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6

APPENDICES



*Dinner on the hoof.
The Corps of Discovery were especially fond of buffalo tongue.*

APPENDIX A — SUGGESTED BICYCLE PREPARATION

MAJOR items that should be done by bicycle shop. These are big things that can wreak havoc with a bike trip. If you do them early (February or March), the bike shop will have more time to do them carefully and schedule them easily. If you wait until April or May, bike shops get busy, less experienced people may do the work, it takes longer, etc:

1. Hubs, Bottom Bracket, Headset — Check bearings; replace if necessary. Most bicycles now have sealed bearings that should last 5–15 years, depending on how much water, dirt, and salt gets in them.
2. Check front and rear racks. Pull at them from different angles to stress them. I once broke a weld this way and had it fixed. It's much easier to do this at home than in the middle of North Dakota.

MINOR items that can be done by a bicycle shop or by yourself. These are things that can cause either major or minor inconveniences on a bike trip. They are much easier to fix at home when you have both time and nearby resources:

3. New chain (should last 1–3 years, depending on mileage, water, and dirt). I used to use very basic cheap chains and change them more often. However, since shifting “systems” have become more complicated and finicky, I now ask for advice at the bicycle shop to assure compatibility before buying a new chain.
4. Check freewheel (should last 2–5 years). If a new chain skips (especially in high gears), your freewheel is worn and you need a new one.
5. Replace brake and derailleur cables and housing every 2–5 years, depending on usage and mileage. I like the housing with teflon inserts for smooth action. Check brake lever hoods. These are easy and cheap to replace when you replace cables, but very difficult to replace at other times.
6. Check brake pads. Replace if necessary. Pay a couple of dollars extra to get higher performance pads; this is cheap insurance.
7. Check tires and replace them if you have any doubts. Tires last 2,000–10,000 miles, depending on type, quality, weight, and usage. Flats are a real nuisance, and they can be dangerous on fast downhill. Tires that wear out on a trip are much worse than a nuisance; bicycle shops in small towns (and even small cities) often don't carry good quality tires for touring. I strongly recommend the biggest and strongest Kevlar-belted tires that will fit on your rims and frame. With Kevlar-belted tires I average one flat tire every 5,000 miles; I have a friend who averages one flat every 500 miles on lightweight tires.
8. Replace tubes every 2–3 years, or when you get 2–3 patches on them. There are new tubes out that claim superior flat prevention, but I don't know how true it is. I use basic tubes.

9. Handlebar tape or padding is a matter of personal preference.
10. Saddles are a matter of personal preference. Ideally, you're searching for comfort; realistically, you're trying to minimize discomfort. Beware of claims that saddles will "wear in" and become comfortable! If a saddle is not comfortable immediately, try another one.
11. Check pedals. If they are "clipless" and you are having any problem getting in or out, deal with the problem before your tour. If you use toe clips and straps, check them for wear.

APPENDIX B —SUGGESTED EQUIPMENT LIST

See also discussion of equipment in Chapter 2 — Philosophy (p. 15)

A. Bicycle Equipment

1. heavy duty rear rack (Blackburn, Beckman, Gordon); 4-point attachment is stronger and more stable than 3-point attachment
2. heavy duty front low-rider rack (keeping weight low, especially on the front wheel, improves stability and safety)
3. front and rear panniers, preferably in high visibility color or rain covers
4. 2 or 3 large (27oz) water bottles and cages and/or “backpack hydration system”
5. cycle computer (optional)
6. spare tube + patch kit
7. small handlebar bag is optional (although handy, they distribute weight too high and create wind resistance)
8. clipless pedals or toe clips (even when loose, they keep your feet positioned for efficient cycling)
9. tools (see philosophy of tools on page 15)
critical: tire levers, chain tool, hex wrenches, small adjustable wrench, spoke wrench to fit your spokes, bottle opener, corkscrew
optional: cable cutter, metric wrench set, screwdrivers, freewheel puller
10. pump

B. Camping Equipment

1. sleeping bag (recommend synthetic, lightweight; put on clothes to keep warm on 10% of the nights when it is cold)
2. sleeping pad (Therm-a-rest is industry standard. Get shortest and thinnest model that is comfortable for you.)
3. Therm-a-rest chair (your sleeping pad fits inside of the frame)
4. pillow/case (personal preference; try for light and small!) I use a small piece of foam rubber with a homemade pillowcase.

C. Bicycle Clothes

1. bike shorts (recommend synthetic crotch liner) I take them in the shower with me and wash them out each night.
2. bike shirt in high visibility color
3. “touring” bike shoes (stiff sole, comfortable for walking too)
4. tights
5. polypro shirt (long sleeve; I like zip turtleneck for temperature flexibility)

6. rain parka (should be waterproof; breathable waterproof fabric is nice, but not necessary; visible color and lots of ventilation; use for windbreaker and extra warmth as well as rain)
7. helmet (some kind of mirror recommended for bike or helmet) I'm probably alive today because my helmet split instead of my head.
8. sunglasses (for eye protection, comfort, and prescription if needed)
9. polypro gloves
10. balaclava (provides warmth, even under a helmet)
11. riding socks

D. Evening Clothes

1. slacks (recommend lightweight and small to pack—jeans are heavy)
2. short sleeve shirt
3. turtleneck shirt (I like zip turtleneck for flexibility)
4. sweater (wool or polar fleece for warmth, light weight, packable)
5. underwear
6. small light shoes (comfortable for lounging and walking)
7. light shorts
8. evening socks?
9. pajamas?

E. Personal Stuff

1. toothbrush, toothpaste (carry in self-seal plastic bag rather than fancy travel kit)
2. small towel + washcloth
3. soap + soap carrier
4. any medication you need
5. small flashlight (recommend Mini-Mag Light)
6. camera, film, mailers
7. wallet (recommend self-seal plastic bag)
8. small light fanny pack for wallet, camera, flashlight

F. First Aid Kit

1. various sizes of band-aids, non-adhering dressings, gauze pads, and adhesive tape. Abrasions are the most common type of injury.
2. anti-bacterial ointment
3. your choice of general pills for headache and muscle ache
4. any medications you may be taking

F. Common Equipment (when touring with a group)

- | | |
|-----------------------|--------------------------|
| 1. tent | 13. knife |
| 2. groundcloth | 14. cooking spoon |
| 3. dining fly | 15. dish towel |
| 4. tarpaulin | 16. dish soap + scrubber |
| 5. tools | 17. laundry soap |
| 6. 2 pumps | 18. juice jug |
| 7. first aid kit | 19. seasoning |
| 8. 2+ stoves, matches | 20. locks + cables |
| 9. 2+ pans | 21. ropes |
| 10. plates | 22. books, maps, papers |
| 11. spoons | 23. sun screen |
| 12. cups | 24. water filter? |

General Suggestion for packing and planning

left rear:	evening clothes
right rear:	sleeping bag
left front:	bike clothes
right front:	common equipment
rack:	tent, sleep pad

Leave room for food that must be bought and carried each day!

Rear is for light/bulky (50%); front is for small/heavy (50%).

Keep weight low, close to center line, and between axles.

APPENDIX C — WEATHER DATA

There is a general discussion of weather in Chapter 2 (Philosophy) on page 11. The temperature and precipitation data below may provide some help in planning the timing of your tour(s), as well as help in managing your expectations! Keep in mind that “record” high temperatures are about 20–30° higher than the averages shown, and you should not be surprised by temperatures 10–15° higher. “Record” lows are about 20° below the averages shown, and you should not be surprised by temperatures 5–10° lower.

Average Daily High and Low Temperature

	Apr	May	Jun	Jul	Aug	Sep	Oct
St. Louis, MO	67 46	76 56	85 66	89 79	87 68	80 61	69 48
Sioux City, IA	62 38	73 50	82 60	87 65	84 62	75 52	64 40
Bismarck, ND	55 31	68 42	77 52	84 56	83 54	71 43	59 33
Great Falls, MT	55 32	65 41	75 49	83 53	82 52	70 44	60 36
Missoula, MT	58 31	66 38	74 46	83 50	82 49	71 40	57 31
Lewiston, ID	62 40	70 47	80 54	89 59	88 59	77 51	63 41
Walla Walla, WA	63 43	71 49	80 56	88 61	87 61	78 53	65 44
Vancouver, WA	59 39	66 44	72 49	77 52	78 52	73 47	63 41

Average Precipitation (inches)

	Apr	May	Jun	Jul	Aug	Sep	Oct
St. Louis, MO	3.5	4.0	3.7	3.9	2.9	3.1	2.7
Sioux City, IA	2.3	3.7	3.7	3.3	3.0	2.9	1.9
Bismarck, ND	1.7	2.2	2.7	2.1	1.7	1.5	0.9
Great Falls, MT	1.4	2.5	2.4	1.2	1.5	1.2	0.8
Missoula, MT	1.0	1.8	1.8	0.9	1.2	1.1	0.7
Lewiston, ID	1.1	1.3	1.3	0.7	0.8	0.8	0.9
Vancouver, WA	2.8	2.4	1.6	0.8	1.2	2.0	3.2

APPENDIX D — RECOMMENDED BOOKS

Ambrose, Stephen. (1996). *Undaunted Courage: Meriwether Lewis, Thomas Jefferson, and the Opening of the American West*. Simon & Schuster: NY.

This is history that reads more like an adventure novel. Even if you don't think you're interested in Lewis and Clark, you will be after you read this. There's a reason why this book has sold several million copies.

Dufur, Brett. (1999). *Katy Trail Guidebook, 5th edition*. Rocheport, MO: Pebble Publishing (www.pebblepublishing.com).

224-page guidebook devoted to the 245-mile Katy Trail written by a local journalist/historian. Lots of detailed history, places to stay, places to eat, and things to do along the way. This book is very helpful if you want to spend more than a few days traversing the 150 miles we use on this trail.

DeVoto, Bernard. (1953). *The Journals of Lewis and Clark*. New York, NY: Houghton Mifflin.

Brief summary of their journals in a single volume.

Duncan, Dayton. (1987). *Out West*. New York, NY: Viking Penguin

Wonderful stories about Duncan's trip in a Volkswagen camper following the general route of Lewis and Clark. Especially good descriptions of life in the mid-1980s in these areas.

Faneslow, Julie. (1994). *Traveler's Guide to the Lewis & Clark Trail*. Helena, MT: Falcon Press.

Very good historical summaries and modern-day descriptions of the areas visited by Lewis and Clark. Since it was written for car travellers, it assumes you can travel far and fast to find places to stay and eat. It lacks the detailed information bicycle tourers would like to know to plan and execute a trip.

Fifer, Barbara and Soderburg, Vicky. (1998). *Along the Trail with Lewis & Clark*, Montana Magazine.

Brief descriptions of the journey of Lewis and Clark with excellent large scale detailed maps and many quotes from their journals.

Moulton, Gary E. (1990). *The Journals of the Lewis & Clark Expedition*. Volumes 1–11, University of Nebraska Press: Lincoln, NE.

Eleven volumes of the original journals—the real thing!

Olmsted, Gerald. (1986). *Fielding's Lewis & Clark Trail*. New York, NY: Fielding (WC Morrow).

Although older (before the Katy Trail), this guide for car travellers provides good descriptions of towns and areas along the Trail. Also sketchy descriptions of what Lewis and Clark did at various places.

APPENDIX E — SOURCES OF ADDITIONAL INFORMATION

State Tourism Offices

Missouri Tourism Commission

Box 1055, Jefferson City, MO, 65102
800-877-1234, www.missouritourism.org

Kansas Department of Tourism

700 SW Harrison, Topeka, KS 66603
785-296-3487, www.kansascommerce.com

Iowa Department of Tourism

200 E Grand Ave., Des Moines, IA, 50309
800-345-4692, www.traveliowa.com

Nebraska Travel & Tourism

Box 98913, Lincoln, NE 68509-8913
800-228-4307, www.visitnebraska.org

South Dakota Department of Tourism

800-732-5682, www.travelsd.com

North Dakota Tourism

604 East Blvd., Bismarck, ND 58505-0825
800-435-5663, www.ndtourism.com

Travel **Montana**

Box 200533, Helena, MT 59620-0533
800-847-4868, www.visitmt.gov

Idaho Travel Council

Box 83720, Boise, ID 83720-0093
800-847-4843

Washington State Tourism

Box 42500, Olympia, WA 98504
800-544-1800, www.tourism.wa.gov

Travel **Oregon**

800-547-7842, www.traveloregon.com

Lewis & Clark Organizations

Lewis & Clark National Historic Trail (National Park Service)
 1709 Jackson St., Omaha, NE 68102
 402-221-3471, www.nps.gov/lecl

Lewis & Clark Trail Heritage Foundation
 Box 3434, Great Falls, MT 59403
www.lewisandclark.org

Interpretive Centers and Museums

Museum of Westward Expansion
 11 N 4th Street, **St. Louis, MO** 63102
 314-655-1700

Lewis and Clark Center
 701 Riverside Drive, **St. Charles, MO** 83467
 636-947-3199, www.lewisandclarkcenter.org

National Frontier Trails Center
 318 W Pacific, **Independence, MO** 64050
 816-325-7575

Western Historic Trails Center
 3434 Richard Downing Ave., **Council Bluffs, IA** 51501
 712-366-4900, www.iowahistory.org

Lewis & Clark Interpretive Center
 Box 607, **Washburn, ND** 58577
 877-462-8535, www.fortmandan.com

Knife River Indian Villages National Historic Site
 Box 9, Stanton, ND 58571
 701-745-3309, www.nps.gov/knri

Lewis and Clark National Historic Trail Interpretive Center
 4201 Giant Springs Road, **Great Falls, MT** 59403
 406-727-8733, www.fs.fed.us/r1/lewisclark/lcic.htm

Big Hole National Battlefield
 Box 237, **Wisdom, MT** 59761
 406-689-3155, www.nps.gov/biho

Nez Perce National Historical Park
 Box 100, **Spalding, ID** 83450
 208-843-2261, www.nps.gov/nepe

Fort Clatsop National Memorial
 Route 3, Box 604-FC, **Astoria, OR** 97103
 503-861-2471, www.nps.gov/focl

Lewis and Clark Interpretive Center
Fort Canby State Park, Box 488, **Ilwaco, WA** 98624
360-642-3029

Other Parks

Katy Trail State Park
Missouri Department of Natural Resources
800-334-6946, www.katytrail.showmestate.com

Theodore Roosevelt National Park
Box 7, Medora, ND 58645
701-623-4466, www.nps.gov/thro

Other

Lewis & Clark Trail by Bicycle
www.lewisandclarktrailbybicycle.com

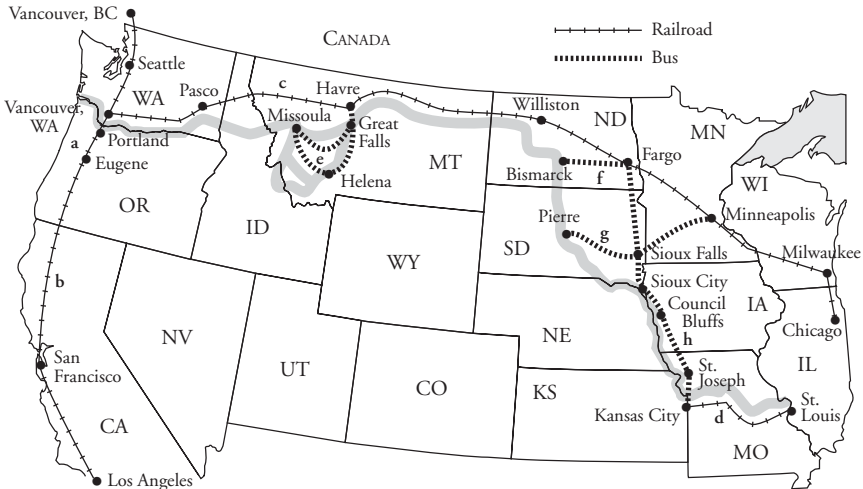
APPENDIX F — PUBLIC TRANSPORTATION

The map below shows **train** and **bus** routes that may be useful for:

1. getting to and from the start and end of your tour
2. emergencies
3. combining portions of a Lewis & Clark tour with another tour
4. parts of your tour you may not want to ride because of time constraints; delays due to bad weather, equipment problems, etc.; or just preference to ride certain parts and avoid other parts

In the town descriptions and maps in Chapter 4 I have included access to major **airports** in St. Louis (Mile 0), Kansas City, MO (Mile 286), Omaha, NE (Mile 500), and Portland, OR (Mile 2800).

There is also very easy access to smaller airports in Pierre, SD (Mile 910), Bismarck, ND (Mile 1140), Great Falls, MT (Mile 1780), and Missoula, MT (Mile 2,200). The trade-off is that smaller airports have easier bicycle access, but more difficult airline connections.



The map shows four AMTRAK daily passenger trains near our bicycle route. They generally require that bicycles be boxed, and boxes are usually available at stations. However, it's always a good idea to call in advance and ask about reservations and bicycles. (800-872-7245, www.amtrak.com)

- a. AMTRAK Cascades runs modern trains between Vancouver, BC, and Eugene, OR, intersecting our route in Vancouver, WA, and Portland, OR.

- b. AMTRAK Coast Starlight runs between Seattle, WA, and Los Angeles, CA, intersecting our route in Vancouver, WA, and Portland, OR.
- c. AMTRAK Empire Builder runs parallel to our route between Portland, OR, and Minneapolis and Chicago, with many stops on or near our route in Vancouver, WA, The Dalles, OR, Pasco, WA, Whitefish, MT, Havre, MT, Malta, MT, Glasgow, MT, Wolf Point, MT, and Williston, ND.
- d. AMTRAK Missouri runs across the state between St. Louis and Kansas City with several stops on or near our route in Independence, Jefferson City, Hermann, and Washington.

The map also shows several major bus routes that intersect our route. Bus companies generally require that bicycles be boxed. However, I have found that bus drivers are often willing to carry a bicycle with panniers in the luggage space below—if there is room. It helps if you are flexible!

- e. Rimrock Trailways (800-225-7655) has multiple bus lines in western Montana between Great Falls, Helena, Three Forks, and Missoula. They also run up to Whitefish, Shelby, and Havre where they intersect with AMTRAK.
- f. Greyhound runs between Bismarck and Fargo, and then on to Minneapolis. It also runs between Kansas City, St. Joseph, MO, Omaha/Council Bluffs, Sioux City, IA, and Sioux Falls, SD. (800-739-5020, www.greyhoundlines.com)
- g. Jack Rabbit runs a daily bus between Pierre, SD, and Sioux Falls, SD, which then connects to a bus to Fargo and AMTRAK. At Sioux Falls you can also make connections on Greyhound to Sioux City, Omaha, St. Joseph, MO, and Kansas City. (800-444-6287, www.jackrabbitlines.com)
- h. Jefferson Lines runs between Omaha, St. Joseph, MO, and Kansas City. (816-364-0486, www.jeffersonlines.com)

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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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