

Day	Date	Day	Miles	KM	Time	Start	End	Comments
155	01-Aug	Saturday	62.17	99.47	6	Dhoke Hashu Khan	Dhunni Sadat	Left the village and farewell to parents and relatives. Slight windy day, drizzling all day and overcast. Little tough start with the loaded bike. Stopped at lala karamat house for the night.
156	02-Aug	Sunday	0	0	0	Dhunni Sadat	Dhunni	Amer Khan Lahore
157	03-Aug	Monday	112.81	180.5	11	Dhunni	Lahore	Long day of cycling. Monsoon rain for an hour, flooding Lahore. Crazy crazy traffic. Feeling exhausted. Pollution Everywhere.
158	04-Aug	Tuesday	99.21	158.74	10	Lahore	Gujranwala via Waga Border	Lahore was horrible, glad to be away from it. Hot day, but relaxed day. Tired but glad.
159	05-Aug	Wednesday	62.54	100.06	4	Gujranwala via Waga Border	Kharian	Zero sleep during the night, with many mosquito bites. Set off early morning. Found it very tough to cycle, no energy with headwind, felt like giving up, miserably tough, a little dizzy, all cloth soaked in sweat from previous day! How I made it...I don't know.
160	06-Aug	Thursday	76.59	122.54	6	Kharian	Rawat	Overcast but humid, but not bad as previous days. Nice steady cycling without many stops.
161	07-Aug	Friday	30.43	48.69	3	Rawat	Rawalpindi	07/08 and 08/08 60.43 miles over two days from rawat to in and around Islamabad. Humid but manageable cycling.
162	08-Aug	Saturday	30	48	3	Rawalpindi	Islamabad	"
163	09-Aug	Sunday		0		Islamabad	Ho Chi Mhn	Flight to Ho Chi Mhn Airport
164	10-Aug	Monday		0		Ho Chi Mhn	Ho Chi Mhn	Waiting for Bike lost in transit
165	11-Aug	Tuesday		0		Ho Chi Mhn	Ho Chi Mhn	"
166	12-Aug	Wednesday		0		Ho Chi Mhn	Ho Chi Mhn	"
167	13-Aug	Thursday		0		Ho Chi Mhn	Ho Chi Mhn	"
168	14-Aug	Friday		0		Ho Chi Mhn	Ho Chi Mhn	"
169	15-Aug	Saturday	109.31	174.9	12	Ho Chi Mhn	snuol (Cambodia)	Early start with good pace..busy roads for first few hours then rural areas. Border crossing simple enough. Last 20 miles were very tough, had serious cramp both legs, kept locking up! Painful. Made just in time.
170	16-Aug	Sunday	52.55	84.08	5.5	snuol (Cambodia)	kratie	Little late start, legs still stiff. Straight forward road, slightly hilly, poverty along whole route. Found it tough to cycle today, no kick in legs.
171	17-Aug	Monday	87.38	139.81	10	kratie	Stung Treng	Tough long day, mentally found it difficult to kick start off, a little off road, but road been good. Food is a issue on route, legs starting to kick now.
172	18-Aug	Tuesday	62.33	99.73	7	Stung Treng	Muang Khong(Laos)	A little tough roads to finish Cambodia, crossing into Laos(country 22) simple enough. Laos seems better, views and developed. Legs feeling good now.

173	19-Aug	Wednesday	78.98	126.37	8	Muang Khong(Laos)	Pakse	Good nice open roads, plenty of greenery. Laos seems very pleasant. Straight forward day as planned.
174	20-Aug	Thursday	87.46	139.94	8.5	Pakse	Ubon Ratchathani (Thailand)	Crossed into Thailand with out issue, then had a good few miles of hills, but lovely new tarmac roads. Thailand seems well equipped. Very hot today. Good pace, legs feel good now.
175	21-Aug	Friday	15.97	25.55	11	Ubon Ratchathani (Thailand)	Nakhon Ratchasima.	A day on the train to get back on track south, long boring day.
176	22-Aug	Saturday	93.64	149.82	8	Nakhon Ratchasima.	Sara Buri.	Good first section then got a some head wind and some climbs to navigate, was cloudy which helped and last section flattened out. Kicking good pace and legs feel super now.
177	23-Aug	Sunday	79.41	127.06	7	Sara Buri.	Bangkok	Simple first few hours. Overcast, but very hot and busy in central Bangkok.
178	24-Aug	Monday	123.7	197.92	12	Bangkok	Hua Hin	Good cycling pace with flat terrain, which means constant pedaling! Little rain shower stopped play for a while. Overcast all day with helped. Just need that serious tail wind now and we'll be going places!
179	25-Aug	Tuesday	90.4	144.64	11	Hua Hin	Thap Sakae	Slight stiff start but then good run till afternoon and then the monsoon rain and constant drizzle after that until I stopped.
180	26-Aug	Wednesday	127.72	204.35	11	Thap Sakae	Lang Suan	Cloudy rainy full start, overcast day, skies cleared later in day. Still waiting for tail wind.
181	27-Aug	Thursday	102.92	164.67	9	Lang Suan	Wiang Sa	Steady pace cycling all day, a little overcast, sun was manageable.
182	28-Aug	Friday	101.72	162.75	9	Wiang Sa	Phatthalung	Misty start due to overnight rain, weather was good until mid afternoon when it got hot. Still no tail wind but good progress. Hit 8,000 miles today!
183	29-Aug	Saturday	119.15	190.64	11	Phatthalung(Thailand)	Jitra (Malaysia)	Overcast and then hot and returned to overcast in Malaysia with threat of rain. Border crossing simple enough. Malaysia has a good clean feel about.
184	30-Aug	Sunday	104.58	167.33	11	Jitra (Malaysia)	Bekit Merah	Cloudy misty start, no drink stops on highway for ages. Afternoon saw me caught in monsoon rain for 1 mile. Beat the second downpour but waited 2 hours. Made it just in time. No Sun but constant threat of rain, I don't like!
185	31-Aug	Monday	113.79	182.06	10	Bekit Merah	Slim River	Misty start, cleared for rest of day, got quite hilly for a bit. Police giving my hassle for being on highway, made it just before the rain. Good day.
Total this month			2024.76	3239.62	204.00			
Total so far			8367.56	13388.12	984.60			