russian influence. Evidently, many of the more affluent Russians spend a fair bit of time in Finland.
- Watch for moose, you might get lucky and see some. They are huge!
- Don't forget warm clothes for the ferry waits and fast, earned descents.

Day 194 Aberdeen to Bergen, Norway (flight)

12-Jul Wed

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Miles Accum

0.0 0.0 We will be busing to the airport.

Km Accum *Welcome to Norway! Kilometers for the remainder of Europe.*

0.0 0.0 We will be busing to the hostel, though these are the directions we would have used.

0.0 9.7 ARRIVE at Bergen International Airport. **Welcome to Norway!**
0.0 9.7 **RIGHT** from baggage claim. Remember you're on the right side of the road now.
0.1 9.8 **BEAR LEFT** towards 580 (E 39) towards Bergen.
0.2 10.0 **RIGHT** onto 580 (E 39) towards Bergen at rotary.
0.4 10.4 **RIGHT** onto 580 (E 39) towards Bergen at rotary. CAUTION narrow road.
1.6 12.0 STRAIGHT to follow 580 (E 39) towards Bergen at Jct 556. Detached bike path on left.
2.8 14.8 Detached bike path crosses road.
0.5 15.3 STRAIGHT to follow 580 at Jct 553 at rotary. Bike path ends.
0.4 15.7 **RIGHT** onto Krohnåsvegen at rotary.
0.1 15.8 STRAIGHT to follow Krohnåsvegen at rotary.
0.2 16.0 **LEFT** to follow Krohnåsvegen at "T". CAUTION speed bumps ahead.
0.4 16.4 **LEFT** onto Bjernevegen. No cars or motorcycles allowed.
0.6 17.0 Vehicle access returns.
0.7 17.7 **BEAR RIGHT** onto Hjortevegen in front of Spar store.
0.5 18.2 **LEFT** onto Apeltunvegen at "T".
1.4 19.6 **RIGHT** onto Nesttunvegen (E 39) at rotary.
0.3 19.9 **RIGHT** to follow 580 at rotary.
1.2 21.1 **LEFT** onto Sandbrekkvegen towards Sandalen at rotary.
0.4 21.5 **BEAR RIGHT** to follow route. CAUTION steep descent on narrow one-lane road.
0.4 21.9 STRAIGHT at turnoff to Nesttun.
1.2 23.1 **BEAR LEFT** to follow route at Jct Nattlandsbotn.
0.3 23.4 **RIGHT** onto 585 towards Sentrum at yield sign at "T".
3.3 26.7 STRAIGHT to follow 585 at turnoff to E 39 at light.
0.2 26.9 **RIGHT** onto Landassvingen towards Montana at crest of hill.
0.1 27.0 **BEAR LEFT** and an **IMMEDIATE LEFT** to follow Landassvingen.
0.4 27.4 **BEAR LEFT** onto Sollien towards Montana.
0.7 28.1 **LEFT** onto Løgdesvingen towards Montana Youth Hostel.
0.1 28.2 ARRIVE at Bergen Vandrerjem Montana Youth and Family Hostel.

Services: Bergen is a popular and pleasant community with everything you'd want. Montana hostel is about 5 km from the center of the city. It has excellent bus connections to city center.

Camping: Our host is the Bergen Vandrerjem Montana Youth and Family Hostel. Beds tonight, usually 2 to 5 per room in bunks.

Toilets: Plenty in or near rooms.

Showers: Plenty in or near rooms.

Dinner: Dinner is being served in two shifts: 6:30 to 7:30 and 7:30 to 8:30 pm at the hostel.

Breakfast: Breakfast is at the hostel and will be served from 6:30 to 8:00 am.

Tomorrow: 96.7 kms. Tomorrow is somewhat hilly, but nothing major. A beautiful cycling day with a couple of bridges, several bike paths, some tunnels, and a ferry ride. Don't forget your flashers.

Day 195 Bergen to Risnes

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13-Jul Thu

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.0 0.0 **RIGHT** from the entrance of the Bergen Vandrerjem Montana Youth and Family Hostel.
- 0.1 0.1 **RIGHT** to head down hill (same route you came in on).
- 0.7 0.8 **BEAR RIGHT** to continue down hill.
- 0.2 1.0 **BEAR LEFT** to continue down hill
- 0.1 1.1 **RIGHT** and an **IMMEDIATE BEAR RIGHT** to return to main road (585).
- 0.2 1.3 **RIGHT** onto Nattlandsveien at yield sign at "T".
- 0.8 2.1 **STRAIGHT** to follow 585 through tunnel towards Sentrum at light. Cyclists must use cycle lane.
- 0.5 2.6 **EXIT** tunnel and continue **STRAIGHT** to follow 585 towards Sentrum.
- 2.0 4.6 **PASS** through toll booth (approx \$.75/vehicle. No charge for bicycles).
- 0.7 5.3 **LEFT** onto Nygaten to follow 585 in the central city area at light and an **IMMEDIATE RIGHT** onto Allehengens Gate.
- 0.2 5.5 **BEAR RIGHT** to follow 585 as streets merge.
- 0.1 5.6 **RIGHT** at Torgallmenningen to follow 585 at light. **CAUTION** cobblestone road, more ahead.
- 0.1 5.7 **BEAR LEFT** onto Bryggen to follow 585 around harbor at light.
- 0.4 6.1 **STRAIGHT** to follow 585 around the harbor as right lane goes right.
- 0.5 6.6 **CAUTION** RR tracks.
- 1.3 7.9 **STRAIGHT** to follow 585 at turnoff to Gjestehus and Sandviken Bryggre at light.
- 0.3 8.2 **RIGHT** onto bike path (use caution hopping curb) to access bike/ped bridge to bypass tunnel. The bike path goes to your right for approx .1 km, then **LEFT** onto surface street and an **IMMEDIATE LEFT** to follow bike path over and along the E 16. Note: Follow bike path/sidewalk combo that parallels highway for about 1.5 km until you rejoin the "surface street" routing on Helleveien street. *Vehicles: Continue through tunnel to second exit (NHH) to rejoin route. If you need to return to Bergen, the toll is about 75¢.*
- 1.5 9.7 **LEFT** from the bike path/sidewalk combo onto Helleveien just past bus stop at light. Statoil service station ahead on left. Road follows coastal route.
- 3.6 13.3 **BEAR LEFT** to follow coastal route at Jct Eidsvågskogen.
- 1.7 15.0 **BEAR LEFT** towards Eidsvåg just before tunnel under highway.
- 2.8 17.8 **RIGHT** at yield sign and an **IMMEDIATE LEFT** onto Åsamyrane at rotary to follow national road.
- 0.2 18.0 **CROSS** E 16.
- 0.7 18.7 **BEAR RIGHT** at rotary to follow national route.
- 0.6 19.3 **CROSS** E 16.
- 0.2 19.5 Hydro Texaco on right.
- 0.1 19.6 **LEFT** onto 564 towards Salhus.

Continued

Day 195 Bergen to Risnes

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13-Jul Thu

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Km Accum

- 3.4 23.0 STRAIGHT to follow 564 at turnoff to Slettestølen.
- 1.1 24.1 Jump on bike path just before "no bikes ahead" symbol to cross under 564 and around tunnel. CAUTION curb. Note: You can stay on bike path for .8
- 0.6 24.7 ENTER Salhus.
- 0.2 24.9 Re-enter traffic as bike path crosses 564.
- 0.9 25.8 **BEAR RIGHT** towards Steinestø.
- 1.6 27.4 **RIGHT** onto Tellevikenvegen towards Hordvick at rotary.
- 0.2 27.6 **LEFT** towards Knarvik to head for bridge at rotary.
- 0.1 27.7 Jump on bike path just before bus stop and "no bikes ahead" symbol to follow bike path on road below to your right. CAUTION curb. (Don't go through pedestrian tunnel).
- 0.2 27.9 **BEAR LEFT** to follow bike path on lower road at angled "T".
- 0.5 28.4 **BEAR LEFT** under bridge onto bike path to follow route across bridge.
- 1.7 30.1 Toll booth 45 K. Bikes free.
- 0.2 30.3 STRAIGHT through parking lot into the tunnel and an **IMMEDIATE RIGHT** after tunnel to follow the bike path towards Knarvik.
- 0.1 30.4 **BEAR LEFT** after short climb (don't merge with surface streets) and an **IMMEDIATE BEAR RIGHT** under road to follow bike path to Knarvik.
- 0.1 30.5 **RIGHT** onto bike path/sidewalk to continue towards Knarvik.
- 1.1 31.6 CROSS under E 39 to follow bike path on south side of bridge.
- 0.8 32.4 **LEFT** onto 57 towards 565 to Radøy at rotary. Bikes rejoin route here.
- 0.7 33.1 **BEAR LEFT** to follow 57. Enjoying the descent?
- 0.6 33.7 Smart service station and Bikuben Ferskvaregiganten store on right.
- 0.1 33.8 **BEAR LEFT** onto 565 towards Radøy.
- 2.6 36.4 ENTER Alversund. Full services. Services begin to thin out from here.
- 0.3 36.7 Consider using detached bike path to CROSS bridge.
- 3.2 39.9 ENTER community of Radøy.
- 1.7 41.6 **BEAR RIGHT** to follow 565 at turnoff to Sæbo.
- 5.0 46.6 **RIGHT** to follow 565 towards Austrheim.
- 0.2 46.8 ENTER Lunde. Store on right. Caution fast curvy downhill.
- 3.0 49.8 **BEAR RIGHT** to follow 565 at cut-off to Manger.
- 1.6 51.4 **BEAR RIGHT** at turnoff to Lervik.
- 2.7 54.1 **BEAR LEFT** to ENTER Sletta. No services on route.
- 2.1 56.2 **BEAR LEFT** to follow 565 at turnoff to Valderness.
- 2.1 58.3 ENTER Nordanger as road widens and regains center line. No services.
- 3.4 61.7 CROSS bridge.
- 0.4 62.1 ENTER Austrheim kommune.
- 4.6 66.7 ENTER Austrheim. Road narrows.

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Day 195 Bergen to Risnes

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13-Jul Thu

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Km Accum

1.2	67.9	RIGHT to follow 565 towards Fonnes.
0.1	68.0	Store on right.
0.2	68.2	RIGHT to follow 565 towards Mongstad at Jct 568 to Fedge.
1.4	69.6	Store on left and BEAR LEFT to follow 565.
0.7	70.3	Hydro Texaco on left.
0.2	70.5	BEAR LEFT to follow 565 towards Fonnes at Jct to Mastrevik.
2.2	72.7	BEAR RIGHT to follow 565 towards Mongstad.
0.4	73.1	CROSS small bridge.
1.2	74.3	CROSS bridge.
2.9	77.2	CROSS bridge.
2.7	79.9	LEFT onto 57 towards Leirvåg and ferry.
1.2	81.1	ENTER Leirvåg.
0.3	81.4	CHECKPOINT. ENTER ferry terminal to catch ferry to Sløvåg (48 NOK/ 69 for 2-TK&A pays). Catch correct ferry. Toilets on dock and ferry.
0.0	81.4	EXIT ferry onto 57 in Sløvågen.
2.2	83.6	ENTER Eidsbotn. No services.
1.7	85.3	RIGHT to follow 57 towards Duesund at "T".
1.8	87.1	ENTER Masfjordan kommune.
2.2	89.3	Nantesund Campground on right.
2.3	91.6	STRAIGHT to follow Hwy 57 at Jct towards Sleire and Frøyset.zaq
0.1	91.7	ENTER Risnes. CROSS bridge. No services.
2.8	94.5	ENTER Hosteland.
0.1	94.6	Enter .3 km tunnel. Use your flashers.
0.4	95.0	STRAIGHT at turnoff to Brekke.
0.3	95.3	Spar supermarket on left and Hydro Texaco on right. O2 informed.
1.2	96.5	RIGHT into Idrettsanlegg (school) on right. CAUTION gravel surface.
0.1	96.6	STRAIGHT to descend to camping area. NOTE: We will likely be camping in and around the school. Watch for signs.
0.1	96.7	ARRIVE at camping area.
	96.7	Today's Distance in Kilometers
	96.7	Total Stage in Kilometers
	17,352.8	Total Trip Kilometers

Services:	The closest services are 1.2 km before school. The school has about 150 students and generally excellent facilities. They are looking forward to our stay.
Camping:	We will be camping in and around the school or below the school on their sports fields. Remember, no alcohol on school campus.
Toilets:	Several. Plus 8 to 10 toilets are available next to their sports fields.
Showers:	TK&A showers plus others at the school.
Dinner:	Dinner is being prepared by a parents group and will be served at the school from 7:00 to 8:30 pm.
Breakfast:	Breakfast is being prepared by the same parents group and will be served at the school from 6:30 to 8:00 am.
Tomorrow:	142.6 kms. Gorgeous day with some climbing, ferry and tunnels. Stock up in town before you leave.

Day 196 Risnes to Førde

14-Jul Fri

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Km Accum

0.0	0.0	LEAVE camping area.
0.2	0.2	LEFT onto Hwy 57 at yield sign at "T".
1.2	1.4	Services.
0.3	1.7	RIGHT towards Brekke just before tunnel.
3.2	4.9	CROSS small bridge.
1.4	6.3	BEAR RIGHT at turnoff to Risnes.
4.9	11.2	BEAR RIGHT to CROSS bridge at turnoff to Birkeland. No services.
2.7	13.9	ENTER Gulen kommune. No services.
1.3	15.2	ENTER Ynnesdal. No services.
2.7	17.9	CAUTION cattle guard.
1.6	19.5	Crest of approx 800 ft climb. Enjoy rapid and curvy descent.
1.0	20.5	ENTER Verkland. No services.
1.1	21.6	CAUTION cattle guard.
0.9	22.5	CAUTION cattle guard.
1.1	23.6	Summit of 3 km climb at 480 meters, approx 1600 ft. Pretty fast descent ahead with a couple of nasty cattle guards and rough road in areas.
3.9	27.5	CAUTION cattle guard.
0.7	28.2	CAUTION cattle guard.
2.1	30.3	ENTER Brekke. Full services.
0.1	30.4	BEAR RIGHT towards Brekke at turnoff to Tynning.
0.5	30.9	LEFT towards Rutledal and Hwy 57 at "T". Services.
1.6	32.5	Fjord Hotel and restaurant on right. Like the roofs?
2.3	34.8	ENTER Takle. No services.
1.8	36.6	BEAR RIGHT towards Rutledal and Hwy 57 at "T".
3.0	39.6	ENTER Hjartholm. No services.
6.7	46.3	ENTER Bålen. No services.
1.0	47.3	ENTER Breidvik. No services.
4.7	52.0	ENTER Rutledal. No services.
0.2	52.2	RIGHT (almost 180°) turn into ferry lines going to Rysjedalsvika and Hwy 57. This ferry is somewhat infrequent, every 1 or two hours, so plan accordingly. Do not get in ferry line going to Krakhella. CHECKPOINT . Toilets, snack bar & lounge on ferry.
0.1	52.3	LOAD ferry and sail.
0.0	52.3	ARRIVE at the Rysjedal Ferry Terminal.
0.0	52.3	RIGHT to follow Route 57 from ferry toward Leirvik.

Continued

Day 196 Risnes to Førde
14-Jul Fri

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Km Accum

6.0	58.3	RIGHT onto Route 607 toward Leirvik and Lavik. ENTER Leirvik.
0.5	58.8	Leirvik Senter on left. Full services.
8.0	66.8	Enter a .1 km curved and rather dark tunnel. Use your blinkers.
0.2	67.0	ENTER Brendsdal. No services.
1.8	68.8	ENTER Høyanger kommune. No services.
7.0	75.8	ENTER Lavik. Full services.
0.4	76.2	STRAIGHT to follow 607 towards E 39.
0.4	76.6	STRAIGHT onto E 39 toward Førde at yield sign.
6.5	83.1	ENTER Rå. No services.
2.5	85.6	ENTER Aven. No services.
1.6	87.2	ENTER Torvund. No services .
4.2	91.4	Summit of approx 440 ft climb. Enjoy the descent.
0.7	92.1	ENTER Norevik. No services.
3.6	95.7	Enter short tunnel.
2.3	98.0	Enter .2 km (181 meters) Avsnestunnelen tunnel. CAUTION dark tunnel, use lights and blinkers.
2.4	100.4	Enter .6 km (636 meter) Bogstunnelen tunnel. CAUTION long tunnel, use lights and blinkers.
2.5	102.9	ENTER Vadheim. Full services.
1.2	104.1	LEFT to follow E 39 towards Førde and Ålesund.
3.6	107.7	ENTER Gualar kommune. No services.
10.4	118.1	ENTER Sande. Full services.
0.3	118.4	STRAIGHT to follow E 39 at Jct 610 to Dale.
0.3	118.7	Shell Station on left with snacks and toilets. O2 informed.
0.3	119.0	BEAR LEFT to follow E 39 towards Førde and Ålesund.
8.9	127.9	CAUTION cattle guard.
5.8	133.7	Førde kommune. No services. Approx 1150 ft. Enjoy your descent.
2.5	136.2	Rock quarry on left and scenic view on right.
1.6	137.8	CAUTION cattle guard.
0.1	137.9	ENTER Førde. Full services in town 350 ft below.
2.0	139.9	STRAIGHT to follow E 39 at turnoff to 609 and Askvoll.
0.4	140.3	STRAIGHT at rotary to follow E 39 towards Ålesund.

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Day 196 Risnes to Førde

14-Jul Fri

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Km Accum

0.3 140.6 City center to left.
0.5 141.1 Havfstad Skule on left.
1.1 142.2 **LEFT** towards Førde camping area.
0.3 142.5 **BEAR RIGHT** into Førde Gjestehus Og Campground.
0.1 142.6 ARRIVE at camping area.

142.6 Today's Distance in Kilometers
239.3 Total Stage in Kilometers
17,495.4 Total Trip Kilometers

Services: Full services in town, fairly close to camp.
Camping: We are camping at the Førde Gjestehus Og Campground in ample grassy areas. An excellent facility. Small laundry.
Toilets: Several in a couple of different facilities. Ask.
Showers: TK&A to supplement those on site.
Dinner: Dinner will be about 500 meters from the campground from 7:00 to 8:30 pm.
Breakfast: Breakfast will be about 500 meters from the campground from 6:30 to 8:00 am.
Tomorrow: 128.8 kms of beautiful cycling with some climbing.

Day 197 Førde to Sogndal
15-Jul Sat

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Km Accum

0.0	0.0	EXIT camping area.
0.1	0.1	BEAR LEFT towards the main road.
0.3	0.4	LEFT onto E 39 at at yield sign at "T".
1.3	1.7	Store on left.
2.2	3.9	Bike lane ends.
0.5	4.4	CROSS bridge.
2.5	6.9	Sunnfjord Museum on right.
1.2	8.1	ENTER Moskog. No services.
0.8	8.9	RIGHT onto Hwy 13 towards Voss and Dragsvik as E 39 goes left. Small store on right.
8.6	17.5	Store on right.
0.1	17.6	ENTER Holsen. No services.
3.5	21.1	CAUTION cattle guard.
2.6	23.7	Begin .2 km rapid ascent.
0.6	24.3	Summit of climb approx 1770 ft.
1.8	26.1	CAUTION cattle guard. Services ahead on left.
0.3	26.4	ENTER Gaular kommune. No servies.
10.4	36.8	ENTER Viksdalen. Limited services.
0.3	37.1	BEAR LEFT to follow Hwy 13 across small bridge at turnoff to Roska.
2.1	39.2	LEFT to follow Hwy 13 towards Voss and Dragsvik at "T". Store on left.
1.4	40.6	CAUTION cattle guard.
1.1	41.7	CAUTION cattle guard.
6.0	47.7	CAUTION cattle guard.
1.3	49.0	CAUTION cattle guard.
3.1	52.1	CAUTION cattle guard.
5.8	57.9	ENTER Balestrand kommune. No services.
1.8	59.7	Summit of a moderate climb. Approx 2500 ft. Checkout the snow on the hills just above you. Steep 8% and windy 10 km downhill ahead.
1.6	61.3	CHECKPOINT on right at pullout beside lake. No services.
2.7	64.0	Large scenic pullout on right at beginning of descent. CAUTION steep, bumpy and curvy descent.
7.8	71.8	ENTER Vetlefjorden. No services.
5.1	76.9	CROSS small bridge.
2.4	79.3	CAUTION Possible .2 km tunnel.
0.7	80.0	ENTER Sværefjorden. No services.

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Day 197 Førde to Sogndal

15-Jul Sat

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Km Accum

5.8	85.8	ENTER Farnes.
0.3	86.1	Farnesbui store on left. O2 informed.
5.5	91.6	LEFT towards Hwy 55 and the ferry to Hella at rotary at "T". ENTER Dragsvik.
0.3	91.9	BEAR RIGHT into Dragsvik Ferry terminal into lanes going to Hella. Toilets on left. Look like ferries run every 30 minutes or so.
0.2	92.1	ENTER ferry to Hella. Toilets, snack bar and lounge on ferry. Cost for 2 & car 51 NOK.
0.2	92.3	ENTER Leikanger kommune. No services.
11.9	104.2	ENTER Leikanger. Full services.
3.1	107.3	ENTER Hermansverk. Full services.
1.3	108.6	End of approx 4 km bike lane.
2.0	110.6	ENTER Sogndal kommune.
2.0	112.6	ENTER Slinde. No services.
2.0	114.6	Service station and store on right.
5.6	120.2	ENTER Fardal. No services.
4.0	124.2	Enter .1 km Tunnel. Has a dirt sidewalk.
2.4	126.6	ENTER Songndal. Full services.
1.1	127.7	LEFT to follow Hwy 5 towards Førde at rotary.
0.9	128.6	RIGHT into Sogndal Stadion and Sognahallen and an IMMEDIATE RIGHT towards large indoor stadium.
0.2	128.8	ARRIVE at check-in.
	128.8	Today's Distance in Kilometers
	368.1	Total Stage in Kilometers
	17,624.2	Total Trip Kilometers

Services:	Full services in town fairly close to our sports facility.
Camping:	We are being hosted by the Sogndal Stadion and Sognahallen-sports complex. They are allowing indoor camping in their excellent facility. Limited outside camping might also be possible as well.
Toilets:	Lots of bathrooms with plenty of toilets.
Showers:	Plenty of gang type showers in several facilities for men and women.
Dinner:	Dinner is from 7:00 to 8:30 pm and is being arranged by Sogndal Stadion and Sognahallen at or near the facility.
Breakfast:	Breakfast is from 6:30 to 8:00 am and is being arranged by Sogndal Stadion and Sognahallen at or near the facility.
Tomorrow:	139.9 beautiful kilometers with some climbing and ferries.

Day 198 Sogndal to Gol

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16-Jul Sun

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Km Accum

0.0	0.0	EXIT sports complex.
0.4	0.4	LEFT from parking lot and an IMMEDIATE LEFT onto Hwy 5 towards Sogndal at "T". ENTER Sogndal.
0.9	1.3	LEFT to follow Hwy 5 towards Lørdal at rotary at "T".
0.7	2.0	STRAIGHT to follow Hwy 5 towards Lørdal at rotary.
0.6	2.6	STRAIGHT to CROSS bridge to follow Hwy 5 towards Lørdal. Bike path on left lasts for about 3 km.
6.5	9.1	Museum on right.
2.0	11.1	Full services.
0.3	11.4	BEAR RIGHT towards E 16, Kaupanger and ferry.
0.2	11.6	STRAIGHT at rotary to follow E 16 towards Kaupanger.
1.5	13.1	ENTER Kaupanger.
0.8	13.9	ARRIVE at the Kaupanger Ferry terminal to Lørdal and Gudvangen.
0.2	14.1	ENTER ferry for a 45 minute ride.
0.0	14.1	DEPART on the first Kaupanger Ferry to Lørdal. Our target departure is 9:30 am, try to be there by 9:00 am.
0.0	14.1	EXIT ferry to ARRIVE in Lørdal. Stock up here because there are few services for the rest of the day.
0.5	14.6	LEFT towards town (Hwy 5) as E 16 continues straight to Oslo at rotary.
0.2	14.8	RIGHT towards town at rotary.
0.5	15.3	RIGHT towards Sentrum. Full services.
0.2	15.5	LEFT to follow route through town at "T".
1.0	16.5	BEAR RIGHT and an IMMEDIATE LEFT onto E 16 towards Oslo.
0.4	16.9	LEFT onto Sjukehusvegen towards Fylkessjukehus (Hospital).
0.5	17.4	RIGHT to follow Sjukehusvegen onto Borlaug 38 bike route at "T".
6.5	23.9	LEFT onto E 16 to follow Borlaug 38 bike route at "T".
2.0	25.9	ENTER Ljøsne.
0.3	26.2	RIGHT towards Mo to follow Borlaug 38 bike route. Store on left.
0.3	26.5	LEFT after crossing river at "T".
2.4	28.9	LEFT to follow Borlaug 38 bike route. CAUTION speed bumps ahead.
0.6	29.5	RIGHT onto E 16 at "T".
8.7	38.2	Enter short tunnel.
0.5	38.7	Enter short tunnel.
6.6	45.3	Stave Church on left. Beautiful.
4.4	49.7	ENTER Steinklepp. Smarked grocery store and Pub & Café on right.
8.4	58.1	BEAR RIGHT onto Hwy 52 towards Gol via Hemsedalsfjellet Pass at "T". Begin 13.4 km climb.
8.9	67.0	ENTER Breistølen where road flattens out a little. Limited services.

Continued

Day 198 Sogndal to Gol

16-Jul Sun

(Page 2 of 2)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

4.8	71.8	CHECKPOINT at pulloff on left. 1137 meter (approx 3750 ft) summit. No services. No toilets.
3.6	75.4	ENTER Hemsedal kommune. No services.
23.0	98.4	CROSS small bridge.
1.5	99.9	CROSS small bridge.
1.1	101.0	ENTER Tuv. Limited services. Smarked grocery store ahead on right.
0.6	101.6	Smarked grocery store ahead on right. No toilets.
2.8	104.4	Services to right. Best ski area in Scandinavia on right.
1.4	105.8	ENTER Hemsedal. Full services. NOTE: For the next 100 km or so there are roads paralleling 55 and 7. Consider checking them out even though these roads are not too busy.
0.3	106.1	Hemsedal Turistkontor on right. Toilets on side of building. O2 informed.
3.7	109.8	ENTER Ulsåk. Services.
10.7	120.5	Toilets and park on right.
0.3	120.8	ENTER Gol kommune.
7.7	128.5	ENTER Robru.
0.1	128.6	RIGHT to follow Hwy 52 towards Gol across bridge. Services. Detached 2.7 km bike path begins.
6.4	135.0	CAUTION grooved road surface.
0.3	135.3	BEAR LEFT to follow Hwy 52. ENTER Gol.
0.6	135.9	LEFT to cross bridge at "T" and an IMMEDIATE RIGHT to Sentrum.
0.2	136.1	BEAR LEFT towards Øvre Sentrum and Turistkontor. Full services. CAUTION speed bumps.
0.5	136.6	STRAIGHT to follow route through town at rotary.
0.4	137.0	LEFT towards Hwy 7 at "T".
1.0	138.0	LEFT onto Hwy 7 towards Hønefoss at yield sign at "T".
1.8	139.8	LEFT into Gol Campingsenter.
0.1	139.9	ARRIVE at camping area.
	139.9	Today's Distance in Kilometers
	508.0	Total Stage in Kilometers
	17,764.1	Total Trip Kilometers

Services:	Full services close to camp and many at camp.
Camping:	Gol Campingsenter is a popular campground with plenty of services. Ask about our specific camping location.
Toilets:	6 mens and 6 womens plus a few others around campground.
Showers:	6 mens and 6 womens.
Dinner:	Dinner is from 7:00 to 8:30 pm hosted by the campground at the campground.
Breakfast:	Breakfast is from 6:30 to 8:00 am at the campground.
Tomorrow:	144.7 kms. Once again, a beautiful day with some climbing.

Day 199 Gol to Hokksund

17-Jul Mon

(Page 1 of 2)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	EXIT camping area.
0.1	0.1	LEFT onto Hwy 17.
0.1	0.2	ENTER Herad. Bike path available for 2.7 km.
6.4	6.6	ENTER Svenkerud and an IMMEDIATE LEFT onto Nesbyen bike route.
7.7	14.3	ENTER Nesbyen.
1.5	15.8	CAUTION RR Tracks.
0.2	16.0	STRAIGHT to CROSS under overpass.
0.1	16.1	RIGHT and an IMMEDIATE LEFT towards Nesbyen sentrum at yieldsign at "T".
0.4	16.5	LEFT towards Hwy 7.
0.1	16.6	RIGHT onto Hwy 7 towards Hønefoss at yield sign at "T".
2.0	18.6	Detached bike route begins for 2 km.
10.4	29.0	ENTER Bromma. Full services.
0.4	29.4	RIGHT towards 287 and Eggedal at Hydro Texaco. Begin climb.
4.7	34.1	CAUTION cattle guard.
5.4	39.5	ENTER Flå kommune. No services.
4.4	43.9	Reach top of climb. Information kiosk on left. Approx 3000 ft.
2.0	45.9	ENTER Sigdal kommune. No services.
2.1	48.0	ENTER Haglebu. Services.
0.3	48.3	Haglebu Fjellstue Kafeteria on left. O2 informed.
7.7	56.0	CAUTION Modified cattle guard.
9.4	65.4	ENTER Eggedal. Full services.
0.3	65.7	BEAR RIGHT into town at turnoff to Noresund. Road becomes Hwy 287.
13.7	79.4	ENTER Nedre Eggedal. Store.
0.5	79.9	CHECKPOINT at Smarked grocery store on right.
2.2	82.1	BEAR LEFT to follow Hwy 287 across narrow bridge.
3.6	85.7	ENTER Båsheim. No services.
0.5	86.2	LEFT towards Eidal before crossing bridge.
3.4	89.6	STRAIGHT at turnoff to Noresund.
6.2	95.8	BEAR LEFT at turnoff to 287.
3.1	98.9	ENTER Prestfoss. Services.
0.5	99.4	RIGHT onto 287 at "T".
0.3	99.7	LEFT towards Kolsrud just after crossing bridge at "T".
0.3	100.0	CAUTION speed bump.
6.0	106.0	RIGHT towards Kolsrud at "T".

Continued

Day 199 Gol to Hokksund

17-Jul Mon

(Page 2 of 2)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

5.3	111.3	RIGHT towards Greenskogen at "T".
0.9	112.2	LEFT towards Bakke.
8.5	120.7	RIGHT onto 287 towards Åmot at yield sign at angled "T".
2.6	123.3	ENTER Haugfoss. Store.
0.2	123.5	STRAIGHT to follow 287 towards Åmot.
1.8	125.3	ENTER Åmot. Full services. CAUTION speed bumps ahead.
0.6	125.9	RIGHT to CROSS bridge towards Skotselv.
1.7	127.6	STRAIGHT at turnoff to Døvikfoss. CAUTION rough road ahead.
5.6	133.2	ENTER Skotselv. No services.
0.3	133.5	LEFT towards Hokksund at "T".
0.1	133.6	RIGHT towards Hokksund at "T".
7.0	140.6	BEAR LEFT towards Hokksund.
1.4	142.0	STRAIGHT to follow route towards Hokksund.
1.2	143.2	BEAR LEFT at yield sign and an IMMEDIATE 180° LEFT at double rotary onto Hwy 35 towards Hønefss.
0.5	143.7	CROSS under railroad tracks. CAUTION speed bumps ahead.
0.3	144.0	STRAIGHT towards bridge at rotary.
0.1	144.1	STRAIGHT to CROSS river at rotary.
0.3	144.4	RIGHT towards Hokksund Båt & Camping at rotary.
0.2	144.6	ARRIVE at Hokksund Båt & Camping.
0.1	144.7	ARRIVE at camping area on right and check-in.
	144.7	Today's Distance in Kilometers
	652.7	Total Stage in Kilometers
	17,908.8	Total Trip Kilometers

Services:	Full services in town and close to camp.
Camping:	Hokksund Båt & Camping is an excellent facility with ample room for our group. Ask about camping location and limitations.
Toilets:	About a dozen available, several close to camping area.
Showers:	About 9 in camp, with six close to camping area.
Dinner:	Dinner will be from 7:00 to 8:30 pm at camp.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at camp.
Tomorrow:	64.5 kms into Oslo. Short day with some rolling terrain. Another beautiful day.

Day 200 Hokksund to Oslo

(Page 1 of 5)

18-Jul Tue

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	LEAVE camping area. Lots of services today all the way to Oslo.
0.1	0.1	EXIT campground towards main road.
0.2	0.3	RIGHT onto Hwy 35 towards Hønefoss, 283 and Drammen.
0.4	0.7	RIGHT onto Hwy 283 (Ringeriksveien street) towards Drammen.
1.1	1.8	BEAR LEFT onto Klommensteinveien (Drammen bike route) towards Rom as detached bike path ends.
1.6	3.4	LEFT onto bike path to follow Drammen bike route.
1.6	5.0	Bike path drops onto a surface road heading towards town.
0.9	5.9	CAUTION speed bump. More ahead.
0.1	6.0	BEAR RIGHT in front of Post Office and an IMMEDIATE BEAR LEFT in front of Krokstad Skole to follow route.
0.5	6.5	BEAR LEFT onto Bruveien at yield sign and an IMMEDIATE RIGHT onto Gml. Riksvei.
1.4	7.9	Rimi store on left.
3.0	10.9	CAUTION speed bump. More ahead.
1.8	12.7	Bikes stay on bike path as cars get onto E 134.
0.2	12.9	ENTER Drammen.
0.6	13.5	LEFT onto surface street as bike lane ends in front of Jet service station at light.
0.1	13.6	RIGHT onto Betzy Kjelsbergs vei at "T".
0.1	13.7	CAUTION speed bump. More ahead.
1.2	14.9	STRAIGHT onto bike path at Jct Varveien. <i>Vehicles go around a couple blocks to rejoin route.</i>
0.3	15.2	Bikes continue on bike path as it leaves surface street.
0.5	15.7	PASS through swinging gates.
0.1	15.8	BEAR RIGHT and an IMMEDIATE LEFT onto Hans Hansens vei at "T".
0.6	16.4	STRAIGHT to follow Hans Hansens vei at Jct Henrik Ibsens gate.
0.1	16.5	CAUTION speed bump. More ahead.
0.2	16.7	BEAR LEFT to follow Hans Hansens vei at "Y". Speed bumps ahead.
0.1	16.8	BEAR RIGHT to follow Hans Hansens vei at Jct Sanatorieveien.
0.6	17.4	BEAR LEFT to follow Hans Hansens vei at "Y".
0.1	17.5	BEAR RIGHT to follow Hans Hansens vei at yield sign.
0.2	17.7	LEFT onto Bergstien in front of Varmesentral as Hans Hansens vei goes right down hill.
0.4	18.1	BEAR LEFT to follow Bergstien up hill towards E 18 at "Y".

Continued

Day 200 Hokksund to Oslo

(Page 2 of 5)

18-Jul Tue

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.2 18.3 **BEAR RIGHT** and an **IMMEDIATE LEFT** to follow Bergstien. CAUTION brick street.
- 0.6 18.9 **BEAR RIGHT** down hill onto Løkkebergveien (unmarked) towards Lier at Jct Tord Pedersens Gate. CAUTION speed bumps ahead.
- 0.8 19.7 **BEAR RIGHT** towards Lier.
- 0.1 19.8 **LEFT** onto Nøstevegen at yield sign at "T".
- 1.1 20.9 CAUTION speed bump.
- 1.0 21.9 **RIGHT** onto Kjellstadvegen at red barn on right. CAUTION speed bumps ahead.
- 0.4 22.3 CROSS small bridge.
- 0.1 22.4 **BEAR RIGHT** to follow Kjellstadvegen at Jct Nybruvegen.
- 0.5 22.9 CROSS under E 18 at Jct Moserudvegen at yield sign.
- 0.2 23.1 **LEFT** onto Sankt Hallvards veg towards E 18 and Oslo at "T".
- 0.2 23.3 **RIGHT** onto Sankt Hallvards veg towards Hwy 289 and Huseby.
- 1.1 24.4 **LEFT** onto Hwy 289 (Husebysletta) at yield sign at "T". CAUTION Narrow, busy road; use detached bike path on right.
- 2.0 26.4 **BEAR LEFT** to follow Hwy 289 bike path at rotary.
- 2.6 29.0 Bike path crosses road.
- 1.2 30.2 EXIT bike path and **STRAIGHT** onto Asker bike route towards Lierskogen at yield sign at rotary. CAUTION you might have to walk across some gravel to get onto road.
- 0.6 30.8 **STRAIGHT** to follow route towards Asker at yield sign at rotary. Bike path begins on left side of road.
- 1.9 32.7 Bike route ends.
- 0.6 33.3 **STRAIGHT** at entrance to E 18.
- 0.8 34.1 ENTER Asker kommune. Bike path begins ahead on right.
- 3.6 37.7 CAUTION speed bump on road. Note Oslo bike path sign on right.
- 0.2 37.9 **STRAIGHT** at rotary towards Oslo. Bike path goes straight beside rotary.
- 0.2 38.1 **STRAIGHT** at yield sign at rotary.
- 0.3 38.4 **STRAIGHT** to CROSS under E 18
- 0.1 38.5 **STRAIGHT** at yield sign at rotary.
- 0.2 38.7 ENTER Asker. **CHECKPOINT** ahead.
- 0.2 38.9 **LEFT (about 180°)** at yield sign at rotary.
- 0.1 39.0 **BEAR RIGHT** towards Asker St.
- 0.2 39.2 **LEFT** onto Kirkeveien at yield sign at mini rotary. CAUTION speed bumps at rotary.

Continued

Day 200 Hokksund to Olso

(Page 3 of 5)

18-Jul Tue

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.3 39.5 **LEFT** to follow Kirkeveien (unmarked) towards Asker at yield sign at rotary.
- 1.3 40.8 CAUTION speed bump.
- 0.6 41.4 **BEAR LEFT** to follow Kirkeveien as bike path goes right.
- 1.0 42.4 CAUTION speed bump. More ahead.
- 0.9 43.3 **RIGHT** onto Hwy 165 towards Slemmestad at yield sign at "T" and an **IMMEDIATE LEFT** to CROSS under E 18.
- 0.6 43.9 **BEAR RIGHT** and an **IMMEDIATE LEFT** towards Nesbru in front of Steen & Strøm shopping complex at yield sign at rotary.
- 0.2 44.1 STRAIGHT to follow route towards Nesbru at yield sign at rotary.
- 0.1 44.2 **BEAR RIGHT** to follow route towards Nesbru.
- 0.4 44.6 ENTER Nesbru. CAUTION speed bumps ahead.
- 0.9 45.5 CROSS under E 18.
- 1.4 46.9 STRAIGHT at yield sign at rotary to follow route.
- 0.1 47.0 **BEAR LEFT** at yield sign at rotary towards McDonalds.
- 0.2 47.2 **BEAR SLIGHTLY RIGHT** towards Sandvika at yield sign at rotary.
- 0.1 47.3 CROSS under E 18.
- 1.0 48.3 CROSS under E 18.
- 0.2 48.5 STRAIGHT to jump onto bike path on left side of road at Jct Jongsåsveien. Note: Use caution crossing traffic.
- 0.1 48.6 ENTER Sandvika. **BEAR LEFT** up hill on bike path to work your way over the top of a complicated intersection. After all is said and done, you will continue STRAIGHT onto surface street in front of Bibliotek and Kommunegården. Area under construction; expect possible confusion.
- 0.1 48.7 CROSS bridge over river.
- 0.2 48.9 **RIGHT** in front of Finstads Bilsenter A/S at "T" and an **IMMEDIATE LEFT** onto Sandviksveien at yield at "T".
- 0.1 49.0 STRAIGHT to follow Sandviksveien (Hwy 164) at rotary.
- 1.0 50.0 STRAIGHT to follow Sandviksveien at rotary.
- 0.1 50.1 **BEAR RIGHT** to CROSS under E 18 at rotary and an **IMMEDIATE BEAR LEFT** to follow Sandviksveien at rotary.
- 1.8 51.9 ENTER Høvik.
- 0.1 52.0 **BEAR RIGHT** in front of yellow building with stew pot signs and an **IMMEDIATE LEFT** towards Haslum at "Y".
- 0.2 52.2 **RIGHT** onto Markaléen immediately after crossing E 18 at yield sign at rotary.

Continued

Day 200 Hokksund to Oslo

(Page 4 of 5)

18-Jul Tue

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.1 52.3 **BEAR LEFT** to follow Markalléen.
- 0.8 53.1 **LEFT** towards Stabekk at yield sign at rotary.
- 0.3 53.4 **BEAR RIGHT** onto Professor Kohts vei (unmarked) as Markalléen goes left.
- 2.4 55.8 **RIGHT** and an **IMMEDIATE RIGHT** into Vollsveien office complex to follow detached bike path towards Oslo at yield sign at rotary.
- 0.1 55.9 **LEFT** to **CROSS** over tunnel on bike path towards Oslo. Path is currently under construction, but continue to follow path towards Oslo until you reach surface streets. Wherever you come out, the E 18 should be on your left.
- 0.2 56.1 **LEFT** onto road paralleling the E 18.
- 0.1 56.2 **STRAIGHT** to **CROSS** bridge and follow the Oslo bike route at rotary.
- 0.1 56.3 **JOG SLIGHTLY RIGHT** onto E 18 bike route. Cars follow through parking lot on right.
- 0.2 56.5 **BEAR LEFT** to follow E 18 bike route. The bike route to Oslo generally follows the south side of the E 18. Continue to follow the bike route (Oslo and/or E 18.)
- 1.0 57.5 **PASS** by Maxbo Stormarked warehouse on right.
- 0.4 57.9 **STRAIGHT** to follow E 18 bike path towards Sentrum along waterfront at Jct Bestum bridge.
- 3.4 61.3 Ali Kaffe Bldg on right. *Vehicles exit E 18 at Sentrum V/Ring Road #1 to connect with bike path.*
- 0.2 61.5 **STRAIGHT** to follow bike path (Munkedamsveien - unmarked) through city and towards Ring Road #1 at rotary.
- 0.4 61.9 **STRAIGHT** to follow Munkedamsveien at Jct Dokkveien at light. **CAUTION** RR tracks.
- 0.3 62.2 **RIGHT** onto Haakon VII gate at light.
- 0.1 62.3 **LEFT** at rotary at "T" and an **IMMEDIATE RIGHT** onto Kronprinsesse Märthasplass.
- 0.1 62.4 **180° LEFT** in a full circle around brick plaza wall. **CAUTION** brick road.
- 0.1 62.5 **STRAIGHT** onto Hieronymus Heyerdahls gate.
- 0.2 62.7 **JOG RIGHT** and an **IMMEDIATE LEFT** around Handelsbanken (bank). Road becomes Radhusgate.
- 0.2 62.9 **JOG LEFT** and an **IMMEDIATE RIGHT** to follow Radhusgate. **CAUTION** RR tracks. 2 sets, brick road and small rotary with hand ahead.
- 0.4 63.3 **LEFT** onto Skippergata towards Moss Sentralst bike route at light.

Continued

Day 200 Hokksund to Oslo

(Page 5 of 5)

18-Jul Tue

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.1	63.4	CAUTION RR tracks. More ahead.
0.3	63.7	RIGHT onto Biskop Gunnerus gate in front of Clarion Royal Christiana Hotel.
0.1	63.8	JOG STRAIGHT over 2 sets of RR tracks towards rotary and an IMMEDIATE BEAR LEFT at rotary. Take road to right of tunnel. Don't go into tunnel.
0.2	64.0	RIGHT onto Stenersgata at light.
0.1	64.1	LEFT onto Christian Krohgs gate at light. Note: Large hand with rose statue on right.
0.2	64.3	STRAIGHT to follow Christian Krohgs gate at Jct Hausmanns.
0.2	64.5	STRAIGHT into Anker Hotel parking lot and ARRIVE at check-in.
	64.5	Today's Distance in Kilometers
	717.2	Total Stage in Kilometers
	17,973.3	Total Trip Kilometers

Services:	Oslo is one of the most unique walking and cycling friendly towns in the universe. Enjoy the parks, arts, food and people in this great community.
Camping:	Anker Hotel is a combination hostel and hotel and well situated for all of Oslo's action.
Toilets:	In or near rooms.
Showers:	In or near rooms.
Dinner:	Dinner will be at the hotel, probably in two shifts. The first at 6:00 pm and the second at 7:00 pm.
Breakfast:	Breakfast will be at the hotel from 6:30 to 8:0 am.
Tomorrow:	Ø km. Enjoy your day off in this wonderful city.

Day 201 Oslo layover day

19-Jul Wed

Tomorrow: 128.2 kms for your last full day in Norway. The terrain is changing but still expect hilly terrain.

Day 202 Oslo to Halden

20-Jul Thu

(Page 1 of 3)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	EXIT Anker Hotel parking lot.
0.1	0.1	LEFT onto Strogata (Use crosswalk to access traffic since road is one-way in front of hotel) and an IMMEDIATE BEAR RIGHT onto Trondheimsveien after crossing bridge. CAUTION RR tracks. Multiple sets.
0.1	0.2	RIGHT onto Heimdalsgata.
0.1	0.3	BEAR RIGHT onto Lakkegata at yield sign.
0.2	0.5	LEFT onto Vahlsagate (unmarked) at light at moose at "T".
0.2	0.7	RIGHT onto Jens Bjelkes gate at light at "T".
0.3	1.0	RIGHT onto Tøyengata. <i>Cars may have to jog around a few blocks to meet back up with route.</i>
0.3	1.3	LEFT onto Grønlandsleiret at light at "T".
0.2	1.5	BEAR RIGHT to follow Grønlandsleiret at light.
0.3	1.8	STRAIGHT onto Oslogate at light. CAUTION RR tracks, crossing and paralleling the route. Major construction-no cars. Bikes use sidewalk. Vehicles must follow: L onto Schweigaards Gate, .2 st at rotary, .3 R onto St Halvars Gate at light, .5 R onto Dyvekes Vei/Bispegata at light at "T", .3 L at rotary, .6 L at rotary at "T", .3 BR onto Kongsveidn at yield-now at 2.4 on route.
0.3	2.1	STRAIGHT to follow Grønlandsleiret at Jct Bispegata at light.
0.2	2.3	BEAR RIGHT onto Mosseveien.
0.1	2.4	STRAIGHT onto Kongsveien at turnoff to E 18.
2.5	4.9	CAUTION speed bump.
0.7	5.6	CAUTION RR tracks. 2 sets.
1.2	6.8	Shell Select service station and store on left.
1.4	8.2	STRAIGHT to follow Ekebergveien at light.
0.5	8.7	CAUTION speed bump.
0.1	8.8	BEAR RIGHT to follow Ekebergveien in front of Rimi store.
0.8	9.6	LEFT onto Ljabruveien at yield sign at "T".
0.1	9.7	RIGHT onto Nedre Prinsdals vei (Hwy 155) towards Holmlia at light at "T". Cyclists must jump on bike path just before bridge.
0.3	10.0	STRAIGHT to follow Nedre Prinsdals vei (Hwy 152 - unmarked) as Hwy 155 goes right. Note: Make use of the many bike routes that parallel our route.
3.8	13.8	LEFT to follow Hwy 152 towards Ski at rotary. Services.
0.1	13.9	LEFT to follow Hwy 152 towards Ski at rotary.
0.4	14.3	BEAR RIGHT to follow Hwy 152 towards Ski at rotary.
1.2	15.5	Shell service station and store on left.

Continued

Day 202 Oslo to Halden

20-Jul Thu

(Page 2 of 3)

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Km Accum

0.7	16.2	BEAR LEFT to follow Hwy 152 at Jct Haukeliveien.
0.2	16.4	STRAIGHT to follow Hwy 152 at rotary.
1.5	17.9	STRAIGHT to follow Hwy 152 at rotary. CAUTION speed bumps ahead.
1.5	19.4	ENTER Ski kommune. No services.
0.2	19.6	CROSS E 6.
2.3	21.9	CROSS over railroad tracks.
2.9	24.8	RIGHT onto Hwy 154 to follow Hwy 152 at rotary.
0.1	24.9	CAUTION speed bump.
0.4	25.3	LEFT onto Jernbanevegen at rotary.
0.1	25.4	CAUTION speed bump at light. More ahead.
0.4	25.8	BEAR RIGHT to follow Hwy 152 at rotary.
0.1	25.9	LEFT onto Kjeppestadvegen towards Tomter at Statoil service station at rotary.
2.0	27.9	RIGHT to follow route towards Tomter and an IMMEDIATE LEFT onto Tomtervegen just before bridge.
2.9	30.8	LEFT onto Tronåsvegen towards Tomter at "T".
4.4	35.2	ENTER Høbal kommune. No services.
4.8	40.0	RIGHT onto Hwy 120 at yield sign at "T". We're in Tomter town area. CAUTION RR tracks.
0.6	40.6	LEFT towards Tomter church.
0.8	41.4	BEAR RIGHT towards Knapstad at church.
3.2	44.6	CAUTION speed bump as you enter town area. More ahead.
0.7	45.3	RIGHT and an IMMEDIATE LEFT onto E 18 at yield sign at "T". CAUTION faster traffic.
0.1	45.4	ENTER Spydeberg kommune.
3.1	48.5	RIGHT onto Hwy 122 towards Skiptvet. Services. Bike path begins for 2.5 km.
6.9	55.4	STRAIGHT at turnoff to Sundby.
3.3	58.7	ENTER Skiptvet kommune. No services.
2.5	61.2	LEFT onto Hwy 115 towards Askim.
1.6	62.8	ENTER Askim kommune and CROSS bridge. No services.
2.2	65.0	RIGHT towards Eidsberg at "T".
6.0	71.0	RIGHT onto Hwy 124 towards Rakkestad.
0.7	71.7	BEAR RIGHT to follow Hwy 124 towards Rakkestad at "T".
6.2	77.9	ENTER Rakkestad kommune. No services.
3.9	81.8	Rakkestad information board on right.

Continued

Day 202 Oslo to Halden

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20-Jul Thu

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.5	82.3	BEAR LEFT to follow Hwy 124 towards Rakkestad.
0.3	82.6	ENTER Rakkestad. Full services.
0.5	83.1	Nøermat store on right.
0.8	83.9	CROSS RR tracks. ESSO service station and store on left. CHECKPOINT.
0.1	84.0	STRAIGHT at rotary through town. CAUTION speed bumps.
1.4	85.4	CAUTION speed bump.
0.1	85.5	RIGHT onto Hwy 22 towards Sarpsborg at yield sign at "T".
5.1	90.6	LEFT towards Vatvet. Some new and some rough road ahead.
11.2	101.8	RIGHT onto Hwy 22 towards Halden at yield sign at "T".
7.5	109.3	ENTER Halden Kommune.
9.7	119.0	LEFT to follow Hwy 22 towards Halden at turnoff to Sarpsborg at "T".
1.6	120.6	BEAR LEFT to follow Hwy 22 towards Halden at turnoff to Søntesgård.
2.4	123.0	STRAIGHT to follow Hwy 22 towards Halden at rotary. Hydro Texaco on right.
1.9	124.9	CAUTION speed bump. More ahead.
0.2	125.1	RIGHT to follow Hwy 22 towards Holtet at rotary.
0.3	125.4	LEFT to follow Hwy 22 across bridge towards Holtet and camp at light.
0.1	125.5	LEFT to follow Hwy 22 towards Holtet and castle.
1.6	127.1	RIGHT towards Fredriksten castle.
0.5	127.6	LEFT towards Høerens Forvaltningskole and HFS/FSTEK Administrasjon at signpost at end of parking lot. Fredriksten Kro restaurant and bar on right for meals. Fort/castle straight ahead.
0.5	128.1	STRAIGHT into Fredriksten campground.
0.1	128.2	ARRIVE at check-in.
	128.2	Today's Distance in Kilometers
	845.4	Total Stage in Kilometers
	18,101.5	Total Trip Kilometers

Services:	Full services in town with limited services a few kms away. ESSO Service Station .2 km before turn into fort and camping.
Camping:	The campground is in a neat location, on the grounds of an old fort often referred to as a castle. There is a small store at camp. We will be camping wherever we can find room during this very crowded time of the year. Ask for details and limitations.
Toilets:	There are 10 toilets in one facility at the camp.
Showers:	Odyssey showers to supplement the 4 showers at camp.
Dinner:	Dinner will be from 7:00 to 8:30 pm at Fredriksten Kro close to the campground.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at Fredriksten Kro.
Tomorrow:	133.8 kms of rolling terrain through farmlands and forests.

Day 203 Halden to Lysekil, Sweden

(Page 1 of 2)

21-Jul Fri

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	STRAIGHT out of Fredriksten campground up hill towards Castle.
0.5	0.5	RIGHT towards Karl XII Monument and Castle exit. Don't forget to stop for breakfast.
0.5	1.0	RIGHT onto Hwy 22 towards Holtet at "T".
0.2	1.2	ESSO service station and store on right.
1.2	2.4	BEAR RIGHT to follow Hwy 22 towards Holtet at Jct Hwy 103.
11.5	13.9	Bakke restaurant on right.
5.6	19.5	ENTER Søtholmen.
0.2	19.7	BEAR RIGHT to follow Hwy 22 at Jct Hwy 101.
0.9	20.6	BEAR LEFT to follow Hwy 22 at Jct Hwy 102.
7.4	28.0	Nøemat store on left.
3.6	31.6	Scenic waterfalls on left.
0.1	31.7	ENTER Holtet. Services.
0.6	32.3	ENTER Sweden and ENTER Västra Götalands Län.
0.2	32.5	Services on left.
0.1	32.6	BEAR RIGHT towards Strömstad as Hwy 165 goes straight.
4.4	37.0	RIGHT towards Strömstad (Hwy 164 - unmarked) at "T".
6.3	43.3	ENTER Strömstads Kommun.
0.1	43.4	LEFT towards Tanumshede as Hwy 164 continues straight.
2.6	46.0	LEFT towards Tanumshede.
7.1	53.1	STRAIGHT towards Knäm as route to Tanumshede goes left at yield sign.
6.2	59.3	ENTER Knäm.
0.1	59.4	STRAIGHT to CROSS E 6 towards Sannäs at stop sign. Services.
0.4	59.8	CAUTION RR tracks.
0.1	59.9	BEAR LEFT towards Sannäs.
1.2	61.1	ENTER Sannäs. No services.
4.5	65.6	RIGHT onto Hwy 163 towards Grebbestad at "T". CAUTION busier road.
2.0	67.6	CHECKPOINT. Grebbestad Information Board and pullout on right.
0.9	68.5	ENTER Grebbestad. Full services.
1.3	69.8	Tourist information center on right.
8.6	78.4	ENTER Långesjö. No services.
2.7	81.1	ENTER Fjällbacka. Full services.
1.4	82.5	STRAIGHT to follow Hwy 163 at Q8 service station and store.
1.7	84.2	STRAIGHT towards Hamburgsund as Hwy 163 goes left to Dingle.
5.5	89.7	RIGHT towards Hamburgsund and Cykelspåret (bike route) at "T". ENTER Hamburgsund.
0.5	90.2	STRAIGHT to follow route at Centrum (city center to right).

Continued

Day 203 Halden to Lysekil, Sweden

(Page 2 of 2)

21-Jul Fri

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

2.0	92.2	ENTER Slottet. No services.
2.0	94.2	RIGHT towards Lysekil and Munkedal at "T".
2.4	96.6	ENTER Svenneby. No services.
2.2	98.8	BEAR LEFT to follow route.
0.7	99.5	BEAR RIGHT to follow route at turnoff to Bottna
0.9	100.4	ENTER Sotenäs Kommun.
0.1	100.5	STRAIGHT towards Lysekil at Jct Hwy 174 at stop sign.
7.0	107.5	RIGHT towards Lysekil at "T".
0.7	108.2	LEFT onto Hwy 171 towards Lysekil at yield sign at "T".
0.1	108.3	ENTER Lysekils Kommun. No services.
3.5	111.8	ENTER Hallinden. No services.
0.4	112.2	RIGHT onto Hwy 162 towards Lysekil at stop sign at "T". Enjoy shoulder.
4.4	116.6	ENTER Brodalen. Limited services.
4.1	120.7	ENTER Brastad. Full services.
3.4	124.1	ENTER Gåseberg. No services.
1.1	125.2	Lose shoulder for 3 km.
2.9	128.1	ENTER Lyse. No services.
3.1	131.2	STRAIGHT at turnoff to ferry.
2.0	133.2	ENTER Lysekil.
0.4	133.6	LEFT towards camping at rotary.
0.1	133.7	RIGHT in front of the Prix Grocery Store towards the Löfgrenn campground.
0.1	133.8	LEFT in front of the Prix Grocery Store and an IMMEDIATE LEFT towards the Löfgren campground.
0.1	133.9	RIGHT into Löfgren Campground.
	133.9	Today's Distance in Kilometers
	979.3	Total Stage in Kilometers
	18,235.4	Total Trip Kilometers

Services:	Full services in this great seaside village. Large grocery store adjacent to camp. Lysekil is having a huge restaurant festival and is crowded with thousands of visitors.
Camping:	It's the middle of the high season, so it's going to be a little cramped in this compact campground.
Toilets:	There are 10 toilets in two facilities at the camp.
Showers:	Odyssey showers to supplement the 4 showers in two facilities at camp.
Dinner:	Dinner will be catered by the Restaurang Colosseo at camp from 7:00 to 8:30 pm.
Breakfast:	Pedal to breakfast, 2.4 km in town at the Jönssons Katt from 6:30 to 8:00 am.
Tomorrow:	Less than 100 kms. Flat to rolling terrain through forests and along the water. NOTE: On Saturday, we are not going to Sæby Strand. Instead, we will be camping in Göteborg. Then we will be catching the 09:30 Sunday morning ferry (3 hrs 15 min sailing) to Denmark. Because Dråby Strand is about 190 kms from Göteborg and we are arriving after noon, we will be offering a bus service from some point along the route to Dråby Strand. Watch the DRGs for specifics.

Day 204 Lysekil to Göteborg

(Page 1 of 4)

22-Jul Sat

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	LEFT behind Prix Grocery Store as you exit Löfgrens Campground .
0.1	0.1	RIGHT at end of parking lot at "T" and an IMMEDIATE LEFT at "T".
0.2	0.3	CAUTION RR tracks. RIGHT onto Hwy 162 towards the E 6 at rotary.
2.5	2.8	RIGHT onto Hwy 161 (unmarked at turn) towards the ferry to Göteborg and Uddevalla. CAUTION RR tracks. NOTE: don't forget breakfast , 2.4 km to the left at Jönssons Katt on the waterfront.
1.6	4.4	ENTER ferry staging area.
0.2	4.6	CATCH the frequent free ferry to the other side of the channel. Toilets at the terminal and on the ferry.
0.0	4.6	DEPART ferry onto Hwy 161 towards Udevalla.
0.1	4.7	ENTER the Uddevalla Kommun.
2.1	6.8	ENTER Bokenäs. No services.
0.7	7.5	RIGHT towards Eriksberg.
1.9	9.4	LEFT towards Nötesund.
7.5	16.9	RIGHT towards Stenungsund at stop sign at "T". Enjoy the shoulder.
1.0	17.9	ENTER Orust Kommun as you CROSS bridge.
0.6	18.5	Enter .5 km well lit tunnel. Can use sidewalk if desired. Use blinkers.
0.7	19.2	CROSS bridge.
0.3	19.5	Enter Orust area.
1.1	20.6	STRAIGHT at turnoff to Slussen.
5.2	25.8	ENTER Henån. Full services.
1.1	26.9	Statoil on right. O2 informed.
8.0	34.9	STRAIGHT to follow Hwy 101.
4.3	39.2	ENTER Varekil. Services.
0.7	39.9	Lose shoulder.
2.8	42.7	Regain shoulder.
1.3	44.0	ENTER Tjörns Kommun.
6.3	50.3	Services.
0.6	50.9	LEFT to follow the bike route to Stenungsund from left turn lane at light. Bike not allowed ahead.
0.3	51.2	CROSS under Hwy 160.
0.6	51.8	ENTER Vågverket just before bridge. CHECKPOINT . Limited services.
0.1	51.9	ENTER bike lane to CROSS the Tjörnbron Bridge at end of parking lot by Kiosk next to the Café Kiosk. Remain on bike path as long as possible. Vehicles: return to Hwy 160 and head towards Stenungsunds. Bikes merge with Hwy 160 ahead.

Continued

Day 204 Lysekil to Göteborg

22-Jul Sat

(Page 2 of 4)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.6	52.5	ENTER Stenungsunds Kommun.
0.3	52.8	BEAR RIGHT on bike lane around tunnel.
1.5	54.3	LEFT to follow bike path under Hwy 160 towards McDonalds and an IMMEDIATE RIGHT to follow bike path to Hwy 160.
0.1	54.4	LEFT onto Hwy 160. Use caution crossing traffic. NOTE: access services before returning to Hwy 160.
0.2	54.6	STRAIGHT to follow Hwy 160. Caution no shoulder and lots of traffic for 3.5 km.
2.3	56.9	STRAIGHT to follow Hwy 160 at turnoff to Strand Norum.
1.3	58.2	LEFT towards Jörlanda and Stora Höga.
0.7	58.9	CROSS under the Hwy 160.
0.4	59.3	ENTER Stora Höga. Services.
3.9	63.2	RIGHT towards Jörlanda. ENTER Jörlanda. Full services.
1.6	64.8	CROSS over railroad.
1.6	66.4	ENTER Kungälv Kommun.
2.1	68.5	ENTER Kode. Services.
0.2	68.7	STRAIGHT towards Kareby.
0.7	69.4	CROSS under E 6.
5.2	74.6	ENTER Kareby. Services.
2.5	77.1	ENTER Kungälv. No services.
0.9	78.0	ENTER Munke-Gärde.
0.3	78.3	STRAIGHT towards Centrum at rotary.
1.3	79.6	STRAIGHT towards Centrum at light.
0.7	80.3	STRAIGHT towards Bohus at rotary.
1.2	81.5	BEAR RIGHT to CROSS bridge.
0.2	81.7	BEAR RIGHT towards the E 6 at castle.
0.2	81.9	CROSS larger bridge.
0.2	82.1	ENTER Göteborgs Kommun.
0.1	82.2	STRAIGHT towards the E 6 at light.
0.3	82.5	RIGHT onto Jordfalls-Vågen and an IMMEDIATE LEFT onto Ellesbo-vågen to follow Cykelspåret towards Göteborg. Don't enter the E 6.
5.6	88.1	ENTER Kärra.
0.7	88.8	LEFT onto bike path towards E6 & Hwy 45 at light.
0.2	89.0	STRAIGHT towards Hwy 45 at light. Bikes must stay on bike path to cross bridge ahead.

Continued

Day 204 Lysekil to Göteborg

22-Jul Sat

(Page 3 of 4)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.4 89.4 CROSS bridge. Awesome view.
- 1.0 90.4 ENTER Gårdsten. CAUTION well lit tunnel.
- 0.7 91.1 **RIGHT** onto Gårdstensvägen towards Västra and Gårdstensberget at yellow blinking light.
- 0.2 91.3 **LEFT** onto Kronoråttarens Väg.
- 0.7 92.0 **RIGHT** onto Ramnebacken towards Agnesberg and Hwy 45 at stop sign.
- 1.0 93.0 STRAIGHT to Cross Hwy 45 (Trollhätte-leden) towards Agnesberg at light.
- 0.1 93.1 **LEFT** onto Agnesbergs-vägen towards Göteborg and bike path.
- 2.6 95.7 **LEFT** to follow Agnesbergs-vägen at "T".
- 0.1 95.8 CROSS under Hwy 45. CAUTION 2.5 meter low overhead.
- 0.2 96.0 **RIGHT** onto Sand-Spåret towards Gråbo and Kortedala at yield sign. Bike path on left is okay to use.
- 0.1 96.1 CROSS under Hwy 45.
- 1.6 97.7 CAUTION RR Tracks.
- 1.8 99.5 STRAIGHT at rotary. Road becomes Gamlestads-Vägen. Suggest using bike path on left behind wall to avoid complicated surface street intersection ahead.
- 0.4 99.9 STRAIGHT to follow bike path parallel to overpass. Vehicles: Bear left on surface street towards Bergsjön and Kortedala and remain on Gamlestadsvägen.
- 0.1 100.0 CAUTION RR Tracks (2 sets) after crossing road as you cross under overpass.
- 0.1 100.1 JOG STRAIGHT to follow Sverigeleden bike path over small red bridge.
- 0.1 100.2 STRAIGHT to follow bike path as it rejoins surface street at Jct Byfogdegatan.
- 0.2 100.4 STRAIGHT towards E 20 & Stockholm at rotary.
- 0.3 100.7 BEAR **LEFT** to follow bike path at light and an **IMMEDIATE RIGHT** onto Löparegatan. Vehicles: Left at light, merge onto E 20, .7 bear right to exit towards Munkebäckstorget, .1 bear right at end of exit ramp, .1 right towards Härlanda, .1 right to follow Gamlestaden bike route, .8 right onto Gustavsgatan, .2 merge with Odyssey route at Jct Löparegatan.
- 0.2 100.9 **RIGHT** onto Gustavsgatan. CAUTION construction.
- 0.1 101.0 **LEFT** onto Stockholmsgatan at yield sign.
- 0.4 101.4 STRAIGHT onto Källtorpsgatan at light. CAUTION RR Tracks (2 sets).
- 0.6 102.0 STRAIGHT onto Kyrkåsgatan. Vehicles: left onto Sanatoriegata, .2 right onto Munkebäcksgatan to meet with route just ahead.

Continued

Day 204 Lysekil to Göteborg

22-Jul Sat

(Page 4 of 4)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 0.3 102.3 **LEFT** to cross Desjövägen and an **IMMEDIATE RIGHT** to follow bike path at light. **CAUTION** RR Tracks (2 sets). Bike path is now on left side of road.
- 1.0 103.3 **LEFT** onto Töpelsgatan towards Delsjön Camping at light. **CAUTION** speed bumps ahead. Bike path on right.
- 0.8 104.1 **LEFT** towards Delsjön Camping. Quaint cottage community on right. **CAUTION** speed bumps ahead.
- 0.5 104.6 **LEFT** onto gravel road towards Partille turiststråke (main reception for Delsjön Camping is .1 km farther down paved road).
- 0.3 104.9 **ENTER** Delsjön camping area.

104.9 Today's Distance in Kilometers

1084.2 Total Stage in Kilometers

18,340.3 Total Trip Kilometers

- Services: Full services in Göteborg, a great city (7 or 8 kms away-access via buses, paths, trains, taxi, etc) worth exploring. This area is the hub of a large Göteborg walking center. This place is a super outdoor center.
- Camping: Delsjön Camping is excited about our visit and will do an excellent job for us. Ask about limitations. Little grass, lots of sand. No camping on football fields. Exercise facility (Skatås Exercise Center) next door to campsite included in price of camping. Great amusement center called Liseberg downtown.
- Toilets: There are several portable toilets plus a small sanitary building.
- Showers: TK&A showers and sinks. Can use showers at exercise center until 5 pm.
- Dinner: Dinner will probably be in two shifts (6:00 to 7:00 pm & 7:00 to 8:00 pm) at a near by restaurant.
- Breakfast: Breakfast will be at or near camp from 6:30 to 8:00 am.
- Tomorrow: 195.5 kms, a long day. 09:30 ferry ride. Flat first half then some rolling terrain. Ride and bus to Dråby Strand. Location of pickup TBA. NOTE: There is a 07:15 high speed ferry that arrives at 09:15 for those desiring to try to ride the entire day. It can accommodate three or four dozen people and a couple of support vans.
- Passports: Yes! Always when crossing borders.

Day 205 Göteborg to Dråby Strand (Ebeltoft), Denmark (Page 1 of 5)
23-Jul Sun

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Bike Path Notes: Göteborg is loaded with enough bike paths to use them 99% of the way to the ferry. Bear in mind use is mandatory at times, they change names, switch sides of the street and are designed to avoid most railroad tracks and complex intersections.

<u>Km</u>	<u>Accum</u>	
0.0	0.0	STRAIGHT onto gravel road to exit campground.
0.3	0.3	RIGHT onto paved road towards Centrum turiststråket. CAUTION speed bump ahead.
0.5	0.8	RIGHT onto Alfred Gärdes Väg at yield sign at "T". CAUTION speed bumps ahead. Bike path on left.
0.8	1.6	LEFT onto Delövagen towards Centrum at yield sign at "T". Cyclists must use bike path on left.
1.5	3.1	BEAR RIGHT and an IMMEDIATE LEFT to follow Centrum Bike Path counter-clockwise around rotary at light. Vehicles go straight towards Centrum at rotary.
0.1	3.2	CROSS under the E 20 via bike path and an IMMEDIATE STRAIGHT at light. CAUTION RR Tracks and construction.
0.3	3.5	Liseberg amusement park on left.
0.3	3.8	BEAR RIGHT onto Skånegatan at immense (has train and bus stop in middle) rotary. CAUTION RR Tracks on surface streets.
0.2	4.0	BEAR LEFT towards Götaplatsen and an IMMEDIATE BEAR RIGHT onto Stensturgatan at complicated intersection. CAUTION RR Tracks (2 sets) on surface streets.
0.6	4.6	STRAIGHT towards E 45 and Frederikshavn ferry at light.
0.2	4.8	LEFT onto Nya Allén at light at "T". Bike path on left.
1.4	6.2	STRAIGHT to follow bike path towards Långedrag and Hisingen. CAUTION brick surface ahead. Vehicles: bear right, straight through 1 set of lights, bear left to follow signs along waterfront towards Frederikshavn and Stena Line at "T". 1 km bear right up ramp towards ferry terminal, .1 right towards ferry lines, .3 enter Stena Line's ticketing area.
0.1	6.3	STRAIGHT on Första Långatan at light.
0.4	6.7	CAUTION speed bump on surface street. More ahead.
0.2	6.9	RIGHT onto Balastgata at yield sign at light.
0.1	7.0	STRAIGHT to cross Oskarsgatan and Andregatan on bike path at light.
0.1	7.1	LEFT (by 08:30) towards guard rail opening to enter Stena Line at "T".
0.5	7.6	BOARD ferry for 9:30 sailing (3 1/2 hrs) to Frederikshavn, Denmark.
0.0	7.6	ARRIVE in Denmark. Welcome to Denmark. DEPART ferry. Get cash.
0.5	7.8	LEFT onto Bike Path (looks like a sidewalk here) along Havnepladsen (towards E 45) at light at "T". Use bike path on left before crossing Havnepladsen.
1.1	8.9	No bikes on E 45 from this point at light.
0.5	9.4	JOG STRAIGHT onto Rønnestvej as detached bike path ends at Jct of Saltebakken St. You are on Bike Route 5 (Østkyst-ruten) for a bit.

Continued

Day 205 Göteborg to Dråby Strand (Ebeltoft), Denmark (Page 2 of 5)
23-Jul Sun

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 1.8 11.2 **BEAR LEFT** onto bike path towards Sæby. Great ocean ride. Vehicles enter E 45.
- 2.7 13.9 Bikes continue on bike path. Vehicles bear right onto Hwy 180 towards Sæby.
- 0.2 14.1 Bike lane parallels Frederikshavnsvej (Hwy 180) towards Sæby.
- 0.3 14.4 ENTER Sæby Kommune.
- 1.8 16.2 Svalerrden Camping & Hytteby on left.
- 0.4 16.6 STRAIGHT at turnoff to Sæby-Strand Campground.
- 0.9 17.5 ENTER Sæby. Full services.
- 0.5 18.0 LEFT to follow Frederikshavnsvej towards Centrum.
- 1.0 19.0 **BEAR LEFT** to follow route.
- 0.4 19.4 STRAIGHT at rotary.
- 9.2 28.6 STRAIGHT at turnoff to Lyngså to the right and Stranden to the left.
- 5.2 33.8 ENTER Voerså. Services.
- 0.2 34.0 LEFT onto Østkystvejen (Hwy 541) to Hals at yield sign at "T". CAUTION speed bump ahead.
- 0.7 34.7 **BEAR LEFT** to follow Hwy 541 along coast. CAUTION speed bumps ahead.
- 4.5 39.2 Toilets to left.
- 0.9 40.1 ENTER Dronninglund Kommune.
- 2.2 42.3 ENTER Asaa. Full services. CAUTION speed bumps ahead.
- 0.7 43.0 **RIGHT** at yield sign and an **IMMEDIATE LEFT** to follow Hwy 541 towards Hals.
- 3.3 46.3 ENTER Geraa. Services. CAUTION several speed bumps.
- 1.3 47.6 Toilets to right.
- 0.7 48.3 ENTER Melholt. No services.
- 0.1 48.4 **LEFT** towards Kjærsminde Samlingen to follow coast.
- 5.5 53.9 **LEFT** onto Hwy 541 towards Hals at yield sign at "T".
- 0.5 54.4 ENTER Hou. CAUTION several speed bumps. Detached bike path on left.
- 7.8 62.2 ENTER Hals. Full services. CAUTION several speed bumps.
- 0.2 62.4 **LEFT** to follow Hwy 541 towards Egense ferry at rotary.
- 0.2 62.6 Toilets on right.
- 0.4 63.0 **RIGHT** to follow Hwy 541 towards Egense ferry.
- 0.1 63.1 **LEFT** to follow Hwy 541 towards Egense ferry at "T".
- 0.1 63.2 ARRIVE at the Egense ferry.
- 0.0 63.2 DEPART the ferry in Egense.
- 3.2 66.4 ENTER Egense. CAUTION speed bumps.
- 6.9 73.3 ENTER Dokkedal. Services. CAUTION speed bumps.
- 5.6 78.9 ENTER Hadsund Kommune.

Continued

Day 205 Göteborg to Dråby Strand (Ebeltoft), Denmark (Page 3 of 5)
23-Jul Sun

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

2.9	81.8	CHECKPOINT on left at large picnic and rest area. Caution crossing traffic. Toilets. Bus bailout here or ahead.
0.6	82.4	Toft Camping and services on left. Cafe at campsite.
1.6	84.0	ENTER Øster Hurup. Full services including the Capri Restaurant to right one block-BSS recommended. CAUTION several speed bumps.
5.7	89.7	ENTER Als. Full services. CAUTION several speed bumps.
0.6	90.3	BEAR RIGHT to follow Hwy 541.
2.6	92.9	ENTER Buddum. No services.
6.2	99.1	ENTER Visborg. No services.
1.3	100.4	ENTER detached bike path on left and go STRAIGHT to follow Hwy 541.
0.8	101.2	RIGHT onto Stadionvej at end of bike path towards lights.
0.1	101.3	STRAIGHT to CROSS street and an IMMEDIATE LEFT onto detached bike path at light.
0.4	101.7	ENTER Hadsund. Full services. STRAIGHT onto surface street as bike path ends.
0.5	102.2	LEFT and an IMMEDIATE RIGHT onto Alsvej (Hwy 541) at yield sign.
0.2	102.4	LEFT onto Hwy 507 towards Randers at yield sign at "T". CROSS bridge ahead.
0.6	103.0	STRAIGHT to follow Hwy 507 towards Randers at rotary. Enjoy narrow shoulder ahead.
2.0	105.0	ENTER Århus area.
5.6	110.6	LEFT towards Udbynder and Havndal from left turn lane. Statoil Service Station on right at turn.
0.8	111.4	RIGHT onto Dalbyovervej towards Dalbyover and Udbyhøj. Enjoy your first little climb of Denmark.
1.8	113.2	ENTER Nørhald Kommune.
1.5	114.7	ENTER Dalbyover. Limited services.
0.3	115.0	LEFT onto Tinghøjvej (Hwy 531) towards Udbyhøj at yield sign.
0.3	115.3	LEFT to follow Hwy 531.
2.9	118.2	BEAR LEFT to follow Hwy 531 towards Udbyhøj at yield sign at angled "T".
2.9	121.1	RIGHT onto Færgevei to follow Hwy 531 towards Udbyhøj Ferry.
0.4	121.5	ENTER Udbyhøj. Services.
1.1	122.6	ENTER ferry holding area.
0.1	122.7	BOARD ferry.
0.0	122.7	ARRIVE in Rougsø Kommune.
0.1	122.8	ENTER Rougsø Kommune.
3.8	126.6	ENTER Udby. Limited services.

Continued

Day 205 Göteborg to Dråby Strand (Ebeltoft), Denmark (Page 4 of 5)
23-Jul Sun

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

<u>Km</u>	<u>Accum</u>	
0.4	127.0	LEFT onto Estruplundvej towards Ingerslev and Bike Route 5.
2.0	129.0	BEAR LEFT to follow route.
0.4	129.4	ENTER Ingerslev. No services.
1.8	131.2	ENTER Estruplund. No services.
1.4	132.6	ENTER St Sjørup. Limited services.
0.6	133.2	LEFT onto Hevring Møllevej towards Hevring.
3.3	136.5	ENTER Hevring.
0.1	136.6	LEFT onto Voer Færgevej towards Hwy 547 to follow Bike Route 5.
4.3	140.9	LEFT onto Lystrupvej towards Lystrup.
1.3	142.2	ENTER Lystrup. No services.
0.2	142.4	RIGHT onto Bakkegårdsvej at yield sign at "T".
0.3	142.7	RIGHT onto Nordkystvejen at yield sign at "T" and an IMMEDIATE LEFT onto Bakkegårdsvej towards Nielstrup and Vivild.
1.4	144.1	LEFT onto Gl. Fjellerupvej towards Fjellerup at yield sign at "T".
2.7	146.8	STRAIGHT to follow route.
2.3	149.1	STRAIGHT at turnoff to Tustrup. Primitive toilet ahead on right.
0.7	149.8	BEAR RIGHT towards Stenvad and Bike Route 5.
3.6	153.4	STRAIGHT towards Stenvad at turnoff to Ramten Skov.
2.0	155.4	BEAR RIGHT to follow route.
1.2	156.6	ENTER Stenvad.
0.1	156.7	CAUTION RR Tracks-really tiny ones.
0.1	156.8	BEAR LEFT towards Stenvad.
0.5	157.3	STRAIGHT onto Ørumvej towards Ørum at yield sign.
2.8	160.1	ENTER Ørum. Services.
0.3	160.4	LEFT onto Åbrovej to follow route.
0.4	160.8	BEAR RIGHT at turnoff to Glesborg.
0.3	161.1	STRAIGHT towards Ørbæk at Jct Hwy 16 at stop sign.
1.7	162.8	LEFT onto Gl. Møllevej towards Fannerup.
1.1	163.9	LEFT towards Fannerup at "T".
0.1	164.0	BEAR RIGHT towards Fannerup at "T".
2.3	166.3	LEFT onto Kanalvej towards Grenaa at yield sign at "T" and an IMMEDIATE RIGHT towards Lynby.
1.3	167.6	ENTER Grenå Kommune.
2.8	170.4	ENTER Lyngby. Services.
0.5	170.9	Dagli' Brugsen store on right. O2 informed.
2.0	172.9	ENTER Trustup. CAUTION RR Tracks.

Continued

Day 205 Göteborg to Dråby Strand (Ebeltoft), Denmark (Page 5 of 5)
23-Jul Sun

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Km Accum

- 0.3 173.2 JOG STRAIGHT to CROSS Hwy 15.
- 2.4 175.6 Short segment of dirt road.
- 0.4 176.0 **LEFT** onto paved road at "T".
- 1.8 177.8 ENTER Balle. Services.
- 0.6 178.4 **RIGHT** towards Rosmus at "T".
- 0.2 178.6 **LEFT** onto Rugårdsvej towards Ebeltoft on Bike Route 5. Note cars are not allowed on this section of road. Vehicles go straight, then left to return to route.
- 0.3 178.9 **LEFT** and an **IMMEDIATE RIGHT** to follow Rugårdsvej towards Ebeltoft on Bike Route 5.
- 2.7 181.6 ENTER Rugård. Services.
- 0.4 182.0 **BEAR RIGHT** and an **IMMEDIATE LEFT** towards Ebeltoft and Rugaard Camping.
- 0.1 182.1 **LEFT** towards Ebeltoft and Rugaard Camping.
- 0.9 183.0 STRAIGHT at entrance to Rugaard Camping.
- 0.7 183.7 **LEFT** onto Stenledvej towards Ebeltoft at "T".
- 1.3 185.0 CAUTION rumble strips. ENTER Hyllested Skovgårde.
- 0.2 185.2 **LEFT** towards Ebeltoft.
- 3.2 188.4 CAUTION rumble strips. ENTER Holme. No services.
- 2.6 191.0 **BEAR LEFT** towards Ebeltoft.
- 1.4 192.4 ENTER Dråby. Services.
- 0.3 192.7 **LEFT** onto Bysvinget towards camping and the Dråby Strand.
- 0.1 192.8 **BEAR RIGHT** towards Dråby Strand.
- 0.3 193.1 **BEAR LEFT** towards camping and Dråby Strand.
- 2.2 195.3 ENTER Dråby Strand Camping.
- 0.2 195.5 ARRIVE at camping area.

195.5 Today's Distance in Kilometers
 1263.5 Total Stage in Kilometers
 18,519.6 Total Trip Kilometers

- Services: Limited services in Dråby, a little over 2 kms away from camp. Camp has a store, laundry and small store.
- Camping: Busy time of year for this larger campground on the beach. Ask about any camping limitations.
- Toilets: There are two large facilities for toilets, one close to our camping area with plenty of toilets.
- Showers: There are two large facilities for showers, one close to our camping area with plenty of showers.
- Dinner: Dinner will be from 7:00 to 8:30 pm catered camp.
- Breakfast: Breakfast will be in camp from 6:30 to 8:00 am catered at camp.
- Tomorrow: 130.5 kms. Rolling, flat and beautiful terrain. Denmark is a popular cycling destination.

Day 206 Dråby Strand to Copenhagen

(Page 1 of 4)

24-Jul Mon

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	EXIT camping area.
0.2	0.2	RIGHT onto main road from the Dråby Strand Camping to return to Dråby.
1.7	1.9	ENTER Dråby.
0.7	2.6	BEAR LEFT to follow route.
0.1	2.7	LEFT at the Dråby Store at "T". Note turnoff to Holme to right.
1.5	4.2	STRAIGHT at entrance to Mols Camping.
0.4	4.6	ENTER Ebeltoft.
0.1	4.7	RIGHT at "T".
0.1	4.8	LEFT onto main road (Hwy 21) at yield sign at "T".
0.6	5.4	ENTER Ebeltoft again. Full services.
5.6	11.0	ENTER the Mols-Linien Ferry lines. Ferries every hour or so.
0.1	11.1	PASS through toll gate.
0.2	11.3	ARRIVE at staging area.
0.1	11.4	BOARD ferry for 45 minute ride.
0.0	11.4	ARRIVE in Odden Færgehavn.
0.5	11.9	EXIT ferry landing onto bike path to right. ENTER Trundholm and Vestsjællands Amt.
2.3	14.2	Bike lane ends. Probably not too busy until the next ferry drops its next load. If there is still a bunch of traffic, wait a few more minutes.
0.7	14.9	ENTER Yderby.
0.7	15.6	ENTER Havnebyen. Services.
5.3	20.9	ENTER Overby Lyng. Toilet on left.
1.2	22.1	Kattegat Grill on right. Additional services ahead.
2.6	24.7	Toilets on right just past the inaccessible ones on the left. ENTER Ebbeløkke.
6.1	30.8	STRAIGHT to follow Hwy 21 at turnoff to Højby and Gundmindrup Lyng at light.
2.0	32.8	RIGHT towards Højby Lyng at light.
0.1	32.9	LEFT onto Lynnveg (Elinge Skovvej) towards Højby Lyng at yield sign at "T". Services a couple km ahead, plus more after that.
6.5	39.4	ENTER Dragsholm Kommune.
0.5	39.9	RIGHT onto Hwy 225 towards Høve at yield sign at angled "T". Bike path.
1.9	41.8	ENTER Høve.
0.1	41.9	LEFT onto Høve Bygade towards Asnæs. Excellent bike path.

Continued

Day 206 Dråby Strand to Copenhagen

(Page 2 of 4)

24-Jul Mon

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 1.5 43.4 ENTER Asnæ. Full services.
- 2.0 45.4 **LEFT** onto Storegade towards Grevinge at yield sign. Bike path ahead.
- 1.3 46.7 ENTER Tolsager. No services.
- 1.4 48.1 **CROSS** over railroad.
- 0.3 48.4 ENTER Grevinge.
- 4.1 52.5 ENTER Svinnige Kommune.
- 2.7 55.2 **LEFT** onto Hwy 263 towards Holbæk at yield sign at "T".
- 1.0 56.2 ENTER Gislinge.
- 0.6 56.8 **LEFT** towards Hagedsted about .1 km before Q8 Service Station.
- 1.3 58.1 **LEFT** towards Hagedsted at "T".
- 2.5 60.6 ENTER Hagedsted.
- 0.6 61.2 **RIGHT** onto Hwy 21 towards Holbæk at yield sign at "T". Use detached bike path on right.
- 1.9 63.1 **STRAIGHT** to follow Hwy 21 at light.
- 1.0 64.1 **LEFT** towards Holbæk. Lose bike lane, but small shoulder.
- 2.1 66.2 ENTER Holbæk.
- 0.1 66.3 **LEFT** towards Hwy 155 and Centrum at yield sign at "T".
- 0.7 67.0 Shell Service Station on left. O2 informed.
- 0.9 67.9 **CHECKPOINT** on left or just before pullout with information kiosk on the park's streets. Hotel Strandparken and restaurant in park-looks like a fine restaurant. Many more services ahead. Restaurant or tourism might welcome us to town.
- 0.9 68.8 **LEFT** onto Havnevej towards Orø at light.
- 1.0 69.8 CAUTION RR Tracks.
- 0.2 70.0 **LEFT** onto Munkholmvej towards Frederikssund at "T". Great bike lane.
- 7.8 77.8 **CROSS** bridge. Nice area.
- 0.1 77.9 ENTER Roskilde Amt. Lose shoulder.
- 1.0 78.9 **STRAIGHT** towards Roskilde at Jct Hwy 53 at light.
- 5.8 84.7 Bike path on right.
- 0.3 85.0 CAUTION rumble strips.
- 0.2 85.2 **RIGHT** towards Roskilde at rotary. Services.
- 0.7 85.9 ENTER Lejre Kommune. **CROSS** under Hwys 21 & 23.
- 0.2 86.1 **LEFT** onto Hwy 155 towards Roskilde at yield sign at "T". Excellent shoulder to a detached bike path. We will be on bike paths for most of way into Copenhagen.
- 1.1 87.2 ENTER Lindenberg. Services.

Continued

Day 206 Dråby Strand to Copenhagen

(Page 3 of 4)

24-Jul Mon

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

3.8	91.0	ENTER Roskilde Kommune.
1.6	92.6	LEFT onto Stamvejen towards Svogerslev from left turn lane. ENTER Svogerslev.
0.4	93.0	RIGHT onto Holbækvej towards Svogerslev at light.
1.9	94.9	ENTER Roskilde. Full services.
1.4	96.3	LEFT at light at "T" and an IMMEDIATE RIGHT onto Søndre Ringvej towards Hwy 6 at light.
0.2	96.5	CROSS under railroad.
0.9	97.4	STRAIGHT towards Huillerød at light.
1.4	98.8	STRAIGHT towards Hwy 6 at turnoff to Hwy 217 and Greve.
0.6	99.4	LEFT to follow Hwy 6 towards Centrum at rotary.
0.3	99.7	RIGHT towards Hwy 156 and Hedehusene at light. NOTE: Follow bike path next to Hwy 156 all the way to Copenhagen.
0.8	100.5	BEAR RIGHT to follow Hwy 156 towards Hedehusene as left lane enters turnpike. CAUTION traffic merging from right. Bike lane to Copenhagen.
1.7	102.2	ENTER Københavns Amt. Bike lane widens.
1.1	103.3	ENTER Hedehusene. Full services remainder of day.
1.1	104.4	CROSS under railroad.
1.7	106.1	Road merges with other traffic. Should be on bike path.
2.7	108.8	ENTER Størkebenhavn.
1.1	109.9	STRAIGHT to follow Hwy 156 at light at rotary.
0.7	110.6	ENTER Tåstrup.
1.3	111.9	CROSS under freeway.
3.7	115.6	ENTER Glostrup.
2.8	118.4	ENTER Brøndby.
0.2	118.6	CROSS over freeway.
1.3	119.9	ENTER Rødovre. Road becomes Roskildveg.
2.5	122.4	STRAIGHT to follow Roskildveg at Elf Service Station at light.
1.3	123.7	CROSS under railroad tracks.
0.9	124.6	Zoo to left.
1.0	125.6	BEAR LEFT onto Vesterbrogade at light.
0.2	125.8	Internet Cafe to right.
0.4	126.2	BEAR RIGHT to follow Vesterbrogade at light.
0.2	126.4	LEFT onto Bagerstraede. NOTE: A few blocks ahead on Vesterbrogade is the heart of downtown, including the Tivoli Amusement Park.

Continued

Day 206 Dråby Strand to Copenhagen

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24-Jul Mon

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.1 126.5 **RIGHT** onto Vesterport and an **IMMEDIATE LEFT** onto Vodroffsvej.
0.8 127.3 **LEFT** into Hotel Cab Inn.

127.3 Today's Distance in Kilometers

1394.0 Total Stage in Kilometers

18,650.1 Total Trip Kilometers

Services: Copenhagen has everything you need or want. Wonderful city.

Camping: We are staying at the Cabb Inn, in a quiet area, but close to the heart of town. A cool Scandinavian hotel with three to a room, similar to the Etap Hotel in Paris. The rooms resemble cabins on board a ship and make good use of space.

Toilets: In rooms.

Showers: In rooms.

Dinner: Dinner will be from 7:00 to 8:30 pm both nights served at a hotel.

Breakfast: Breakfast will be from 8:00 to 9:30 am tomorrow and 6:30 to 8:00 am Tuesday at or near the hotel.

Gear Trucks: Gear trucks will close at 9 pm tonight and be closed all day tomorrow. They will re-open at 6:00 am on Wednesday, 26 Jul.

Tomorrow: NOTE: Gear trucks will be closed tomorrow. Enjoy Copenhagen.

Day 207 Copenhagen layover day

25-Jul Tue

Tomorrow: 147.9 kms. Super bike lane most of the way to Sweden ferry. Plush travel. Many of Sweden's roads are pretty remote and quite scenic. Some rolling terrain on this mostly rural route after we return to Sweden. Helsingør – Helsingborg, Sweden ferry tomorrow at 49 kilometers. Frequent crossings. Takes about 20 minutes.

NOTE (handwritten on DRG):

The gear trucks will be closed from 9 pm tonight to 6 am on Wednesday. The hotel has asked us to do this and the gear remains a little more secure.

Day 208 Copenhagen to Markaryd, Sweden

26-Jul Wed

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0 0.0 **LEFT** from the Cab Inn.

0.1 0.1 **RIGHT** onto Rosenørns Alle at "T".

0.1 0.2 **BEAR RIGHT** onto Glydenløvesg to cross canal at light.

0.1 0.3 **LEFT** onto Nørre Søgade at light. Canal is to your left.

1.2 1.5 **STRAIGHT** to follow route at Jct Sølvgade at light.

0.8 2.3 **JOG STRAIGHT** onto Classensgade at light.

0.7 3.0 **LEFT** onto Østbanegade (Hwy 02) at light at "T".

0.8 3.8 **RIGHT** onto Arhusgade at light an an **IMMEDIATE LEFT** onto Kalkbrænderihavnsng at light at "T". **CAUTION RR Tracks** and cross under tracks as well.

0.3 4.1 **STRAIGHT** to follow Hwys 02, 19 & 16 at Jct Sundkrogsgade at light.

0.8 4.9 **BEAR LEFT** to follow Hwys 02, E20 & 21 at light.

0.4 5.3 **RIGHT** onto Strandvejen at light.

1.1 6.4 **STRAIGHT** onto Hwy 152 towards Klampenborg as hwy 02 goes left.

5.9 12.3 **ENTER** Klampenborg. Services.

0.8 13.1 **STRAIGHT** to follow Hwy 152 at light. Bike lane ends, but excellent road.

4.2 17.3 **ENTER** Skogsborg. Full services.

2.8 20.1 **ENTER** Vedbæk. No services.

2.5 22.6 **ENTER** Horsholm Kommune. Pick up new bike path.

5.4 28.0 **ENTER** Mikkelsborg. No services.

0.8 28.8 **ENTER** Karlebo Kommune.

4.4 33.2 **ENTER** Humlebæk. Full services.

1.0 34.2 **STRAIGHT** to follow Hwy 152 at rotary.

2.4 36.6 **ENTER** Helsingør Kommune.

1.0 37.6 **ENTER** Espergærde. Full services from here to ferry.

1.5 39.1 **ENTER** Skotterup.

1.2 40.3 **ENTER** Snekkersten.

1.3 41.6 **Bike lane ends.**

0.3 41.9 **ENTER** Hilsinger.

1.5 43.4 **BEAR RIGHT** into the Scanlines Ferry Terminal. **CHECKPOINT.**

0.2 43.6 **PASS** by toll booth.

0.3 43.9 **ARRIVE** at staging area.

0.1 44.0 **LOAD** ferry. Looks like sailings

0.0 44.0 **DEPART** ferry in Sweden. Welcome back!

0.4 44.4 **PASS** through customs booth. Probably won't be staffed.

Continued

Day 208 Copenhagen to Markaryd, Sweden

(Page 2 of 4)

26-Jul Wed

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.2	44.6	STRAIGHT towards E4 & E 6 and Centrum at rotary.
0.3	44.9	ENTER Helsingborg. Full services.
0.3	45.2	STRAIGHT to follow Bredgatan towards Ståneterminalem at cool statue at light.
0.3	45.5	STRAIGHT onto Gasmästareg at light.
0.3	45.8	LEFT onto Sydhamnsq at light.
0.2	46.0	RIGHT onto Planteringsv at light.
0.8	46.8	BEAR LEFT towards Rydebäk and E 4 at light. Bike path on right.
0.5	47.3	BEAR LEFT onto Lagmansq/Vallmog towards the E 4 and E 20 at light.
0.3	47.6	STRAIGHT towards Elineberg at giant rotary.
0.4	48.0	BEAR RIGHT towards Mörarp at rotary.
1.6	49.6	LEFT onto Österleden towards Mörarp at yield sign at "T".
0.2	49.8	RIGHT towards Mörarp and Påarp.
1.4	51.2	CROSS under the E 4, E 6 & E 20.
0.3	51.5	LEFT towards Mörarp at stop sign at "T".
3.6	55.1	ENTER Hjortshög. No services.
3.0	58.1	ENTER Mörarp. Services.
0.6	58.7	CAUTION RR Tracks.
0.4	59.1	LEFT towards Bjuv at stop sign at "T".
0.2	59.3	RIGHT onto Mörshögsvägen towards Mörshög. Store at turn.
3.7	63.0	BEAR RIGHT towards N Vram.
0.3	63.3	BEAR LEFT towards N Vram just beyond turnoff to Rise.
0.3	63.6	STRAIGHT towards N Vram at Jct Hwy 110 at stop sign.
1.0	64.6	STRAIGHT towards N Vram at stop sign.
1.7	66.3	ENTER N Vram. No services. CAUTION RR Tracks.
0.1	66.4	LEFT towards Åstorp at yield sign at "T".
1.9	68.3	ENTER Vrams Gunnarstorp. RIGHT towards Kvidinge at "Y".
4.9	73.2	RIGHT towards Klippan and Kvidinge at stop sign at "T". CAUTION busy road with excellent shoulder.
1.1	74.3	LEFT towards Kvidinge from left turn lane.
0.3	74.6	ENTER Kvidinge. Limited services.
2.6	77.2	ENTER V Sönnarslöv. No services.
1.4	78.6	ENTER Klippans Kommun.
1.1	79.7	ENTER Klippan. Full services.
0.2	79.9	STRAIGHT towards Centrum at rotary.

Continued

Day 208 Copenhagen to Markaryd, Sweden
26-Jul Wed

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

- 1.1 81.0 CAUTION speed bump and cobblestones as you enter city center.
- 0.7 81.7 **LEFT** onto Vedbyvägen towards Hyllstofta at light.
- 2.3 84.0 ENTER Söndraby. No services.
- 1.1 85.1 **LEFT** towards Vedby and Hjälm sjö.
- 0.6 85.7 ENTER Vedby.
- 0.4 86.1 **BEAR LEFT** to follow route.
- 2.3 86.4 STRAIGHT at turnoff to Gyllsjö.
- 7.0 93.4 ENTER Esborrarp. No services.
- 1.7 95.1 **BEAR RIGHT** towards Hjälm sjö at "Y". We are on the Skånespåret cycle route.
- 2.5 97.6 ENTER Ö Flinka. No services.
- 3.5 101.1 ENTER Hjälm sjö. No services.
- 0.4 101.5 **LEFT** onto Hwy 24 (unsigned) towards Örkelljunga at yield sign at "T".
- 0.8 102.3 ENTER Örkelljunga. Full services.
- 0.8 103.1 STRAIGHT to follow Hwy 24 at Jct Hwy 114 and E 4 at light.
- 1.7 104.8 ENTER Skogen. No services. CAUTION faster road and more traffic.
- 1.3 106.1 ENTER Lemmeshult. No services.
- 2.1 108.2 **RIGHT** towards Ö Tockarp.
- 0.1 108.3 ENTER Mattarp. No services.
- 1.8 110.1 ENTER Ö Tockarp.
- 0.2 110.3 **BEAR RIGHT** towards Vemmentorp.
- 1.6 111.9 ENTER Vemmentorp. No services.
- 1.0 112.9 STRAIGHT towards Skånes and Fagerhult at turnoff to Åsljunga.
- 0.9 113.8 **BEAR RIGHT** at turnoff to Lönsjöholm.
- 0.2 114.0 ENTER Höjaholm. No services.
- 0.9 114.9 **LEFT** at turnoff to Åsljunga at the Höjaholm Charolais.
- 1.3 116.2 ENTER Krängelbygget. No services.
- 1.3 117.5 **BEAR LEFT** at turnoff to Bosjöholm.
- 2.3 119.8 **RIGHT** towards Skånes and Fagerhult at "T".
- 1.6 121.4 ENTER Skånes and Fagerhult. No services on route. Might be services on the E 4 close to the route.
- 0.3 121.7 **LEFT** onto Kungsv towards Hishult.
- 1.2 122.9 **BEAR LEFT** towards Hishult at "Y". CAUTION RR Tracks.
- 1.1 124.0 **BEAR RIGHT** towards Healt.
- 2.7 126.7 ENTER Healt. No services.

Continued

Day 208 Copenhagen to Markaryd, Sweden

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26-Jul Wed

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

1.2	127.9	ENTER Kronobergs Län.
2.9	130.8	BEAR LEFT at entrance to Köphult.
2.9	133.7	CAUTION RR Tracks. JOG STRAIGHT towards Hulabäck at Jct E 4.
2.4	136.1	CAUTION RR Tracks.
0.1	136.2	LEFT towards Makaryd at stop sign. ENTER Makaryd.
0.6	136.8	CROSS under the E 4.
0.2	137.0	RIGHT onto Skulptörv at Hydro store.
1.8	138.8	BEAR RIGHT and an IMMEDIATE LEFT onto Smedjeg at yield sign at "T".
0.7	139.5	ENTER Markaryd.
0.1	139.6	RIGHT towards camping.
0.1	139.7	BEAR LEFT towards camping.
0.5	140.2	RIGHT into Jetesjöns Camping.
	140.2	Today's Distance in Kilometers
	1682.1	Total Stage in Kilometers
	18,938.2	Total Trip Kilometers

Services:	Quiet town tucked away in the quiet Swedish countryside. Full services close to camp.
Camping:	Jetesjöns Camping is compact, situated on Lake Getesjön, close to the heart of town. We will be camping in any open areas available-ask for any limitations.
Toilets:	There are about 5 men's and 5 women's toilets in two areas.
Showers:	There a total of 5 showers, augmented by Odyssey showers.
Dinner:	Dinner will be from 7:00 to 8:30 pm at camp.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at camp.
Tomorrow:	153.0 kms. Pretty remote day in places. Some busy roads with shoulders to very quiet country lanes. Some rolling terrain. Stock up, 'cause it's remote out there.

Day 209 Markaryd to Sävsjö

27-Jul Thu

(Page 1 of 3)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	RIGHT onto main road in front of Jetesjöns Camping at "T".
0.1	0.1	RIGHT onto Kungsgatan at "T".
0.1	0.2	RIGHT onto Droffningg at yield sign at "T". Excellent shoulder.
1.2	1.4	ENTER Timsfors. Limited services.
2.1	3.5	Lose shoulder.
2.6	6.1	CROSS under the E 4.
1.1	7.2	STRAIGHT at entrance to E 4.
0.1	7.3	ENTER Axhult. No services.
4.5	11.8	ENTER Strömsnasbruk. Services.
1.1	12.9	BEAR LEFT to follow route into town.
1.1	14.0	CAUTION RR Tracks.
1.7	15.7	ENTER Traryd. Full services.
0.3	16.0	RIGHT onto major road towards 120 Ö at yield sign at "T". CAUTION traffic calming narrow passage ahead. More ahead.
0.4	16.4	STRAIGHT towards E 4 and Stockholm at rotary.
1.5	17.9	CAUTION several rumble strip type action. Restaurant to left. Shoulder ahead.
1.6	19.5	ENTER Ljungby Kommun.
2.2	21.7	RIGHT and an IMMEDIATE BEAR LEFT towards Hornsborg just before the E 4.
2.4	24.1	ENTER Hornborg. No services.
7.3	31.4	STRAIGHT towards Kånna at rotary.
2.8	34.2	ENTER Bäckaryd. No services.
7.1	41.3	STRAIGHT at turnoff to Kånna.
3.6	44.9	ENTER Ljungby. Full services.
0.1	45.0	RIGHT at yield sign at "T".
2.7	47.7	STRAIGHT at Jct Stationsg at light. Center of town is to the right.
1.5	49.2	STRAIGHT to follow Hwy 25 at rotary.
1.2	50.4	RIGHT to follow Hwy 25 towards Vaxjo at rotary.
0.6	51.0	CAUTION RR Tracks.
3.8	54.8	ENTER Tutaryd. No services.
1.0	55.8	STRAIGHT to follow Hwy 25 at turnoff to Torlarp.
6.3	62.1	STRAIGHT at turnoff to Ryssby.
1.9	64.0	STRAIGHT at turnoff to Hyalt.
5.9	69.9	CHECKPOINT at pullout on right next to a lake. Toilets.

Continued

Day 209 Markaryd to Sävsjö
27-Jul Thu

(Page 2 of 3)

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Km Accum

4.4 74.3 ENTER Alvesta Kommun.
6.5 80.8 STRAIGHT to follow Hwy 25 at Jct Hwy 27.
4.0 84.8 STRAIGHT to follow Hwy 25.
3.4 88.2 **BEAR RIGHT** towards Hwy 126 to Moheda.
0.2 88.4 **RIGHT** onto Hwy 126 to Moheda at yield sign at "T".
5.0 93.4 ENTER Kronobergshed.
3.9 97.3 **RIGHT** towards Moheda. ENTER Moheda. Full services.
0.8 98.1 **LEFT** onto Torpsbruksv towards Östanåkra.
0.4 98.5 **RIGHT** towards Torpsbruk. Expect construction and a new road.
2.7 101.2 ENTER Torpsbruk. No services.
0.8 102.0 **LEFT** onto Lyckvägen towards Hwy 126.
0.7 102.7 **RIGHT** onto Hwy 126 towards Lammhult at yield sign at "T".
7.2 109.9 ENTER Växjö Kommun.
0.7 110.6 ENTER Bredhult. No services.
0.2 110.8 **RIGHT** onto Hwy 30 at stop sign at "T" and an **IMMEDIATE LEFT** towards Lädja.
2.7 113.5 **LEFT** towards Lädja.
0.7 114.2 ENTER Lädja. No services.
2.6 116.8 ENTER Bråt. No services.
0.9 117.7 ENTER Rösås. No services.
5.8 123.5 ENTER Strålsund. No services.
0.3 123.8 STRAIGHT towards Sandvik at turnoff to Asa.
2.4 126.2 ENTER Jönköpings Lån. No services.
1.8 128.0 ENTER Sandvik. No services.
1.1 129.1 ENTER Lönelid. No services.
2.5 131.6 STRAIGHT towards Rörvik at turnoff to Lövshult.
1.0 132.6 STRAIGHT towards Håggatorp at turnoff to Rörvik.
4.1 136.7 ENTER Böllingetorp. No services.
1.7 138.4 ENTER Häggatorp. No services.
1.1 139.5 **BEAR LEFT** at turnoff to Hultsjö.
2.9 142.4 **RIGHT** towards Sävsjö at "T". Busier road.
4.9 147.3 ENTER Hjærtlanda. No services.
3.7 151.0 ENTER Sävsjö. Full services.
1.1 152.1 **RIGHT** onto Parallellgatan towards Hwy 127. Don't go onto Hwy 127.

Continued

Day 209 Markaryd to Sävsjö

27-Jul Thu

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Km Accum

0.7 152.8 **RIGHT** onto Hägnevagen at "T".
0.2 153.0 **LEFT** into the community Sporthall complex for an interesting evening of camping.

153.0 Today's Distance in Kilometers
1835.1 Total Stage in Kilometers
19,091.2 Total Trip Kilometers

Services: Full services near camp and in town, about 1.5 kms away.
Camping: We are being hosted by the Sävsjö municipal government and will be camping on the lands of their great sports complex. Ask for specifics.
Toilets: There are at least 10 plus men's and 10 plus women's toilets in the main gym and adjacent facility.
Showers: There are at least 10 plus men's and 10 plus women's showers in the main gym and adjacent facility.
Dinner: Dinner will be from 7:00 to 8:30 pm at a nearby local school hall.
Breakfast: Breakfast will be from 6:30 to 8:00 am at a nearby local school hall.
Misc: Ask about playing Innebandy.
Tomorrow: 118.1 kms. Stock up, it's remote. Busy road for first 28 km, then some rolling terrain through logging country.

Day 210 Sävsjö to Kisa
28-Jul Fri

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	EXIT camping area. Stock up before you LEAVE town, pretty remote day.
0.1	0.1	RIGHT onto Hagnevage as you EXIT the sports complex.
0.1	0.2	RIGHT onto Hwy 127 towards Vetlanda at stop sign at "T". CAUTION busy and fast road with wide lanes.
0.7	0.9	Slottsruin in lake to right.
8.4	9.3	ENTER Jetlanda Kommun.
13.5	22.8	ENTER Emån. No services.
0.6	23.4	ENTER Vetlanda. Full services. Stock up.
0.6	24.0	STRAIGHT towards Centrum at rotary.
1.0	25.0	CROSS under railroad.
0.2	25.2	RIGHT onto Storgatan towards Centrum at yield at "T".
0.7	25.9	STRAIGHT at Jct Stationsg. CAUTION cobblestone road.
0.2	26.1	BEAR LEFT onto Vitalagatan to follow route through town.
0.2	26.3	STRAIGHT towards Hwys 127 & 125 at light.
0.5	26.8	LEFT towards Hwy 127 at turnoff to Hwy 125 and an IMMEDIATE RIGHT onto Hwy 127 towards Målilla at yield sign at "T".
1.2	28.0	LEFT to follow Hwy 127 towards Målilla at yield sign at "T". Bike lane for a bit.
0.3	28.3	ENTER Emån. No services.
0.1	28.4	ENTER Flugeby. No services.
2.7	31.1	ENTER Sjunnen. No services on route.
0.7	31.8	LEFT towards Hjaltevad and Skede from left turn lane. Small store on rt.
0.5	32.3	ENTER Rösa. No services.
3.0	35.3	ENTER Skede.
0.7	36.0	BEAR LEFT at turnoff to Holsbybrunn.
4.5	40.5	ENTER Ekekull. No services.
3.3	43.8	ENTER Eskjö Kommun.
8.8	52.6	ENTER Bellö. No services.
0.2	52.8	STRAIGHT towards Hjaltevad.
6.3	59.1	ENTER Hjaltevad. Services.
0.5	59.6	CAUTION RR Tracks.
0.5	60.1	BEAR LEFT toward Hwy 33.
0.1	60.2	RIGHT onto Hwy 33 towards Mariannelund at stop sign at "T".
3.1	63.3	ENTER Ingatorp.
0.6	63.9	LEFT towards Österbymo.

Continued

Day 210 Sävsjö to Kisa
28-Jul Fri

(Page 2 of 2)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.1	64.0	LEFT onto Kyrkogatan towards Österbymo. Vivo Ejers supermarket on Brogatan on right after turn. Stock up, last services for quite awhile.
0.1	64.1	CHECKPOINT in pullout on right across from historic church. Then BEAR LEFT onto Storgatan at angled "T".
0.5	64.6	STRAIGHT at turnoff to Härstorp.
3.5	68.1	STRAIGHT at turnoff to Kimmarp.
5.2	73.3	ENTER the province of Östergötlands Län.
5.5	78.8	ENTER Svinhult. No services.
0.2	79.0	STRAIGHT towards Österbymo at turnoff to Ydrefors.
5.2	84.2	ENTER Grindsbo. No services.
6.2	90.4	ENTER Österbymo.
0.1	90.5	RIGHT onto Hwy 134 towards Kisa at yield sign at "T". Bike path on left for 1.5 kms.
7.6	98.1	Picnic area and toilets on right.
6.9	105.0	ENTER Kinda Kommun.
5.7	110.7	STRAIGHT at turnoff to Boxholm.
6.0	116.7	LEFT towards Pinnarp.
1.3	118.0	RIGHT into Pinnarp Holiday Village campground at rotary.
0.1	118.1	ARRIVE at camping area.
	118.1	Today's Distance in Kilometers
	1953.2	Total Stage in Kilometers
	19,209.3	Total Trip Kilometers

Services:	No town close by, but the camp has a bar, restaurant, store, waterslide, etc. Lots of things to do at this lakeside resort.
Camping:	We will camp in their normal camping and overflow areas. Ask for details.
Toilets:	There are 15 toilets spread between three facilities.
Showers:	There are 12 showers spread between two facilities.
Dinner:	Dinner will be from 7:00 to 8:30 pm at the camp's restaurant.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at the camp's restaurant.
Tomorrow:	172.4 kms. Long hilly day on both busy and secondary roads. Few services, so stock up. Give it your best shot and we will help with the last few kms.

Day 211 Kisa to Nyköping
29-Jul Sat

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.0	0.0	EXIT camping area.
0.1	0.1	LEFT to return to Hwy 134 at rotary.
1.3	1.4	LEFT onto Hwy 134 towards Kisa at stop sign at "T".
5.6	7.0	ENTER Kisa. Full services.
1.0	8.0	BEAR RIGHT towards Hwy 34. CAUTION RR Tracks (2 sets).
0.1	8.1	STRAIGHT to follow Hwy 134 at Jct Hwy 34 at stop sign. Cafe Columbia to left. Neat place.
5.3	13.4	ENTER V Eneby.
3.0	16.4	LEFT to follow Hwy 134 toward Åtvidaberg.
9.2	25.6	STRAIGHT to follow Hwy 134 at turnoff to Björkfors.
19.6	45.2	ENTER Åtvidabergs Kommun. This is probably the longest distance we have had for a long time in Europe.
1.7	46.9	CAUTION RR Tracks.
5.5	52.4	LEFT onto Hwy 35 towards Åtvidaberg at stop sign at "T".
1.5	53.9	CAUTION speed bump as you ENTER Åtvidaberg. Full services.
1.1	55.0	RIGHT towards Ringarum at light.
0.3	55.3	BEAR LEFT to follow route. CAUTION RR Tracks.
0.5	55.8	CAUTION speed bump. More ahead. We just entered Eksätter.
1.1	56.9	ENTER Berg. No services.
13.5	70.4	RIGHT towards Ringarum at "T".
1.3	71.7	ENTER Borkhult. Limited services.
0.8	72.5	CHECKPOINT at parking lot near old boat and the Fabrinens Kontor building.
0.4	72.9	Cafe Lappham on right has excellent homemade waffles. O2 informed.
1.2	74.1	ENTER Yxnerum. No services.
4.3	78.4	ENTER Gobo. No services.
4.0	82.4	LEFT towards Ö Ryd at "T".
8.1	90.5	RIGHT towards Söderköping.
12.9	103.4	ENTER Bleckstad. No services.
1.4	104.8	ENTER Söderköping. Full services.
1.5	106.3	LEFT onto E 22 towards Norrköping at light.
1.2	107.5	CROSS Göta Canal draw bridge.
0.3	107.8	BEAR RIGHT towards Ö Husby. Expect traffic to increase on all roads as we approach Stockholm.
0.1	107.9	RIGHT towards Ö Husby at yield sign at "T".

Continued

Day 211 Kisa to Nyköping
29-Jul Sat

(Page 2 of 3)

Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

4.0	111.9	ENTER Täby. No services.
2.2	114.1	ENTER Fristad. Limited services.
5.2	119.3	ENTER Kudby. STRAIGHT to follow route to Ö Husby.
7.7	127.0	ENTER Ö Husby.
0.8	127.8	LEFT towards Jönåker towards the ferry.
0.4	128.2	STRAIGHT to follow Cykelspåret at stop sign. Services on left.
6.0	134.2	ARRIVE at the Skenäs-Säter ferry. No cost. Frequent crossings.
0.1	134.3	LOAD ferry.
0.0	134.3	ARRIVE in Säter. EXIT ferry.
1.7	136.0	RIGHT towards Jönåker at stop sign at "T".
1.9	137.9	LEFT towards Jönåker at stop sign at "T".
4.6	142.5	ENTER Södermanland Lån.
1.1	143.6	ENTER Borg.
9.0	152.6	RIGHT towards Nyköping at yield sign. Services.
1.0	153.6	BEAR RIGHT onto detached bike path. Bikes not allowed on main road for next .2 km.
0.2	153.8	LEFT through narrow gate as bike path ends and an IMMEDIATE RIGHT onto main road at yield sign.
7.8	161.6	Services on left.
2.1	163.7	ENTER Bergshammar. Services.
0.9	164.6	RIGHT towards Bergshammar or you will end up on the E 6.
0.1	164.7	LEFT towards Nyköping at "T".
3.6	168.3	ENTER Nyköping.
0.3	168.6	RIGHT towards Centrum at rotary.
0.3	168.9	STRAIGHT towards Centrum at rotary.
0.7	169.6	LEFT towards camping just after crossing bridge.
0.1	169.7	LEFT onto Järnvågsgatan towards camping at yield sign at "T".
0.7	170.4	STRAIGHT towards E 4 Nord at rotary.
0.7	171.1	LEFT towards Centrum at rotary and an IMMEDIATE RIGHT onto Ringvågen.
0.7	171.8	RIGHT onto Östanvägen.
0.2	172.0	RIGHT onto Tessins Väg.

Continued

Day 211 Kisa to Nyköping
29-Jul Sat

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.1 172.1 **RIGHT** into Tessingkolan College grounds and an **IMMEDIATE BEAR RIGHT** through gates towards camping fields.

0.2 172.3 **LEFT** at end of building just before camping field.

0.1 172.4 **ARRIVE** at camping area.

172.4 Today's Distance in Kilometers

2125.6 Total Stage in Kilometers

19,381.7 Total Trip Kilometers

Services: Full services relatively close to camp.

Camping: We are being hosted by the Nyköping government and being allowed to camp on the Tessingkolan College playing fields and make use of their shower and toilet facilities.

Toilets: There are 4 toilets each in the men's and women's changing rooms.

Showers: Odyssey showers.

Dinner: Dinner will be from 7:00 to 8:30 pm served at the college.

Breakfast: Breakfast will be from 6:30 to 8:00 am served at the college.

Tomorrow: 116.9 kms. Some rolling terrain and busier roads as we close in on Stockholm.

Day 212 Nyköping to Stockholm

30-Jul Sun

(Page 1 of 3)

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Km Accum

0.0	0.0	EXIT Tessingkolan College camping area (field on left, building on right).
0.1	0.1	RIGHT at end of building.
0.2	0.3	PASS through gates.
0.1	0.4	RIGHT onto Tessins Väg as you DEPART college grounds.
0.1	0.5	LEFT onto Örnskolds väg at second entrance to school.
0.2	0.7	RIGHT onto Fågelbovägen.
0.2	0.9	STRAIGHT onto Hwy 219 (Trosvägen) at light.
0.2	1.1	STRAIGHT to follow Hwy 219 towards Studsvik at light.
2.8	3.9	ENTER Sjösa. No services.
0.4	4.3	LEFT onto Hwy 223 towards Södertälje.
1.1	5.4	CROSS under the E 4.
3.2	8.6	STRAIGHT towards Södertälje as Hwy 223 goes left. Great shoulder.
8.3	16.9	STRAIGHT at turnoff to Tystverga.
1.1	18.0	ENTER Bogsta. No services.
6.4	24.4	CROSS over the E 4.
3.5	27.9	CROSS under the E 4.
0.2	28.1	STRAIGHT at turnoff to Gnesta.
2.5	30.6	ENTER Grandlun.
0.2	30.8	Service station on right. Access after passing.
1.0	31.8	ENTER Trosa Kommun.
3.3	35.1	CROSS over the E 4.
0.2	35.3	STRAIGHT to follow route.
2.5	37.8	ENTER Vagnhärad. Full services.
1.7	39.5	RIGHT onto Hwy 218 at yield sign at "T".
0.9	40.4	LEFT towards Södertälje.
2.6	43.0	ENTER Stockholm Läns.
4.2	47.2	Restaurant on right.
1.9	49.1	RIGHT towards Mörkö, ferries and the Sverigeleden bike route.
3.9	53.0	STRAIGHT towards the Skanssundet ferry at turnoff to Oaxen and the Mörkö K:A (church).
6.9	59.9	ENTER Hörningsholm. No services.
1.0	60.9	ENTER Skanssundet to catch the Hörningsnäs-Mörkö free ferry. CHECKPOINT. Bulik Cafe. Bar and toilet (costs 5 Kr)
0.0	60.9	ARRIVE in Grödinge.
0.2	61.1	ENTER Botkyrka Kommun and Grödinge.
9.8	70.9	ENTER Snäck-Stavik. No services.
1.2	72.1	STRAIGHT at turnoff to Dälsta.

Continued

Day 212 Nyköping to Stockholm

30-Jul Sun

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

3.6	75.7	CROSS under railroad.
1.4	77.1	LEFT onto Hwy 225 towards Södertälje at stop sign. CAUTION faster road, more traffic.
1.4	78.5	ENTER Värsta. Full services.
0.3	78.8	BEAR RIGHT onto Hwy 226 towards Stockholm. Use bike lane paralleling Hwy 226 when it exists.
1.9	80.7	ENTER Tumba. Full services all the way to Stockholm.
2.8	83.5	STRAIGHT to follow Hwy 226 towards Stockholm at Jct Hwy 258 at light.
2.0	85.5	CROSS over railroad.
0.5	86.0	ENTER Tullinge.
2.4	88.4	LEFT onto Södra Parkhemsvägen towards Tullingeberg at light.
0.4	88.8	CAUTION short stretch of construction.
1.0	89.8	RIGHT onto Katrinebergsv at yield sign at "T".
2.7	92.5	LEFT onto Hwy 259 (Glömstavägen) towards E 4 at light at "T".
4.2	96.7	RIGHT at bottom of hill onto Värby allé towards Stockholm at light. ENTER Värby.
0.4	97.1	CROSS under the E 4.
0.5	97.6	CAUTION rumble strips.
0.4	98.0	ENTER Värby Gärd.
1.3	99.3	STRAIGHT to follow Därby allé at entrance to the E 4 & E 20 at light.
0.2	99.5	LEFT onto Skärholmavägen at light at "T".
0.2	99.7	ENTER Stockholm.
1.7	101.4	STRAIGHT at turnoff to Skärholmen Centrum (bus station) at light.
0.5	101.9	LEFT onto Björksättravägen towards camping from left turn lane.
1.3	103.2	LEFT onto Ålgrytevägen towards camping.
0.5	103.7	STRAIGHT at turnoff to camping.
1.3	105.0	LEFT onto Mälarhöjdsvägen. ENTER Mälarhöjden.
0.8	105.8	RIGHT onto Hägerstensvägen to follow Sverigeleden bike route.
0.1	105.9	BEAR LEFT to follow Hägerstensvägen.
1.3	107.2	STRAIGHT to follow Hägerstensvägen at Jct Stjernströms.
1.1	108.3	STRAIGHT to follow Hägerstensvägen at rotary.
0.1	108.4	CAUTION speed bump sidewalk.
0.7	109.1	STRAIGHT under the E 4 and E 20 at light.
0.3	109.4	BEAR RIGHT under bridge. Use bike path.
0.3	109.7	STRAIGHT down and up a short hill to avoid first access to bridge. Bike lane traffic easy to get to and across bridge.

Continued

Day 212 Nyköping to Stockholm

30-Jul Sun

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Emergency #'s: Tim's GSM USA Cell: Call direct by adding "001" to the numbers below. Even better is to call USA provider like AT&T, then dial 206-390-2397 or Karen-Ann at 206-295-5385. Cell coverage varies, so please keep trying.

Km Accum

0.2	109.9	STRAIGHT towards Centrum & bridge at light. CAUTION RR Tracks (2 sets).
0.2	110.1	BEAR LEFT and an IMMEDIATE RIGHT to follow bike path across bridge into Sodermalm area.
0.4	110.5	RIGHT onto Hornsgatan towards Skanstull at light.
1.2	111.7	STRAIGHT to follow Hornsgatan at Jct Torkel Knutssangatan at light.
0.7	112.4	BEAR LEFT and an IMMEDIATE RIGHT towards Gamla Stan in front of the Stockholms Stadsmuseum at light.
0.1	112.5	BEAR LEFT to follow along the water. The bay will be on your right.
0.9	113.4	BEAR RIGHT to CROSS bridge at light.
0.1	113.5	BEAR RIGHT onto Södra Blasieholmshamnen and an IMMEDIATE LEFT onto Stallgatan.
0.2	113.7	BEAR LEFT and an IMMEDIATE RIGHT to follow harbor.
0.2	113.9	BEAR RIGHT onto Strandvägen in front of the Hypoteksbanken to follow harbor. Great area. Bike lane to right.
0.9	114.8	LEFT onto Narvavägen at light at rotary. CAUTION RR Tracks (2 sets).
0.6	115.4	RIGHT onto Karlaplan at "T" and an IMMEDIATE RIGHT onto Karlavägen. ICA Grocery store on right. NOTE: A few of us will be at the Vandrarhem Östra Real hostel (Right onto Karlaplan to continue following large rotary, .2 right onto Karlaplan, .2 arrive at hostel). Check-in is at the STF Backpackers for everyone.
0.2	115.6	LEFT onto Banérgatan.
0.3	115.9	STRAIGHT to follow Banérgatan at yield sign at rotary. Vehicles go left onto Valhallavägen, .1 right onto Värtavägen, .2 arrive at STF Backpackers Inn.
0.1	116.0	RIGHT into Vandrarhem/Youth Hostel STF backpackers Inn (Gärdesskolan).
	116.0	Today's Distance in Kilometers
	2241.6	Total Stage in Kilometers
	19,497.7	Total Trip Kilometers

Services:	Full services in this wonderful, famous Scandinavia City.
Camping:	We are in two different hostels. Most will be in large 14 bedded rooms at the Backpackers Inn. A few will be .8 km away at the Vandrarhem Östra Real.
Toilets:	Plenty. On floor.
Showers:	Plenty. On floor.
Dinner:	Dinner is from 7:00 to 8:30 pm at a facility near the Backpackers Inn. Walk from either hostel.
Breakfast:	Breakfast will be from 8:00 to 9:30 pm tomorrow and 6:00 to 7:00 am at the backpackers Inn.
Tomorrow:	Well deserved layover day.

Day 213 Stockholm layover day

31-Jul Mon

Tomorrow:	11 hour ferry and 15.9 km pedal. We will be catching the 8 am Silja Line ferry to Turku, Finland. The ferry is about 3 kms away from our hostels. Be in the staging no later than 7:15. Some rolling terrain, busy to quiet roads as we begin our journey through Finland. It obviously gets busier as we approach Helsinki.
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Day 214 Stockholm to Turku (Abo) via ferry

1-AugTue

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Km	Accum	<i>NOTE: Dinner will be served at the hostel at 9 pm, so plan your day accordingly.</i>
0.0	0.0	From the Backpackers Inn. RIGHT onto Banergatan. CAUTION cobblestones.
0.1	0.1	RIGHT onto Värtavägen at "T".
0.9	1.0	LEFT onto Tegeluddsvägen at yield sign.
0.2	1.2	RIGHT towards Lidingo at yield sign at light.
0.4	1.6	BEAR RIGHT towards Värtahamnen.
0.2	1.8	RIGHT towards Silja Line check in at yield sign at "T".
0.1	1.9	CAUTION RR Tracks (3 sets). Another ahead.
0.4	2.3	LEFT onto Hangövägen towards Finland ferry check in.
0.3	2.6	BEAR LEFT around hotel to follow road to ferry.
0.4	3.0	ARRIVE at ferry holding area.
0.2	3.2	LOAD ship.
0.0	3.2	ARRIVE in Turku about 11 hours later around 8:15 pm. Full services. Welcome to Finland! It's one hour later than Sweden.
0.5	3.7	LEFT onto Satamakatu towards Helsinki.
0.1	3.8	RIGHT onto Vallihaudankatu.
0.1	3.9	LEFT onto Slottsgatan towards Helsinki and Centrum in front of Viking Lines.
0.1	4.0	CAUTION RR Tracks.
1.5	5.5	RIGHT to CROSS bridge towards Hwy 110 and Helsinki at light.
0.5	6.0	BEAR LEFT towards Hwy 110 and Kaarina.
0.1	6.1	LEFT towards Hwy 110 and Kaarina at light.
1.1	7.2	RIGHT onto Kaskenkatu towards Hwy 110 and Kaarina at light. Use bike lane on right. CAUTION construction in .7. Use surface street to bypass construction.
1.4	8.6	STRAIGHT to follow Hwy 110 (becomes E 18). Use bike path for next 9.1 kms. It will wander a bit, but follows along the right (south) side of Hwy 110.
1.9	10.5	Sign for Kuninkaantie Kungsväge (King's Highway).
0.6	11.1	ENTER Kaarina. Full services.
0.9	12.0	STRAIGHT to follow Hwy 110 as the E 18 exits right.
2.5	14.5	STRAIGHT to follow Hwy 110 at Jct Hwy 180 at light. Bike path goes under Hwy 180.
1.5	16.0	Jump on surface street as bike path ends.
0.3	16.3	LEFT onto Vihvilätie as road ahead becomes gravel.

Continued

Day 214 Stockholm to Turku (Abo) via ferry

1-AugTue

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Km Accum

0.1 16.4 **RIGHT** onto bike path on left (north) side of Hwy 110.
1.0 17.4 ENTER Piikkiö.
0.2 17.6 **RIGHT** towards Tuorlan School and Hostel.
0.2 17.8 ARRIVE for room assignments or camping instructions.

17.8 Today's Distance in Kilometers
2259.4 Total Stage in Kilometers
19,515.3 Total Trip Kilometers

Services: No city close to the school/hostel, so stock up in Turku.
Camping: We think we have enough mattresses for everyone. Use sleeping bag. There is also an area for camping if you desire.
Toilets: Several scattered throughout the facility.
Showers: Plenty scattered throughout the facility.
Dinner: Dinner will be from 9:00 to 10:00 pm at the Tuorlan School and Hostel.
Breakfast: Breakfast will be from 6:00 to 7:30 am served at the college.
Tomorrow: 172.8 kms. Sorry, another long one. The final day of pedaling in Scandinavia. Expect rolling terrain and a variety of road conditions. Watch for moose! We are planning a bailout option after 100 kms, so watch for details.

Day 215 Turku to Helsinki
2-Aug Wed

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<u>Km</u>	<u>Accum</u>	NOTE: we will be offering a bailout after 100 kms, so watch for additional information.
0.0	0.0	EXIT the Tuorlan School and Hostel
0.2	0.2	RIGHT onto Hwy 110 towards Helsinki. Use the bike lane on the north side of Hwy 110. Use lane as long as it exists.
1.0	1.2	STRAIGHT to follow Hwy 110 at turnoff to E 1 and Helsinki.
3.0	4.2	ENTER Piikkiö. Full services. Bike lane ends ahead so use Hwy 110. Small shoulder, stay well right.
3.0	7.2	LEFT and an IMMEDIATE RIGHT onto Tammissillantie towards Makarla at "T".
1.5	8.7	JOG STRAIGHT to follow bike path along the left side of Hwy 2340 towards Paimio to follow the Kings Road. <i>Vehicles left towards Hwy 2340.</i>
0.5	9.2	ENTER Paimio area. Services.
0.4	9.6	Bike lane crosses under road and then a bridge at Jct E 18. You are now on the right side of Hwy 2340. Plan to rejoin Hwy 2340 in about 1 km when bike lane ends. More bike lane in 4 kms.
5.2	14.8	ENTER Paimio. Full services.
0.2	15.0	STRAIGHT onto Hwy 2352 towards Helsinki at light. Great bike paths.
2.5	17.5	LEFT onto Kevolantie (Hwy 2351-unsigned) to follow the King's Road toward Hajala. Use road. Bike path ends in a bit.
4.4	21.9	CROSS under railroad.
4.7	26.6	Enter Halikko area.
9.5	36.1	CROSS over railroad.
2.2	38.3	STRAIGHT to follow Hwy 2351 at turnoff to Helsinki and Turku.
1.6	39.9	ENTER Halikko. Services.
0.8	40.7	RIGHT onto Vaskiontie to follow the King's Road towards Salo at yield sign.
0.5	41.2	Enter Salo area. Full services.
1.3	42.5	STRAIGHT towards Hwy 52 at turnoff to Hwys E 18 & 1.
0.6	43.1	LEFT onto Turuntie to follow the King's Route as road to Hwy 52 and Tammisaari continues straight at light.
0.8	43.9	RIGHT onto Horninkatu immediately after crossing waterway to follow the King's Road.
0.1	44.0	CAUTION speed bump sidewalk.
0.1	44.1	LEFT to follow the King's Road through town at yield sign at "T".
0.2	44.3	BEAR RIGHT to follow King's Road.
0.7	45.0	STRAIGHT at Jct Sairaalantie towards Uskelan kirkko as the King's Road goes right.

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Day 215 Turku to Helsinki

2-Aug Wed

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Km Accum

- 0.1 45.1 **LEFT** onto Kiskontie (just past Shell station) onto Hwy 186 towards Inkoo and Kisko.
- 5.6 50.7 Enter Muurla area.
- 9.0 59.7 Enter Kisko area.
- 7.5 67.2 Services in Toija area.
- 0.6 67.8 Enter Kurkelanjoki area.
- 7.9 75.7 Kisko and pullout on right. **CHECKPOINT**. No services. Use caution crossing traffic.
- 4.8 80.5 ENTER Uussimaa Nyland abd Karjalohja.
- 1.4 81.9 STRAIGHT to follow Hwy 186 at Jct 104.
- 0.2 82.1 Welcome back to the King's Road.
- 6.9 89.0 Enter Karis Karjaa area.
- 4.1 93.1 Restaurant and small store on left.
- 3.1 96.2 ENTER Ingå Inkoo. ENTER Svartå Mustio.
- 0.3 96.5 **LEFT** onto Hwy 25 just after crossing under the railroad and Hwy 25.
- 0.2 96.7 **RIGHT** onto Hwy 25 towards Hyvinge and Lojo at yield sign at "T". We're still on the King's road. Busier, high speed road. Good shoulder for 3.2 kms.
- 3.9 100.6 ENTER Lohja Lojo area. **NOTE: Bailout somewhere around here.**
- 5.0 105.6 **RIGHT** onto Hwy 1130 towards Inkoo and Ingå.
- 0.2 105.8 STRAIGHT to follow Hwy 1130 and the King's Road.
- 0.4 106.2 ESSO service station on left.
- 1.1 107.3 ENTER Siuntio area.
- 10.1 117.4 STRAIGHT to follow Hwy 1130 at turnoff to Siuntio.
- 0.5 117.9 TB Service station and store on right.
- 1.4 119.3 STRAIGHT to follow Hwy 1130 as the King's Road goes right at Jct Hwy 115.
- 7.0 126.3 Enter Kirkkonummi area. ENTER Evitskog. No services for a bit.
- 2.7 129.0 Store.
- 2.2 131.2 **RIGHT** onto Solvikintie towards Kirkkonummi and Kyrkslätt.
- 2.1 133.3 **RIGHT** towards Kirkkonummi and Kyrkslätt at yield sign at "T".
- 1.9 135.2 **LEFT** onto Österbyntie towards Vitträsk.
- 4.5 139.7 **RIGHT** onto Veklahdentie towards Sepänkylä and Smedsby.
- 1.5 141.2 ENTER Veklahti.
- 2.4 143.6 **BEAR LEFT** towards Masala at turnoff to Kirkkonummi and Kyrkslätt.
- 3.1 146.7 **RIGHT** onto Masalantie at factory entrance at yield sign.

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Day 215 Turku to Helsinki

2-Aug Wed

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Km Accum

- 0.1 146.8 **LEFT** towards Sundsberg.
- 0.2 147.0 **CROSS** under railroad.
- 0.4 147.4 **CROSS** over highway.
- 0.1 147.5 **STRAIGHT** at Jct Kehä Ring III. Bike path on left.
- 1.8 149.3 **LEFT** onto Hwy 51 towards Helsinki at yield sign at "T". Wide shoulder on a busy road.
- 2.2 151.5 **RIGHT** to cross small bridge towards Stensvik just before freeway.
- 0.2 151.7 Enter Espoo area.
- 0.9 152.6 **RIGHT** towards Kivenlahti and Stensvik at yield sign. Teboil Service Station on left before turn-excellent facility.
- 0.1 152.7 **ENTER** Kivenlahti. Should be full services rest of day. Recommend using bike lane on right.
- 2.0 154.7 **LEFT** onto Soukanväylä towards Nöykkiö at Carrols/Teboil Service Station at light.
- 0.1 154.8 **CROSS** over Hwy 51.
- 0.2 155.0 **RIGHT** towards Suomenoja. Bike path on left.
- 2.4 157.4 **STRAIGHT** towards Olari at light.
- 1.9 159.3 **CAUTION** construction.
- 1.1 160.4 **CROSS** under highway.
- 0.2 160.6 **ENTER** Niittykumpu.
- 1.4 162.0 **ENTER** Tapiola. Bike path still going strong.
- 1.1 163.1 Bike path heads up and slightly left to the shopping complex. Either continue through complex or go around complex to left and then return to main road.
- 0.3 163.4 If you are heading through shopping center (slow, plenty of congestion) go left at fence railing.
- 0.1 163.5 **SHARP RIGHT TURN** onto Tapiontorintie (surface street) towards left and right turn lanes of main road.
- 0.2 163.7 **LEFT** towards Hwy 51 and Helsinki at light at "T".
- 0.2 163.9 **RIGHT** onto Tapiolantie at light at "T".
- 0.6 164.5 **RIGHT** toward Westend at "T".
- 0.2 164.7 Just before you enter Westend after yield sign at Jct Westendinkatu, **LEFT** onto the bike path towards Helsinki in front of Shell Station. Bikes continue to follow bike path/streets and keep the water on your right. Vehicles use Hwy 51 towards Helsinki. Bike path will be on your right.

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Day 215 Turku to Helsinki
2-Aug Wed

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Km Accum

- 1.0 165.7 **BEAR LEFT** under road to follow Hwy 51 towards Helsinki.
- 0.8 166.5 **LEFT** surface street in front of Flipper Market. Welcome to Helsinki.
- 0.2 166.7 **BEAR RIGHT** to follow route.
- 0.2 166.9 **BEAR LEFT** up hill to follow route.
- 0.1 167.0 **JOG STRAIGHT** onto Lauttasaarentie (unmarked) to continue along Hwy 51(at least for a couple blocks) at yield sign.
- 0.8 167.8 **STRAIGHT** to follow Lauttasaarentie at Jct turnoff to Hwy 51 towards Hanko or Centrum.
- 1.1 168.9 **CROSS** lift bridge into Centrum. **CAUTION** construction ahead.
- 0.6 169.5 **BEAR RIGHT** onto Itämerenkatu just past the large, black, interesting & unique sculpture. **CAUTION** Parallel RR Tracks on surface street. Vehicles go straight then right onto Länsisatamankatu, left onto Itämerenkatu.
- 0.9 170.4 **RIGHT** at light at "T".
- 0.1 170.5 **STRAIGHT** towards Centrum at light. **CAUTION** RR Tracks (2 sets). More ahead.
- 0.1 170.6 **CAUTION** cobblestone streets for most of downtown Helsinki. Parallel bike lanes are often a better surface, however.
- 0.3 170.9 **BEAR LEFT** onto Bulevardi (unmarked) in front of Sampolife Building at light. **CAUTION** RR Tracks at turn and parallel along Bulevardi. Can use bike lane on right.
- 0.6 171.5 **STRAIGHT** to follow Bulevardi at Jct Annankattu at light. *Vehicles go right* here for one block, left onto Uudenmaankatu, .3 km bear left at angled "T" at light and right onto Eteläesplanadi to rejoin cyclists.
- 0.2 171.7 Bikes continue straight to follow bike path onto Eteläesplanati at light. Bike lane crosses to left side of street.
- 0.4 172.1 **LEFT** and an **IMMEDIATE RIGHT** around cobblestone parking lot to follow along harbor towards Kesko sign ahead.
- 0.2 172.3 **RIGHT** and an **IMMEDIATE LEFT** to **CROSS** pedestrian and cycling bridge towards Kesko sign. Vehicles right towards Kesko sign, .2 km right and an immediate left to follow harbor towards the Grand Marina Hotel and Marina Congress Center. The hotel is on Katajanokanlaituri street ahead.

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Day 215 Turku to Helsinki

2-Aug Wed

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Km Accum

0.5 172.8 LEFT into the Grand Marina Hotel for two great nights in Helsinki.

172.8 Today's Distance in Kilometers

2432.2 Total Stage in Kilometers

19,688.1 Total Trip Kilometers

Services: Helsinki has everything and more. Enjoy your time here.
Camping: We will be in staying at the Scandic Grand Marina Helsinki. It's a great hotel in an ideal harbor location in the center of town. Two or three to a room.
Toilets: In room.
Showers: In room.
Dinner: Dinner will be at the hotel each evening from 7:00 to 8:30 pm.
Breakfast: Breakfast will be at the hotel each morning from 8:00 to 9:30 am.
Tomorrow: Enjoy Helsinki for our needed rest days. Explore and enjoy Russia as well.

Day 216 Helsinki layover day

3-Aug Thu

Day 217 Helsinki layover day

4-Aug Fri

Day 218 Helsinki layover day

5-Aug Sat

Day 219 Helsinki layover day

6-Aug Sun

Day 220 Helsinki layover/flight day

7-Aug Mon

Flight: Bus to the airport for our evening departure on Britannia Airways Flt BN 890 at 8:40 pm arriving Berlin at 9:35 pm. This allows two full days off in Berlin. We will bus to the Jugendgästehaus Berlin (Brandenburg Gate hostel) to meet the gear trucks and check in for our Berlin layover days.