

BaltiCCycle 2016 Olympic Expedition FROM LONDON TO RIO DE JANEIRO
2016 02 17 – 2016 08 05

Day of ride	Date	Week day	Km	Route
UNITED KINGDOM: February 17 – 18 (2 days)				
1	02.17	W		Arrival
2	02.18	Th		cycling in London; send-off ceremony
TRINIDAD & TOBAGO: February 19 – 26 (8 days)				
3	02.19	F		London (UK) – <i>by flight</i> – Crown Point (Tobago)
4	02.20	Sa	38	Crown Point – Parlatuvier Bay
5	02.21	S		rest day
6	02.22	M	62	Parlatuvier Bay – Scarborough
7	02.23	T	45	Scarborough – Port of Spain (Trinidad) – <i>by ferry</i> – Blanchisseuse Bay
8	02.24	W	80	Port of Spain – Manzanilla Bay
9	02.25	Th	78	Manzanilla Bay – San Fernando
10	02.26	F	65	San Fernando – Cedros Point
VENEZUELA: February 27 – March 17 (20 days)				
11	02.27	Sa		Cedros Point – <i>by boat</i> – Pedernales – <i>by boat</i> – Tucupita
12	02.28	S		rest day
13	02.29	M	62	Tucupita – Barrancas
14	03.01	T	100	Barrancas – Ciudad Guayana
15	03.02	W	68	Ciudad Guayana – Upata – Santa Maria
16	03.03	Th	82	Santa Maria – Guasipati
17	03.04	F	76	Guasipiti – El Callao – crossroad
18	03.05	Sa	69	crossroad – El Dorado – wild camp
19	03.06	S		rest day
20	03.07	M	70	wild camp – Las Claritas – Piedra la Virgen
21	03.08	T	73	Piedra la Virgen – Camaran
22	03.09	W	54	Camaran – Quebrada de Pacheco
23	03.10	Th	52	Quebrada de Pacheco – San Francisco de Yuruani – Paraitepui
24-28 days: <i>Roraima Tepui hiking Tour; alternative flight excursion to Angel Falls (from Santa Elena)</i>				
29	03.16	W		Paraitepui – Kamarakapay – Santa Elena de Uairen
30	03.17	Th		rest day
BRAZIL RORAIMA STATE: March 18 – 24 (7 days)				
31	03.18	F	83	Santa Elena – VE/BR border – Pacaraima – Rio Parime
32	03.19	Sa	66	Rio Parime – Rio Uraricoera
33	03.20	S	81	Rio Uraricoera – Boa Vista
34	03.21	M		rest day
35	03.22	T		rest day
36	03.23	W	82	Boa Vista – Igarape Javari
37	03.24	Th	48	Igarape Javari – Bonfim – BR/GY border – Lethem
GUYANA: March 25 – April 9 (16 days)				
38	03.25	F	87	Lethem – Toka
39	03.26	Sa	75	Toka – Annai – Rock View Ranch
40	03.27	S	57	Rock View Ranch – Iwokrama River Lodge (Kurupukari River crossing)
41	03.28	M		rest day
42	03.29	T	70	Iwokrama River Lodge – Roadside Camp
43	03.30	W	70	Roadside Camp – Roadside Camp
44	03.31	Th	85	Roadside Camp – Linden
45	04.01	F	60	Linden – Roadside Camp
46	04.02	Sa	47	Roadside Camp – Georgetown
47	04.03	S		rest day
48-51 days: <i>excursion to Kaieteur Falls</i>				

52	04.08	F	80	Georgetown – Fort Wellington
53	04.09	Sa	86	Fort Wellington – New Amsterdam – Corriverton

SURINAME: April 10 – 16 (7 days)

54	04.10	S	61	Corriverton – GY/SR border – Nieuw Nickerie
55	04.11	M	49	Nieuw Nickerie – Wageningen
56	04.12	T	100	Wageningen – Todtness – Jenny
57	04.13	W	88	Jenny – Paramaribo
58	04.14	Th		rest day
59	04.15	F	69	Roadside Camp
60	04.16	Sa	74	Roadside Camp – Albina

FRENCH GUIANA: April 17 – 24 (8 days)

61	04.17	S	86	Albina – SR/FG border – Anton
62	04.18	M	60	Anton – Sinnamary
63	04.19	T	44	Sinnamary – Kourou
64	04.20	W	66	Kourou - Cayenne
65	04.21	Th		rest day
66	04.22	F		rest day
67	04.23	Sa	85	Cayenne – Roadside Camp
68	04.24	S	88	Roadside Camp – Saint Georges

BRAZIL Amapa State April 25 – May 3 (9 days)

69	04.25	M	75	Saint Georges – FG/BR border – Rio Urucaua
70	04.26	T	77	Rio Urucaua – Casa de Farinha
71	04.27	W	68	Casa de Farinha – Calcoene
72	04.28	Th		rest day
73	04.29	F	80	Calcoene – Amapa – Espirito Santo
74	04.30	Sa	77	Espirito Santo – Tartarugal Grande
75	05.01	S	78	Tartarugal Grande – Ferreira Gomes
76	05.02	M	70	Ferreira Gomes – Porto Grande – Macapa
77	05.03	T	66	rest day

BRAZIL Para State May 4 – 11 (8 days)

78-79 days: *Macapa – Belem by ferry boat through the Amazon River delta*

80	05.06	F		rest day
81	05.07	Sa		rest day
82	05.08	S	73	Belem - Castanhal
83	05.09	M	87	Castanhal – Capanema
84	05.10	T	80	Capanema – Roadside Camp
85	05.11	W	95	Roadside Camp – Camiranga – Maracacume

BRAZIL Maranhao State May 12 – 23 (12 days)

86	05.12	Th	80	Maracacume – Santa Helena
87	05.13	F	86	Santa Helena – Monte Alegre
88	05.14	Sa	36	Monte Alegre – Cujupe – <i>by ferry</i> – Sao Luis
89	05.15	S		rest day
90	05.16	M		rest day
91	05.17	T	97	Sao Luis – Morros
92	05.18	W	85	Morros – Rio Marciano
93	05.19	Th	70	Rio Marciano – Barreirinhas
94	05.20	F		rest day: <i>excursion to the Parque Nacional dos Lençois Maranhenses</i>
95	05.21	Sa	70	Barreirinhas – Tutoia
96	05.22	S	10	<i>boat Tutoia – Parnaiba</i>
97	05.23	M	80	Parnaiba – Luis Correia - Chaval

BRAZIL Piaui and Ceara States May 24 – June 2 (10 days)

98	05.24	T	72	Chaval – Granja
99	05.25	W	54	Granja - Jericoacoara
100	05.26	Th	83	rest day
101	05.27	F	89	Jericoacoara – Lagoa do Mineiro
102	05.28	Sa	78	Lagoa do Mineiro – Mundau

103	05.29	S	70	Mundau – Paracuru
104	05.30	M	80	Paracuru – Fortaleza
105	05.31	T		rest day
106	06.01	W	96	Fotaleza – Beberibe
107	06.02	Th	100	Beberibe – Retiro Grande
BRAZIL Rio Grande do Norte and Paraiba States June 3 – 13 (11 days)				
108	06.03	F	90	Retiro Grande – Tibau – Redonda
109	06.04	Sa	85	Redonda – Macau
110	06.05	S	71	Macau – Galinhos
111	06.06	M		rest day
112	06.07	T	92	Galinhos – Sao Miguel do Gostoso
113	06.08	W	84	Sao Miguel do Gostoso – Jacuma
114	06.09	Th	35	Jacuma – Natal
115	06.10	F	92	Natal – Marcos
116	06.11	Sa	90	Marcos – Joao Pessoa
117	06.12	S		rest day
118	06.13	M	83	Joao Pessoa – Vivix
BRAZIL Pernambuco, Algeas, and Sergipe States June 14 – 23 (10 days)				
119	06.14	T	75	Vivix – Olinda – Recife
120	06.15	W		rest day
121	06.16	Th	78	Recife – camping Maracaibe
122	06.17	F	73	camping Maracaibe – Sao Jose da Coroa Grande
123	06.18	Sa	77	Sao Jose da Coroa Grande – Barra de Santo Antonio
124	06.19	S	41	Barra de Santo Antonio – Maceio
125	06.20	M	77	Maceio – Penedo – Lagoa Redonda
126	06.21	T	60	Lagoa Redonda – Aracaju
127	06.22	W		rest day
128	06.23	Th	100	Aracaju – Itanhi
BRAZIL Bahia State June 24 – July 12 (19 days)				
129	06.24	F	110	Itanhi – Salvador
130	06.25	Sa		rest day
131	06.26	S		rest day
132	06.27	M	98	Salvador – Ilha de Itaparica – Sao Roque Paraquacu – Roadside Camp
133	06.28	T	69	Roadside Camp – Santo Antonio de Jesus – Amargosa
134	06.29	W	72	Amargosa – Iacu
135	06.30	Th	80	Iacu – Itaberaba – Roadside Camp
136	07.01	F	92	Roadside Camp – Lencois
137-139 rest days: visiting Parque Nacional da Chapada Diamantina				
140	07.05	T	85	Lencois – Andarai
141	07.06	W	60	Andarai – Igatu – Mucuge – Roadside Camp
142	07.07	Th	73	Roadside Camp – Barra de Estiva - Espirito Santo
143	07.08	F	77	Espirito Santo – Sussuarana – Roadside Camp
144	07.09	Sa	86	Roadside Camap – Vitoria da Conquista
145	07.10	S		rest day
146	07.11	M	86	Vitoria da Conquista – Candido Sales
147	07.12	T	97	Candido Sales – Medina
BRAZIL Minas Gerais and Rio de Janeiro States July 13 – August 5 (24 days)				
148	07.13	W	86	Medina – Taquireal
149	07.14	Th	79	Taquireal – Rodside Camp
150	07.15	F	87	Rodside Camp – Berilo – Turmalina
151	07.16	Sa		rest day
152	07.17	S	81	Turmalina – Roadside Camp
153	07.18	M	77	Roadside Camp – Couto de Magalhaes de Minas
154	07.19	T	36	Couto de Magalhaes de Minas – Diamantina
155	07.20	W		rest day
156	07.21	Th	74	Diamantina – Roadside Camp

157	07.22	F	70	Roadside Camp – Serro – Roadside Camp
158	07.23	Sa	72	Roadside Camp – Parque Nacional Serra do Cipo
159	07.24	S	108	Parque Nacional Serra do Cipo – Belo Horizonte
160	07.25	M	56	Belo Horizonte – Sabara – Rio Acima
161	07.26	T	70	Rio Acima – Itabirito – Ouro Preto
162	07.27	W		rest day
163	07.28	Th	76	Ouro Preto – Congonhas
164	07.29	F	42	Congonhas – Fazenda do Capao
165	07.30	Sa	72	Fazenda do Capao – Sao Joao del Rei – Tiradentes
166	07.31	S		rest day
167	08.01	M	56	Tiradentes – Barbacena
168	08.02	T	60	Barbacena – Santos Dumont – Ewbank da Camara
169	08.03	W	84	Ewbank da Camara – Simao Pereira - Roadside Camp
170	08.04	Th	78	Roadside Camp – Petropolis
171	08.05	F	70	Petropolis – Rio de Janeiro

Extra days under request: visiting Olympic Games and sightseeing