Day 1 - Drive to Toledo, Ohio (566 miles; 11 hours)
Drive 9 hours to Cuyahoga National Park
Go for a run along the Ohio \& Erie Canal Towpath Trail
Drive another 2 hours to Toledo, Ohio
Stay at Flying J

## Day 2 - Lake Anita State Park, Iowa (621 miles; 12 hours)

Drive another 12 hours to western Iowa
Stay at Lake Anita State Park
Campground right on lake - can fish, but beach to swim is across the lake Run, bike ride, and evening swim in lake

Day 3 - Lake McConaughy State Park, Nebraska (419 miles; 7 hours)
Drive 7 hours to Lake McConaughy State Rec Area in Nebraska
Swim and play around on beach
Camp at Little Thunder Campground
Day 4 - Garden of the Gods, Colorado Springs, Colorado (290 miles; 6 hours)
Drive 6 hours to Colorado Springs
Stay in Garden of the Gods Campground right outside park
Swim in campground pool
Explore Garden of the Gods City Park
Bike from campground to the park
Shop at the Garden of the Gods Trading Post
Hike the Central Garden Trail through the rock formations
Day 5 - Black Canyon of the Gunnison National Park, Colorado (236 miles; 6 hours)
Hike the Rim Rock Nature Trail from the Campground to Gunnison Point
Drive the South Rim Scenic Drive stopping at various scenic overlooks
BBQ Dinner at Sunset View overlook
Stay at Black Canyon of the Gunnison National Park Campground
Day 6 - Ouray, Colorado (55 miles; 1.5 hours)
Soak in the hot springs at the Ouray Hot Springs Pool and Park
Bike Ride to Box Canyon Falls
Hike the Falls Trail and the High Ridge Trail
Bike the Uncompahgre River Park Trail
Walk around the historic downtown
Have dinner at the Buen Tiempo Mexican Restaurant
Stay at the $4 \mathrm{~J}+1+1$ RV Park right in town
Day 7 - Natural Bridges National Monument, Utah (237 miles; 5 hours)
Drive the Million Dollar Highway to Silverton
Stop at Molas Pass

Stay at Natural Bridges National Park Campground Drive the 9-mile Bridge View Scenic Drive Hike the 1.2 mile RT hike to Sipapu Bridge Hike the .4 mile RT hike to Owachomo Bridge Trail

## Day 8 - Halls Crossing, Lake Powell, Utah ( $\mathbf{5 7}$ miles; 1.25 hours)

Drive Route 276 to Halls Crossing
Launch blowup boat and take it across to Lost Eden Canyon
Stay at Halls Crossing Campground (primitive - no hookup)

## Day 9 - Halls Crossing, Lake Powell, Utah (0 miles; 0 hours)

Launch blowup boat and take it ups Halls Creek
Move to Halls Crossing Campground (electric sites)

## Day 10 - Capitol Reef National Park, Utah ( 80 miles; 2 hours)

Take ferry from Halls Crossing to Bull Frog (\$32 for RV and passengers)
Drive the 2 hours to Capitol Reef
Stop at waterfall along Route 24 for a swim
Hike the 2.5-mile RT Fremont River Trail from the campground up to an overlook

Stay at Fruita Campground in the park
Day 11 - Capitol Reef National Park, Utah (0 miles; 0 hours)
Bike 3.5 miles from campground to Cassidy Arch Trailhead on Grand Wash Road
Hike the 3.5-mile RT hike to Cassidy Arch
Drive back to waterfall on Route 24 for a swim
Stay at Fruita Campground again

## Day 12 - Moab (148 miles; 3 hours)

Photograph the Gifford Farmhouse in Capitol Reef in morning light
Drive 3 hours to Moab
Walk around town and shop
Have dinner at the Moab Brewery
Stay at Canyonlands Campground right in Moab

## Day 13 - Moab (0 miles; 0 hours)

Have Coyote Shuttle transport us up the Colorado Riverway to Hittle Bottom
Raft Colorado River from Hittle Bottom to Take Out Beach
Drive into Arches to see lightning and thunderstorm
Back in town, go for run along Mill Creek (flooded by storm)
Stay at Canyonlands Campground again
Day 14 - Moab / Arches National Park (23 miles; . 5 hours)
Drive $1 / 2$ hour to Arches National Park
Drive Arches Scenic Drive 18 miles - stop at various hikes and view arches
Hike . 5 miles to Double Arch

Hike 4.8-mile RT from Devils Garden to Landscape Arch and Double O Arch Hike 3-mile RT to Delicate Arch
Stay at Devil's Garden campground in the park

## Day 15 - Colorado National Monument / Vail (296 miles; 6 hours)

Drive 2.5 hours to Colorado National Monument
Drive the 23-mile scenic Rim Rock Drive through the park
Drive another 3 hours to Vail
Stay at Gore Creek National Forest Service Campground
Day 16 - Vail to Breckenridge ( 31 miles; $\mathbf{.} 75$ hours)
Mountain bike Vail Mountain - $\$ 116$ for all day passes for 4 of us
Lorry and kids ride bikes from Vail Pass down to Frisco (about 12 miles downhill) while Herb drives RV on I70 to meet up with them

Drive to Breckenridge
Stay at Tiger Run RV resort - wonderful
Swim, hot tub, pool, ping pong
Kids go for high elevation run

## Day 17 - Breckenridge 0 miles; 0 hours)

Bike Blue River Parkway to town
Enjoy town of Breckenridge
Shop at Space Cowboy for retro rock t-shirts
Eat lunch at Fatty’s Pizzeria
Stay at Tiger Run RV resort again
Swim, hot tub, pool, ping pong
Kids go for another high elevation run

## Day 18 - Kansas (500 miles; 10 hours)

Drive 10 hours into Kansas
Stay at Sundowner West RV Park near Salina, KS
Fish in campground pond

## Day 19 - Spencer Art Museum / Missouri (358 miles; 7 hours)

Drive 2.5 hours to Lawrence, Kansas
Stop at the University of Kansas Spencer Art Museum
Drive another 4.5 hours into Missouri
Stay at the Kan-Do Campground right off I70 near Danville, Missouri
Swim in campground pool
Take a run to Graham Cave State Park
Make a campfire and roast s'mores

## Day 20 - St. Louis Gateway Arch / Ohio (425 miles; 8 hours)

Drive 1.5 hours to St. Louis Gateway Arch
Ride the tram to the top of the Arch (\$28 with National Park Pass for 4)
Drive another 6.5 hours towards home

Stay at the Brookville KOA (near Dayton, Ohio) Play mini-golf, swim in pool, fish in pond

Day 21 - Fallingwater and Ohiopyle, PA (309 miles; 6.25 hours)<br>Drive 5 hours to Frank Lloyd Wright’s Fallingwater<br>Take tour of grounds and house<br>Drive another hour to Ohiopyle State Park<br>Stay at Ohiopyle State Park Campground (on top of mountain)<br>Take run down to and along the river

Day 22 - Home (378 miles; 6.5 hours)
Drive remaining 6.5 hours home

Total Trip Mileage:
Average Miles per Day:

5029 miles
228 miles per day

