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## OVERVIEW: THE MASTER PLAN



*Oops! I started too early.*

## HOW TO USE THIS CHAPTER

The table starting on the next page is intended to help you do two things:

1. Develop an overview master plan before you leave home.
2. Update your master plan as you encounter opportunities and surprises during your tour.

When you're first developing your master plan, you need to think about—and maybe trade off:

- how far you want to ride each day (**Cumulative miles** and **Leg miles**), taking into account how hilly each section is (**Hills**)
- whether you want to **Camp** or stay in a **Motel** or **B&B**
- whether you will eat in a **Restaurant** or shop for food (**Food Shop**)
- your need for a **Bike Shop** or **Hospital**

(See the Philosophy section in Chapter 2 for more discussion about each item.)

You may also want to think about adding in some rest days and/or days to visit special attractions. Each line on the plan includes the page in Chapter 4 where you can find a description, map, and much more information about each town.

I like to add in about one day per week to do some non-biking activity or to be an emergency buffer day for unexpected weather, mechanical, or health problems. Sometimes this is planned for a specific day and town; other times it's there in case I just feel like it!

Once you have a “master plan,” it's up to you how much you're willing to deviate from this plan. If you have airline reservations or need to be back to work on a certain day, you either need to achieve your plan exactly or add in a few spare days. If you prefer to make a reservation for every night far in advance, you need to execute your plan exactly. If you're able to be more flexible, you can adjust your plan almost every day depending on weather, how you feel, and what surprises you find along the way. I like to update a 2–3 day detailed plan every day, and I always try to have an alternate plan in mind in case something unexpected happens.

<b>Towns</b>	<i>italics</i>	optional town, off bike route	<b>Hills</b>			<b>Gradient</b>
<b>Camping</b>	C	no showers		<b>Overall</b>	<b>on Average</b>	<b>Individual</b>
	C-s	showers	<b>Symbol</b>	<b>Description</b>	<b>Climb</b>	<b>Hills</b>
	C-p	showers at nearby pool			<b>(feet/mile)</b>	<b>(% grade)</b>
<b>Food Shopping</b>	*	Convenience Store: Calories, Survival	0	flat	0 to 5	0 to 1
	**	Small Mkt: Canned Goods, Fruit, Bread	h	gentle	5 to 20	1 to 3
	***	Large Market: Meat, Frozen Foods	hh	moderate	20 to 40	3 to 5
	****	Large Supermarket: Full Variety	hhh	significant	40 to 60	5+
			hhhh	steep + long	60+	6+
<b>Restaurants</b>	*	at least a Bar + Grill				don't notice
	**	at least 1 small/full restaurant				some shifting
	***	several restaurants				low gears
	****	wide variety of restaurants				granny gears
						mountain pass

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
		0	St. Louis	MO	39	350,000			M		****		H
0	0	0	St. Charles	MO	42	55,000		***	M	B	****	**	H
27	27	0	Augusta	MO	44	300				B	***		
35	8	0	Dutzow	MO		230					**	*	
			<i>Washington</i>	<i>MO</i>	<i>45</i>	<i>12,000</i>		****	<i>M</i>	<i>B</i>	***		<i>H</i>
38	3	0	Marthasville	MO		675				B	**	*	
61	23	0	Hermann	MO	46	3,000	C-s	***	M	B	***		H
71	10	0	Bluffton	MO	48		C-s			B	**		
104	32	0	N. Jefferson	MO									

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
			<i>Jefferson City</i>	MO	48	36,000		****	M	B	****		H
114	10	0	Hartsburg	MO	49	130	C			B	**	*	
130	16	0	McBaine	MO		30		*					
		0	<i>Columbia</i>	MO	50	90,000		****	M	B	****		H
139	9	0	Rocheport	MO	50	260				B	***	*	
149	10	0	New Franklin	MO	52	1,100	C-s	*			**		
152	3	0	Boonville	MO	53	7,500		***	M	B	***		H
171	19	hh	Arrow Rock	MO	56	80	C-s			B	***		
186	15	hh	Marshall	MO	58	13,000		****	M		***		H
225	39	hh	Lexington	MO	59	5,000		****	M	B	***		H
262	37	hh	Liberty	MO	60	25,000		****	M	B	****	**	H
			<i>Independence</i>	MO	62	110,000		****	M	B	****		H
			<i>Kansas City</i>	MO	62	450,000		****	M	B	****		H
283	21	hh	KC Airport	MO					M		**		
288	5	hh	Platte City	MO	66	3,000		****	M		***		
296	8	hh	Weston	MO	67	1,600	C-s	***		B	****		
328	32	h	St. Joseph	MO	69	72,000	C-s	****	M		****	**	H
370	42	h	Big Lake SP	MO	72		C-s	**	M		**		
400	30	0	Rock Port	MO	72	1,500	C-s	***	M		***		
			<i>Brownville</i>	NE	73	150	C			B	**		
408	8	hhh	Tarkio	MO	74	2,200		***	M		**		
427	19	hhh	Blanchard	IA									
444	17	h	Shenandoah	IA	74	6,000	C-s	****	M		***		H
490	46	h	Council Bluffs	IA	76	55,000	C-s	****	M		****	*	H

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
			<i>Omaha</i>	<i>NE</i>	<i>81</i>	<i>355,000</i>		****	<i>M</i>	*	***		<i>H</i>
513	23	h	Missouri Valley	IA	82	3,000	C-s	***	M	B	***		H
553	40	0	Onawa	IA	83	3,000	C-s	****	M		***		H
594	41	h	Sioux City	IA	85	85,000	C-s	****	M		****	*	H
619	25	0	Elk Point	SD	88	1,400	C-s	**	M		**		
633	14	0	Vermillion	SD	88	10,000	C-p	****	M	B	***	*	H
662	29	0	Yankton	SD	90	14,000	C-s	****	M	B	***	*	H
694	32	hh	Springfield	SD	95	900	C-s	**	M		**		
740	46	hhh	Pickstown	SD	96	100	C-s	*	M		**		
746	6	hh	Lake Andes	SD	97	850		**	M		**		
776	30	hh	Platte	SD	98	1,300		***	M	B	***		
829	53	hh	Chamberlain	SD	98	2,500	C-s	***	M	B	***		
851	22	hhh	Fort Thompson	SD	100	1,100		**	M		**		
910	59	hh	Pierre	SD	100	13,000	C-s	****	M		***	*	H
956	46	hh	Onida	SD	103	760		**	M		**		
983	27	hh	Gettysburg	SD	104	1,500	C-s	***	M		***		
1023	40	hh	Selby	SD	105	700	C-s	**	M		**		
1043	20	hh	Mobridge	SD	106	3,800	C-s	***	M		***		H
1100	57	hh	Prairie Knights	ND	108				M		***		
1141	41	hh	Ft. Abe Lincoln	ND	111		C-s	*			*		
1146	5	hh	Mandan	ND	109	15,000	C-s	****	M		****		
1149	3	0	Bismarck	ND	109	55,000	C-s	****	M		****	*	H
1186	37	hh	Washburn	ND	114	1,500	C	***	M		**		
1206	20	h	Stanton	ND	117	500	C	**			**		

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
1217	11	hh	Hazen	ND	117	2,800	C-s	***	M		***		H
1224	7	hh	Beulah	ND	118	3,400	C-s	***	M		***		
1252	28	hh	Halliday	ND	119	300		**	M		**		
1272	20	hh	Killdeer	ND	119	725	C-s	***	M		***		
1311	39	hhh	Roosevelt NP	ND	120		C						
1326	15	hhh	Watford City	ND	121	1,800	C-s	***	M		***		H
1346	20	hh	Alexander	ND	122	220	C	**	M		**		
1366	21	hh	Fairview	MT	122	900	C-p	**	M		**		
1378	11	0	Fort Union	MT	125								
1413	35	hh	Culbertson	MT	127	1,000	C-p	***	M		**		
1446	33	hh	Poplar	MT	127	900		**	M		**		
1467	21	h	Wolf Point	MT	128	2,900	C-s	****	M		***		
1516	49	h	Glasgow	MT	129	3,600	C-s	****	M		****		
1558	42	h	Saco	MT	131	225		**	M		**		
1568	10	h	Sleeping Buffalo	MT	131		C-s	*	M		**		
1586	18	hh	Malta	MT	132	2,400	C-s	****	M		***		
1631	45	h	Harlem	MT	133	900		***	M		**		
1652	21	0	Chinook	MT	133	1,600	C-s	***	M		***		
1673	21	h	Havre	MT	135	11,000	C-s	****	M		***	*	H
1708	35	hh	Big Sandy	MT	136	750	C	***			**		
1747	39	hh	Fort Benton	MT	137	1,700	C-p	***	M	B	***		
1786	39	hh	Great Falls	MT	139	60,000	C-s	****	M	B	****	**	H

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
<b>Lemhi Pass Route</b>													
0			Great Falls	MT	139						**		
26	26	hh	Cascade	MT	146	730	C-p	***	M		**		
58	32	hhh	Wolf Creek	MT	147	150	C	**	M		**		
92	34	hhhh	Helena	MT	147	30,000	C-s	****	M	B	****	**	H
124	32	hh	Townsend	MT	150	1,650	C	***	M		***		
156	32	hh	3 Forks	MT	151	1,200	C-s	***	M		****		
178	22	hhh	Cardwell	MT	153	35	C-s	**					
186	8	h	Whitehall	MT	153	1,100		***	M		***		
202	16	hh	Silver Star	MT	153	50	C-s		M		**		
213	11	hh	Twin Bridges	MT	153	375	C-s	**	M		**		
241	28	hh	Dillon	MT	155	4,000	C-s	****	M	B	***	*	H
261	20	hh	Clark Canyon	MT	157	0	C-s	*			**		
273	12	hhh	Grant	MT	158	35	C-s			B	**		
327	54	hhhh	Salmon	MT	160	3,000	C-s	****	M	B	***		H
348	21	h	North Fork	MT	162	250	C-s	**	M		**		
385	37	hhhh	Sula	MT	165	10	C-s	**	M		**		
403	18	0	Darby	MT	166	800	C-s	***	M		***		
420	17	h	Hamilton	MT	167	3,000	C-s	****	M		***	*	H
460	40	h	Lolo	MT	168	2,800	C-s	**	M		***		
467	7	h	Missoula	MT	169	52,000	C-s	****	M		****	**	H

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
<b>Big Hole Route</b>													
0			Great Falls	MT	139								
26	26	hh	Cascade	MT	146	730	C-p	***	M		**	**	
58	32	hhh	Wolf Creek	MT	147	150	C	**	M		**		
92	34	hhhh	Helena	MT	147	30,000	C-s	****	M	B	****	**	H
124	32	hh	Townsend	MT	150	1,650	C	***	M		***		
156	32	hh	Three Forks	MT	151	1,200	C-s	***	M		****		
178	22	hhh	Cardwell	MT	153	35	C-s	**					
186	8	h	Whitehall	MT	153	1,100		***	M		***		
202	16	hh	Silver Star	MT	153	50	C-s		M		**		
213	11	hh	Twin Bridges	MT	153	375	C-s	**	M		**		
241	28	hh	Dillon	MT	155	4,000	C-s	****	M	B	***	*	H
288	47	hhhh	Jackson	MT	163	75		**	M		**		
306	18	h	Wisdom	MT	164	135	C	**	M		**		
345	39	hhhh	Sula	MT	165	10	C-s	**	M		**		
363	18	0	Darby	MT	166	800	C-s	***	M		***		
380	17	h	Hamilton	MT	167	3,000	C-s	****	M		***	*	H
420	40	h	Lolo	MT	168	2,800	C-s	**	M		***		
427	7	h	Missoula	MT	169	52,000	C-s	****	M		****	**	H



Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
<b>Route 200 Shortcut</b>													
0			Great Falls	MT	139							**	
		0	Augusta	MT	172				M		**		
87	87	hhhh	Lincoln	MT	172	530	C	***	M		***		
113	26	h	Ovando	MT	173	100	C		M		**		
165	52	h	Missoula	MT	169	52,000	C-s	****	M		****	**	
<b>Resume Main Route</b>													
2253			Missoula	MT	169							**	
2260	7	h	Lolo	MT	168	2,800	C-s	**	M		***		
2285	25	hhh	Lolo Hot Spg.	MT	176	20	C-s	*	M		**		
2292	7	hhhh	Lolo Pass										
2305	13	0	Powell	ID	177		C	**	M		**		
2370	65	0	Lowell	ID	178	25	C-s	**	M		**		
2392	22	0	Kooskia	ID	179	700	C	***	M		**		
2401	9	0	Kamiah	ID	180	1,200	C-s	****	M		***		
2423	22	0	Orofino	ID	181	3,000	C-s	****	M		***		
2465	42	0	Lewiston	ID	183	31,000	C-s	****	M		****	**	
2467	2	0	Clarkston	WA	183	7,000	C	****	M		****		
2533	66	hhhh	Dayton	WA	187	2,600	C	***	M	B	****		
2543	10	hhh	Waitsburg	WA	188	1,000		**	M		**		
2565	22	hh	Walla Walla	WA	188	30,000		****	M	B	****	*	H
2619	54	h	Umatilla	OR	190	3,000	C-s	****	M		***		
2647	28	hh	Crow Butte SP	WA	191		C-s						

Cum. Miles	Leg Miles	Hills	Town	State	Page	Population	Camp	Food Shop	Motel	B&B	Restau- rant	Bike Shop	Hos- pital
2703	56	hhh	Biggs Junction	OR	194		C-s	**	M		***		
2723	20	0	The Dalles	OR	195	11,000		****	M		***	*	
2748	25	hhh	Hood River	OR	197	4,600	C-s	****	M		****	*	
2768	20	hh	Cascade Locks	OR	199		C-s	***	M		***		
2800	32	hhh	Troutdale	OR	199				M		**		
2819	19	h	Vancouver	WA	202	135,000		****	M	B	****	*	H
			<i>Portland</i>	<i>OR</i>	<i>204</i>	<i>500,000</i>		****	<i>M</i>	<i>B</i>	****		<i>H</i>
2867	48	hh	Rainier	OR	205	1,700		***	M		**		
2872	5	hh	Longview	WA	205	32,000		****	M	B	****	**	H
2897	25	hh	Cathlamet	WA	207	550	C-s	***		B	**		
		<i>h</i>	<i>Skamokawa</i>	<i>WA</i>	<i>209</i>		<i>C-s</i>	<i>**</i>		<i>B</i>	<i>**</i>		
2901	4	0	Westport	OR	209	250		**	M		**		
2927	26	hhh	Astoria	OR	209	10,000	C-s	****	M	B	****	*	H

## **Bicycle Guide to the Lewis & Clark Trail**

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The author and publisher of this book, and the government agencies on whose roads you bicycle, are not responsible for your riding habits, bicycle condition, and any accidents which might occur while following this route. They urge users of this Guide to wear a certified bicycle helmet, wear highly visible clothing, use reflectors and lights, obey all traffic laws, watch for pedestrians and motorists, and generally use good common sense and courtesy.

Road and trail conditions change. The routes suggested in this book may be altered due to road and trail maintenance, changes in state and local roads, and road and trail surface conditions. Surface conditions of roads and trails may change due to weather, construction, and other local factors. Every effort has been made to provide accurate information in this book at the time of publication.

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