

WASHINGTON

WIND Wind wind

WARM WARM WARM

ROOSEVELT LAKE With Lin/Carlan; Wayne and Dot from BW

HILLS

INDIAN RESERVATIONS

NICE DOWN HILLS

LOGGING TRUCKS

TRAILS

ON to HOME

NEVER ENDING CYCLISTS HEADED EAST



DAY 77 Riverside State Park Spokane Washington to Fort Spokane on Lake Roosevelt
June 20/08 Friday D103.67k M48.1 A16.2 PT6h23 tt ?h total 5733.7 km



This is the Spokane river beside the campsite of last night water is absolutely boiling down under the bridge.

Temp Hot all day 30C YIPPI

Wind From the SE so tail wind kind off

Food: Breakfast yogurt/banana/cereal ;Ken's cheese sand and apple

Lunch.

Supper great veggie chili

Road Conditions good shoulder, great down hills, redneck drivers,++ campers

Accommodation good lots of families, no showers but into the cold cold river Ken said his polar bear dip for the yr

Overall Enjoyed the day. A bit long in the saddle, but not too hard From Spokane to Davenport on hwy 2= Airforce base at Fairchild so traffic heavy until there then quieter road with wide shoulder. Walmart in Fairchild. Turned north at Davenport with no services until Fort Spokane general store. Gradual up upup to Porcupine bay turnoff , then a bit steeper the a great 5m down. No views of the river/lake hills and trees no cattle

Met 8 Spokane cyclists out for the day at Hunters store They were planning a 200km day, but some turned back here so would do just over 100km Totally unloaded so going considerably faster than us.

Into camp with large sites on pine needles. 10 persons 2 units for \$10 Most had more than that and not crowded.

Group of Russian speaking youth 2 down were a bit rambunctious. 2 guys across stayed up most of the night partying, but didn't disturb me!



first views of Lake Roosevelt



clean Ken after a dip in Lake Roosevelt..burr!

DAY 78 Fort Spokane on Lake Roosevelt to Gifford CG Lake Roosevelt

June 21/08 Saturday D54.83k M 34.8 A 13.3 PT4h07 tt 6h total 5789.2 km

Temp nice sunny day dry and warm

Wind no wind

Food: Breakfast apple sauce/banana/cereal ;Ken's cheese sand and apple

Lunch. On arrival at CG

Supper Dot made Veggie burgers, fresh spinach salad from her garden! Oh so yummy!

Road Conditions good day started with 8km of up hill then 8 nice down, small shoulder up and down until Cedonia then relatively flat along the lake to Gifford Grocery at Fruitland, Hunters and across the Inchellum ferry

Accommodation stayed with Lyn /Carlan Wayne and Dot from Big White right on the water great camping spot

Overall Easy ride in a lovely area. Thru Indian Reservation until Enterprise [NS] wouldn't have known it.. ranches and nice places all along the way. There is a Casino and CG across the river from Fort Spokane on band land, but we didn't visit it We arrived to find our friends with no trouble. We were not sure we could hook up as cell phones do not work in this area. It is very much like the hills of Kelowna, but lovely and quiet. We swam in the cold lake just to wash as no showers, although there are outdoor cold ones. Ken went on the ferry to Inchellum with the guys for beer! It is a spot one could stay for a week and still love it.



Ditch flowers



Catholic church now a hardware store.



Wayne concentrating on cooking those veggie burgers!

DAY 79 Gifford CG Lake Roosevelt DAY OFF
June 22/08 Sunday

Temp well Hot off and on

Wind from the south but we weren't riding

Food: Breakfast yogurt/banana/cereal ;Ken's cheese sand and apple

Lunch. Lyn had leftover pasta chick pea stuff that was great

Supper Lyn's turn and she made a bean, corn casserole that was so so yummy... she has an oven in her camper!

Road Conditions none used

Accommodation fabulous

Overall . So much fun to stop and spend a day with these friends. Ken went fishing with the guys and they caught some "bass" foot longs. We walked to the second campsite called Cloverleaf. There was a fawn in the grass not very old waiting for it's Mommy to return. We had a few logs to navigate but it was a nice walk there and back on the beach. It has fewer sites and they are all walkin so really nice for tents. More out of the wind, but not as much "sun" time. Had a swim raft for kids. Just a nice relaxing day off with a little knitting, reading and walking.



fishing fishing fishing



friends: Ken and Sue, Lyn and Carlan, Dot and Wayne at Lake Roosevelt



R & R

DAY 80 Gifford CG Lake Roosevelt to Kettle Falls Panorama RV park
35 YEARS MARRIED can't believe it!
June 23/08 Monday D43.2k M40.3 A13.4 PT3h 14 tt 4h total 5832.4km

Temp cool overnight... Wayne said he felt it in the tent trailer.. warmed up to 28C all day... back blistering!

Wind No WIND

Food: Breakfast yogurt/banana ;Ken's cheese sand and apple

Lunch. Buns with cuc, tomato avocado in Kettle Falls picnic tables by the info center which is closed

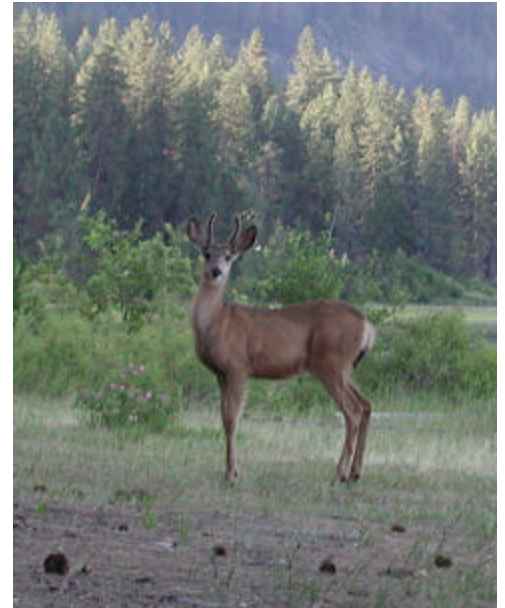
Supper spaghetti in city park

Road Conditions good shoulder, minimal traffic

Accommodation nice hot showers... city park was an option for free, but I couldn't face the dirty washrooms

Overall Good day.. visited until 10am with friends from BW then off we went up hill and down dale... one big hill others minor to Kettle Falls by 2pm. At 10km is Daisy , a little and I mean little store with booze and pop and a few necessities, they have boat gas and rent pontoon boats. +10km more got us to RICE with a store out of business then no services until +23km at Kettle falls with motels, restaurants, a good grocery, library... all services one could want.

I got up this morning about 5:15 and was working on my logs when a deer put it's head into the tent vestibule... I'm not sure who was more surprised me or the deer!



We really enjoyed the time spent here at Roosevelt lake with our friends, {Carlan and Lyn, Dot and Wayne} They share the cooking taking turns each night and they are GOURMET camp meals for sure! We must get together up at the ski hill to learn the card games they play... we were both too tired to take part now but look out we will get in practise!



I am not looking forward to the pass tomorrow... Sherman Pass 5575ft in 15miles... I hope it's a reasonable grade!



On our way again

Met 3 young people from New Jersey {17 yr old with his brother and sister in law} They are on the maiden bike trip although the oldest boy did the northern tier once with a tour group. They are just on day 5 so just getting their feet wet. She found the up hill of the Wauconda pass really hard... she said she stopped, cried, dried her tears and pressed on and now feels a real sense of accomplishment having got over that. They won't have anything harder on the northern tier route. We shared with them some of the nice places we stayed last fall and the not so nice too. They are hoping to camp for free most of the time or for minimal so we told them of Mary [warmshowers] in Montana and Williston's Crystal meth problems. We are eager to be home, but can't believe it's over.

DAY 81 Kettle Falls Panorama RV park to Republic Fairgrounds CG
June 24/08 Tuesday D66.31k M44. A 11.4 [8.8 on uphill] PT5h 50 tt 7h total 5898.8km



Temp HOT 30C with fluffy clouds
Wind slight behind us enough to cool us off a little
Food: Breakfast yogurt/banana ;Ken's cheese sand and apple
Lunch. Buns with cuc, tomato avocado in Sherman Pass picnic site {also is a campsite} This little pica shared my lunch.
Supper spaghetti in camp
Road Conditions good shoulder, minimal traffic... loggers full going east, empty our way so moving over good
Accommodation nice hot showers \$.25 for 4 minutes [demand heater]
 Interesting site lots of grass \$7 for a tent is sure reasonable

Overall great day for one of our last of this trip. Saw 6 cyclists {3, 2, 1}going east didn't talk to them. Group of 3 had 2 on recumbents with 700cc front and back... interesting. Also saw a mommy deer running back and forth across the road and finally on her 3rd crossing a day old fawn ran behind her and was oh so cute. Also several other deers, some alive, some unfortunately dead. Lots of bush.. I'm not sure how they call it a scenic drive as no views. Road up hill from the very start of the day after crossing the Columbia river just outside of Kettle Falls. Follows the Sherman Creek for 41km almost to the summit. The last 8 miles is 6% grade but no too difficult just constantly up. The 10miles {16km} of 6% downhill was very nice as no loggers passed us and we were able to take the lane and just let the bikes run... well I braked as my tires are quite bald and I'm not really comfortable going more than 44kph. The pass was at 5575ft which was a rise of 4325ft over all from Kettle falls. We did discuss going north to Grand Forks which would have missed 2 passes along hiway 20 here in Washington, but we are hoping Don and Brenda will be home just out of Oliver so here we are.

DAY 74 Panorama RV Pk (Kettle Falls WA) to Ferry County Fairgrounds CG (WA) 66km

Left on S Peachcrest Rd to hwy	1 km	1 km
Turn left at US-395/WA-20	5 km	6 km
Turn left at WA-20 [in 40km is Sherman Pass summit]	60 km	66 km
Fairgrounds CG Republic is 5km farther on AS	0.6km	66.6km

No services on way but there are a couple of CG and a Picnic area
G/R/SS at hwy 21 turn off Go on to Republic is need lots of groceries



These wolf sculptures were on the hill above the Elevation for the pass sign. Another PASS!

DAY 82 Republic Fairgrounds CG Shannon's Ice Cream Tonasket WA

June 25/08 Wednesday D70.36k M39.5 A 14.3 PT4h 56 tt 6.5h total 5969.1km



Temp cool 10C on leaving CG then up to 84F or 29C during the day

Wind slight head wind but cooled us off

Food: **Breakfast** yogurt/banana ;Ken's cheese sand and apple
Lunch Wauconda store talking to other cyclists [what else pb sands]

Supper Pizza at shop in Tonasket.... Beef steak night at the ice crème shop

Road Conditions good shoulder, minimal traffic... loggers still full going east. Wauconda Pass 4310 easier than yesterday and the down hill was almost 38km of sheer bliss

Accommodation well Shannon's Ice crème shop isn't really a choice anymore. We should have gone to the RV pk

Overall Day started off good. Father and daughter team in campsite are headed to Whitefish Montana. She is a sophomore at University in Boise Idaho playing on a soccer team so has thighs of steel. He directed us towards a bike trail on an old RR track to Republic about 5km then back to the road. Republic is a cute town with all services. We headed out gradual up up then 3miles of 6% to the summit. They were prepping for road work so we were lucky to get thru before they started oiling and paving.

The cyclists headed east are like locus! Must have seen 20 today. There were 12 guys on "fixed drive" bikes so they have no brakes and must peddle all the time... no gliding. We didn't speak t them, but 2 other fellows we did said they are suffering knee problems and broken spokes as they stand going up hills and torque on the peddles. There were 3 fellows we talked to 2 at the lunch stop, the third was changing a flat tire. We met him a few km down the road with a sidewall gash in his rear tire. We helped him put in a "homemade boot" made with a CLIFF bar wrapper and duct tape. I hope he will make it to Kettle Falls which might have a bike shop or Colville a little farther on. He was a very large man and out for a weeks ride on already bald tires... Ken said rule one for him is to start off with new tires!



'The Pflug Mansion'

John Pflug had a dream of building a lovely German style home for his growing family. He began building in the summer of 1908. Money was scarce for all early homesteaders, so he hired no help and did all the work himself. He hauled all the materials from a sawmill about ten miles away with only a team and wagon. He never finished his dream house, but the family lived for several years in a part of the house that was finished. The house has been vacant since 1921.

No trouble into Tonasket which has all services. We set up camp and walked to the library to upload our Montana and Idaho logs. When we returned they had a lawn irrigation on our tent! I was not happy as water was going under the blue tarp... I couldn't believe the woman watering the lawn didn't even get off her lawn chair with her beer and move the sprinkler... I guess I was a little upset but hey this is our house! Anyways she yelled at me not to be "grouchy" so I moved the sprinkler and left again for supper... lucky it is 30C out so all is dry I think now at 1930 pm. I don't think I will ever stay or suggest to anyone to stay at the Ice Crème shop again... the tables need painting, the grass needs

raking and I think the overnight bathroom is across the street at the truck stop. Oh well home sweet home is around the corner.



Phoned Don and Brenda in Oliver and we will head there tomorrow for a night, then off to Kelowna Friday.

DAY 75 Ferry County Fairgrounds CG (WA) to Shannon's Ice Cream & CG (Tonasket WA) 69.3 km

Head west on WA-20/WA-21 Continue to follow WA-20	4.9 km	4.9 km
Republic AS in 26 km Wauconda G/R [@31k]	64.4 km	69.3 km
Turn left at S Whitcomb Ave Tonasket AS [Ice crème shop \$4.50pp] on grass by picnic tables	33 m	69.3 km

Also:Visitors Information Ctr Rv (509) 486-4429 7 N Western Ave, Tonasket, WA 98855
 Red Apple Inns 20 S Whitcomb Ave Tonasket, WA 98855 (509) 486-2119
 There is Grants Family foods on side street



Tent in the sprinkler zone



Apple boxes awaiting the crop in Osoyoos

DAY 83 Tonasket to Oliver CANADA {Don and Brenda's}

June 26/08 Thursday D72.61k M35.9 A13.8 PT5h16 tt7h total 6041.7 km

Temp up really early to a sweet warm morning clear sky's got hot hot 30C

Wind some tail wind then head wind at the end of the uphill day

Food: Breakfast yogurt/banana ;Ken's cheese sand and apple

Lunch. Sands in Osoyoos

Supper Brenda made a yummy cold wild rice, orzo salad, added veggie burgers

Road Conditions good wide shoulder easy ride to the border and up to Osoyoos then up hill to Willowbrook

Accommodation In the guest room! They are incredible... building their own home and last we saw it was foundation! Now is a huge 3 story house with windows and doors and decks! Incredible to me who can barely hit a nail!

Overall Well I don't think Sharron's Ice Crème shop is a recommended stop for anyone other than for ice crème which by the way is very expensive. The traffic is right on your head almost. The shade trees are welcome. There is an RV spot at the info center just past the IGA at the north end of the main street... no shade, but away from the street and people peering at you like a side show from the deck of the Ice crème shop! And you don't have to go 2 blocks to the bathroom.

Enough about that, the ride is great... Canada is gradual uphill from Tonasket! Know wonder they get all our water! I didn't remember so many orchards and vineyards with wineries all the way to the boarder. Lots of irrigation going on. We had no trouble at the boarder... she was just interested in our trip and didn't even ask us if we had fruit or veggies! That duty free bottle sure added weight!

Also Osoyoos is so green with cherries getting ready to be picked. Lots of "transient" workers wandering the hiway awaiting jobs I guess. New to us was the number of orchards owned by East Indian families. Fields full of families working the vines or gardens. I just love this time of year when all the fresh foods are starting to be available.

We left the hiway and headed up to Fairview White lake road to Willowbrook area. Don and Brenda met us part way {after the major hills} and road us to the house which is incredible to see actually built! It has high ceilings and large open spaces with the entire second floor for themselves. Surprise to us was the gorgeous ring on her left hand! They will be married in September. Some stories have wonderful happy endings. We are so happy for them!

We spent the early evening going to the Willowbrook park where they had a "weed-in" for a couple of hours about 15 people attacked the different weeds... "yellow flowering weed 2ft tall" "pot sticker seed weed" "thistles" amazing the damage a group that size can accomplish with weed eaters, a mower, sithes, and just hand combate.

We enjoyed just an evening of talking and then realized we are really in need of getting home and just sleeping ... then maybe we can stay awake past 9pm!



Just across Lake Osoyoos from here Hiram Smith in the late 1850's became the Okanogan country's first White settler. For years his lonely trading post was a welcome sight to travelers. In 1857 Smith planted 1200 small apple trees carried by snowshoe and pack horse from Hope BC. They were the beginning of the Washington state apple industry, eleven of those trees are still bearing. A miner and pioneer cattleman, Smith served in the Territorial and state legislatures before his death in 1899.



DAY 84 Oliver CANADA to HOME SWEET HOME KELOWNA

June 27/08 Friday D93.45k M 39.8 A 13.1 PT7h08 tt 9h

total **6135.2** km

Temp lovely warm morning in Willowbrook, Oliver

Wind into our faces from the north! Cann't win

Food: Breakfast yogurt/banana ;Ken's cheese sand and apple

Lunch. Summerland Tim Hortons

Supper pizza at home

Road Conditions good ride on Friday 5pm into Kelowna on the Canada Weekend! BUSIEST ROAD EVER

Accommodation how sweet it is ones own bed

Overall Tired tired tired. Ws a long hot wonderful day. We left friends about 10am so expected to be long in the saddle. The road from Willowbrook...Fairview White Lake... is a lot of up hill past the star satellite place on White Lake then back to Hwy 97 with a great 15%+ down. It was very busy thru Penticton.. their bike trail is showing age and needs resurfacing. The Drought Hill out of Peachland I had been dreading all day, but wonders of wonders didn't even get down into bull low gear! It was hot hot hot thru Westbank and wow what changes... box stores going up everywhere and new condos and housing on the golf course. Hardly recognized it. Then it was on to the new bridge. Ken said play like a tourist and read the signs. The signage is good until you get to the roundabout then there is a sign on the sidewalk wanting you to get up there, but hey I was watching the traffic. The bridge is really quite steep and high off the water! Up and over to city park... of course the bike path ends in a pile of gravel as the old bridge isn't pulled out yet. Home was calling so off we went to Home sweet home. The newest owners in our building were moving out to Penticton as they sold, but took our picture for us. We just drove right into the condo!

OH CANADA

HOW SWEET IT IS!



I should have taken some others of the house

Don, Ken , myself and Brenda by the garage of the new home they are building all by themselves...oh with the help of BOB {cat}! Absolutely gorgeous! Who would have known!

And the best surprise.... The ring on the left hand! Yes they are engaged to be married!



The Canada geese beat us home!

Did a weight in on return home... I was carrying 61 lbs of gear + bike and my 110 lb frame..... Ken is back down to less than 157 lbs... as seen here we had a good laugh trying on the wedding suit!



KEN AT 60 & 25



WE'LL NEVER SAY IT'S THE LAST TRIP, BUT IT IS FOR THIS MONTH!

TO ALL OUR SUPPORTERS OUT THERE.... SEE YOU ON THE SKI HILL!