

DAY Thirty-two Williston ND to New Town ND[SakakaweaLk] 116km

Sept 10/07 Monday D 129.92 km M55.6 A 19.3 PT6 h41 RT 9h total 2480.2 km

Wind: Incredible amount of wind mostly from back but lots from side trying to push me into the traffic

Temp 45F 5C Cool dewy morning. Time changed at state line so 7am start

Road Conditions : good shoulder but some frost heaves. Long day going up and down turning like a snake. Ran into Derryl our recumbent cyclist along the way

Accommodations : decided to go on to Van Hook CG supposedly on the lake, but not really. Old CG on site of a old town. \$6 per tent NO WATER other than sludge!

FOOD Breakfast: usual fruit

Lunch: Lunds Landing picnic on their tables as closed 41.35k 49.8/16.9 2h26 od 2391.6

Supper bowl of great soup in New Town, ice crème at the café on the hiway just before turning to CG so just snacks after that

Overall Well the hills seemed to go on and on and on. Anna said it was roller coasterish but it was “collie after collie” We found Derryl our recumbent cyclist sitting in the ditch having a snack so we went on together. The wind was very strong and when it came from the back it was great just pushing us along like a wind surfer, but when it came from the side in gusts I had the breaks on full blast! Very tired by the end of the day. Fun to have someone else to talk to too. We had planned to stay in New Town, but after talking to some people by the store went on the Van Hook CG... not really a bonus, but did cut a few km off tomorrow.

New Town ND Day 32 – Sep 10 (Sep 12 Day off) City Park CG 116.7k

0.0	Depart Davidson City Park CG on 11th St W (East) 0.9 km	Very Little Services today
0.9	Continue (East) on US-2 [US-85] 1.1 km	
2.0	Turn LEFT (East) onto SR-1804 [E Broadway] 2.1 km	
4.1	Continue (East) on SR-1804 [CR-9] 3.9 km	
8.0	Continue (East) on SR-1804 33.4 km	
41.3	Stay on SR-1804 (East) 7.1 km	Lunds Landing (GR) [closed Sun/Mon]
48.4	Continue (East) on SR-1804 [CR-17 A] 0.9 km	
49.3	Continue (East) on SR-1804 66.3 km	
115.7	Continue (South) on SR-1804 [West Ave] 0.6 km	
116.3	Turn LEFT (East) onto SR-23 [Main St] 0.4 km	
116.6	Bear RIGHT (South) onto Park Pl 60 m	
116.7	Arrive New Town City Park CG (location uncertain)	New Town (AS)

New Town Marina CG and Four Beas Lodge and CG are across the 1 mile long bridge

126 continue on SR 23 7m E turn Rt to Van Hook Arm Traynor Pk CG 701 627-3811



DAY Thirty-three New Town ND to Minot ND 120km [70 MILES]

Sept 11/07 Tuesday D 127.57 km M43.1 A 17.5 PT7 h16 RT 9h total 2612.2 km

Wind no wind in the morning and into the wind later in the afternoon, but nothing like yesterday

Temp very cool most of the day 5C in am, 12 C by noon, 15C rest of sunny day

Road Conditions : rough shoulder Quiet road until on Hwy US 83 which is divided Some frost heaves that were bad. Still fairly hilly.

Accommodations : Stopped at Pat's Motel and CG but it is in need of renos so we came on to **Svenson's RV park** at the top of the hill and it is fabulous. They are not used to having cyclists so cost \$0 for 2 nites and they have a kitchen building with tv, free long distance phoning, free internet, hot hot showers... incredible We talked to the manager and they have a patch of grass that next year will be a hiker biker site with picnic tables.

FOOD Breakfast: usual fruit

Lunch: Makot... picnic in the park... getting boring yet...Not

Supper Finally found good vegetarian food in the super market... veggi burgers for supper on multigrain buns, fresh coleslaw....YUMMM

Overall Frost on the tents this morning so needless to say it was a cool night. Today was very very long pedaling up and over hill and dale. No services for 50k so not even a pop to be had.... Rememberances of going thru Saskatchewan. The body was really tired but still going good. Day off tomorrow.

Minot ND Day 33 – Sep 11 Svenson's RV PK 120k

0.0 Depart SR-23, New Town, ND 58763 on SR-23 [Main St] (East) 1.0 km

1.0 Continue (East) on SR-23 25.9 km [started at Van Hook 7m east] Café on corner

26.9 Stay on SR-23 (East) 19.3 km **Parshall (AS)** 3k off road CG North City Pk

46.2 Continue (East) on SR-23 [247th Ave SW] 4.8 km

51.0 Stay on SR-23 [247th Ave SW] (East) 38.9 km **Makot (G/R)**

89.8 Continue (East) on SR-23 [247th Ave SE] 0.1 km

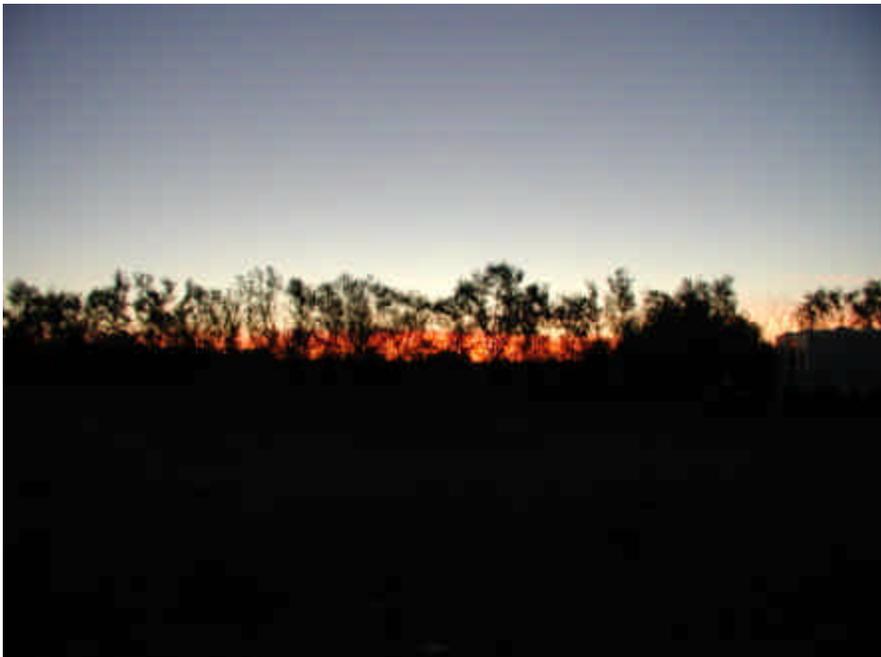
90.0 Turn LEFT (North) onto US-83 [Hwy 83 S] 25.6 km

115.6 Turn RIGHT (East) onto US-2 [US-52] 3.3 km **Swenson's RV Pk** 1km on Left by RV Sales lot on coolie

118.9 Turn LEFT (North) onto 27th St SE 0.4 km

119.3 Arrive Pat's Motel & Campground [2025 27th St SE, **Minot, ND** 58701, Tel: (701) 838-5800 **Poor condition**

Warmshowers participant only available until mid July



SUNRISE

OLD VAN HOOK TOWNSITE



1919

At one time, Van Hook had a population of 400, with over 50 businesses, which included 4 banks, 5 grain elevators, and 6 churches.



1915
First homesteaders arrived in 1912. Started building town in 1914. Incorporated in 1915. Named after Fred Van Hook, homesteader from Ryder, driver of land surveyors in this area.



1952
A vote for dissolution of Van Hook was held April 30, 1951, with the majority favoring because of the loss of large trade area and railroad. All buildings from townsite were removed, with the majority being moved to the present site of New Town.



SCHOOL
School closed in 1953, having graduated 419 students who went into the professional and domestic fields.



1992
Aerial view of present day Van Hook Park, showing mobile homes and lake level. It is estimated on holidays and weekends in the summer there are 1000 campers and fishermen at the Park.

Van Hook Alumni Association on this day July 6, 1997, dedicate this commemorative plaque to the homesteaders and business people who had the foresight to build Van Hook.



DAY Thirty-four Minot ND Day Off

Sept 12/07 Wednesday D 16 km

Well today was spent shopping for fleece blankets[looked for wool but I guess that's too old fashioned] and going to the bike shop for chain wax and extra tube. That said we have only had one slow leak for me and 2 for Ken and no real flats that needed immediate changes, but it doesn't hurt to carry a new tube. Biked about the town. Much nicer than I remember it 25 years ago in a snow storm moving back from New Jersey! All yards are neat, old war time houses restored and renewed, some new houses. Montana was Menonite and North Dakota seems to be Lutheran. Lots of references to Norwegians here.

Wild turkeys in camp! Real ones!

Great veggie food cooked by moi!

Nice people. The manager is here until end of Oct, then off to Arizona until April.

Nice to get clothes washed too!



Old Crow



Old bank in Granville

DAY Thirty-Five Minot ND to Rugby ND 105km

Sept 13/07 Thursday D 105.08km M39.5 A 25 PT4 h24 RT 5h total 2733.6 km

Wind Howling when we got up, Incredible wind from the north west all day When the road swung to the north I could hardly keep my bike up

Temp Blankets were great 10C in tent 5C outside! High today was 8C bloody cold! & windy[no complaints there] Expecting freezing temperatures tonight.. presently 10C in tent at 2000h.... will see. Ken got mittens! And a toque!

Road Conditions : rough gravel shoulder Quiet road , divided hiway all the way so we just took a lane. About 55km got a better shoulder. Everyone just moved over.

Accommodations : Cann't say enough about Swenson's Valley View RV Pk 1 800 735-5846 www.swensonrv.com tonight at Oakwood Inn and CG 601 Hwy 2SW Rugby, ND 701 776-5272 Nice grassy spot... cann't do anything about the wind. Has laundry, internet free, microwave and tv spot. Looks like a clean motel too. \$8 to camp

FOOD Breakfast: usual fruit

Lunch: Towner... was to be our destination, but the wind blew us so fast we came on to Rugby. Had our sandwiches in a Cenex station that has tables inside and hot food for sale... we made our own sandwiches and had hot drinks... they didn't seem to mind at all.

Supper we found some boil in a bag rice bean meal and had veggie burgers all microwaved Worked but not fancy

Overall We pedaled off without Derryl our companion as he had some things yet to do in the big city. We left with the wind at our backs and arrived in Rugby same, but had a few "snakes " of the road which caused us to turn north into the wind. Wonderful when the wind was at our backs... note the Average speed of 25!

Reached Gainville looking for a café and got taken in by the electric company guys having a meeting. Ken got coffee and we got out of the wind for a few minutes. They are just investigating wind energy usage... it is always windy here so makes sense. Seeing ++ fields of corn.. starting the harvest. Surprised us to see they don't pick the cobs, just mulch it all up. Saw a beautiful deer down by the Mouse river... couldn't smell us so thought we couldn't see it!

Rugby ND Day 35 – Sep 13 City Park CG 105K

0.0 Depart Swensons RV Pk turn left onto Hwy2/52 bypass, follow to Hwy 2

2k Turn Right (East) on US-2 [Burdick Expy] 58.3 km

25 Rest area with tables/shelters/ stoves and outhouses Posted no camping

37 **Gainville** no facilities seen but has a restaurant of sorts somewhere

71.9 Turn LEFT (North) onto SR-14 [Main St] 80 m

72.0 Turn LEFT (West) onto 6th Ave SW 50 m

72.0 Turn LEFT (South) onto Local road(s) 30 m

72.1 Arrive City Park CG [or +31k] **Towner**

103 **Rugby ND Oakwood Inn and CG** 601 Hwy 2SW has an Econo Lodge and Hub Motel also





Corn Harvest



Deer hiding by the river





DAY Thirty-Six Rugby ND to Devils Lake 97 km

Sept 14/07 Friday D105.06 km M 36 A 20.4 PT 5 h 24 RT 6.5h total2839.1 km

Wind slight from the rear

Temp -5C overnight Now that's cold -2C in tent! Sunny all day but finally got up to +8 by noon

Road Conditions : cement road with blump blump shoulder variable from gravel to wide paved

Accommodations : well we just went into the Tourist Info on the chance there would be a campsite in town and found out the state park we were headed for had been closed for 5 years! Oops so the lady in the office said their Bible Camp takes cyclist camping so off we went another 10km to I think a Lutheran Bible camp... very nice like Naramata \$5/tent Oops not Lutheran

FOOD Breakfast: usual fruit in the Cenex cafe

Lunch: City Park in Leeds Picnic as usual

Supper Couscous with black beans, romain salad cheese and crackers

Overall really good day slightly up hill with the wind at our backs. We stayed on Hwy 2 instead of going on Adventure Cycle route as shorter and there is no traffic on this divided hiway anyways. Interesting Camp. I'm not sure what denomination the Bible camp is as no signs. Seems set up like Naramata's United Church camp with numerous buildings that were motels, homes etc and they have retreats etc. They have a serviced campsite and a rustic spot too. Knowone is in the camp spot tonight. There is a retreat on which looks like it is for teenage girls. We met a cyclist from Brooklin NY [Steve Slovacek] going west today. He was young so not having too much trouble. He had stayed an extra day in Devils Lake yesterday due to the wind. Has a Trek touring 520 also. Don't expect it to be so cold tonight.

I picked up a "cross" that Rev Carol Cruise from Canton OH left. She is walking the circumference of USA and wants you to pick up her crosses and send them south... I carried it 100km and gave it on with her wishes to the girl in the office here.

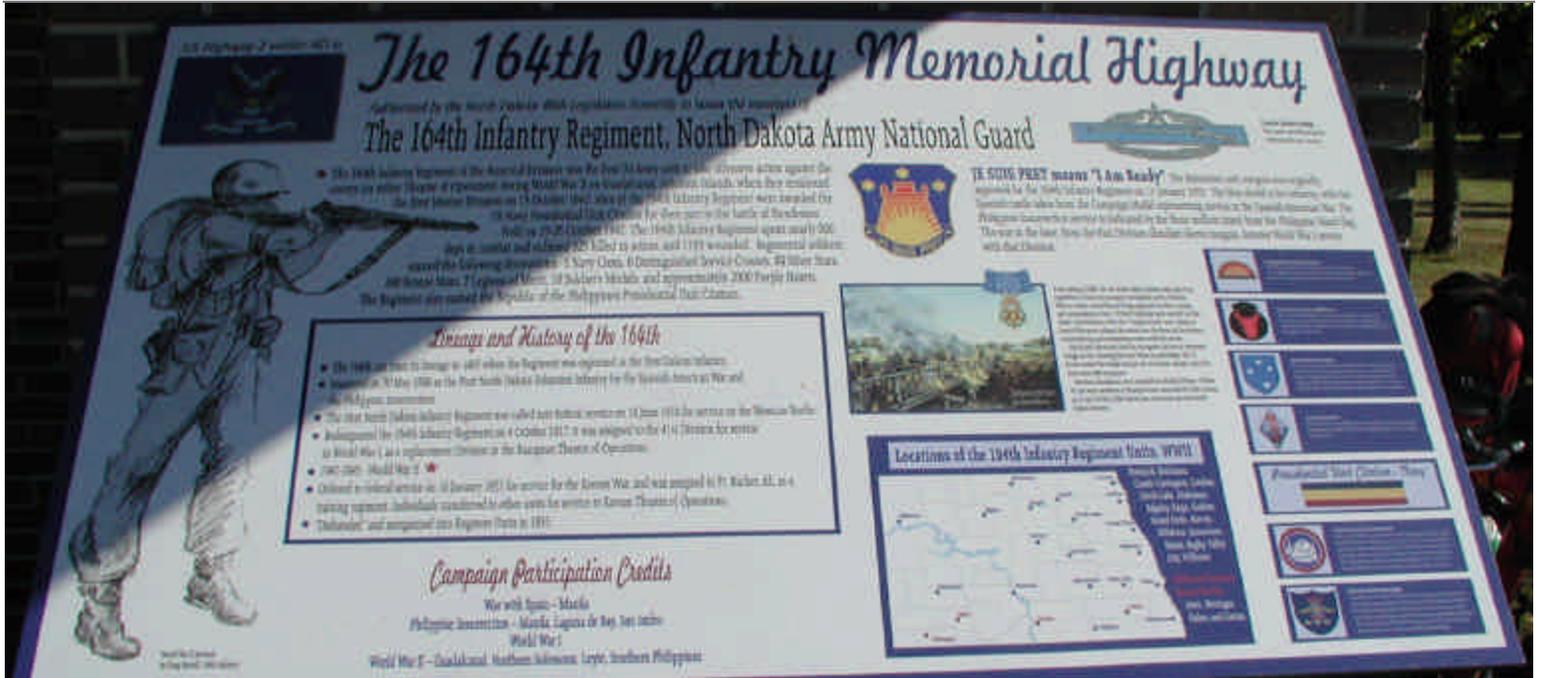
Devils Lake Day 36 – Sep 14 Lakewood Bible camp 105k

0.0 Depart Oakwood Inn and CG on Hwy 2 Rugby

13.5 Pheasant Lake [2m off road]

15.5 Rest Area with tables/BR could camp here

- 22 Knox
 - 33 York [22m]
 - 43 Leeds City Pk with tables/shelter has minimart
 - 55 Hwy 281
 - 64 Church Ferry NS
 - 76 Penn NS
 - 95k Devils Lake (AS)
- Turn Rt into Information follow service rd to Wallys market [groceries] continue on past golf course
- 105 Arrive Lakewood Bible camp @Military Point



This Hiway is in memory of 164th Infantry. Interesting.



Steven from Brooklyn



Hérons





DAY Thirty-Seven Devils Lake to Pekin 88 km

Sept 15/07 Saturday D 88.74km M 30.1 A 15.2 PT 5.5h RT7 h total 2927.8 km

Wind out of the south and we are going east s side wind. We now turned south to Pekin! Straight into 25m/h wind.

Temp 8C in tent in am You know it's getting cold when RV Antifreeze is on sale and snowmobiles are on sale

Road Condition Snakes on road "live"; skunks, raccoons and deer "dead"

Accommodation: great with locals on a farm

Food: Breakfast same old same old

Lunch Café in Lakota.... "SIT Long-Talk Much-Laugh Often" Not great When will I learn!

Supper Corn on cob... Yum and Veggie burgers

Overall Corn fields, soyabeans, potatoes harvesting; Last part of day worst Great to meet Donna and Allen on their farm. She is a postal worker and he is a retired teacher-school administrator. They have retired as farmers and the government pays them not to work the land. I'm not really sure why ... if it is to save the land for future generations or what, but it is sort of a agricultural reserve. Nice to just sit and visit and of course the showers were wonderful! She likes 'bears' too.

Pekin Day 37 – Sep 15 Pekin City Park CG 66k

0.0 Depart Bible Camp on Local road(s) (North) 0.1 km

8.8k Turn RIGHT (East) onto US-2

22k Rest Area Deluxe could be a good camp stop

27 Crary 1m off road lt

34.8 Dayon

44 Bartlett 1m off lt

49 Turn RIGHT (South) onto SR-1 [6th St E] 0.3 km **Lakota [AS]**

64.8 Turn RIGHT (West) onto SR-15 1.1 km

65.9 Continue (West) on SR-15 [Railroad Ave] 0.1 km

66.0 Turn RIGHT (North) onto Local road(s) 40 m

66.0 Arrive Pekin City Park CG Pop 80 No grocery Pub/post office

Pekin is very small - Prairie View Lodge (motel) 701-296-4411 Peek in Pub sandwiches/pizza



SUNRISE



Donna Opoien



Allen and Donna



Bales in the fields

DAY Thirty-Eight Pekin to Hope 98 km

Sept 16/07 Sunday D 103.18km M 39 A 14.6 PT 7h RT8.5 h total 3031 km

Wind South wind and guess what way we were mostly going.... SOUTH!! And otherwise east with a cross wind

Temp 5C in tent in am 0C up to 22C by 11am Not a cloud in the sky!

Road Condition mostly good, but turned to gravel shoulder 200 west of Cooperstown

Accommodation: Well surprise surprise the campground /city park in Hope has no bathrooms open so we are beside the railway track and an ice cream shop for the night ... no motels in this town. So much for plans

Food: Breakfast same old same old

Lunch Binford Picnic lunch in their camp ground.... Very nice with showers and small cabins to rent

Supper Salad and sands then ice cream dessert

Overall UP to FOG ++ Canada Geese flying north instead of south! Very hard day into the wind. Hope a nice clean looking town with a camp spot by the pool. Only concern is the pool is closed and the washrooms have the water turned off. Need to have a site where the campgrounds are rated. I think I will start one with biker concerns.

Hope ND Day 38 – Sep 16 City Park CG 98.1k

0.0	Turn RIGHT (South) onto SR-1	26.9 km	
14.4	turn rt to Red Willow Lk CG/Rec area		
24.4	Stay on SR-1 (South)	23.8 km	Binford (G/R) Excellent CG
43.5	Continue (East) on SR-200	4.2 km	
58.2	Stay on SR-200 (East)	21.9 km	Cooperstown (AS) T3h50 39/15.4 with side wind
81.0	Turn RIGHT (South) onto SR-32	14.2 km	
92.2	Turn LEFT (East) onto SR-38	5.2 km	
97.4	Bear LEFT (East) onto Local road(s)	0.2 km	HOPE beside Ice Crème shoppe and Tracks (no trains)
97.6	Bear RIGHT (South-East) onto Local road(s)	0.1 km	
97.7	Bear RIGHT (South) onto 3rd St	40 m	
97.8	Turn LEFT (East) onto Bates Ave	0.3 km	
98.1	Arrive Hope City Park CG		Hope (G/R) Pop 303



Sign says it all!

DAY Thirty-Nine Hope to Fargo 110 km

Sept 17/07 Monday D 114.78 km M 44.5 A 17.4 PT 6.5h RT 9 h total 3145.8 km

Wind Light wind in the morning picked up by afternoon when we were going straight into it. None when it rained!
Temp 8C in tent in am Warm overnight. Another misty morning. Gone is our blue sky. Overcaste 20C and raining in the afternoon. Just drizzling.

Road Condition mostly good, but turned to gravel shoulder and Cement road.

Accommodation: Well it was raining and we were wet so decided a motel night in order. The SCANDIA HOTEL 717-4th st N Fargo is one of the cleanest I have ever been in Upscale or not. New rugs New Paint. Nice place Good price. \$56 It is next to the hospital and used by persons visiting or having treatments. Could have contacted a warmshowers person but didn't want to give such short notice. Derryl had met a guy in Cooperstown who invited him over in Fargo. Nice nice people here.

Food: Breakfast Ken had pancakes at the Ice crème shop

Lunch Arthur: picnic then tried a restaurant, but no pie, no deserts, no veggie stuff

Supper We had a great supper out with Derryl at Juano's on Broadway. Great Mexican feed for 3 veggies!

Overall Well Derryl showed up as we were having breakfast. He had stayed in Cooperstown last night and got up at 6am to try to beat the wind today. We didn't think we would meet up with him again as he is going on to Maine and we are heading south soon. The wind wasn't as bad as yesterday but a long day in the saddle. The afternoon passed quickly with Derryl along too.

Fargo ND	Day 23 – Sep 19	Lindenwood Park CG	110k	[23]
0.0	Depart Hope City Park CG on Bates Ave (West)	0.3 km		
0.3	Turn RIGHT (North) onto 3rd St	40 m		
0.4	Bear LEFT (North-West) onto Local road(s)	0.1 km		
0.5	Bear LEFT (West) onto Local road(s)	0.2 km		
0.7	Turn LEFT (South-East) onto SR-38	20.5 km		
10.4	Colgate [didn't stop]			
21.2	Bear RIGHT (South) onto SR-38 [138th Ave SE]	1.5 km		
21.8	bear RIGHT (South) onto CR-81			
22.7	Turn LEFT (East) onto CR-5 [18th St SE]	19.3 km		Page (GR RV pk)
42.0	Continue (East) on CR-5 [CR-26]	8.1 km		
50.1	Turn RIGHT (South) onto SR-18 [155th Ave SE]	4.9 km		to Arthur (GR)
54.9	Continue (South) on SR-18 [Main St]	6.4km		
61.4	Turn LEFT (East) onto 25th St [25th St SE]	21.8 km		
83.2	Bear RIGHT (South) onto CR-81 (N)	3.6 km		
86.8	At CR-81, Argusville, ND 58005, stay on CR-81 (South)	4.8 km		
91.6	Continue (South-East) on CR-81 [Wally St]	0.2 km		Harwood (GR) never saw only old pub
91.8	Continue (South-East) on CR-81	6 km		
97.8	Bear LEFT (South) onto CR-81	3.8 km		
101.6	Bear LEFT (East) onto US-81 [19th Ave N]	1.9 km		Geni/Peter Hart 701 232 6428 warmshowers not contacted
103.5	Turn RIGHT (South) onto US-81 [13th St N]	1.6 km		

105.1 At 1199 US-81, **Fargo, ND** 58102, stay on US-81 [N University Dr] (South) 1.7 km Well in town now

106.8 Continue (South) on US-81 [S University Dr] 2.3 km

109.1 Turn LEFT (East) onto 17th Ave S 0.8 km

109.9 Turn RIGHT (South) onto 5th St S 50 m

110.0 Turn LEFT (East) onto Local road(s) 0.1 km

110.1 Arrive Lindenwood Park CG

Fargo (AS)

Fargo is big Moorehead MN on other side of river There are 4 Warmshowers in this area see day23 map



Corn fields for ethanol production.... Rattling in the wind!