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 Uncompangre River Park Trail

Walk around the historic downtown

Have dinner at the Buen Tiempo Mexican Restaurant

Stay at the 4 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 (57 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 ½ 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; .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)

Drive 5 hours to Frank Lloyd Wright's Fallingwater
Take tour of grounds and house
Drive another hour to Ohiopyle State Park
Stay at Ohiopyle State Park Campground (on top of mountain)
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: 5029 miles

Average Miles per Day: 228 miles per day