

## NORWAY

Day	Date	From	To	Total Distance (km)	Bike Time (hr:min:sec)	Average Speed (km/hr)	Max Speed (km/hr)	Elevation Gained (m)	Max Altitude (m)	weather	Comments
1	6/12/2014	Oslo	Moss	75.64	5:21:00	13.57	54.0	704		warm 18 windy sunny	Big hill N or As. Wild camp near alby
2	6/13/2014	Moss	N Larvik	73	5:15:00	13.25	48.5	671		warm 19 windy sunny	Beautiful riding day. Mostly along the coast. Ferry from Moss to Horton
3	6/14/2014	N Larvik	gatejokken	73	5:20:00	13.05	52.0	904	153	warm 20 beautiful- hot	Lost in Larvik- round and round - up and up
4	6/15/2014	gatejokken	Sandesal	64	5:05:00	12.00	52.0	1054	122	warm 20 beautiful- hot	Free camping -hard riding - great day
5	6/16/2014	Sandesal	Holt	58	4:20:00	12.70	60.0	799	140	warm 19 windy sunny	3 hour wait at Ferry
6	6/17/2014	Holt	Lillesand	67	4:57:00	12.92	57.0	731	87	warm 18 windy sunny	Easy first 40 km -then hard climbing through forest.
7	6/18/2014	Lillesand	Lillesand							warm 22 sunny	Rest day in Lillesand - beautiful - Fishing with Oivind
		Day 1-7	Total	410.64	30:18:00			4863		warm 22 sunny	Rest day in Lillesand - beautiful
			Avg	68.44	5:03:00	12.92	53.91667	810.5	125.5		
8	6/19/2014	Lillesand	Grovane	68.5	5:05:00	12.66	50.5	794	144	Cloudy then sunny 18	route 1 to route 3- bugs at night- wild camp
9	6/20/2014	Grovance	Byglandsford	68	4:14:00	13.83	45.0	416	256	warm 21 windy	Route 3- beautiful
10	6/21/2014	Byglandsford	Rysstad	68	4:19:00	14.66	39.0	407	257	Cool, sunny- beautiful	Beautiful ride through the valley.
11	6/22/2014	Rysstad	Lysbotn	85	8:33:00	9.33	54.0	1845	1033	Cold! 5.7 at the top-cloudy	route 2 through the mountains - 2 passes
12	6/23/2014	Lysebotn	Stravangar	8.94	1:33:00	10.17	31.0	115	51	18 - windy - sunny	Ferry to Stravanger
		Day 8 - 12	Sub Total	298.44	23:44:00			3577			
			Avg	59.688	4:44:48	12.13	43.9	715.4	348.2		
13	6/24/2014	Stravangar	Stravangar	37	2:12:00	15.12	54.0	287	54	24 - sunny	Ferry terminal and to downtown w/Alexa - unloaded
14	6/25/2014	Stravangar	Stravangar	33	2:33:00	12.75	45.0	342	135	22 - sunny - windy	Cruise around the Fjords and up to the tower- to ferry - unloaded.
		<b>Total Norway</b>	<b>Total</b>	<b>779.08</b>	<b>58:47:00</b>			<b>9069</b>			
			<b>Avg</b>	<b>59.93</b>	<b>4:31:18</b>	<b>12.77</b>	<b>49.38</b>	<b>697.62</b>	<b>221.09</b>		