DAY Fourty Fargo to Callaway MN 84km [should be]

Sept 18 TuesD 104 km M 32.2 with wind A 17[13 into wind] PT6 h RT 8.5h total 3250 km

Wind I don't want to talk about wind anymore!! Head winds++ Detours into the wind!

Temp warm of course in the hotel this morning, but stayed cool all day

Road Condition good until we headed on the detour 11km off course into the north wind! With no shoulder and mega traffic!! Fast trucks, lots of traffic, but all moved over or slowed down

Accommodation: very basic camping tonight at Callaway City park [free] with portapotti and we are in the shelter with our tent. Pop. 200... I think they fudged that! Not many houses in town and no grocery store, just a garage with a few items. Nice people offering us advice on roads etc.

Food: Breakfast We hadn't anticipated breakfast for the first time and Ken went to the hospital across the street and got apples and muffins from the cafeteria. Good idea!

Lunch Fenton café was as usual a greasy spoon, but it filled the stomach and I think I burned it off in the pm **Supper** We used the Kelly kettle for the first time in days and had a great noodle supper with buns

Overall What a day! Got a surprise when we hit the detour signs and had to add 22km to the days route. I hadn't slept all that well. Never do in a hotel. Had I noted it was the cleanest hotel I have been in in years! Beds a little soft for my liking... compared to a 1" thermarest! Started off and in minutes we were out of North Dakota... I didn't get a flag pin! Oh I hope I can get one via email! Into Minnesota and into headwinds right off! Not a good start George! Then turned east and side winds a bit better. @ 36km hit the detour and that was not good. Headed North into the wind for 11km to Fenton. Nice people in the restaurant, with the usual greasy fair, but well presented. We headed east with a side wind 18k to Ulen where they have a great store with okay stuff. Didn't check if they have camping as we still had a little energy to go one. The owner of the grocery suggested we continue on 10k on 34[16] to save milage and head south on ~11k on 7 then resume to Callaway. It was a long haul, but we did it and got in before the sprinkling of rain.... Wonder where Derryl is? I don't think I could travel in mid summer as I would worry about all the other cyclists we met and if they are safely into camps. I really felt last night that a day off in Fargo would have been a good idea and today half way to Fenton I really was wishing I had suggested it! Met a guy as we entered Callaway that said he had seen us along the way from Devils Lake, he really liked our reflective vests and wishes more cyclists wore them. 2100 and starting to rain.... Glad we pitched the tent under the shelter! There is no notice in this park that you can camp or not... wouldn't know if we didn't belong to Adventure Cycling... Frogs on road! Ken had to move the portapotti so the door could open... I think they figure camping is done for the year!

Calla	way MN	Day 40 - Sep 18	3 (Sep 21 <mark>Day</mark>	y off)	City CG	83.4K	[NOT]	Road detours
0.0	Depart Linde	enwood Park CG on I	Local road(s) (We	est)	0.1 km [st	tayed in a	motel]	
0.1	Turn RIGHT	(North) onto 5th St	S 1.6 km					
1.8	Turn RIGHT	(East) onto 6th Ave	S 0.2 km 1.9	Turn	LEFT (1	North) o	onto 4th	St S 0.6 km
2.5	Turn RIGHT	(East) onto US-10 [Main Ave] 1.9 km	n 3.2	Entering N	Iinnesota		
4.4	Turn LEFT ((North) onto 11th St 1	N 1.7 km					
6.1	stay on SR-3 [CR-3] (North) 1.6 km							
7.8	Bear RIGHT (North-East) onto CR-96 (N) 8.4 km Oakport St north							
16.2	Turn RIGHT (East) onto CR-26 (SR-29) 36k left of hwy 9 due to road closure 11k N 0shoulder							
47	rt on 34 FENTON [café/gas/store] to ULEN							
76	RT on cr 7	11km						
87.0	Turn LT (Ea	st) onto CR-14 14.9	km					
102.5	Turn RIGHT	(South) onto US-59	1.5 km					
104	Arrive Calla	way City Park CG – I	No Groceries just	a SS/ L	iquor store	Camping	free	



Trains in Fargo



Birds ravaging the corn fields



Home away from home in the Callaway City Park.... Hiding from the rain. The train rails are just beyond the grass past the trees! Only came once before bed that we noticed... better than the 50 per day in Montana!

DAY Fourty-One Callaway MN to Park Rapids 75km [should be]

Sept 19 Wed D85.84 km M 38.8 A 16.2 PT 5h17 RT 8h total 3335.9 km

Wind Out of the cold north.... Not too strong. Gone by the pm

Temp 8C all morning, clear skys by Osage and 18C

Road Condition Great until we entered the Wildlife Refuge and at the Visitors center km23 became gravel until km40 **Accommodation:** Clean nice spot a little out of town. [Piney Park] The owners are away so a fellow we met in town said just set up. We had a Kelly Kettle meal and early to bed.

Food: Breakfast at a Pub owned by the little hamlet of Callaway.... Coffee is free and we brought our own brekkie.

Lunch picnic in the ditch

Supper rice noodles and sands

Overall Saw deer, buffalo, CND geese, lots of ducks, wet lands and gravel in the wildlife refuge. Road wasn't too bad as no traffic. Minnesota seems to have poorer soil, more hills and trees than North Dakota. Harvesting potatoes. The trucks were driving really fast to Park Rapids back and forth to the fields. They make Potato chips here! Was a bit longer in the saddle due to the gravel, but really quite scenic with all the little lakes. Ended up touring around town looking for a RV park that turned out to be long stay only. The information here was not too informative for the site we are at due to them not being Chamber members!

Park Rapids Day 41 – Sep 19 Piney Woods CG 75k

0.0 Depart Callaway City Park CG Turn RIGHT (North) onto US-59 [Main Ave] 3 km

3 Left on Hwy 26 23k

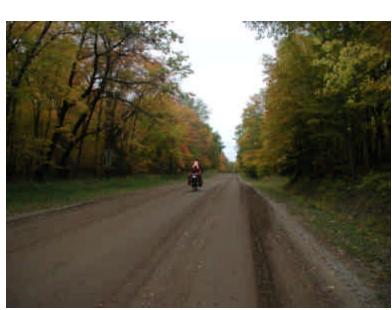
23k 26 turns to gravel Wildlife Preserve

40k returns to pavement as it crosses 37

45 PONSFORD [NS]

61k Straight on 225 to OSAGE

Left on 34 to Park Rapids [AS] Piney Park CG is south on hwy 71 4.5k on left side of road



Thru the Wildlife Preserve... Gravel!



Buffallo in the Wildlife preserve



Fall Colors

DAY Fourty-Two Park Rapids 0km REST DAY

Sept 20 Thursday D11.82 km M 25.3 A 15.3 PT46min RT 3h total 3347.7 km

Overall: Well it poured rain all night and into the day. We spent until noon in the tent.... Reading and sleeping! [Ken] Now that's a true day off!

We cycled back into town and spend the afternoon at a internet café. The best lunch we have had so far! Great paninis @ the Bella caffe' in Park Rapids! For sure a spot if you come here! They had to shut the place down with us still in it at 6pm!







Bike parking at the Bella Caffe'

DAY Fourty-Three Park Rapids to Pine River 75 km Sept 21 Friday D 75km M 40.5 A 20.0 PT3.5h RT5 h total 3422.2km

Wind started off from the south, so we were into a head wind and side wind and by end of the day more west so it pushed us the final bit to Pine River

Temp nice and warm overnight [after a horrific thunder and lightening and hail storm =dime size]15C to 22C **Road Condition** all good except SR 64 little shoulder, 87 new pavement no shoulder, no traffic. Hwy 2 ok shoulder **Accommodation:** well after carrying a soaking wet tent all day we thought a motel would be in order but the information fellow said it was not to rain tonight and city park is free to cyclists. So here we are all by ourselves in a nice park with running water/flush toilets, small shelter, raised fire barbeques... with lake view!

Food: Breakfast ate in a ray of sunshine avoiding the new black flies that hatched due to the storm

Lunch Stopped at Betty's Bloomers Greenhouse corner of SR64 and CR2 They were batting down the hatches before the storm hits today. Wind very strong at the moment. Had our picnic in their yard... they supplied Ken coffee! And we left with a home made jam.... nice people. Betty and her husband will take cyclists in as campers too!

Supper Kelly Kettle soup and sands in the park.

Overall What can I say it was a really easy ride compared to other days.

Pedal Pedal....lizard

Pedal Pedal.... Skunk parts

Pedal Pedal.... Car

Pedal Pedal.... pine trees, gorgeous fall colors [leaves changing with this cool weather]

UPDATE: We did see a strange site in North Dakota... even stopped to look at why a farmer had tall lights like a baseball field made in his pasture!.... we thought later that is where the movie Field of Dreams was shot!

We checked to see if our friend Don made it back to Quebec... saw his bike there but his email comes back not home..where oh where are you Don Forbes

Walked all over the town of Pine River... just under 1000 in pop. Not near the town that Park Rapids is, but does have an internet café.... Closes at 4pm on Friday night! Nothing open later than 5!

Pine	River	Day 43 – Sep 21 Pine River City Pk CG 75k
0	Piney Park	CG Park Rapids
0.1 \$	South on hy	vy 71
2k	Left on hy	wy 87 [19m]
9k	Hubbard	Resort [NS]
32.0	RIGHT	(South) onto SR-64 [SR-87] [CR 109 gravel]
40k	right o	n 64 don't follow 87
50k	Turn LE	FT (East) onto CR-2 22.8 km Bettys Bloomers crafts/greenhouse and gifts
73	Bear RI	GHT (South-East) onto SR-371 [CR-2] 0.1 km PINE RIVER AS
74	left after	visitors center down main street across bridge left to City Pk on right Camping free
74	Continu	e (South-East) on SR-371 [Front St] 4 km
78	Turn LE	FT (East) onto CR-44 80 m
	Turn RI	GHT (South) onto Local road(s) 30 m
79	Arrive C	Chlebecek's River View RV Park & CG Also Cedarwood Motel 287-2208/Econo Lodge 587-4499



Tree farm and fire lookout corner hwy 87/64



Cooks making supper



Beautiful Info Center in Pine River



Hurry the smoke is in my eyes!

DAY Fourty-Four Pine River to Crosslake 28 km

Sept 22 Saturday D 28.2 km M 35.7 A 18.8 PT1h3 h RT2 h total 3450.6km

Wind out of the south.... So side wind most of the day

Temp warm overnight and all day blue sky no clouds

Road Condition good shoulder no traffic good signage They say this is

Paul Bunion Territory

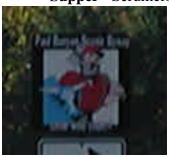
Accommodation: Fabulous visiting with ski friends

Food: Breakfast usual

Lunch Boat picnic as they took us on a long boat ride thru at least 3

lakes... there are channels connecting the lakes.

Supper Scrumcious veggie lasengna ...home made!





Overall Very shot cycle day along lakes and resort areas. Had one DOG chase, but otherwise uneventful ride. I really must get one of those Dog Taser Whistles.

George and Maxine were home when we arrived so had a great visit, washed our really smelly clothes, got in a boat ride and then a tour of the "town". Some really large homes around the lakes... summer cottages! Lots of pontoon boats and fishing boats. Must have been a fishing competition as they were all going in to the marina at the same time. Couldn't ask for a better relaxing day.... Like a day off! And indoor night! The leaves seem to be changing and then just falling off... maybe because it was so dry. Definitely a little piece of Paradise... they planned their own home and it is really gorgeous with a stream thru the yard and all natural with no lawn to mow! They have a electric fence to keep the deer out as they eat everything!

Cro	ss Lake Day 27 – Sep 24 G	George & Maxines	27.7k
0.0	Depart City Park Pine River [free]		
1	Bear LEFT (East) onto CR-1 16.2 km CR2 turns into CR1		
20.8	Continue (East) on CR-1 [Crow Wing CR-1]1.5 km		
22.3	Turn RIGHT (South) onto CR-66	4.9 km Manhatten Beach co	rner
27.2	Bear RIGHT (South) onto CR-16	0.4 km	
27.7	Arrive George & Maxine Riches 218 692-4160 maxine@crosslake.net	13600 Country Rd #16 Crossl	ake MN 50442



George's Yacht



Cute fisherman in their streem





Looking pretty good for "65"!

DAY Fourty-Five Crosslake to Maimo 86 km Sept 23 Sunday D 89.09 km M 30.5 A 15.3 PT 5h48 RT8h total 3539.7 km

Wind Terrible wind all day from the south and that's the way we went! George and Maxine road with us out of town **Temp** great back up to 25C most of the day which was shirt sleeve weather once again!

Road Condition mostly good roads with new pavement except for frost heaves on CR30 &32

Accommodation: Interesting spot... it is no longer the Why-Not-Café... it is a games room now... have permanent trailers and lots of grass for tenters. [\$15.] Laundry, nice showers which are \$2 but include a towel, shampoo and creams. Nice touch. Lots of other camping so could have gone on farther. A few too many dogs in the park... barking ++.

Food: Breakfast Maxine spoiled us with lots of variety of fruit and toast

Lunch bought groceries at Aitkins and had another picnic.... Oh oh Ken got a flat tire so lunch was extended Supper Mashed potatoes and veggie burgers cooked over Kelly Kettle... worked well Then beer at the games room.... Then she told us she has no liquor license! We sat inside and used the computer and had 3 drinks for \$5.

Overall Both very tired due to the windy day... George and Maxine road out with us a ways and then were going to ride around the lake to home. They are both looking fit. George had 3stints installed this summer, so has purposely lost 14lbs.... We won't be able to keep up to him on the ski hill this winter. Nice to see their "real" home.

Malm	no Day 28 – Sep 25 Why-Not-Café & CG 84.7k
0.0	Depart George & Maxines on CR-16 (North) 0.4 km Cross Lake [as]
0.4	Turn RIGHT (South-East) onto CR-6 3.6 km
4.0	Bear RIGHT (West) onto CR-3 6.4 km (cr6 turns into cr3) shoulder narrows
10.4	Turn LEFT (East) onto CR-11 18.4 km [good shoulder, new pavement]
28.9	Bear RIGHT (South-East) onto SR-6 0.8 km
29.7	Bear LEFT (East) onto CR-30 9.5 km [a little rough]
39.2	Turn RIGHT (South) onto CR-32 2.8 km
42.0	Turn LEFT (East) onto SR-210 10.3 km
52.3	Turn RIGHT (South) onto US-169 [CR-1] 0.8 km Note back with Adven Cycle
53.1	Turn LEFT (East) onto SR-47 [4th St SE] 0.8 km Aitkin (AS)
54.0	Continue (East) on SR-47 1.0 km
55.0	Turn RIGHT (South-West) onto CR-12 5.5 km 60.5 Stay on CR-12 (East) 17.3 km [twists/turns/hills]
77.8	Turn RIGHT (South) onto SR-47 6.9 km Glen (GR) [busy busy]
84.7	Turn RIGHT (West) onto Local road(s) 30 m Arrive Why-Not-Café Games Room & CG



Awsome Fall colors





Pine River almost Prairie's of Minnisoda





DAY Fourty-Six Malmo to Springvale MN 100km Sept 24 Monday D 100.01 km M 36.9 A 16.1 PT6h10 RT8.5h total 3639.7km

Wind All day none stop headwind as we were going straight south and it was a south wind until last few km **Temp** warm when we got up 15C and up to 25 with threat of hail or tornado in pm

Road Condition good

Accommodation: Fabulous... we were getting worried there wouldn't be a campsite as no signs for same until we saw campers thru the trees. Woman running it is so so nice. It started to absolutely pour once we were under their deck and it continued for about an hour. She said we could sleep in the games room so don't need to put up the tent! Wonderful and the price is ridiculous for the amenities... \$2 per person and usually you get to swim in the pool too! Definitely a spot to tell other cyclists about! They are closing for the season on this weekend so we are a bit concerned that other sites we have planned might be also. She said we are the latest cyclists she has ever had.

Food: Breakfast fruit/bread/cheese for Ken and fruit for me

Lunch We stopped in Isle and Ken had the hugest plate of pancakes.... Stomach ached after those. I was more conservative and had a wrap. Nice Diner...Pat and Kariis Diner with old stuff like "Elvis" memorabilia. Good choice!

Supper used our little "cup-boiler" to make soup and had sands as it still is very wet outside and raining on and off. The boiler is a small weight to carry and we have used it fairly often for hot chocolate etc.



Overall Well it was another.... pedal pedal Skunk

Pedal, Pedal.... Look there is a quad road parallel to the road with little road signs just for them!

Pedal, Pedal.... wind

Pedal, pedal.... SNAKE!! Oh gees don't run over it!

Pedal pedal.... more wind and hills!

Pedal, Pedal... "She'll be coming round the Mtn" singing to keep myself Pedalling!

Pedal, Pedal....glimpses of Mille Lacs Lake... lots of better camping choices

Pedal, Pedal....Resort, Mobiles, oh oh here comes a yapping DOG....pedal, pedal, pedal faster!

Pedal, Pedal.....Stop for lunch in Isle Yum.... They named some burgers "Popeye spinach burger, but it's not veggie!

Hard to get the legs Pedal Pedaling after lunch as we only went 28km and have 100 to make the campsite!

Pedal, Pedal....smell.....deer... well remains

Pedal, Pedal.... Clouds are forming

Pedal, Pedal.... Trees [wind breaks] thankyou for the planting of the same by someones grandfather

Pedal, Pedal.... More pedaling more pedaling

Pedal, Pedal.... Clouds are getting darker and the wind is stronger!

Pedal, Pedal.... corn fields again

Pedal, Pedal... 63km Ogilvie finally...2pm...4hr on the road.... thought the school up ahead was an auto reckers.....

oops student cars. Stopped to buy some provisions and it started to sprinkle.... Ah pedal on

Pedal, Pedal.... It's pouring now... who said not to put on the rain gear!

Pedal, Pedal.... Is that thunder?

Pedal, Pedal... oh don't worry there are telephone poles to protect us..... Lightening.....one thousand one, two, three

CRACK..... yikes keep pedaling.... More rain is bouncing off the pavement!

Pedal, Pedal.... Should we seek shelter at a farm.... Oh no we are almost out of it and turning right soon

Pedal, Pedal..... still into a feerce head wind

Pedal, Pedal... Why is there no rainbow.... oh because it's going to pour again

Pedal, Pedal....oh 85km at last we get to turn left and have a side wind Oh I think the wind would just like to change south west to south east! Wouldn't you know it!.... Occasional homes with really nice yards, lots of trees uprooted from the storms of the last few days. People out using chain saws and cleaning up the debris, Lots of wood piles and wood for sale

Pedal, Pedal...Km 98 We should be at the campsite and no sign of it or a town of Springvale!!

Pedal, Pedal..... its starting to sprinkle again!!! Oh look in the trees are some caravans! Where is the gate it's going to pour once more!.... Ah no more pedaling km 100...6h of pedaling... just a wonderful hot shower and good food and new friends!

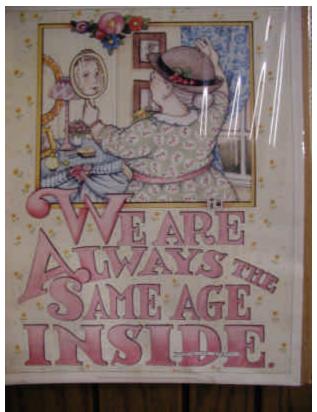
Another day done!

Sprir	ngvale Day 46 – Sep 24 Springvale CG 97.7k
0.0	Depart Why-Not-Cafe & CG on Local road(s) (East) 30 m
0.1	Turn RIGHT (South) onto SR-47 2.5 km
2.5	Continue (South) on SR-18 [SR-47] 14.2 km
16.8	Bear RIGHT (South) onto SR-47 9.0 km
25.7	Bear LEFT (South) onto SR-27 [SR-47] 3.5 km 29.3 Continue (South) on SR-47 20.5 km
49.8	Continue (South) on SR-47 [CR-26] 1.6 km 51.4 Continue (South) on SR-47 10.1 km
61.5	Turn LEFT (East) onto SR-23 [SR-47] 1.7 km Ogilvie MN (G/R)
63.2	Turn RIGHT (South) onto SR-47 7.2 km
70.4	Continue (South) on SR-47 [CR-4] 0.8 km 71.2 Continue (South) on SR-47 6.0 km
77.1	Bear LEFT (South-East) onto SR-47 [SR-47 NW] 1.7 km
78.8	Continue (South) on SR-47 4.0 km
82.9	stay on SR-47 (East) 1.3 km
84.2	Continue (East) on SR-47 [SR-47 NW] 0.3 km
84.5	Continue (East) on CR-3 3.9 km
88.3	Bear LEFT (North) onto CR-3 [Lily St NW] 0.6 km
88.9	Bear RIGHT (East) onto CR-3 [389th Ave NW] 4.9 km
93.8	turn RIGHT (South) onto CR-14 [Palm St NW] 3.9 km
97.7	Arrive Springvale CG





I wish "God" would listen to the 5 minute rule!





So Why do I feel so darn OLD ??

DAY Fourty-Seven Springvale CG to Lindstrom 65 km

Sept 25 Tuesday D73.79 km M 41.2A18 PT 4h RT5.5h total3713.5 km

Wind behind us for the most part, then into it for the south portion

Temp cooler 65F

Road Condition good minimal traffic

Accommodation: Well the CG we headed for was gone so we went to the visitors info and found Whispering Bay CG ok... \$20 plus for showers which are in need of upgrade. It is a summer resort for permanent summer stays

Food: Breakfast usual

Lunch Another "Beef Lovers Café" Yukky.... I didn't think there was so much bad food to be had... Ken tried to best the worst grilled cheese sand he has ever had and he did it! White bread with cheese slices.... Yek! I went for the split pea soup... small taste of bacon and a white dinner bun! Not bad for a meat and potatoes restaurant! The banana cream pie was excellent Ken says with real banana slices

Supper Boring sandwiches

Overall: Pretty good day after the events of yesterday. Looked like rain all day.

More PEDAL PEDAL.....

Hills – what are these doing here?

Trees- all colors, green, yellow, red, deep red, orange leaves and those falling like rain in the wind

Dead life- lots of skunks, what we think are possums.... No hair on the long tail and the size of a skunk, raccoons Cows

High clouds-looking like rain all day

Signs for BAIT- fishing bait- live minnows in shops to buy for bait

Turtle- was in the middle of the road- maybe hit- over 1 foot diameter shell and very vicious when we tried to save him Lots of acreages and lakes... acreage or farm.... Farms have untied dogs!

"Detour signs" - we went anyways as said 2miles and we only needed 2km- reached a piece of new pavement!

Lindstrom MN Day 47- Sep 25 Whispering Bay CG 65k

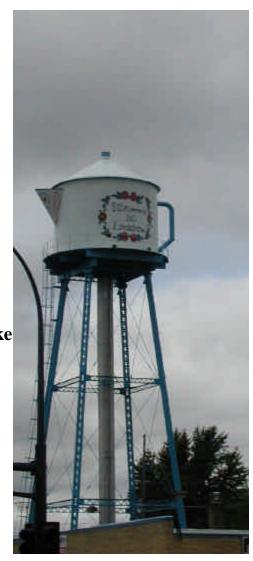
0.0	Depart Springvale CG on CR-14 [Palm St NW] (South) 0.8 km [CG open only 5 months of year]
0.8	Turn LEFT (East) onto CR-6 [CR-14] 1.6 km
2.5	Continue (East) on CR-6 [CR-6 NE] 6.3 km
8.7	Turn RIGHT (South) onto SR-65 [CR-6] 0.6 km
9.3	Turn LEFT (East) onto CR-6 [CR-6 NE] 2.1 km
11.5	Turn RIGHT (South) onto CR-36 [Vickers Dr NE]
17.6	Turn LEFT (East) onto CR-2 [Stark Rd NE] 2.6 km
20.2	Bear LEFT (North-East) onto CR-10 [Stark Rd W] 2.4 km
22.6	Continue (East) on CR-10 [Stark Rd]4.3 km
26.9	Bear RIGHT (East) onto CR-8 [CR-10] 0.3 km Bike repair shop in a house
27.2	Bear LEFT (North-East) onto CR-10 [Stark Rd] 6.7 km
33.8	Continue (East) on CR-10 [South St] 0.5 km
34.3	Turn LEFT (North) onto Forest Blvd [CR-30] 0.4 km Harris
34.7	Turn RIGHT (East) onto CR-9 [Division St] 0.3 km
35.0	Continue (East) on CR-9 [Sunrise Rd] 6.7 km
41.6	Continue (South) on CR-9 [Oasis Rd] 4.9 km
46.6	Stay on CR-9 [Oasis Rd] (South) 13.4 km
60.0	Turn RIGHT (West) onto CR-20 [N Lakes Trl] 4.6 km Hillcrest RV Pk not in town651 257 5352
64.6	Turn LEFT (East) onto Local road(s) 30 m



See those Fingernails!



We have seen lots of water towers but this is definitely the cutest! We stayed by the lake at Whispering Bay which was right on the lake with the geese and Pelicans are gathering for a flight south soon!



DAY Fourty-Eight Lindstrom to Afton State Pk 85 km

Sept 26 Wednesday D87.58 km M 38.2 A14.0 PT6 h13 Rt all day total 3801.1km

Wind from the south and that's the direction we went all day! Howling in our ears!

Temp Nice and warm

Road Condition good except 95 busy

Accommodation: A lovely park that if we were staying a few days would be great but for one night touring a big mistake.... There is another park 5km down the road right on the road which would be a better choice. The warden was gone when we arrived so we just paid and then the bad news of the hard trek back down to the river and then we were supposed to go up a steep hill to the campsites. I tried to push up but just couldn't after 85k so we camped by the river in the picnic spots. We should have set up in the shelter! This campsite stays open all year as there is a SKI HILL in the park with 18 short chairlifts! Would be neat to see it with snow!

Food: Breakfast usual

Lunch on a bench at a state park

Supper Spinach salad and veggie burgers were great with Kelly Kettle, but it was getting dark and the rain started before I was done... we had a picnic shelter which was great but dumb bunnies we are we had the tent out on the grass!

Overall: The day just didn't seem to end. The wind and the hills did me in. I have taken a break from Celebrex and T3's and it is catching up to me with the arthritis building up! So enough of that! We added 8km to the day by going

for groceries in Stillwater way out of the way! Both too tired to figure out another way. Great produce though! I bought way to much and we will be eating good for a few days! Avocados and tomatoes, spinach, hummus, fresh baked bread! Yummy! We ended up hiding in the shelter eating in a "pig out" while the thunder and lightening show lit up the sky and our tent got poured on. We braved the storm in a lull and got into our snug home to sleep like the dead while the storm continued into the night. We were the only people in the park so it was quiet quiet. Some hikers went buy just as the storm hit, so I think they got wet!

Minneapolis/St Paul Day 48 – Sep 26 Afton SP CG 85.1 k
0.0 Depart Whispering Bay CG on Glader Blvd 2.2k OFF Route
2.2 Turn LEFT (South) onto CR-25 12km
14k on 85 km
Right on 95 [could go left and end up back on Route but decided to far south already] stay on west side of ri
24k Bike path beside 95 to Marine on St Croix River
Continued on 95 to Stillwater a busy town which 95 dumps you into the downtown area
Bear right (South-West) onto SR-64 0.5 km
Continue (West) on SR-36 [CR-23] 0.3 km
Continue (West) on CR-23 [E Chestnut St] 0.2 km
Stay on CR-23 [S 3rd St] (South) 1.4 km
Stay on CR-23 [Stagecoach Trl N] (South-East) 90 m
Continue (South) on CR-21 [Stagecoach Trl N] 1.9 km
Stay on CR-21 [Stagecoach Trl N] (South) 7.8 km Emily/Stephen Rosenmeier tent+
Continue (South) on CR-21 [Stagecoach Trl S] 6.1 km turn on Indian Trail S 651 436 7774
Continue (South) on CR-21 [St Croix Trl S] 3.5 km
Turn LEFT (East) onto 50th St S [Historic Cooney Rd] 0.8 km This entrance gone Continue on CR 21 another 5km turn left at park sign

85.1 Arrive Afton SP CG NOTE The hiker biker CG is 5km into the park on a path that undulates and at the end is a push up a very steep grade for 0.7mile! Needless to say we camped by the river instead as no way I could do that!







Really a lot of Patriotism and some wacky Mailboxes about.... they hang right out in the BIKE lane!

DAY Fourty-Nine Afton State Pk thru Wisconsin to Lake City MN 85 km

Sept 27 Thursday D86.09 km M 44.0 A16.1 PT519 RT total 3887.2 km

Wind slight from the REAR!

Temp Hot.... Awoke to foggy morning over the river..... cleared off and was hot all day.

Road Condition Rolling great ride! Guy at the nursery called it "Coulie" Rd and he is right

Accommodation: Hok-Si-La Municipal Pk and CG Tent camping on the Mississippi.. Lake Pepin Very nice park like setting with no cars allowed in the campsite. They have carts to bring stuff from the parking lot. We are the only campers so very quiet. They stay open until end of October if the weather holds out. +++squirrels

Food: Breakfast usual

Lunch Nesbitts Nursery along the way Great Apple Cider! With our spinach salad!

Supper We went out for a pig out of Nachos and Quesideas

Overall: Great day with nice weather until we started to set up camp and it tried to rain, but went off to a clear sky with a bright moon. I don't know why we saw more dead deer today than other days... more population, more traffic... they don't have any deer lights ...reflectors or fences along the hiways. We stopped for a break at a apple orchard and picked up apples for breakfast tomorrow. We have been very disappointed to be buying in the stores apples from New Zealand and they are last years so really punky. These ones will be really yummy as she gave us a taste and they were only \$1 for 2 huge ones! We also stopped in Prescott at the Strawberry Fields Café which has great veggie choices... to bad it was only 1030 so we didn't take the bait and eat early. We spent most of the day on the Wisconsin side of the Mississippi River, but are back in Minnisoda tonight.

Lake City MN Day 49– Sep 27 (Sep 30 Day off) Hok-Si-La CG 76 k

	only with Bay to Cop 21 (Cop to Bay on) How of Ea Co 70 K		
Note n	ot following all the side road from the route - GPS will be off		
0.0	Depart Afton SP CG on 50th St S [Historic Cooney Rd] (West) 0.8 km		
0.8	Bear LEFT (South) onto CR-21 [St Croix Trl S] 14.8 km		
15.5	Turn LEFT (East) onto US-10 [Point Douglas Dr S] 1.3 km		
16.9	Bear RIGHT (South-East) onto SR-35 [CR-Q] 2.2 km 18k Prescott Wisconsin across River		
19.0	Continue (East) on SR-35 1.1 km 20.1 Bear LEFT (South) onto SR-35 [CR-Q] 23.4 km		
43.5	Bear LEFT (East) onto SR-35 [Great River Rd] 3.3 km		
46.8	Bear RIGHT (South) onto 830th St 2.3 km 49.1 Turn RIGHT (South) onto US-63 2.8 km ++traffic		
51.9	Bear LEFT (East) onto SR-61 [US-63] 24.7 km pour shoulder thru Red Wing other wise good		
76.6	Turn left into Hok-Si-La City Tenting CG on the lake ~ 4k to town with AS Lake City		
77.7	Arrive Lake Pepin CG which is a RV pk on the hiway		



Peek at the Great River Mississippi at a rest stop















Full Moon lite night



Minnisoda channel of the Mississippi River

Wisconsin channel separated by small island



Having a rest along the way

DAY FIFTY Lake City to Winona 89 km

Sept 28 Friday D 93.16km M 36.6 A 16.7 PT 5h33 RT 6.5h total 3980.4km

Wind No wind in my ears finally....but slightly from the south... meaning into the wind for another day!

Temp Lovely warm morning with the sun on the tent 12C warmed up to 25C so yes Bruce we are in shirt sleeves!

Road Condition good wide shoulder.... Became a divided hiway with 0 traffic so really nice rolling Could be Kelowna when you look across the Mississippi River and see the hills. Still really LAKE country like homes.

Accommodation Well we didn't go to the KOA as the Prairie Island Park and CG looked way to good. They are having a Boats and bluegrass festival this weekend. The camp is separated into mostly tents[unserviced] and then caravans [services]so we don't have to listen to generators, heaters etc turning on and off all night. This is the most people we have seen in a campsite for about 3 weeks... mostly the festival I quess. Food: Breakfast Great new apples HARRISONS

Lunch Stopped in Wabasha for a picnic. The fire hall had some really loud emergency siren go off at 1130 and again at 1200...go figure doesn't anyone have a watch?

Supper Well every time we get into a bigger city [Winona is 16,000pop] we get better food in the grocery at least.... Good "chicken-like" burgers [Morning Star]. We approached John and Beth [he must be a boy scout] who had a ragging bon fire and cooked our burgers there as it is getting dark early [6:15pm] so no time to make our own fire. Anyways Salad and burgers hit the spot! [22million pounds of beef burgers are being recalled for ecoli!]

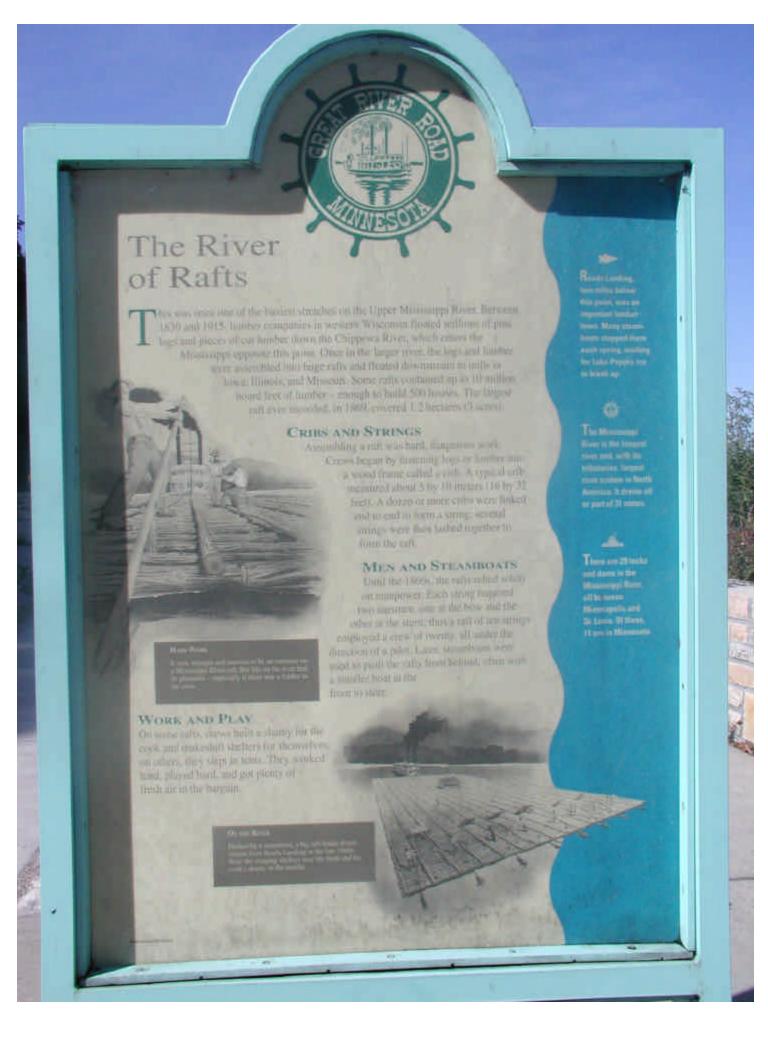
Overall: I think this is one of the nicest days for a while... Lots of sun, rolling hills not as big as in Kelowna, good road surface and minimal traffic with really pretty views.[They don't make cereal in Kellogg] Lots of geese and Pelicans. The train line runs across on the other side of the River and I think there is one every ½ hour! Everyone is really friendly. There is a fellow here in camp who is hitch-hiking and walking all over... he is from the deep south and has more stuff than Ken and I put together... plus a Marmadook Dog....needs a special person to pick him up. He is one of the only dark black skin colored persons we have seen so far in our travels....

There has been a flooding here [area declared a disaster]Federal Emergency Measures Association Relief inacted for Goodview City. Reminders of the fire and the relief in Kelowna a few years ago. They said the creeks flooded and mud slides.... Some areas along the hiway are evacuatied. Sad.

Some music heard this evening, but not too loud... a bongo player in the middle of the night met with yelling from another tent! Not Woodstock by far!

Good	Goodview City/Winona MN Day 50 – Sept 28 Prairie Island park and CG 89 k			
Stay on 61 don't follow GPS				
0.0	Depart Lake Pepin / Hok-Si-La Municipal Pk and CG on Local road(s) (North) .5k			
0.5	Turn LEFT (South-East) onto SR-61 [US-63]	72.5 km		
26.8	Wabasha [AS]			
72.6	Continue (East) on US-14 [US-61] 15.8 km	Goodview/ Winona (AS)		
88.5	Arrive Winona KOA 📴 Kathy/Bob Nelson 608 534	4-5131 across the river ? way to get there		





LAKE PEPIN

Lake Pepin occupies the Mississippi Valley above this point for a distance of 22 miles. The lake is formed by the delta formed

The Chippewa, a relatively small river has a much steeper gradient than that of the Mississippi
it was therefore able to maisport more sand and coarser gravel
than the master stream could remove, in consequence the Mississippi
was dammed back in the gorge to
form lake Pepin.

The surface of the lake is 564 feet above sea level and 450 feet below the top of the binds which line his shores.

The sand and limestone walls of the gorge are composed of material deposited in Cambrian and Ordovician seas when the continent was subseas when the contin

The bottom of the gorge having feet below the lake surface having been filled to its present clevation as the carrying power of the river decreased.





DAY FIFTY-ONE Winona Prairie Island Park and CG

REST DAY

Sept 29 Saturday D 10km M A PT h RT h total km

Wind from the south again... but it's a day off

Temp warm so of course the Mossies are hatching.... Hope they don't have West Nile here!

Road Condition don't know it's RAINING and I'm in the tent! 1500 pedaled into town to an internet café with Vegan food!

Accommodation Very nice on high ground so far. Started raining about 9am and now at noon it's still at it. Awoke to "Guns firing" It is hunting season and they are out full force.... On the other side of the river which is Wisconsin

Had a lull in the rain so sprinted for the internet café.... Open until 2100 tonight Might just stay here! Oh I think we will go listen to the Blue grass music for a change.

Food: Breakfast Soy yogurt! Found it at last by the one! And new Apples HONEY CRISP Great ones! Lunch waited until 1500 and had the best Bortch Paula you would love it!

Supper have to wait and see.... We are going to stay at the vegan café The Blue Heron, until supper! **Overall:** Warm rainy lazy day so far. Ken slept away the morning and I used the computer until the battery died. Reflection: Warmer nights, shorter days [12hrs of daylight now] full moon, walnut trees, more trains now, Saw Canadian Pacific Engines pulling a train and saw a "work truck" for on the tracks with CPR on side. Been in 3 states so far, Montana, Minnisota, & Wisconsin Headed to Iowa next. Will post the blog now.

MINNESOTA means

Mega lakes; Mobile homes

LIZARDS, RIVERS,

WINDS

TENTS

EAGLES; PELICANS; Canadian GEESE

SNAKES

OAKS

TREES; Turtles

ATV's; Acreages