



HOW TO RIDE YOUR BIKE ACROSS THE COUNTRY

PREPARATIONS:

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1. Make sure your bike is in great condition
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2. Plan your route thoroughly
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3. Make lodging arrangements in advance
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4. Pack smart

 - Take a light tent
 - Sunglasses
 - First aid kit
- 

5. Do your research
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6. Document it!

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Lots of layers and a waterproof jacket
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Toolkit for your bike
- 

A portable phone charger or device for emergencies

OUR SUGGESTED ROUTE: Astoria, OR to Yorktown, VA

- 4,229 miles



1. Astoria, OR to Coburg, OR (234 mi.)
2. Coburg, OR to Baker City, OR (333 mi.)
3. Baker City, OR to Missoula, MT (419 mi.)
4. Missoula, MT to West Yellowstone, MT (328.5 mi.)
5. West Yellowstone, MT to Rawlins, WY (350.5 mi.)
6. Rawlins, WY to Pueblo, CO (387 mi.)
7. Pueblo, CO to Alexander, KS (288.5 mi.)
8. Alexander, KS to Girard, KS (330.5 mi.)
9. Girard, KS to Murphysboro, IL (408.5 mi.)
10. Murphysboro, IL to Berea, KY (405 mi.)
11. Berea, KY to Christiansburg, VA (375.5 mi.)
12. Christiansburg, VA to Yorktown, VA (368 mi.)

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