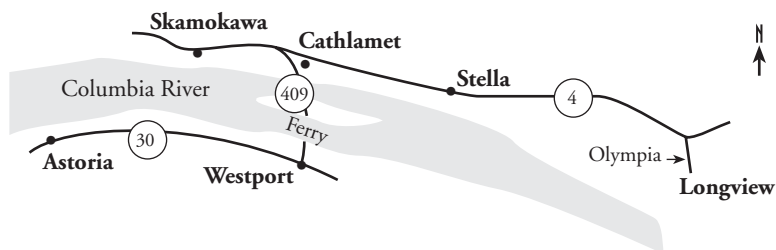


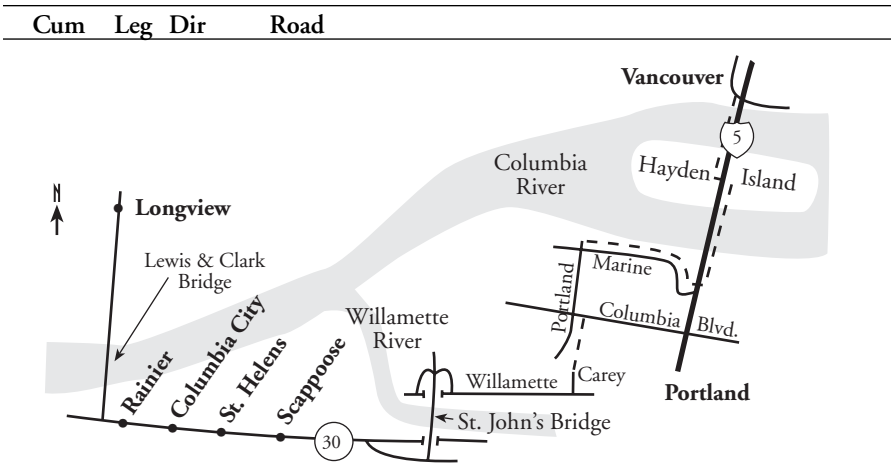
DETAILED DIRECTIONS — EASTBOUND

Cum	Leg	Dir	Road
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Several moderate to significant hills with one final tough 600-foot climb just before Westport. Long gentle to moderate hills from Cathlamet to Longview.

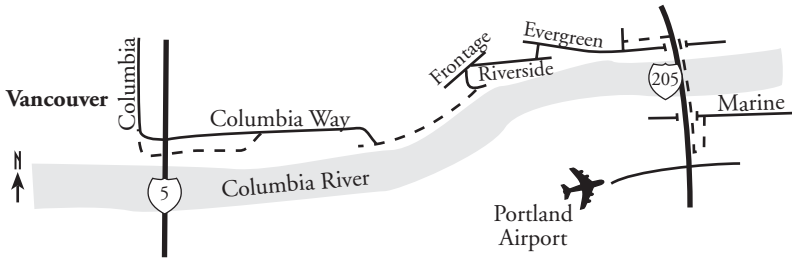
0.0		East	Route 30 from Astoria Visitor Center (map p. 209)
11.2	11.2		Svensen: restaurant, conv. store
14.9	3.7		Knappa: restaurant, conv. store
22.1	7.2		Clatsop Crest (656 ft elevation)
26.3	4.2	L (N)	Route 409 in Westport (p. 209)
26.7	0.4		Westport Ferry Landing (every hour at 15 past)
26.7	0.0	St (N)	Route 409 from Cathlamet Ferry Landing
30.6	3.9	R (E)	Route 4 in Cathlamet (map p. 207)
40.4	9.8		County Line Park CG (rough ground, shade, beach on river, good br, no shower)
45.5	5.1		Stella: general store
54.7	9.2	BR	Olympia Way
55.3	0.6		RA Long Square in Longview (map p. 205)



Occasional gentle to moderate hills with short steep climb to St. John's Bridge.

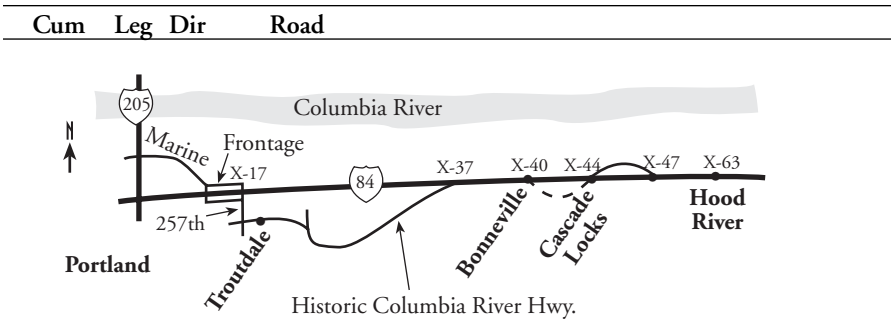
0.0		South	Olympia Way from Chamber of Commerce & R.A. Long Square in Longview (map p. 205)
0.1	0.1	BR (W)	15th, becomes Oregon Way
1.9	1.8	St (W)	Route 433 over Lewis & Clark Bridge (WALK on sidewalk on northbound side)
4.0	2.1	MR (S)	Route 30
5.6	1.6		Rainier (p. 205)
18.2	12.6		Deer Island: conv. store
21.4	3.2		Columbia City
23.9	2.5		St. Helens: lots of shopping/restaurants
30.0	6.1		Airport Park CG (.5 mi. left on West Lane)
31.5	1.5		Scappoose at Columbia Ave.
45.1	13.6	R	up hill to St. John's Bridge
45.5	0.4	L	over St. John's Bridge
46.2	0.7	R	U-turn onto Philadelphia at end of bridge, down hill
46.3	0.1	L	Willamette
47.3	1.0	L	Carey , after RR bridge
47.4	0.1	St	Bike Trail
48.5	1.1	L	Columbia Blvd. (n/s), over RR and Portland Rd.
48.7	0.2	R	Cloverleaf access to Portland Rd.
48.9	0.2	L (N)	Portland Rd.
50.1	1.2		jog R onto Bike Trail
50.6	0.5	R (E)	Bike Trail on far side of Marine Dr. at traffic light
51.8	1.2		follow Bike Trail carefully, L (E) under I-5, loop right onto east side of I-5 northbound
52.5	0.7		follow Bike Trail around cloverleaf, L under I-5, loop around left onto west side of I-5 northbound
53.5	1.0	R	Columbia in Vancouver (map p. 202)

Cum	Leg	Dir	Road
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Flat with two short steep climbs before I-205 bridge.

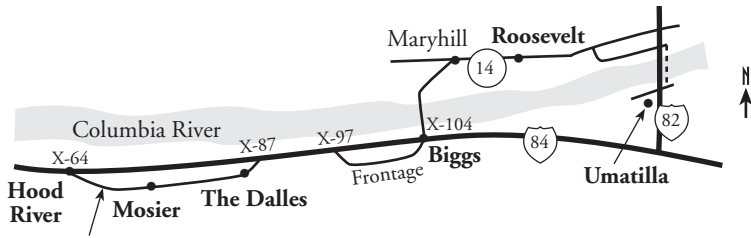
0.0		South	onto Bike Trail from Columbia in Vancouver (map p. 202)
0.1	0.1	St (E)	under I-5 bridge
0.8	0.7	St (E)	Columbia Way (don't BR on Bike Trail)
2.5	1.7	BR	on Bike Trail into Park
2.8	0.3		Water Resources Education Center
3.7	0.9	L (W)	Columbia Way (n/s), over RR, up hill
3.9	0.2	R (E)	Frontage Rd. (n/s)
3.9	0.0	R (E)	Riverside (n/s)
4.4	0.5	L (N)	Chelsea
4.5	0.1	R (E)	Evergreen
6.6	2.1	L (N)	Ellsworth
6.7	0.1	R (E)	23rd
7.0	0.3	L	I-205 Bike Trail southbound
9.7	2.7	L (E)	Airport Way Exit



Flat to Troutdale, then long climb to crest. Gentle hills for 34 miles along I-84.

0.0		L (E)	Airport Way Exit from I-205 Bike Trail
0.1	0.1	L (N)	Bike Trail to Marine Drive
0.2	0.1	R (E)	Marine Drive
7.9	7.7	St (S)	under I-84
8.1	0.2	L (E)	Frontage Rd.
8.4	0.3	R (S)	257th St. , up hill
8.6	0.2	L (E)	Columbia River Highway through Troutdale (p. 199)
9.5	0.9	R	follow Historic Columbia River Highway up hill
19.0	9.5		Crown Point
27.3	8.3		Multnomah Falls
30.9	3.6		Ainsworth State Park CG (p. 199)
31.2	0.3	R (E)	Route 30 , I-84
31.5	0.3	R	Frontage Rd. before entry to I-84
33.5	2.0	St (E)	onto I-84 (until Bike Trail is completed to Bonneville)
36.2	2.7	R (E)	Exit 40, Bonneville Dam
36.4	0.2	St (E)	on bike trail beside eastbound ramp to I-84
40.3	3.9	St (E)	Route 30 (Wa Na Pa St.) at Bridge of the Gods
40.6	0.3		Cascade Locks (p. 199)
41.1	0.5	L	Forest Lane
43.1	2.0	L (E)	Frontage Rd. , after crossing I-84
44.0	0.9	St (E)	onto I-84
52.9	8.9		Viento State Park CG on left
58.5	5.6	R	Exit 62 onto Route 30 in W Hood River
58.7	0.2	R	Cascade Ave.
59.8	1.1	St	Oak
60.5	0.7		downtown Hood River at 2nd (map p. 197)

Cum	Leg	Dir	Road
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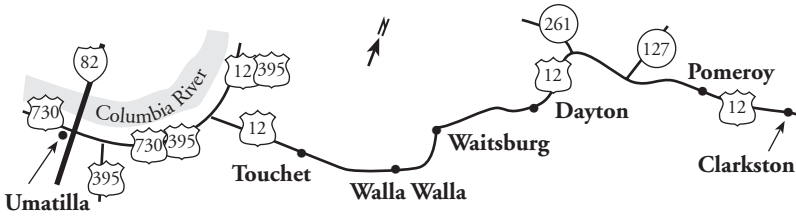
Historic Columbia River Hwy.

Steep 300-foot climb out of Hood River plus 600-foot from Mosier. Spectacular views. One gentle hill out of Rowena, and then flat to Biggs. Steep 500 foot climb out of Biggs, and then Route 14 is a series of long moderate hills.

0.0		St (E)	Oak at 2nd in Hood River (map p. 197)
0.2	0.2	L (E)	State
0.6	0.4	St	Old Columbia River Drive
1.8	1.2	St	Hatfield Trail at Visitor Center
6.3	4.5	ML	access road at Eastern Trail Head, down hill
7.0	0.7	L (E)	Old Columbia River Highway (Route 30) in Mosier
7.2	0.2		Mosier: conv. store
13.5	6.3		Rowena Crest
16.2	2.7		Rowena: no services
20.4	4.2		Columbia Gorge Discovery Center on left
23.4	3.0	L	Webber (Route 30) under I-84
23.5	0.1	R (E)	2nd (Route 30)
24.3	0.8		Visitor Center in The Dalles (map p. 195)
26.9	2.6	L (N)	Route 197
27.2	0.3	R (E)	I-84
37.2	10.0	R (E)	Exit 97 onto Frontage Rd.
42.5	5.3		Oregon Trail Marker on right
44.6	2.1	L (N)	Route 97 in Biggs Junction (p. 194), over bridge, up hill
47.2	2.6	R (E)	Route 14
54.1	6.9		John Day Dam
79.2	25.1		Roosevelt Ferry: conv. store
80.1	0.9		Roosevelt: café
100.6	20.5		Crow Butte State Park CG (p. 191)
119.4	18.8	R (S)	Christy Rd.
126.9	7.5	R (E)	dead end paved road
127.8	0.9		under I-82
127.9	0.1	L	up Bike Trail , south on northbound span of I-82 bridge
128.8	0.9	BL	down hill on Bike Trail
128.9	0.1	R	3rd St. (n/s)
129.0	0.1		Oregon Welcome Center in Umatilla (map p. 190)

mile 2748

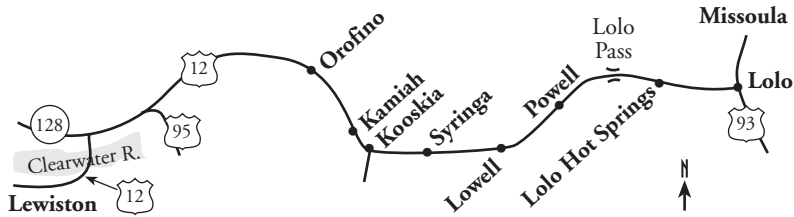
Cum	Leg	Dir	Road
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After 55 miles of gentle to moderate hills to Walla Walla, hills become significant, with 2,000 feet of climbing in 32 miles to Dayton and another 3,500 feet in 45 miles to Alpowa Summit before cruising downhill and flat into Clarkston.

0.0		East	3rd from Oregon Welcome Center, Umatilla (map p. 190)
0.1	0.1		under I-82 bridge
1.4	1.3	R (S)	at T near lower dam Visitor Center, up hill, L,R,L, becomes Willamette
2.9	1.5	L (E)	Route 730
9.3	6.4		Hat Rock CG (p. 190)
11.6	2.3		Sand Station CG
26.3	14.7	BR (E)	Route 12 (Madam Dorion CG on left)
30.6	4.3		Pierce's Green Valley CG (p. 189)
39.0	8.4		Touchet: conv. store, café
43.2	4.2		Lowden: winery
48.7	5.5		Whitman Mission .8 mi. on right
50.7	2.0	R	Wallula
53.4	2.7	L	Rose (n/s), after RR
54.6	1.2	R	12th in Walla Walla (map p. 188)
54.7	0.1	L	Alder
55.7	1.0	St	around Carnegie Art Center onto Alder
57.1	1.4	L	Wilbur
57.4	0.3	R	Cambridge
57.6	0.2	St	Bike Trail
58.4	0.8	L	Tausick
58.7	0.3	R	Isaacs
59.6	0.9	MR	Route 12
66.2	6.6		Dixie: small grocery
76.0	9.8	R (E)	Route 12 in Waitsburg (p. 188)
80.4	4.4		Lewis & Clark Trail State Park CG (p. 187)
85.7	5.3		Dayton at Courthouse (map p. 187)
109.1	23.4	BR (E)	Route 12
121.7	12.6		Pomeroy: Pioneer Motel, restaurants

Cum	Leg	Dir	Road
124.6	2.9		Pataha: no services
131.7	7.1		Alpowa summit
144.1	12.4		Chief Timothy State Park CG (p. 184)
152.1	8.0		Visitor Center in Clarkston (map p. 183)

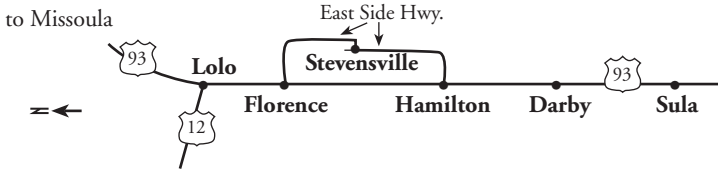


It's 72 miles of long gentle hills along the river to Kooskia. There's 4,000 feet of steady climbing in the next 100 miles to Lolo Pass, starting out easy and getting steeper towards the end. Then it's all downhill to Lolo.

0.0		East	Bike Trail on north side of Clearwater River, Lewiston
4.4	4.4	MR (E)	Route 12
7.8	3.4	BR (E)	Route 12 (Nez Perce Visitor Center 1.8 mi. right)
25.4	17.6		Rest Area: water, rest rooms, tables, by river
32.5	7.1		Peck Junction: café
41.7	9.2		Orofino bridge (map p. 181)
49.3	7.6		Greer: café
64.0	14.7		Kamiah (map p. 180)
71.7	7.7		Kooskia west access road (map p. 179)
87.8	16.1		Syringa: café
93.1	5.3		Wild Goose NFS CG (on river)
95.1	2.0		Lowell: (p. 178)
102.0	6.9		Apgar NFS CG (on river)
120.5	18.5		Wilderness Gateway NFS CG (across river)
148.1	27.6		Jerry Johnson NFS CG (north side of road)
156.1	8.0		Wendover NFS CG (on river)
156.4	0.3		Whitehorse NFS CG (on river)
159.7	3.3		Powell (p. 177)
161.3	1.6		White Sands NFS CG (1.5 mi., 200 ft down!)
162.9	1.6		DeVoto Grove
172.2	9.3		Lolo Pass (5,235 feet)
178.2	6.0		Lee Creek NFS CG
179.6	1.4		Lolo Hot Springs (p. 176)
189.3	9.7		Lewis & Clark NFS CG
204.8	15.5	L (N)	Route 93 in Lolo (map p. 168) Turn R (S) to skip Missoula.
211.7	6.9	L (N)	Old Hwy. 93 in Missoula (map p. 169)

Cum	Leg	Dir	Road
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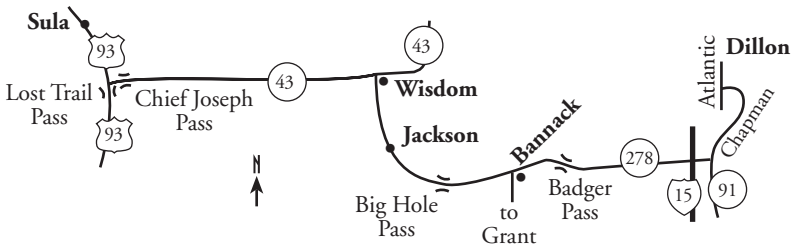
LEMHI PASS AND BIG HOLE ROUTES



Up gentle hills all the way to Sula.

0.0		South	Route 93 at Old Hwy. 93 in Missoula (map p. 169)
6.9	6.9	St (S)	intersection Route 12 in Lolo (p. 168)
15.7	8.8	L (E)	East Side Highway (Route 203) in Florence: supermarket, restaurant
27.6	11.9	L (S)	Main St. (Route 269) in Stevensville (p. 168)
41.8	14.2		Corvallis: conv. store
47.5	5.7	L (S)	Route 93 in Hamilton (map p. 167)
64.2	16.7		Darby (p. 166)
79.1	14.9		Spring Gulch NFS CG (166)
82.0	2.9		Sula (p. 165)

BIG HOLE ROUTE

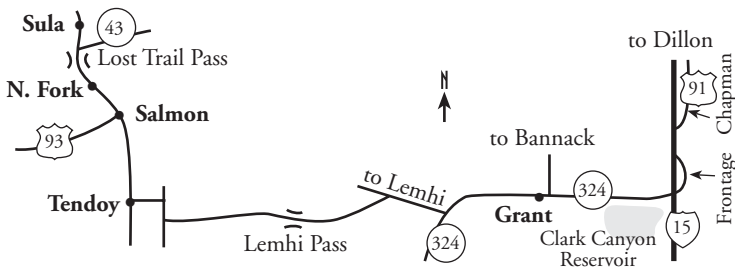


After a tough 3,000-foot climb in 14 miles to Chief Joseph Pass, it's 25 miles of gorgeous downhill to Wisdom, except for one short climb up to the Big Hole National Battlefield. After a gentle 400-foot climb to Jackson, there is 1,400 feet of serious climbing to Big Hole Pass, a long downhill, and a final 900-foot push to Badger Pass, before the long downhill to Dillon.

0.0		South	Route 93 from Sula (p. 165)
6.2	6.2		Lost Trail Hot Springs (p. 165)
12.6	6.4	L (E)	Route 43 at Lost Trail Pass (7,000 ft)
13.7	1.1		Chief Joseph Pass (7,240 ft)
21.9	8.2		May Creek NFS Campground (p. 164)

Cum	Leg	Dir	Road
29.1	7.2		Big Hole National Battlefield (p. 165)
38.7	9.6	R (S)	Route 278 in Wisdom (map p. 164)
56.6	17.9		Jackson (p. 163)
67.4	10.8		Big Hole Pass (7,360 ft)
82.4	15.0		intersection Bannack Rd. (p. 163)
86.0	3.6		Badger Pass (6,760 ft)
99.8	13.8	L (N)	Frontage Rd. (old Route 91) after passing under I-15
103.3	3.5	R	Atlantic , at Hospital
103.8	0.5	L	Reeder in Dillon (5,100 ft) (map p. 155) (Skip ahead to resume combined Routes in Dillon)

LEMHI PASS ROUTE



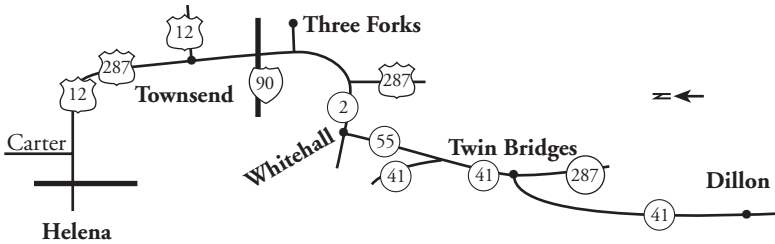
mile LP-385

After a tough 2,700-foot climb to Lost Trail Pass in 13 miles, it's 24 miles of fast downhill to North Fork. There are gentle hills along the river to Salmon, and then 800 feet of gentle rise to Tendoy before starting the difficult 2,600 foot climb up to Lemhi Pass on rough dirt road. After 12 miles of fairly steep downhill on a better dirt road, it's paved and mostly level and down all the way to Dillon.

0.0	South	Route 93 from Sula (p. 165)
6.2	6.2	Lost Trail Hot Springs
12.6	6.4 St (S)	Route 93 at Lost Trail Pass (7,000 ft)
26.3	13.7	Gibbonsville, café, cabins
37.1	10.8	North Fork (3,630 ft) (p. 162)
57.9	20.8 L (S)	Route 93 over Salmon River in Salmon (map p. 160)
58.5	0.6 St (S)	Route 28 , where Route 93 turns west
78.4	19.9 L (E)	Tendoy Lane (dirt road), at Post Office
78.5	0.1 R	Agency Creek Rd.
78.8	0.3 L (E)	Agency Creek Rd.
90.6	11.8 St	cross Lemhi Pass (7,373 ft); .2 mi. walk to Sacajawea Memorial at spring headwater of Missouri River
102.7	12.1 L	Route 324 (paved road)
112.4	9.7	Grant (5,800 ft)(p. 158)

Cum	Leg	Dir	Road
124.7	12.3	St (N)	Frontage Road , after crossing I-15 (p. 157 for description and campgrounds)
131.6	6.9	St	I-15
136.2	4.6	BR	Exit 56 to Barretts
136.4	0.2	R,L (N)	Frontage Rd.
140.1	3.7	St	Frontage Rd.; becomes old Route 91 (n/s)
143.6	3.5	R	Atlantic , at Hospital
144.1	0.5	L	Reeder in Dillon (5,100 ft) (map p. 155)

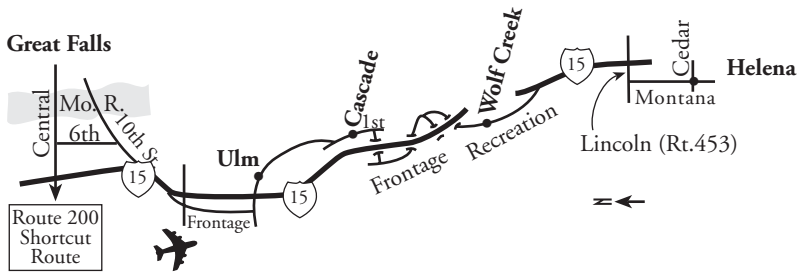
RESUME COMBINED LEMHI PASS AND BIG HOLE ROUTES



Long gentle to moderate, mostly down, hills to Cardwell. Shorter moderate and significant hills through the canyon to Three Forks. Long gentle to moderate, mostly up, hills to Helena.

0.0	North	Montana Ave. from Visitor Center in Dillon (map p. 155)
1.1	1.1 St	Route 41 towards Twin Bridges
28.0	26.9 L (N)	Route 55 in Twin Bridges (p. 153)
38.5	10.5	Silverstar (p. 153)
42.3	3.8 St	Route 55 towards Whitehall
54.4	12.1 MR (E)	Main at IGA store
54.8	0.4	Whitehall (p. 153)
62.2	7.4 L (E)	Frontage Rd. after crossing under I-90
62.5	0.3	Cardwell (p. 153)
69.6	7.1	Lewis & Clark State Park Caverns & CG (p. 151)
74.6	5.0 St (E)	Route 287 at intersection
84.5	9.9 St (N)	Route 287 at Route 205 in Three Forks (map p. 151)
85.8	1.3	cross I-90: Wheat Mountain Bakery & Deli
116.2	30.4 St (N)	Route 12/287 in Townsend (p. 150)
128.6	12.4	Winston; conv. store
147.8	19.2	Route 12/287 at Carter Rd. in Helena (map p. 147)

Cum	Leg	Dir	Road
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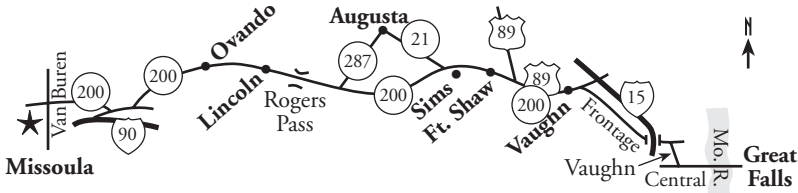


Immediately out of Helena is a long significant 1,200 foot climb over two hills. Although it's downhill overall from here to Great Falls, there are many moderate hills to Wolf Creek, a couple near Cascade, and a final 400-foot climb out of Ulm.

0.0		North	Montana Ave. from Cedar in Helena (map p. 147)
6.7	6.7	R (E)	Lincoln Rd. (n/s)
7.1	0.4	L (N)	onto I-15
16.1	9.0		Exit 209 for Gates of the Mountains (p. 148)
25.9	9.8	R (N)	Exit 219: Spring Creek, Recreation Rd.
33.9	8.0		Wolf Creek (p. 147)
36.9	3.0		Wolf Creek NFS Campground (p. 147)
45.3	8.4		Stickney Creek NFS Campground (p. 147)
57.6	12.3	St	under I-15 onto Frontage Rd.
60.4	2.8	R	Frontage Rd. just before I-15
64.9	4.5	R	under I-15 onto Frontage Rd.
65.0	0.1	L	Route 68 (1st St.) towards Cascade (p. 146)
66.2	1.2	BR	Ulm Rd. (n/s, at baseball field at north end of Cascade)
80.4	14.2		Ulm: conv. store, bar
80.6	0.2	R (N)	Ulm-North Frontage Rd. after passing under I-15
87.9	7.3	R	over I-15 at Airport
88.0	0.1	L	onto I-15 towards Great Falls
89.0	1.0	R	Exit 278: Route 89 S, 200 E, 10th Ave.
90.0	1.0	L (N)	6th St. SW
91.3	1.3	R (E)	Central Ave.
91.7	0.4		cross Missouri River on Central Ave. Bridge
91.9	0.2		1st Ave. North at Bike Trail in Great Falls (map p. 139)

Cum	Leg	Dir	Road
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ROUTE 200 SHORTCUT

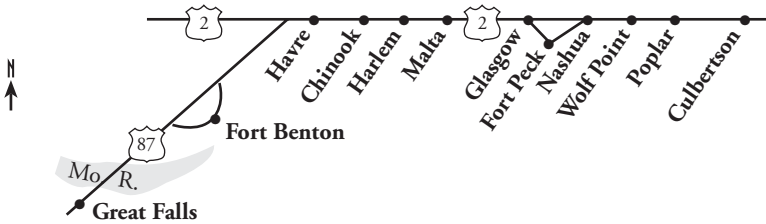


Long gentle to moderate hills as you climb 3,100 feet to Lincoln. The final 1,400 feet to Roger's Pass is significant. Although it's mostly downhill and level to Great Falls, there is about 1,500 feet of steep climbing in a series of big nasty hills before Simms.

0.0	East	Broadway from Van Buren in Missoula (map p. 169)
5.6	5.6 L (E)	Route 200
6.4	0.8 BL	Route 200
37.9	31.5	Larry's Clearwater Inn: motel, café, rest area
41.6	3.7	Russell Gates CG: nice sites on river, tables, shade, water, pit toilets
50.6	9.0	Ovando .5 mi. off to right (p. 173)
77.4	26.8	Lincoln (map p. 172)
84.5	7.1	Aspen Grove NFS Campground, .5 mi. right on river, pretty, private, shade, tables, water, pit toilets
95.7	11.2	Roger's Pass (5,610 ft)
114.8	19.1 St (E)	Route 200 at intersection Route 287; saloon (4,240 ft)
133.0	18.2 St (E)	Route 200
133.4	0.4	Simms on right: no services
139.3	5.9	Fort Shaw: no services
144.0	4.7	Sun River: conv. store
152.4	8.4	Vaughn: conv. store, restaurant
152.8	0.4 R (E)	Frontage Rd. before I-15
162.3	9.5 R	Vaughn Rd. (n/s) towards City Center
163.2	0.9 L (E)	Central Ave.
164.3	1.1	cross Missouri River on Central Ave. Bridge
164.5	0.2	1st Ave. N at Bike Trail in Great Falls (map p. 139)

Cum	Leg	Dir	Road
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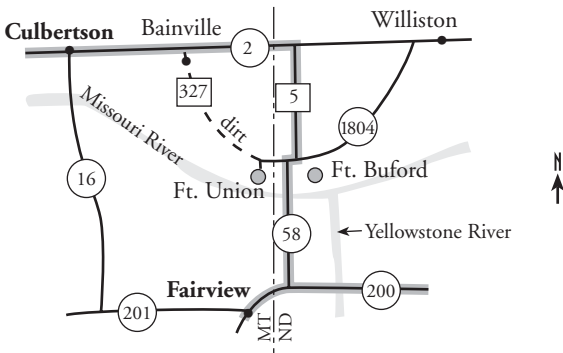
RESUME: MAIN ROUTE



There is a big climb out of Great Falls to the plateau, and then long gentle to moderate hills to Havre. Fort Benton is 250 feet lower on the river. Route 2 varies from flat to long gentle and occasionally moderate hills. The Master Plan in Chapter 3 shows which segments are flatter and which are hillier.

0.0		North	Route 89 , 200 from River Edge Bike Trail at 9th St. across river in Great Falls; Bike Trail on southbound side of bridge (map p. 139)
0.5	0.5	St	up hill
1.4	0.9	L (N)	Route 87
24.9	23.5		Carter on right: no services
37.1	12.2	R (E)	Route 386 down hill to Fort Benton
38.6	1.5	R (E)	13th
38.9	0.3	L	Front St. in Fort Benton (map p. 137)
39.5	0.6	L (N)	21st St.
39.9	0.4	R	St. Charles St. , up big hill
42.3	2.4	R	Route 87
51.1	8.8		Loma (p. 136)
78.0	26.9		Big Sandy (p. 136)
88.6	10.6		Box Elder: conv. store
109.6	21.0	R (E)	Route 2
112.9	3.3		Havre (map p. 135)
134.3	21.4		Chinook (map p. 133)
143.4	9.1		Zurich on left: conv. store ?
155.4	12.0		Harlem on left (p. 133)
158.9	3.5		Fort Belknap Agency: café, conv. store, rest area with restrooms and water
183.6	24.7		Dodson on right: small grocery store, café
201.1	17.5		Malta (map p. 132) (alternate route avoids Route 2 for 21 miles on rough pavement at same mileage; see p. 131 for description)
218.8	17.7		Intersection to Sleeping Buffalo Hot Springs (p. 131)

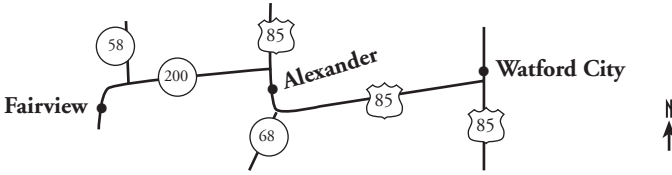
Cum	Leg	Dir	Road
228.6	9.8		Saco (p. 131)
242.1	13.5		Hinsdale on left: conv. store, small grocery, saloon
256.8	14.7		Rest Area: restrooms, water, shade, covered tables
270.8	14.0		Glasgow (map p. 129) (Fort Peck side trip: p. 130)
285.0	14.2		Nashua: Bergie's homemade ice cream! conv. store (alternate route avoids Route 2 for 25 miles on good pavement, but adds 5.4 miles; see p. 128 for description)
300.9	15.9		Frazer on left: no services
319.7	18.8		Wolf Point (map p. 128)
341.7	22.0	R	5th Ave. in Poplar (p. 127)
342.2	0.5	L (E)	paved road after tracks
355.2	13.0	L	Brockton Rd. into Brockton
355.3	0.1	R (E)	Route 2
374.1	18.8		Culbertson at Broadway (map p. 127)



Route 2 is gentle to moderate up hill. Route 5 drops you down to flat Route 58

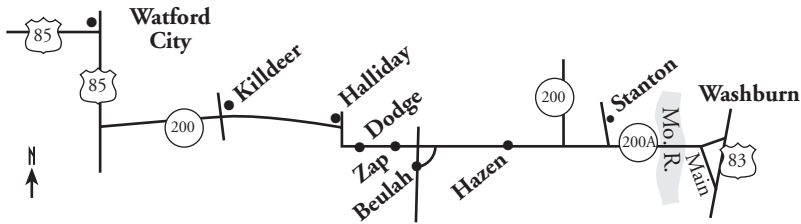
0.0	East	Route 2 from Broadway in Culbertson (map p. 127)
14.4	14.4	Bainville on right
25.1	10.7	R (S) CR 5
35.1	10.0	R (W) Route 1804 ; Fort Union 2 mi. west (p. 125); Fort Buford on left (p. 125)
35.6	0.5	L (S) Route 58
36.9	1.3	cross Missouri River
45.5	8.6	R (W) Route 200
46.4	0.9	Route 200 at Route 201 in Fairview (map p. 122)

Cum	Leg	Dir	Road
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Long gentle to moderate hills all the way.

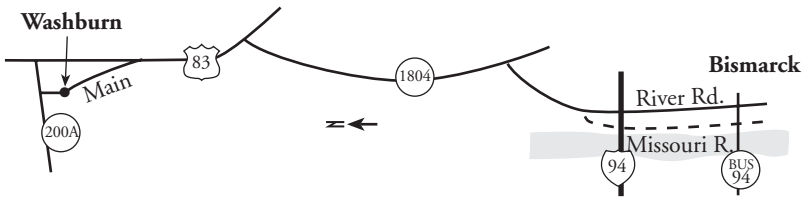
0.0		North	Route 200 from Route 201 in Fairview (map p. 122)
0.9	0.9	St (E)	Route 200 at intersection with Route 58
4.0	3.1		cross Yellowstone River
19.1	15.1	R (S)	Route 85/200
21.5	2.4		Alexander (p. 122)
24.1	2.6	St (E)	Route 85/200
33.9	9.8		Arnegard on left
41.1	7.2		Route 85/200 at Route 23 in Watford City (map p. 121)



After a big drop to Roosevelt Park, there is a long tough climb back out. Hilly to Killdeer, but mostly down. Moderate hills to Stanton, and then easy riding.

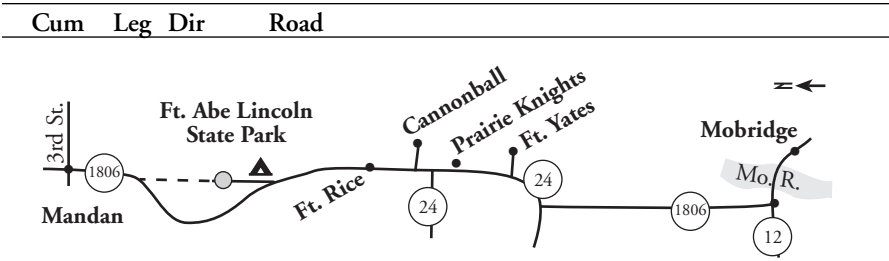
0.0		South	Route 85/200 in Watford City (map p. 121)
15.0	15.0		Theodore Roosevelt National Park (p. 120)
15.5	0.5		cross Little Missouri River
15.7	0.2		National Grasslands CG (p. 120)
29.5	13.8		Grassy Butte on right: conv. store
34.1	4.6	L (E)	Route 200
54.3	20.2	St (E)	Route 200; Killdeer (p. 119) 1 mi. on left
60.9	6.6		Dunn Center on left
74.3	13.4		Halliday (p. 119) 1.0 mi. on left
82.5	8.2		Dodge
88.8	6.3		Golden Valley .4 mi. on right (p. 118)
89.3	0.5		Golden Valley (east access road)
95.4	6.1		Zap .3 mi. on right (p. 118)
96.2	0.8		Zap (east access road)

Cum	Leg	Dir	Road
102.4	6.2		Beulah 2.5 mi. R (S) on Route 49 (map p. 118)
103.4	1.0		Beulah (east access road)
109.0	5.6		Main St. in Hazen (map p. 117)
110.5	1.5		4th Ave. in Hazen
116.5	6.0	St (E)	Route 200A at intersection of Route 200 turning L (N)
121.3	4.8		Stanton 1.2 mi. L (N) on Route 31 (p. 117)
141.4	20.1	R (S)	Main St. into Washburn (map p. 114)



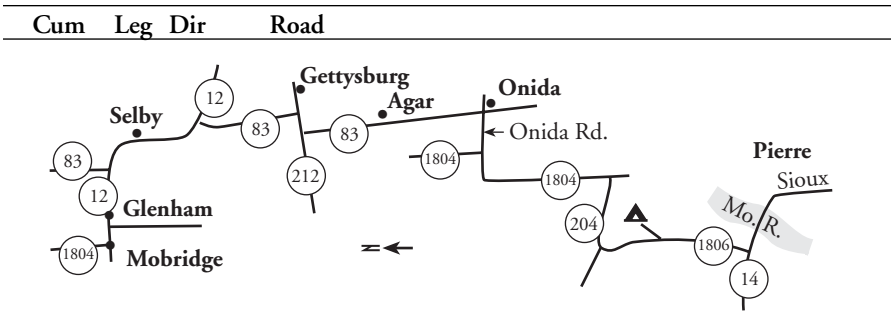
Gentle hills along the river with occasional moderate hill.

0.0	MR (S)	Route 83 from Main in Washburn (map p. 114)
5.1	R (S)	Route 1804
31.2	R (S)	River Rd.
35.3	R (S)	into Pioneer Park and onto Bike Trail
37.0	1.7	River Rd. at Main Ave. (Bus. 94) in Bismarck (map p. 109)



Long moderate hills with occasional short steep climbs.

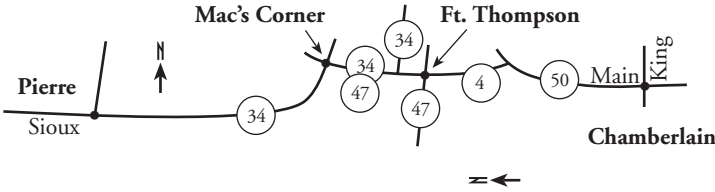
0.0		South	Route 1806 from 3rd St. in Mandan (map p. 109)
2.5	2.5	L (S)	Fort Lincoln Rd. , continue through barrier
4.5	2.0		Fort Abraham Lincoln Visitor Center (p. 111), Campground; continue straight (south) on park road
5.5	1.0	ML (S)	Route 1806
18.7	13.2		Huff: no services
26.3	7.6		Fort Rice: conv. store
37.3	11.0		Cannonball 2 mi. on left: conv. store
38.3	1.0	St (S)	Route 24/1806
45.1	6.8		Prairie Knights Casino/Hotel
58.6	13.5		Fort Yates 2 mi. to left: Headquarters for Standing Rock Nation; bar, restaurant
61.0	2.4	L (S)	Route 1806
80.1	19.1		Kenel: conv. store
102.2	22.1	L (E)	Route 12 over bridge into Mobridge (map p. 106)



Big hill before Glenham. Long gentle to moderate hills with stretches of flat riding.

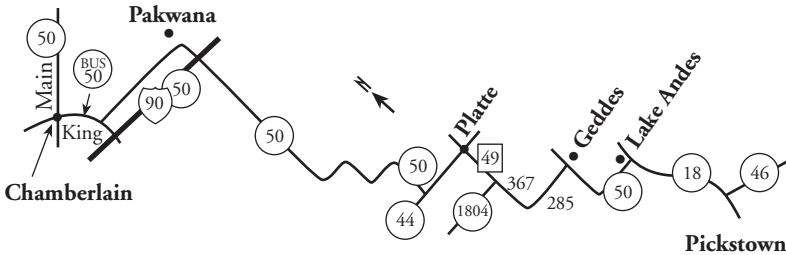
0.0		East	Route 12 from Route 1804 in Mobridge (map p. 106)
3.9	3.9	St (E)	Route 12 at 1804 South intersection
7.5	3.6		Glenham
17.4	9.9	St (E)	Route 12/83 at Route 12 intersection
20.1	2.7		Selby on left (p. 105)
24.0	3.9	R (S)	Route 83
54.6	30.6	R (W)	Route 212 ; Gettysburg (map p. 104) 5.2 mi. east
55.5	0.9	St (S)	Route 83
67.4	11.9		Agar on left: bar/restaurant
76.4	9.0	R (W)	Onida Rd. towards airport; Onida on left (p. 103)
88.4	12.0	St (W)	Onida Rd. (Route 1804 goes North)
94.4	6.0	L (S)	Route 1804
113.4	19.0	R (W)	Route 204 across dam at Oahe Dam Visitor Center: water, restroom, exhibits
115.5	2.1	St (S)	Route 1806
120.6	5.1	L (E)	Route 34
121.2	0.6	R (S)	Sale Barn Rd.
121.6	0.4	L (E)	Stanley
121.8	0.2	L	Bike Path on far side of main road; over bridge
122.7	0.9		Pierre (map p. 100)

Cum	Leg	Dir	Road
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Long moderate hills to Mac's Corner. Long easier hills south with one big climb after turning onto Route 50.

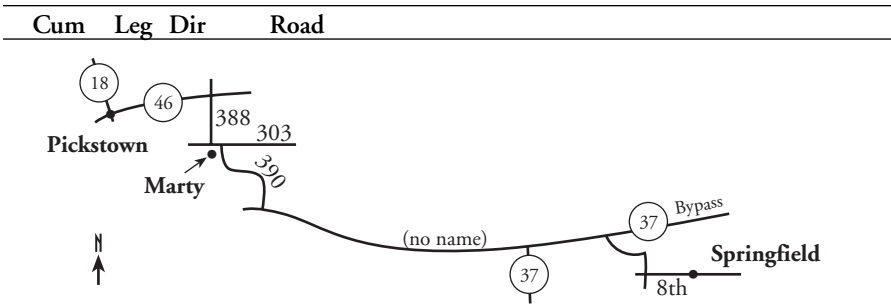
0.0		East	Route 34 (Wells Ave.) at Route 14 in Pierre (map p. 100)
1.9	1.9		Farm Island Recreation Area (p. 100)
45.2	43.3	R (S)	Route 34/47 at Mac's Corner: conv. store
57.5	12.3	St (S)	Route 47
58.1	0.6	St (S)	Route 4 in Fort Thompson (p. 100)
65.7	7.6	R (S)	Route 50
79.8	14.1		American Creek CG
80.4	0.6		King St. in Chamberlain (map p. 98)



Many long moderate hills through dry farm country away from river

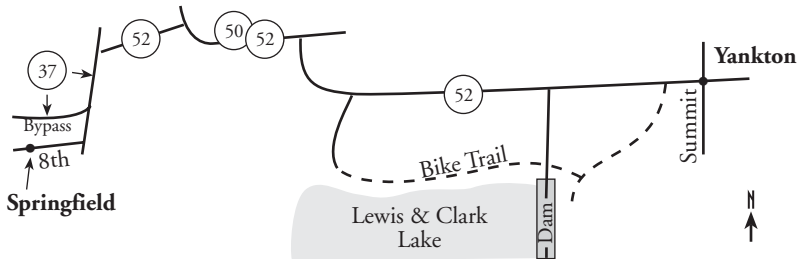
0.0		L (E)	King St. (Route 50) from Main up hill in Chamberlain (map p. 98)
3.2	3.2	L (E)	Pukwana Rd. (n/s) .2 mi. before I-90
9.5	6.3	BR (S)	main road (n/s)
10.9	1.4	St (S)	Route 50 across I-90
35.9	25.0		Academy: no services
42.5	6.6	L (E)	Route 44/50
44.5	2.0	St	Route 44/50 at Route 1804 intersection
52.5	8.0	R (S)	Main (CR 49) in Platte (Map. p 98)
61.5	9.0	L (E)	285th St
68.4	6.9	R (S)	374th Ave. (Route 50); Geddes to left: bar, café
82.8	14.4	R (S)	to Route 18/281 just before Lake Andes (p. 97)
83.1	0.3	MR (S)	Route 18/281
87.9	4.8		entrance to North Point Recreation Area CG
88.8	0.9		Route 46 in Pickstown (map p. 96)

mile 910



After a big climb out of Pickstown, gentle to moderate rolling country.

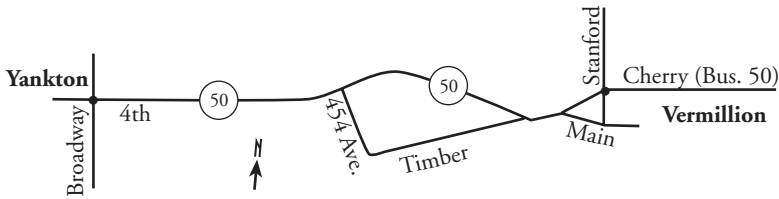
0.0	L (E)	Route 46 up hill from Pickstown (map p. 96)
2.8	2.8	Fort Randall Casino/Hotel/Restaurant
5.3	2.5 R (S)	388th Ave. (CR 21)
11.4	6.1 L (E)	303rd St. at Marty Indian School
11.5	0.1 R (S)	390th Ave.
18.4	6.9 L (E)	at T (n/s) in Greenwood: abandoned town
38.1	19.7 St (E)	across CR 18 (Avon Rd.)
41.1	3.0 St (E)	Route 37
45.3	4.2 St (E)	Route 37 at west access road to Springfield (map p. 95)



Long gentle to moderate hills, mostly up for 20 miles from Springfield.

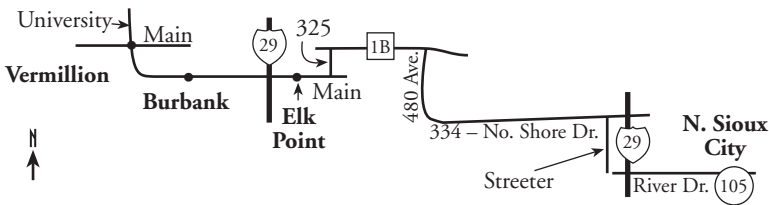
46.4	1.1 L (N)	Route 37 at east access road to Springfield
49.1	2.7 R (E)	Route 52
61.3	12.2 R (E)	Route 50/52
66.2	4.9 R (S)	Route 52 down big hill
69.7	3.5 R (S)	Gavins Pt. Rd. down hill to swim beach
70.4	0.7 L (E)	Follow bike path east, hugging lake. Several excellent picnic areas and campgrounds (see Yankton p. 90)
73.8	3.4 St	pass restaurant, marina
74.2	0.4 St	across dam road on Bike Trail down earth dam and left (East) at bottom. A side trip right (south) across dam takes you up hill to Visitor Center.
75.0	0.8 MR (E)	Bike Trail along Route 52
78.5	3.5	8th St. (Route 52) at Summit in Yankton (map p. 90)

Cum	Leg	Dir	Road
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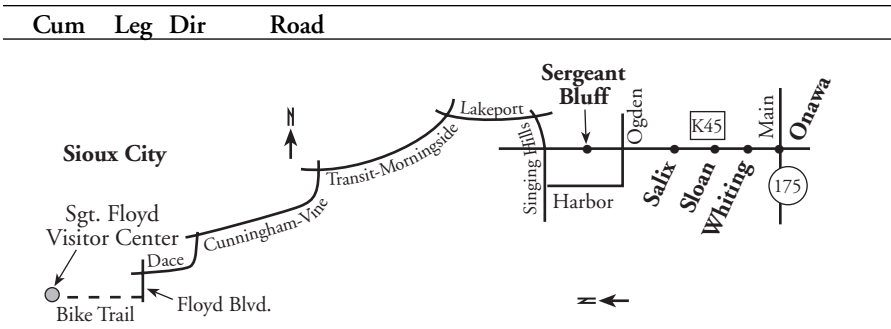
Flat bottomland with short moderate hill into Vermillion.

0.0		East	4th St. (Route 50) from Broadway in Yankton (map p. 90)
14.4	14.4	R (S)	454th Ave.
19.4	5.0	L (E)	TIMBER (n/s), follow pavement
27.7	8.3	R	Bus. Route 50
28.1	0.4	BL	Bus. Route 50, becomes Cherry
28.7	0.6		Cherry at Stanford in Vermillion (map p. 88)



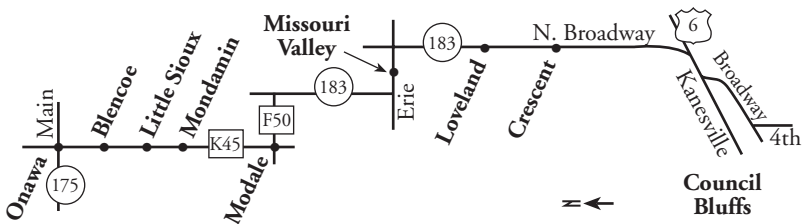
All flat bottomland.

0.0		South	University from Main St. in Vermillion (map p. 88)
6.2	6.2		Burbank: bar
14.6	8.4		Elk Point (p. 88)
15.8	1.2	L	325th St
15.9	0.1	R (E)	CR 1B
20.0	4.1	R (S)	480 Ave.
20.6	0.6	St	cross I-29
22.1	1.5	St	cross 330th St. (CR 6)
26.1	4.0	L (E)	334th St. , becomes North Shore Drive
30.2	4.1	St	Bike Trail along North Shore Drive after school
31.0	0.8	R (S)	Streeter (frontage rd.) along I-29
33.1	2.1	L (E)	Route 105 , under I-29
34.1	1.0	R	Military Rd.
34.5	0.4	R (S)	Riverside Blvd.
35.9	1.4	R	into Riverside Park, through parking lot to bike path east along river
39.4	3.5		Sgt. Floyd Visitor Center in Sioux City (map p. 85)



After moderate 300-foot hill up to Morningside, it's downhill and all flat.

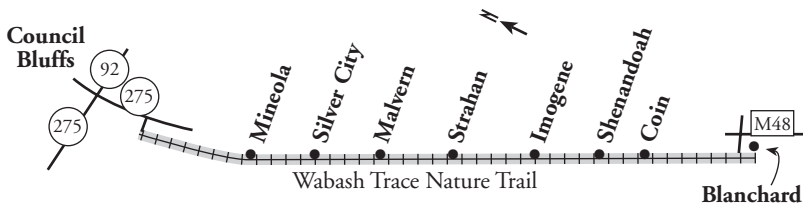
		East	
1.4	1.4	L	River Bike Trail from Sgt. Floyd Visitor (map p. 85) at traffic circle, under I-29, onto Floyd Blvd.
1.7	0.3	R	Dace , over Sgt. Floyd River
2.1	0.4	R	Cunningham (n/s), pass stockyards
2.9	0.8	St	under Route 75
3.0	0.1	R	Transit , up hill, becomes Morningside
4.9	1.9	R	S Lakeport
7.2	2.3	R	Singing Hills (n/s): motels
8.4	1.2	St	across Lewis Blvd. (K45, Old 75): motels
8.9	0.5	L	Harbor
11.4	2.5	L	Ogden : motels
12.2	0.8	R	K45
19.5	7.3		Salix on left: bar
25.5	6.0		Sloan: bar, café, small market
33.7	8.2		Whiting on left: conv. store, bar, café, small market
41.4	7.7		K45 (10th St.) at Main St. in Onawa (map p. 83)



Flat bottomland to Crescent. Moderate Loess hills for last 8 miles.

0.0		South	10th St. (K45) from Main St. in Onawa (map p. 83)
6.8	6.8		Blencoe: small bar/restaurant, conv. store
16.2	9.4		Little Sioux: no services
22.8	6.6		Mondamin: conv. store, bar, grill
29.7	6.9	L (E)	Martin (Route 300, becomes Route F50) in Modale: small restaurant, conv. store

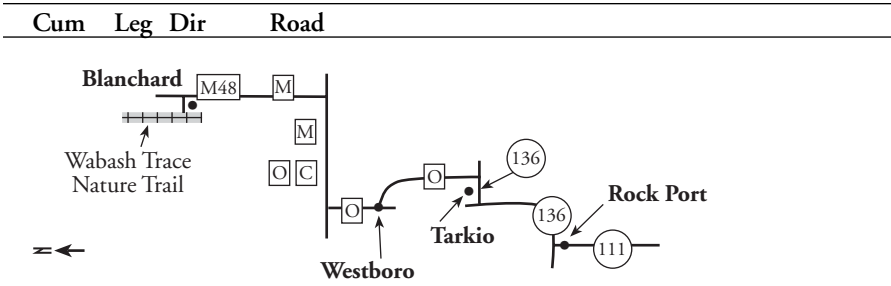
Cum	Leg	Dir	Road
35.8	6.1	R (S)	Route 183
40.0	4.2	L (E)	Erie (Route 30,183) in Missouri Valley (map p. 82) (See map p. 82 for detour to DeSoto National Wildlife Refuge and Wilson Island State Park and Campground)
40.3	0.3	R (S)	Route 183 from Erie St. in Missouri Valley
44.4	4.1		Intersection G14 to Wilson Island CG 7 mi. west
44.6	0.2		Loveland: café
55.2	10.6		Crescent: 3 small restaurants, conv. store
62.2	7.0	MR (W)	Kanesville in Council Bluffs (map p. 76)



Mostly flat with some long gentle ups and downs on this former railroad. Hard-packed crushed limestone surface.

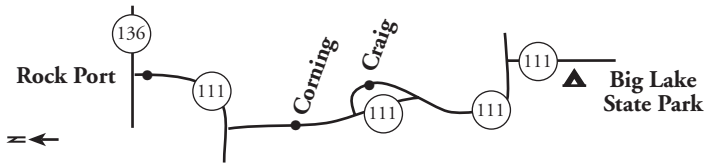
0.0		South	Route 275 from Route 275/92 in Council Bluffs (map p. 76)
.4	0.4	R	into school parking lot and south on Wabash Trace Nature Trail
10.0	9.6		Mineola
15.6	5.6		Silver City
24.2	8.6		Malvern
30.0	5.8		Strahan
36.2	6.2		Imogene
45.2	9.0		Shenandoah (map p. 74)
56.2	11.0		Coin
61.8	5.6	L	first dirt road in Blanchard
62.0	0.2	R (S)	M48 in Blanchard

mile 513



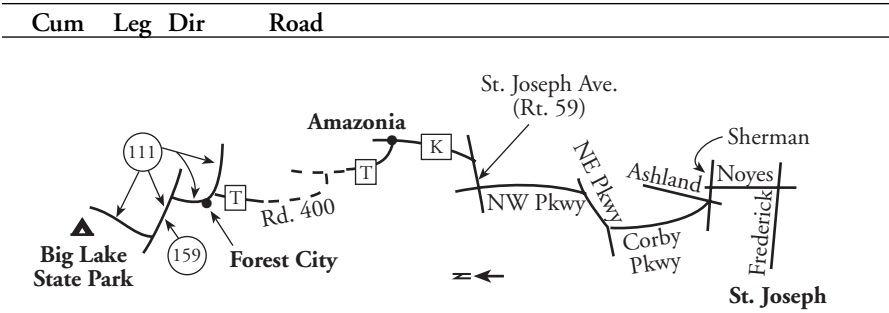
Lots of short steep ups and downs through rich farm country.

0.0		R (S)	M48 in Blanchard
0.2	0.2	St	M (n/s), across stop sign and Missouri state line
3.1	2.9	R (W)	C/M
3.9	0.8	St	C
8.0	4.1	St	C/O
8.2	0.2	L (S)	O
8.4	0.2	L (E)	O
17.8	9.4	R (W)	Route 136
18.8	1.0	L (W)	Route 136 in Tarkio (p. 74)
20.2	1.4	St	Route 136
26.6	6.4		Route 136 at Route 111 in Rock Port (map p. 72)



Gentle descent for 3 miles to flat bottomland.

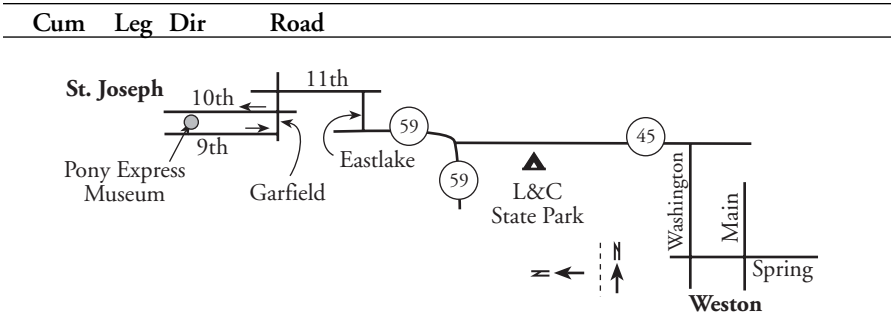
0.0		L (S)	Route 111 from Route 136 in Rock Port (map p. 72) (St to Brownville; see p. 73 for map and description)
3.9	3.9	L (S)	Route 111 after crossing I-29
13.8	9.9		Corning: no services
21.6	7.8	BR	Route 111; Craig .2 mi. on left: café
22.0	0.4	MR	Route 111
28.2	6.2	R (S)	Route 111 (at Route 118 intersection)
30.3	2.1		Big Lake State Park (p. 72)



Flat bottomland, except for 6 short (60 ft) nuisance hills on dirt Road 400 after Forest City. Last 6 miles has moderate hills approaching St. Joseph.

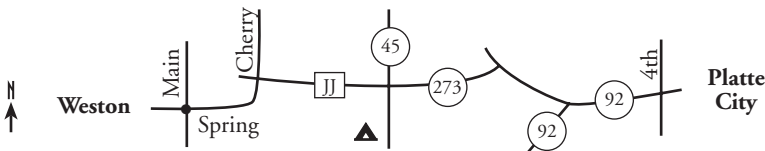
0.0		South	Route 111 from Big Lake State Park (p. 72)
2.4	2.4	L (E)	Route 111/159
7.8	5.4	R (S)	Route 111
12.9	5.1		Forest City: bar, diner
13.2	0.3	R (S)	Route T
23.7	10.5	St (S)	pavement ends
27.6	3.9	R (S)	Route T
27.7	0.1	St (S)	Pavement resumes in Nodaway
32.2	4.5	R	Route K in Amazonia: covered picnic tables, water
38.2	6.0	MR	St. Joseph Ave. (Route 59)
39.3	1.1	L	Northwest Parkway
40.8	1.5	MR	Northeast Parkway
40.9	0.1	BL	Corby Parkway
41.4	0.5	St	Sherman
41.4	0.0	R	Noyes
41.6	0.2		Noyes at Frederick in St. Joseph (map p. 69)

mile 370



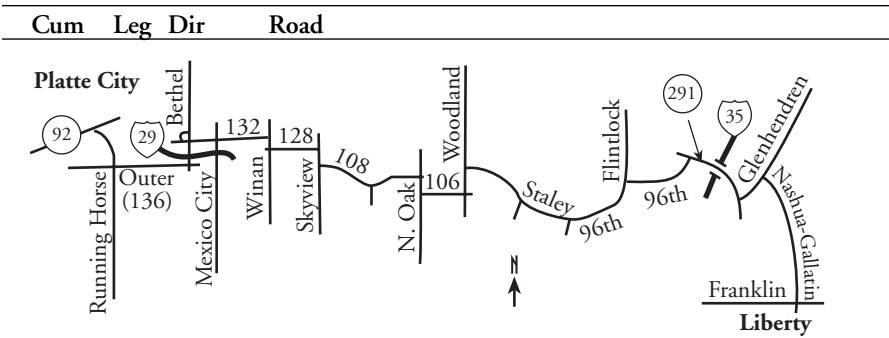
Flat bottomland ending with gentle hills into Weston.

0.0		South	9th from Pony Express Museum in St. Joseph (map p. 69)
0.9	0.9	L (E)	Garfield
1.1	0.2	R (S)	11th
1.6	0.5	R (W)	Eastlake
2.0	0.4	L (S)	King Hill Ave. (Route 59)
2.6	0.6	BR	Route 59
3.8	1.2	St (S)	Route 59 across Route 752
18.4	14.6	St (S)	Route 45 where Route 59 turns R (W)
19.5	1.1		Lewis & Clark State Park (p. 68)
31.1	11.6	R	Washington
31.8	0.7	L	Spring
31.9	0.1		Spring at Main in Weston (map p. 67)



Rolling farm country with occasional short steep hills. Long climbs to Route 45 from both directions.

0.0		East	Spring from Main in Weston (map p. 67)
0.2	0.2	L	Cherry
0.3	0.1	R (E)	Walnut (Route JJ)
2.3	2.0	St	Route 273 (Weston Bend State Park & CG .4 mi. South)
6.2	3.9	R	to Route 92
6.5	0.3	St	Route 92
7.5	1.0	St	Route 92 at 4th St. in Platte City (map p. 66)



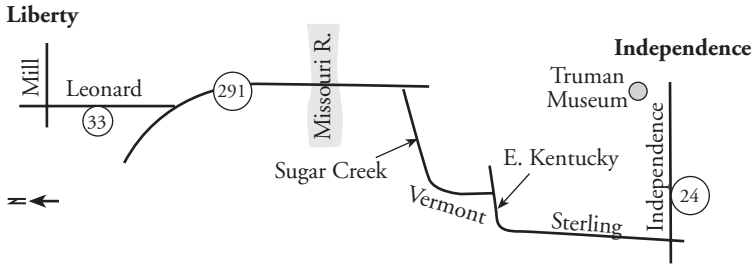
This whole section is moderately hilly with mostly short ups and downs through farm country and some suburban neighborhoods.

0.0	R (S)	Running Horse from Route 92 in Platte City (map p. 66)
1.1	1.1 L (E)	136th , cross over I-435, becomes Outer
2.6	1.5 L (N)	Bethel (across I-435)
2.8	0.2 L,L (E)	Outer Rd.
4.3	1.5 St (E)	across Mexico City Rd. (n/s) onto 132nd (n/s); airport 2 mi. south on Mexico City Rd.
5.1	0.8 R (S)	Winan
5.6	0.5 L (E)	128th
7.1	1.5 St (E)	across Interurban Rd.
8.1	1.0 R (S)	Skyview
9.1	1.0 St (S)	Skyview
10.6	1.5 L (E)	108th
11.8	1.2 BL (E)	108th (n/s)
14.2	2.4 St	across Route 169
14.7	0.5 R (S)	North Oak
15.0	0.3 L (E)	106th
16.0	1.0 L (N)	Woodland
16.2	0.2 R (E)	Staley
18.2	2.0 BL	Staley
19.2	1.0 BL	96th
19.7	0.5 St (E)	cross over I-435
22.3	2.6 R (E)	96th
22.9	0.6 R (E)	LP Cookingham (Route 291)
23.4	0.5 L (E)	Glenhendren
23.7	0.3 R (E)	Nashua (becomes Gallatin)
25.8	2.1 L (E)	Gallatin at Kansas in Liberty (map p. 60)

mile 288

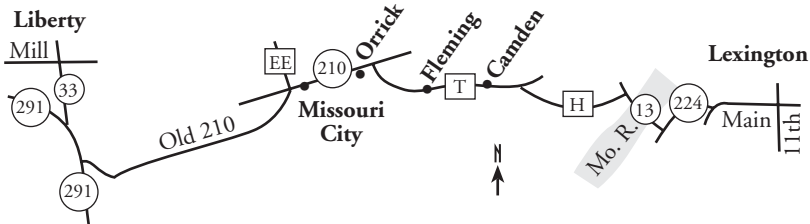
Cum	Leg	Dir	Road
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Spur Route to Independence



Long gentle hills, big road, and light traffic to river. Quiet back road with long significant hill up to Independence.

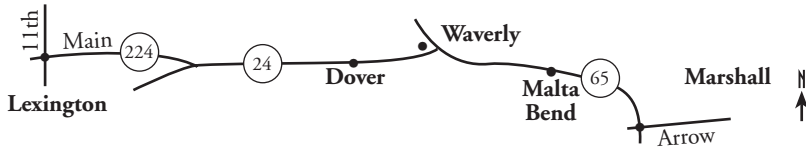
0.0	South	Leonard from Mill in Liberty (map p. 60)
.7	.7 ML	Route 291 , bike trail on west side
6.1	5.4 R	Sugar Creek , becomes Vermont
10.0	3.9 R	E Kentucky
10.2	.2 L	Sterling
11.4	1.2 L	Independence Ave. (Route 24)
12.6	1.2	Truman Museum on left



Flat 10 miles, then short hills and traffic through Missouri City. Light traffic with few short hills through Camden. Flat bottomland with final climb to Lexington.

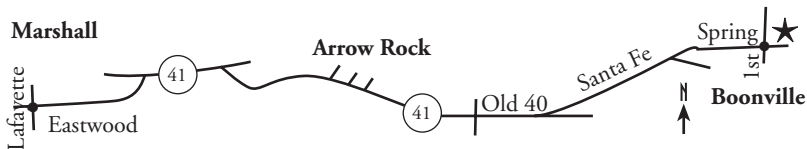
0.0	South	Leonard (Route 33) from Mill in Liberty (map p. 60)
0.6	0.6 ML	Route 291 (bike trail and frontage road on west side)
3.0	2.4 L	Old 210 Highway
8.6	5.6 R	Route 210 (n/s)
10.0	1.4	Missouri City: no services
19.2	9.2	Orrick .5 mi. off to right
20.2	1.0 R (S)	Route T
23.0	2.8	Fleming: no services
25.5	2.5	Camden: no services
26.9	1.4 R	Route H
31.6	4.7 R (S)	Route 13 in Henrietta: café, covered picnic tables, water

Cum	Leg	Dir	Road
36.1	4.5	L (E)	Route 224 after crossing Missouri River on narrow .6 mi. bridge
36.5	0.4	ML	Main
36.7	0.2		Main at 11th in Lexington (map p. 59)



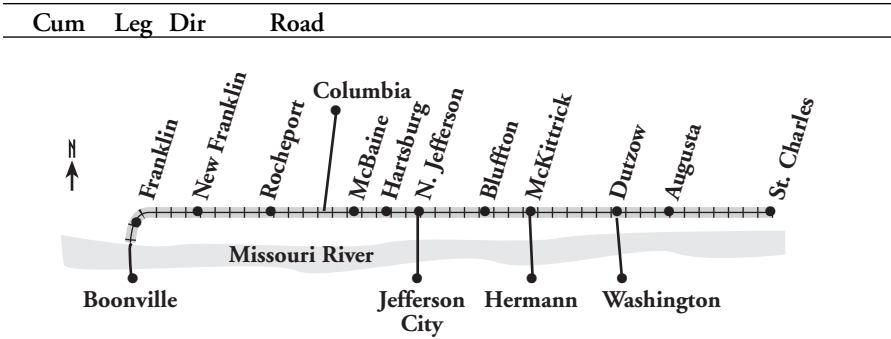
Gentle to moderate short hills through rolling farm country.

0.0		East	Main St. from 11th in Lexington (map p. 59)
2.1	2.1	ML (E)	Route 24
10.5	8.4		Dover: conv. store
20.5	10.0	R (S)	Route 65 in Waverly: small store, restaurant
24.4	3.9		Grand Pass
28.9	4.5		Malta Bend: conv. store
39.0	10.1	L (E)	Arrow (Route 20) in Marshall (map p. 58)



Gentle to moderate short hills through rolling farm country.

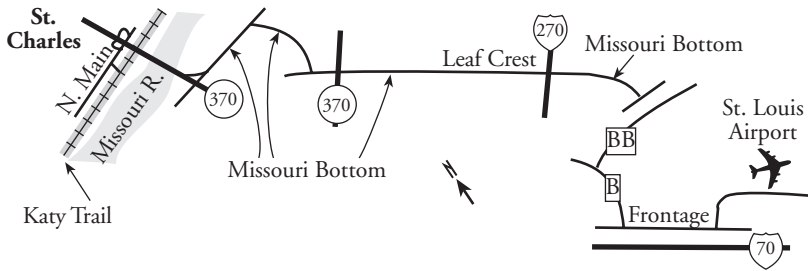
0.0		R (E)	Eastwood from Jefferson in Marshall (map p. 58)
2.5	2.5	R (E)	Route 41
4.3	1.8	R (S)	Route 41
14.6	10.3		Arrow Rock on left (map p. 56)
14.8	0.2		Arrow Rock State Historical Site Museum on left
15.1	0.3		Arrow Rock State Historical Site Campground on left
27.4	12.3	St (E)	Old Route 40
27.8	0.4	BL	Santa Fe Rd.
33.6	5.8	BL	Spring
33.9	0.3		Spring St. at Visitor Center in Boonville (map p. 53)



Scenic flat riding on hard-packed crushed limestone rail trail.

0.0		North	Main St. across Missouri River from Boonville (map p. 53)
0.7	0.7	L	Katy Trail at north end of bridge
2.7	2.0		Franklin: Katy Roundhouse Campground, restaurant (p. 52)
3.5	.8		New Franklin (p. 52)
13.4	9.9		Rocheport (map p. 50)
22.2	8.8		McBaine: 9-mile spur to Columbia (p. 50)
34.3	12.1		Wilton (water, restroom)
38.1	3.8		Hartsburg (p. 49)
48.5	10.4		N Jefferson: 2-mile spur to Jefferson City (p. 48)
60.5	12.0		Tebbetts: restroom, Mrs. Turner's Store
75.8	15.3		Portland (café, bar)
80.8	5.0		Bluffton (p. 48)
90.9	10.1		McKittrick: 3-mile spur to Hermann (map p. 46)
114.0	23.1		Marthasville: bike shop, restrooms, water, restaurants
117.7	3.7		Dutzow: conv. store, 4-mile spur to Washington (p. 45)
125.4	7.7		Augusta (p. 44)
131.1	5.7		Matson (restroom)
135.7	4.6		Weldon Springs (restroom)
146.0	10.3		Greens Bottom Rd. (restroom)
152.2	6.2		Katy Trail at Frontier Park in St. Charles (map p. 42)

Cum	Leg	Dir	Road
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Flat with one moderate climb up to Leaf Crest. Heavy traffic near airport.

0.0		East	Katy Trail from Frontier Park in St. Charles (map p. 42)
0.1	0.1		Lewis & Clark Center (Perry St. on left)
0.3	0.2		Visitor's Bureau on left
1.8	1.5	R,L	onto N Main just before RR and 370 bridge overhead
1.9	0.1	L	up Bike Trail onto Route 370 Bridge eastbound
2.1	0.2	MR (S)	Route 370 bridge over Missouri River
3.2	1.1	BR	Exit for Earth City Expressway
3.4	0.2	L	Missouri Bottom
4.7	1.3	R	Missouri Bottom
6.1	1.4	L	Missouri Bottom at T
6.6	0.5	St	Leaf Crest
6.9	0.3	St	Missouri Bottom, over I-270
8.8	1.9	St	across 50 ft. of grass at traffic light at end of Missouri Bottom towards 1st runway
8.9	0.1	R	Route BB around airport
9.2	0.3	L	Route B at light
9.8	0.6	L	Frontage Rd.
10.9	1.1	L	into Main Terminal at Airport (map p. 41)

mile 0

Bicycle Guide to the Lewis & Clark Trail

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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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