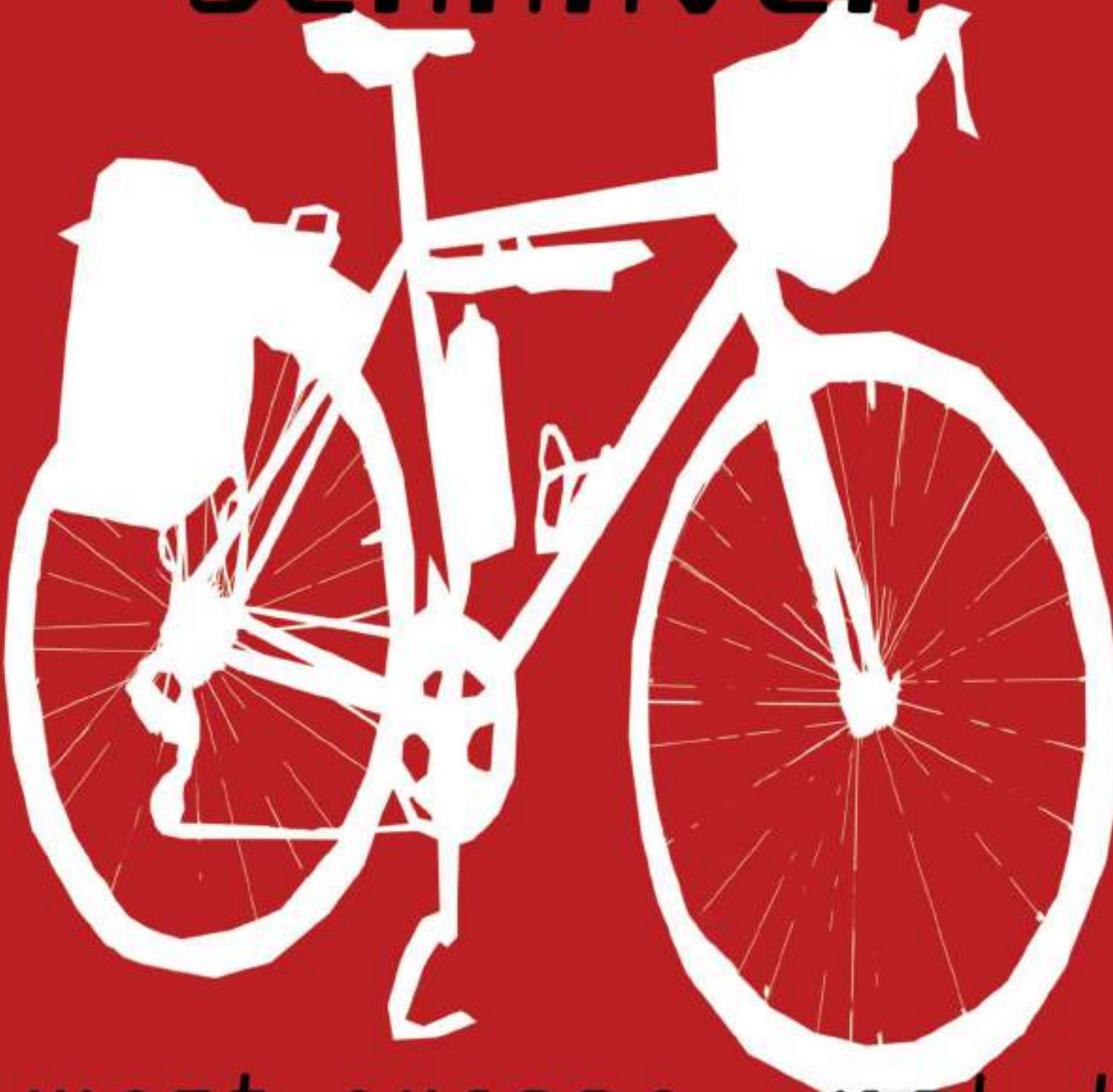


# searching for SEAHAVEN



west europe - vol. I  
MAY/JUNE 2022

S E A R C H I N G

F O R

S E A H A V E N

---

W E S T

E U R O P E

V O L . 0 1



**searching for seahaven  
vol. 1  
may - june 2022**

two month cycle trip around western europe post grad

solo  
no itinerary  
no planned route  
no camping experience  
no travelling experience  
no long distance cycling experience  
shoestring budget  
no uber, limit public transit as much as weather/injury permits

**2708 km, 35 ride days**

**england  
belgium  
netherlands  
germany  
czech republic  
austria  
switzerland  
france**

**start: london | end: rome**



**122 PAGES**  
*IPHONE PHOTOS,  
JOURNAL ENTRIES,  
HOW-TO'S,  
& EPHEMRA FROM THE ROAD*

**COUNTRY**

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CZECH REPUBLIC 49  
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SWITZERLAND 81  
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**HOW-TO**

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DISASTERS 42  
NAVIGATION 58  
FOOD 62  
AIRPORTS 114



PARIS  
AÉROPORTS DE PARIS

EMBA  
IN/AAR  
2  
275

FAHRE KONSTANZ-MEERSBURG  
Fahrschein

île de France

00089844 2108 C15

29JU  
AUBERTIN/AARON MR  
CABIN/CABINE: ECONOMY  
DEP: HALIFAX NS  
ARR: TORONTO ON  
BOARDING TIME /  
HEURE D'EMBARQUEMENT  
ZONE

6: 20PM

NEST JET

29 JUN 22 FLT/VOL 43

AUBERTIN/AARON MR  
CABIN/CABINE: ECONOMY  
DEP: PARIS DE GAULLE 11:  
ARR: HALIFAX NS 1:  
BOARDING TIME  
HEURE D'EMBAR

10:45A

ZONE  
3

Air transat

BERTIN/A  
TORONTO/YYZ  
LONDON/LGW

TS0122 Y 30APR 22:45

0165 1/16 23K SEAT/SIEGE

GROUP/GROUPE

6

à compléter

Classe 2

Accès limité aux trans.  
sans réservation obligatoire

Billet Tarif Normal Régional

Utilisable du 22/06/2022 au 28/06/2022

Départ: L'ISLE D'ABEAU  
Arrivée: LYON PART DIEU  
ECH/REMB sous conditions

01 Adulte  
ALLER SIMPLE

Prix

€ \*\*8,20

ÖBB

FAHRSCHEIN

AuftragNr: 4699 6892 6338 5

SCHWANENSTADT BAH > SALZBURG STADTB

über: Attnang-Puchheim \* Vocklamarkt\*\*

2. Klasse

gültig Do, 09. Jun 2022

bis Fr, 10. Jun 2022



Départ 26/06 à 13h30 de DIJON VILLE	Arriv. à 16h37 à PARIS BERCY	Classe 2
TARIF JEUNE -26 ANS BFO	TER 17758	AGE A JUS
Départ ARRIV.	à de	Classe 3
	à à	
Prix par voyageur : #18.00		DV 000049726

BIKE

NME: AUBERTIN/PARON  
PNR: 2AN00K  
TOURONTO INTL  
LGW TS122 30APR  
PRINT: OMAN/VIZBALOT  
0649 TS 2673

# ENGLAND

*england*



MAY 9 - MAY 12







CO  
OP

POST  
OFFICE

RAIN No.9 IN  
RAIN No.9 IN



# how to... ACCOMODATION

## SPECIAL THANKS

GENERATOR  
GRAHAM  
JAN  
MICHAEL  
STEFAN  
SUZANNE  
MART  
BARBARA  
CHRISTIAN  
VITOR  
MARINA  
NIC  
JANS  
ST. CHRIS'S  
LOLLIS  
BEATRIZ  
TOMAS  
DAVID  
VOJTECH  
ELIZABETH  
ANDREAS  
BARBARA  
ALEXANDRA  
NORBERT  
WOLFGANG'S  
HANS  
GERNOT  
ELENA  
HERALD  
HANNES  
CONRAD  
DANIEL  
ANNA  
ROMAN  
DIDIER  
MARGEAUX  
CLEMONT  
CLAIRE  
YOURI  
MARIE

### WARMSHOWERS - COST NOT APPLICABLE

Stay with cyclists that are kind enough to open their home up to those with similar interests as you. This accomodation type allows for you to guarantee you'll meet locals, keeps budgets low (as often you can also do laundry and/or get a meal), guarantee socialization (especially important on a solo tour), have a non-sterile environment to relax, and a local's guide to what should be explored in the city being visited. Try to submit requests with lots of time, but don't be shy in the case of emergencies to reach out to hosts in the area for assistance or suggestions if they cannot help themselves.

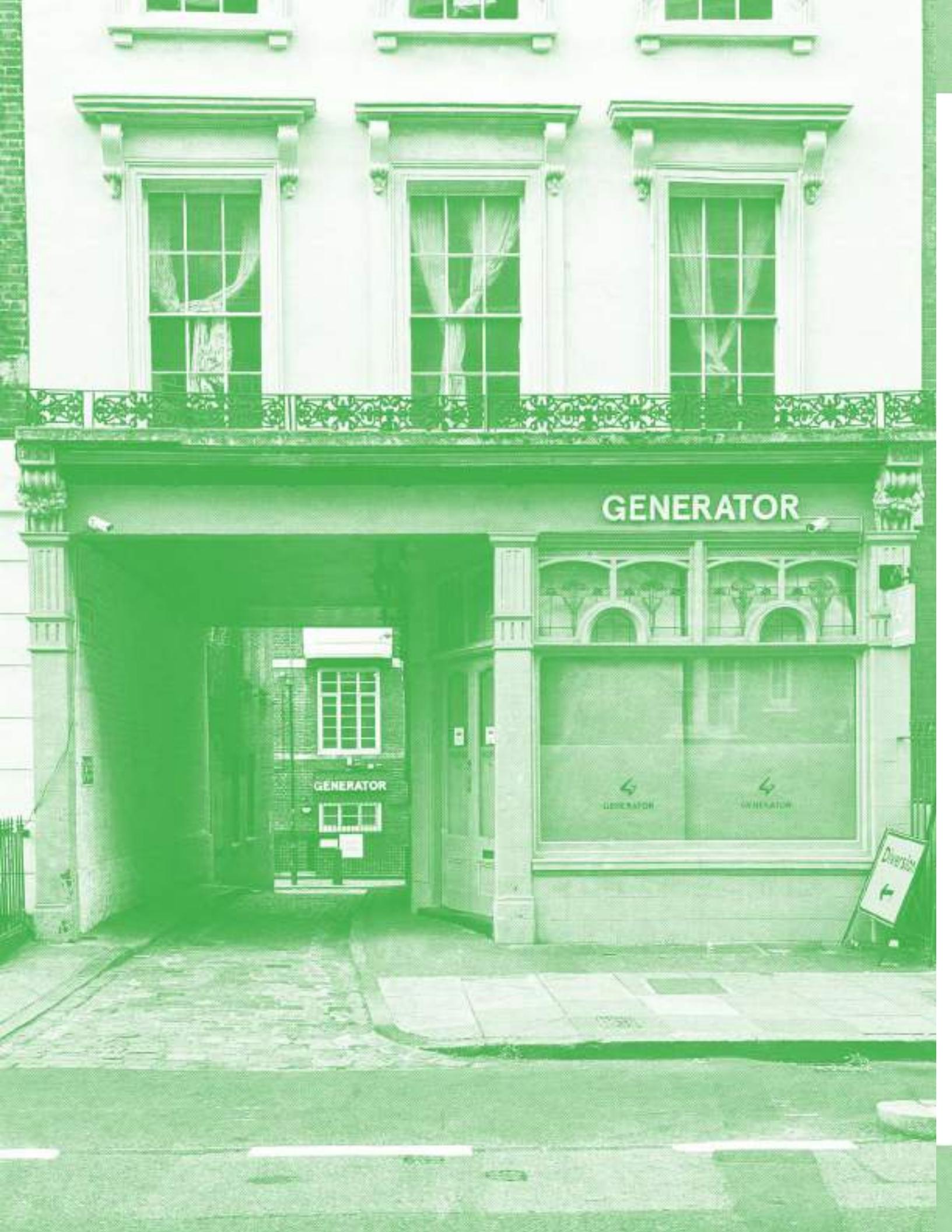
Warmshowers runs on a [trust system](#) to ensure members are as safe as possible. While it is expected that both the guest and host are cyclists, it also helps to include info on you and what you're doing to get requests accepted. After a few uses, it'll get easier to get accepted as you should now have positive feedback on your profile.

### CAMPING - NO TO LOW COST

This option ranges in comfortability and amenties based on the type of gear setup and allocated budget. Wild camping in a hidden place and leaving no trace eliminates costs, but at the cost of having potential power, water, and bathrooms. Campsites can be a cheap option in most locations and in some cases come with most amenedies expected at higher cost accomodation options such as hostels and hotels. Camps can be found for under \$20 that contain showers, a working kitchen, wifi, and power outlets. This accomodation type comes with large amounts of added weight due to the need to pack at minimum a tent and either a sleeping bag or blanket. Traditional bag setups allow for luxuries such as a pillow and sleeping pad - again adding weight.

### HOSTELS - LOW TO MEDIUM COST

An option mostly reserved for large cities and emergencies. If your bike can be stored in the hostel, this option allows for the most freedom in exploring large cities in a shorter span of time. Attempting to find bike parking or a safe space to store your primary travel device can be stress inducing and may be a rare instance where allocating extra resources is worth it. Include a padlock in your packlist if this option is going to be utilized.



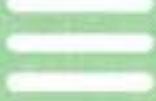
**GENERATOR**

GENERATOR

GENERATOR

GENERATOR

Generator  
→



## Feedback for Aaron

**Member:** searching for SEAHAVEN

**Overall Experience:** Positive

Aaron has been a very easygoing and lovely guest, a bit chaotic on a very sympathetic way. He has been well prepared, when you think, that it was his first luggage tour. We laughed a lot and had good conversations, he's welcome to come back, we really enjoyed the evening with him and Corentin from Brussels. We wish a lot of more experience like he wanted to get and lots of nice encounters.

**Date We Met:** 2022-05

Aaron came to our flat in Geneva and we had a great evening going for a swim, talking about trips, life and eating lasagnas !

He is a very quite and respectful guest while beeing down for a chat :)

Have a nice trip Aaron !

**Date We Met:** 2022-06

Aaron stayed two nights at wamshowersmunich to rest his body and bike.

We enjoyed several meals together and chatted away the summer-evenings. I - Gernot - was reminded how little luggage is possible when i saw his bike.

Aaron have a save trip: Hosts take him in, you will not regret it!

Gernot and Elena, maybe we meet again somewhere, sometime on another continent

**Date We Met:** 2022-06



LONDON

→ DOVER

MAY 7-8/2022

- Fettle guys were nice. One was picking up my bags & being quite winging it by his / weight (not in a negative manner), so I asked him about his tour.
  - ↳ He wasn't wrong though... my back tire got so ruined (almost immediately) ... RIP 2 inner tubes & GP5000.
- First day was a nightmare .. endless nightmare. Got to the same, beautiful decline through a really cute countryside...
  - ↳ Up Time - 1 hour 15 minutes ... RIP 2 inner tubes & GP5000.

- Antony... the man from Fettle Cycles in Pinner, UK, who helped me to figure out my tire. He honestly saved me... turned it from an impossible situation into a terrible one. He gave me a Marathon tire (wow... exactly what I was going to buy), candy, & a energy gel. Happy birthday to his daughter. Hope Antony breaks & continues to break all his Time Trials... legend.

- Flight Pilots - FU. Both of these ruined my day (& night) post tire/Anthony. Completely unreliable & it made me even more late. Took 12 hours for what I used to take 6. Didn't feel how BAD they are in terrible customer service.

- Campsite was out of the way, but I pitched up easily. Wasn't bad besides me fearing I LOST MY ONLY PANTS.

- Getting to Dover was not as bad, but much more challenging. Day started late — talked to Dave about some ~~local~~ past camp stayers who were ashamed to say they had to do it. Dave was Telecomms.

**it's about the  
inbetween.**

- Google maps SUCKS. Almost put me on a highway.

Dorver Hill killed my time.

12% grade. Gross.

Made me miss a properly timed ferry.

Hassle w/ camping led me to just stay @ hotel.





# BELGIUM

*belgië*



MAY 9 - MAY 12







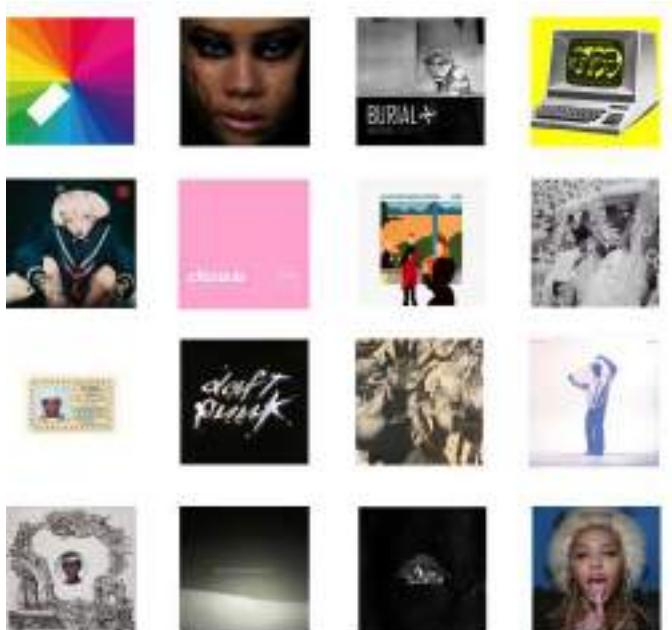




Antwerp was pretty, only visited the main square though. Really cool & unique (& fancy) architecture. Everything here closes early though. Even groceries.

I could NOT live like that.





# NETHERLANDS

*nederland*



MAY 12 - MAY 16

363km - 826km



SIM-LIKE URBAN PLANNING

STRIJEN, NETHERLANDS

# New Gear Obtained



graham: the first  
warmshower host  
rotterdam, NL

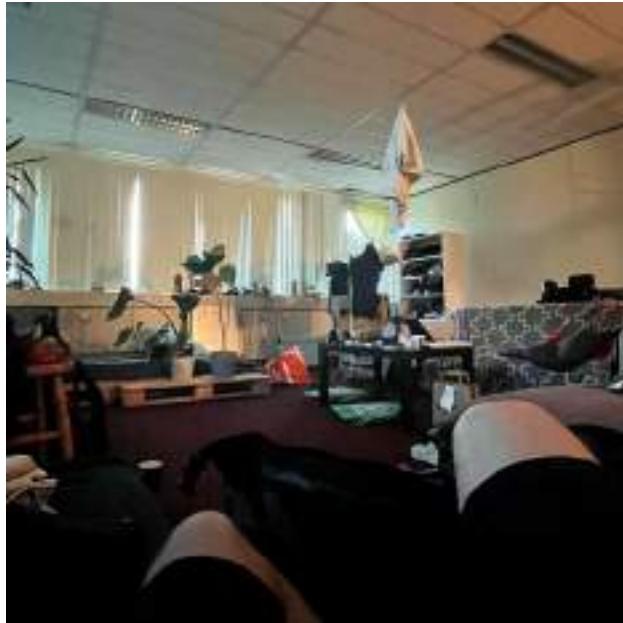
- answered on a whim
- lovely apartment
- good wifi (does cyber security for NL)
- made me pasta & overnight oats
- super pretty area to be in
- slept on floor
- he didn't murder me
- knew mr robot
- pulled out a box of old gear and gave me an old pair of cycling gloves when I complained of numbness



**STROLLING POST LEG ONE**

**CENTRUUM, AMSTERDAM, NETHERLANDS**





**THE POLISH LEGAL SQUAT**  
**AMSTERVEEN, NETHERLANDS**



Today's host was Jan, Polish skater who worked in town (a bike shop). Met him at work & made our way to a canal. Had beer (not me) & he had weed. We talked for a bit — he laughed @ my bike setup. Said I could do wheelies.

↳ Paul came soon after. Super nice cool fitter, apparently a super cool good skater. He joined us the rest of the night.

# how to... GEARLIST

## Toiletries

- Toothbrush ✓
- Toothpaste ✓
- Sunscreen
- Baby wipes/wetwipes
- Deodorant
- 
- 
- 

## Bike gear

- MINIMUM ✓ Tubes ✓
- Multitool ✓
- 2 pairs of nitrile gloves ✓
- Lights ✓
- Chain tool ✗
- Chain link ✗
- Minipump (on bike) ✓
- Spare-bolts ✓
- Heavy lock ✓
- Water-bottles (1) ✓

## MISC.

- Airpods ✓
- Journal & Pens ✓
- Powerbank ✗
- Cards (1) ✓
- Power-converters ✓

## Sleep system /Camp

- Tent ✓
- Sleeping Pad ✓
- Sleeping Bag ✓
- Inflatable pillow ✓
- Stove ✓
- Dry bag ✓

## Clothing

- Underwear x 2 ✓
- Rain jacket (black) ✓
- Black shorts ✓
- Bike shorts ✓
- Black socks x 1 ✓
- White socks x 2 ✗
- Swimsuits (blue) ✓
- Dress pants (black) ✓
- Sweatshirt (black) ✓
- T-shirt — Charlie ✓
- T-shirt — ✓
- Dress shirt — ✓

## Documents & ID's

- Passport ✓
- Photo ID card ✓
- Scotia credit card ✓
- TD credit card ✓
- TD debit card ✓
- Cash ✓

## BAG CONFIGURATIONS

### 1. TRADITIONAL (VOL.1)

Two panniers, dry bag, tool bag, handlebar bag.

This is where I type the description for the bag. It will be a few sentences long, highlighting plus and minuses.

### 2. BIG AND BULKY

Four panniers, handlebar bag, supplemental bags, wide tires.

This is where I type the description for the bag. It will be a few sentences long, highlighting plus and minuses.

### 3. ULTRA-LIGHT

Saddle bag, frame bag, handlebar bag, (optional) road bike.

This is where I type the description for the bag. It will be a few sentences long, highlighting plus and minuses.

## PANNIER BAG - LEFT SIDE 40L DRYBAG - TOP RACK

**THE BULKY LUXURIES** - This bag may add some weight to the bike but does allow for more items on the trip (or can accomodate cheaper, more bulkier items). Voila straps are also strongly recommended over bungee cords to mount.

Example of items to be placed in the drybag: **tubes, bolts, multitool, minipump**

**THE BULKY LUXURIES** - This bag may add some weight to the bike but does allow for more items on the trip (or can accomodate cheaper, more bulkier items). Voila straps are also strongly recommended over bungee cords to mount.

Example of items to be placed in the drybag: **tubes, bolts, multitool, minipump**

## PANNIER BAG - RIGHT SIDE TOOL BAG - FRAME BAR

**THE BULKY LUXURIES** - This bag may add some weight to the bike but does allow for more items on the trip..

Example of items to be placed in the drybag: **tubes, bolts, multitool, minipump**

**THE MAINTENANCE ITEMS** - This bag is your best friend and your major life line. While it may not cover all scenarios, it does keep you up and running.

Example of items to be placed in the tool bag: **tubes, bolts, multitool, minipump**

## SLING BAG - HANDLEBAR

**THE UN-LOSEABLE OBJECTS** - This bag does not leave your sight, it is an extension of you. If it isn't on your bike, its across your body. The highest value items should be held in this bag. THINK: If your bike (& bags are stolen), are you able to survive with the contents of this bag?

Example of items to be placed in the sling bag: **passport, cash, airpods, journal**



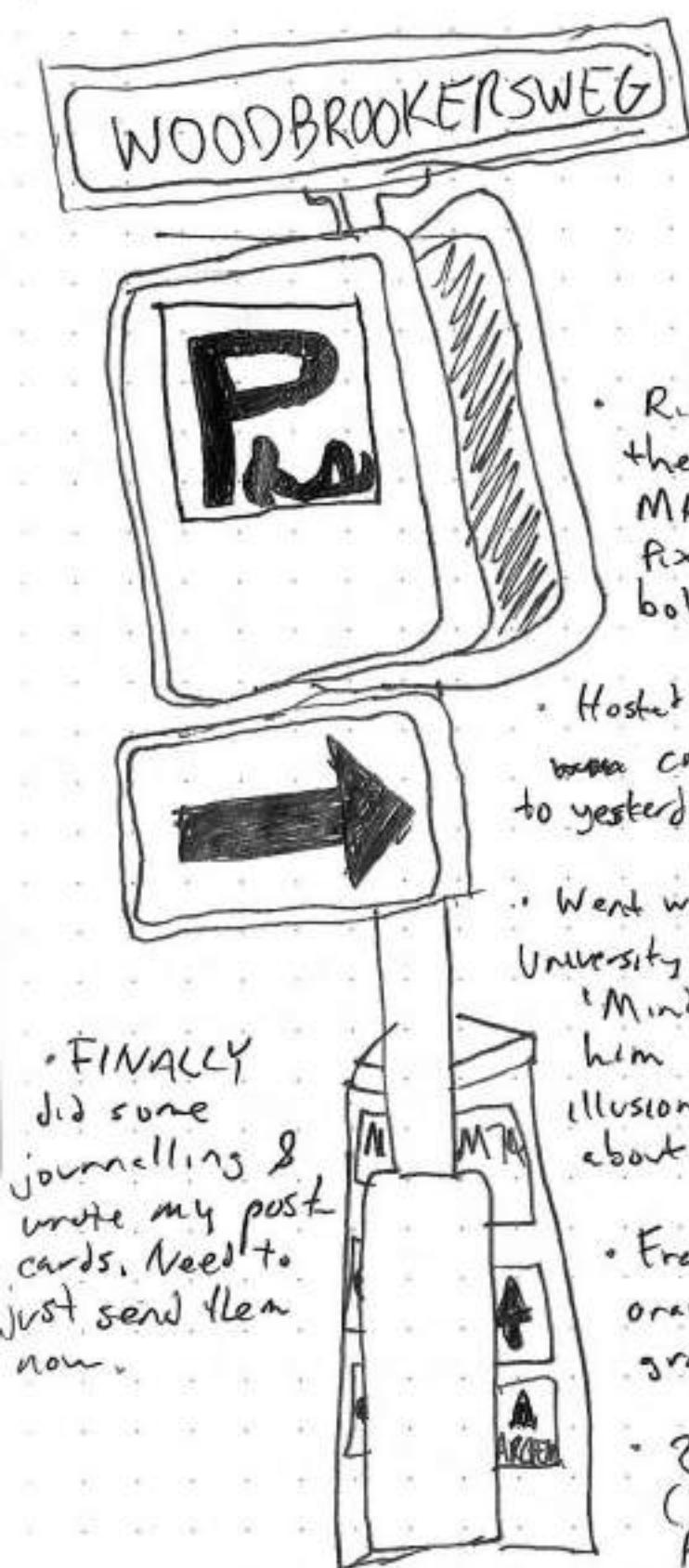
**bike broke down about  
50 meters ahead, two minutes later**



**located just 2km from  
barbara and mart's home**

**enschede, netherlands**

# APELDOORN → ENSCHEDE MAY 17/2022



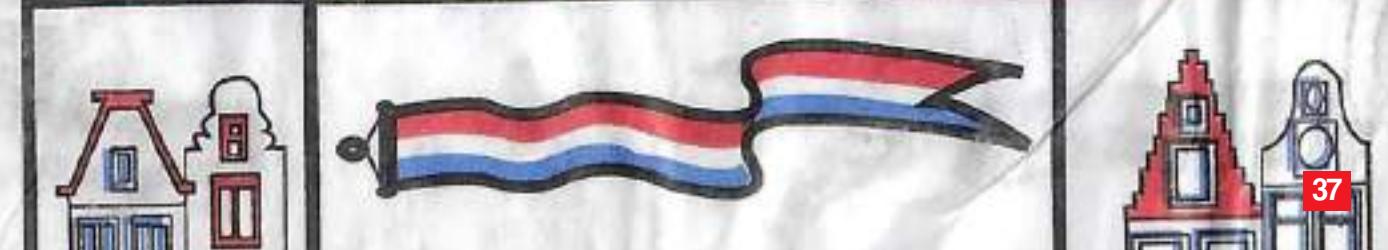
• FINALLY did some journaling & wrote my post cards. Need to just send them now.

• Mart went on a 2 year trip to Nepal and Africa. He has a Kawartha Lakes sweater LOL

DAYS ON BIKE: 8

DAILY KM: 85 TOTAL KM: 730

- Woke up very refreshed. Eating so much & smoking ~~in~~ the tent was and then sleeping in the tent was actually awesome. Will need to do it on weekend biking trips.
- Ride into Enschede was easy, except the last 2KM — bike rack fell off & MAYBE broke more. Hope not. Easy fix I think if I just can get a new bolt.
- Hosted by Mart & Barbara. Super nice, ~~were~~ came as dinner was ready. Big contrast to yesterday — hamburger & potatoes. Very nice.
- Went w/ Mart & his friend Frank to the University of Twente. Saw a show called 'Mind Fuck' hosted by Victor & Mids. Mostly him explaining (University event) but cool illusions & tricks though. Frank was laughing about how tired I was. Really nice guy.
- Frank gave me a ride & bought me an orange + kola drink, Mart got me a grape + kola drink. Both very good.
- 2nd host in a row no laundry :( (3 if you include Jan but that's my fault). I am SO gross & dirty. I hate it.



# GERMANY

*deutschland*



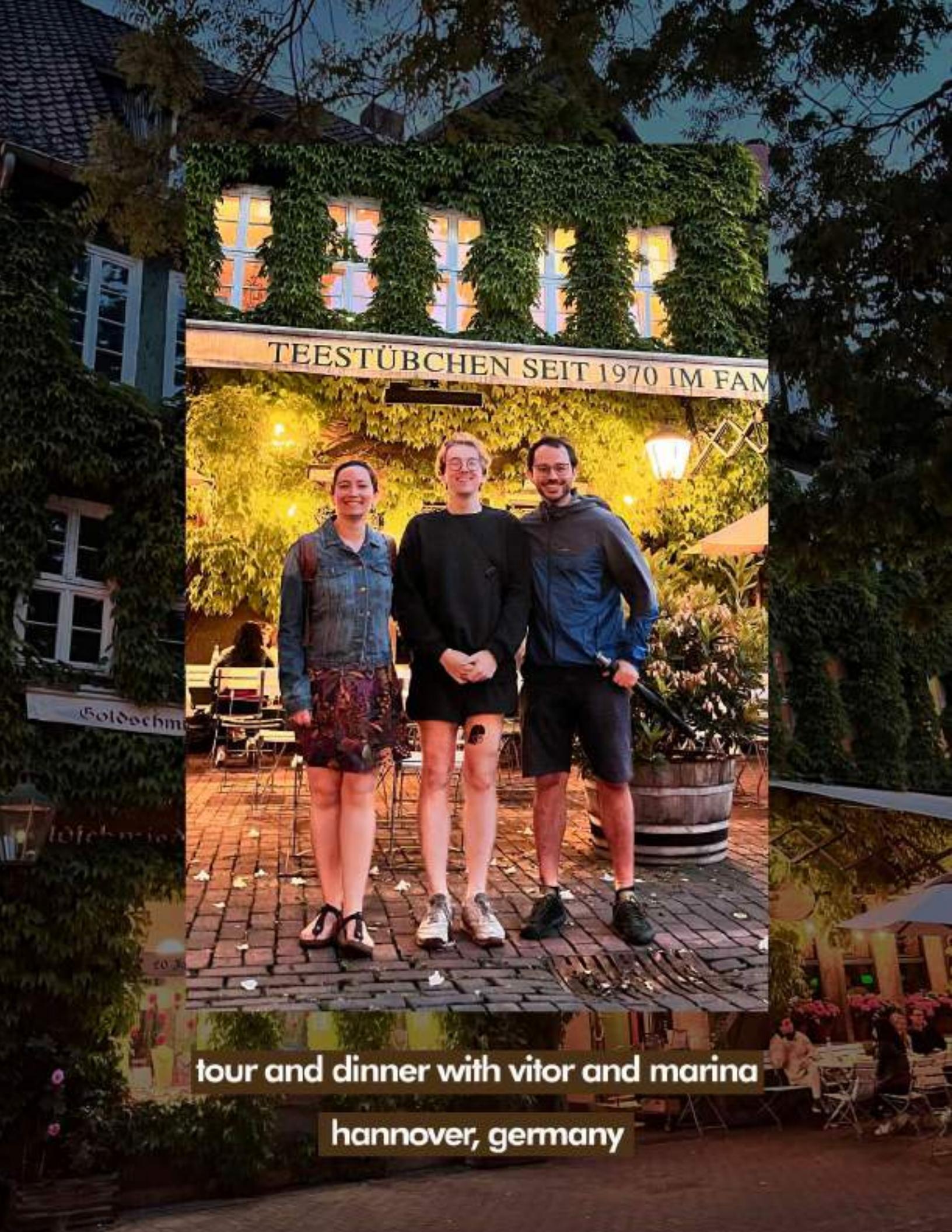
MAY 16 - MAY 31

826km - 1399km

CORN **38**







TEESTÜBCHEN SEIT 1970 IM FAM



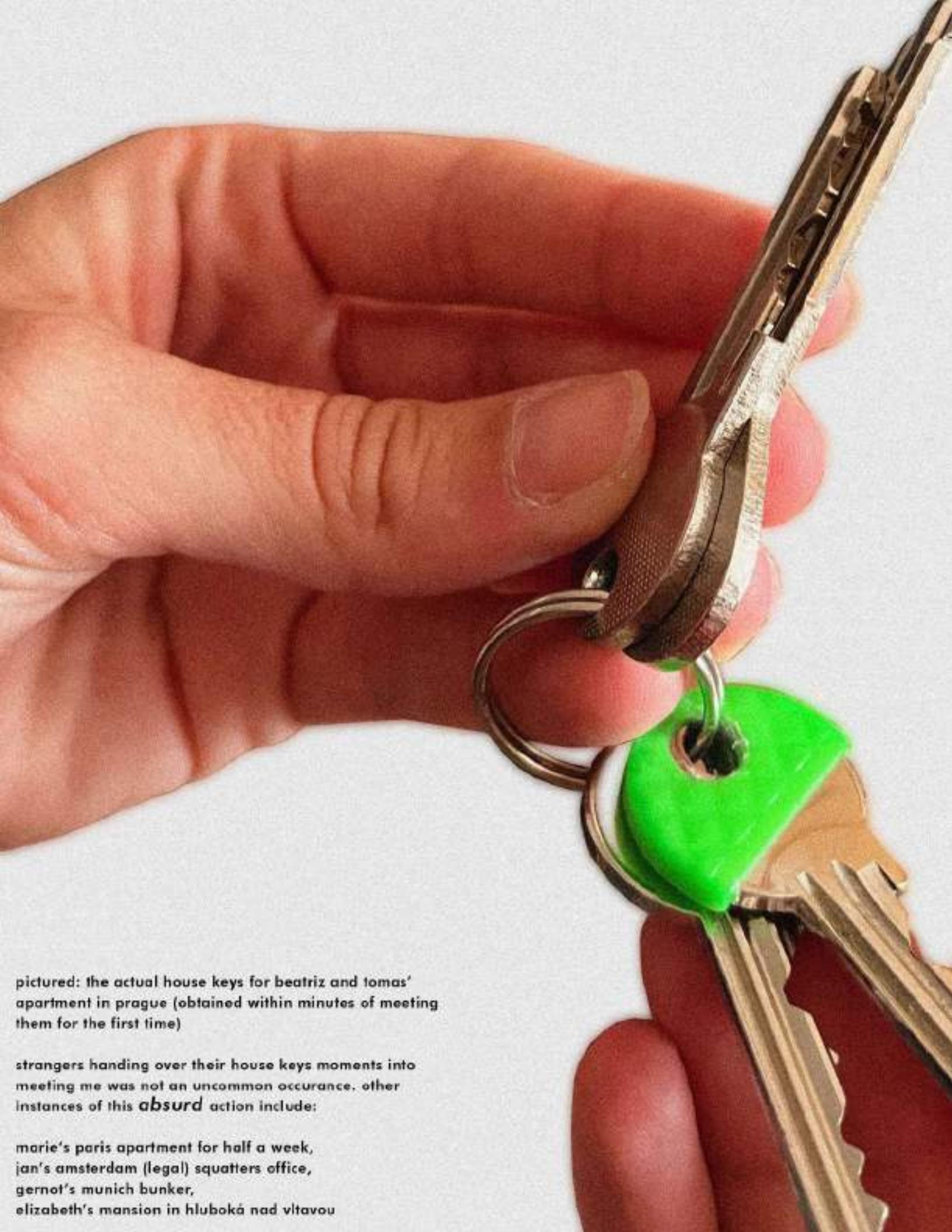
**tour and dinner with vitor and marina**

**hannover, germany**

ENSCHEDE → OSNABRÜCK MAY 16 (2022)



- Today's hosts: ~~Stefan~~ Stefan & Suzanne. Very nice, such a big/bougie house. No need to take pics w/o biker wear). Have automatic everything — even for their chicken.
- Me & the other cyclist (IMPOSSIBLE NAME) went w/ their friends to 'La Puglia' — an Italian restaurant. BIG portions, much appreciated.  
L? ~~SPAGETTI~~ SPAGETTI BOLOGNAIS. (← I am tired)
- Their friend talked about Elon Musk & Tesla — otherwise a nice guy (loaded too) & kept telling us to go to May Week & just take a train instead of riding. Both me & Belgian cyclist agreed that would be cheating.



pictured: the actual house keys for beatriz and tomas' apartment in prague (obtained within minutes of meeting them for the first time)

strangers handing over their house keys moments into meeting me was not an uncommon occurrence. other instances of this **absurd** action include:

marie's paris apartment for half a week,  
jan's amsterdam (legal) squatters office,  
gernot's munich bunker,  
elizabeth's mansion in hluboká nad vltavou



# how to... **DISASTERS**

## **BIKE-RELATED**

Two levels of disasters: those that can be planned for, and those that cannot. Level one is easy enough - just pack the necessary gear (tubes, bolts, patchkit, pump, multi-tool) and pull up as many tutorials as needed. Keep troubleshooting - it's about getting you back pedaling. Level two is the difficult part: expect it even if it cannot be prepared for. Stripped frames, slashed tires, and broken derailleurs can and *will* happen. In these cases, anybody you've met on the road is a serious asset. They know more about the what is offered and where than you and your Google search. In some cases they may be able to assist you further (ex. picking you up) and/or help with repairs. When you're at a rock bottom, don't underestimate a stranger's kindness.

## **WEATHER-RELATED**

text text text text text text text text  
text text text text text text text text  
text text two levels of disasters: those that can be planned for, and those that cannot. Level one is easy enough - just pack the necessary gear (tubes, bolts, patchkit, pump, multi-tool) and pull up as many tutorials as needed. Keep troubleshooting - it's about getting you back pedaling. Level two is the difficult part: expect it even if it cannot be prepared for. Stripped frames, slashed tires, and broken derailleurs can and *will* happen. In these cases, anybody you've met on the road is a serious asset. They know more about the what is offered and where than you and your Google search. In some cases they may be able to assist you further (ex. picking you up) and/or help with repairs. When you're at a rock bottom, don't underestimate a stranger's kindness.

ext text text text text text text text  
text text text text text text text text

## **HEALTH-RELATED**

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Pending Quote  
(Click to Approve)

1 * Sunrace - Multi Freewheel Silver - 7 speed 14 - 28T	<input checked="" type="checkbox"/>	£19.99
1 * FWSF - 8 Speed Chain	<input checked="" type="checkbox"/>	£25.99
1 * Solid kettle (rides like new)	<input checked="" type="checkbox"/>	£89.99

Approval Sent To Bikeshop

Discount	£0.00
Excluding	£113.31
Tax	£22.66
Total	£135.97

3 item(s) from the quote have been approved.

20 hours ago





*top right: broken rack, top left: broken frame, bottom left: torn tire, bottom right: a disaster*

*"Unreliable but cheap!"*

SUITABLE FOR  
DISTANCE

\$499.99

*featuring*

integrated shifters

14 speed (7x2)

shimano tourney groupset

aluminum alloy frame + fork

kenda & schwalbe tires

double walled wheelset

rim brakes



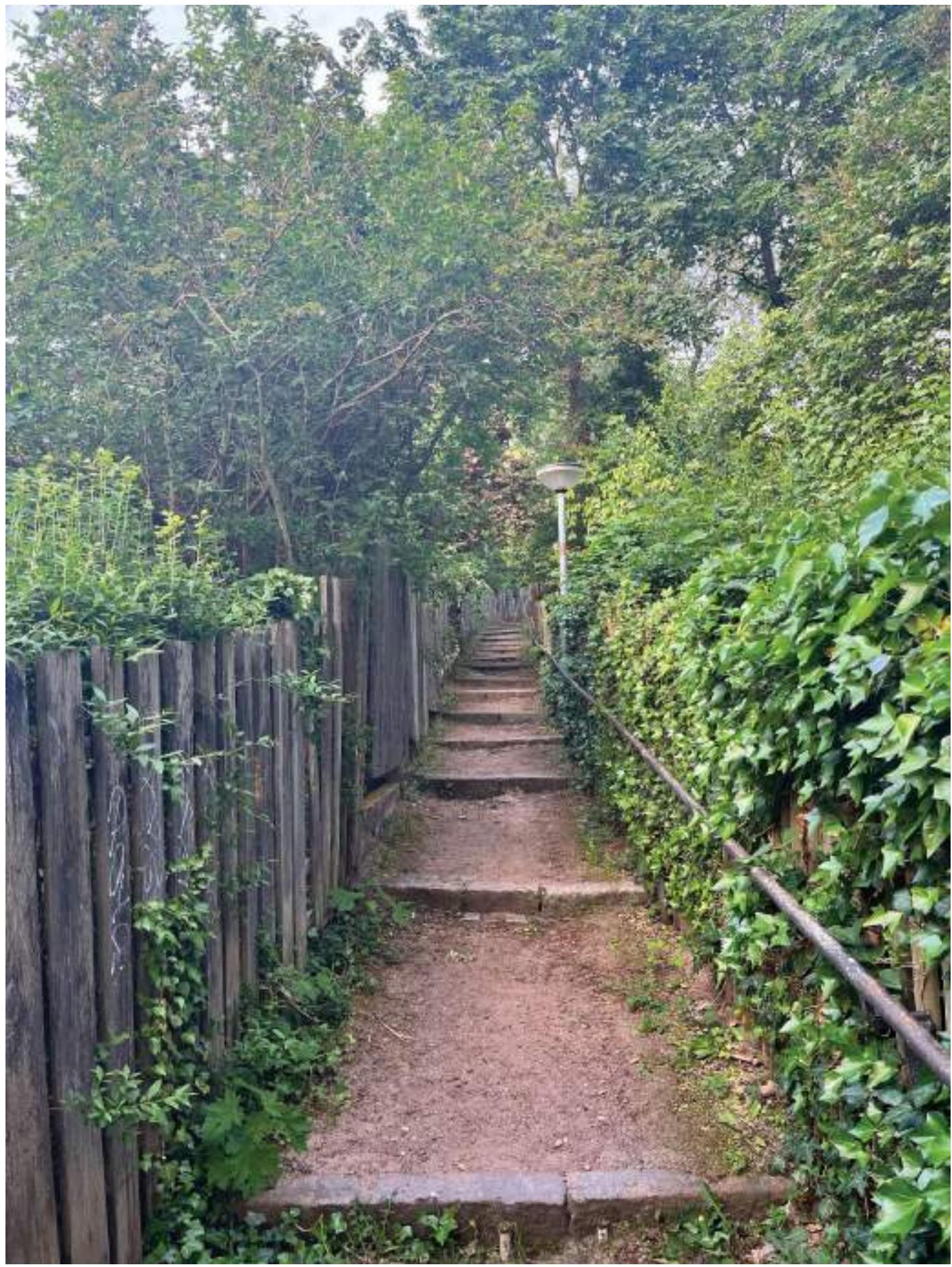
**the passable**

**VILANO SHADOW**



CAMPING AT JEN'S COMMUNE

BAD BELZIG, GERMANY





Listened to 'Metropolis' by Kraftwerk as I entered Berlin through the Brandenburg gate.

Gave me the same kind of feeling that 'Pavement' by Toro Y Moi in the subway

@ Place Des Arts gave me —

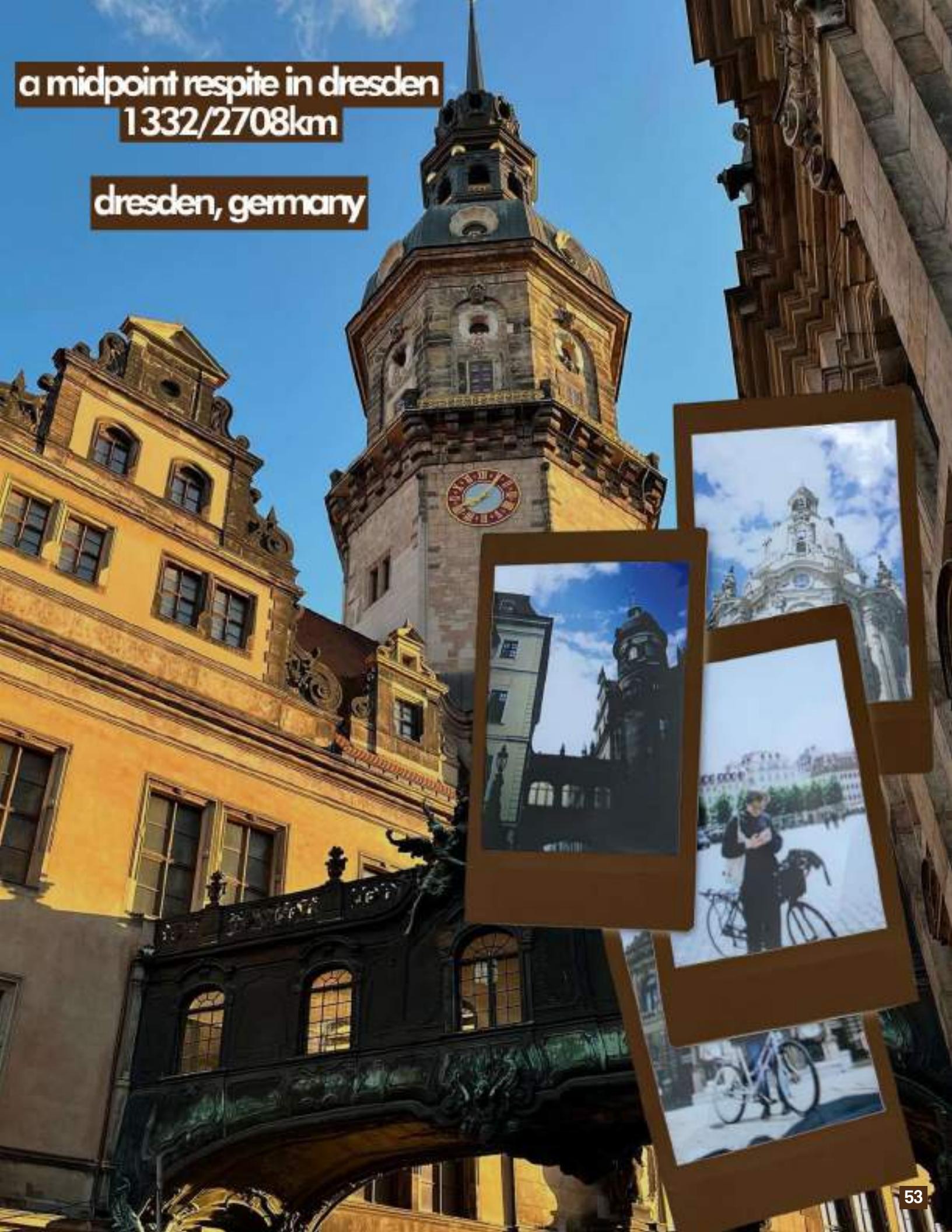
An immense, overwhelming feelings of just pure excitement, of contentment.

**PLACEHOLDER HERE**

**BERLIN, GERMANY**

a midpoint respite in dresden  
1332/2708km

dresden, germany





Took photos in the Photoautomat & made it over to the old city once more. We started at the museums - got the 24 euro day pass





first name / Vorname:	last name / Familienname:
address / Adresse:	town, post code / Ort, PLZ:
date of birth / Geburtsdatum:	nationality / Staatsangehörigkeit:
arrival date / Ankunftsdatum:	Reservierungszeit / Arriving time:

### Our Rating for you

fun factor... 100% character... 100%  
style... 100% individuality... 100%

### How would you rate us?

If you have enjoyed your stay, please rate us 100% in the rating request which you will receive via e-mail in the next few days!

However, if you were a walk-in guest, we would appreciate if you use this website to rate us!

[www.lois-hotel.de/rating/](http://www.lois-hotel.de/rating/)

Tageskarte - 0,00

Am Entwertungstag gültig mit einer  
Kunstsammlungen Dresden (außer...)

Gültig am Datum:  
valid on date:

MA

Name, Vorname:  
Name, surname:

AC



Transaktionen  
Artikelnummern  
in der KSK



Prolog

13.4.-  
17.7.



Staatliche  
Kunstsammlungen  
Dresden

Revolutionary  
Romances  
kontra artpunkt



# Netto

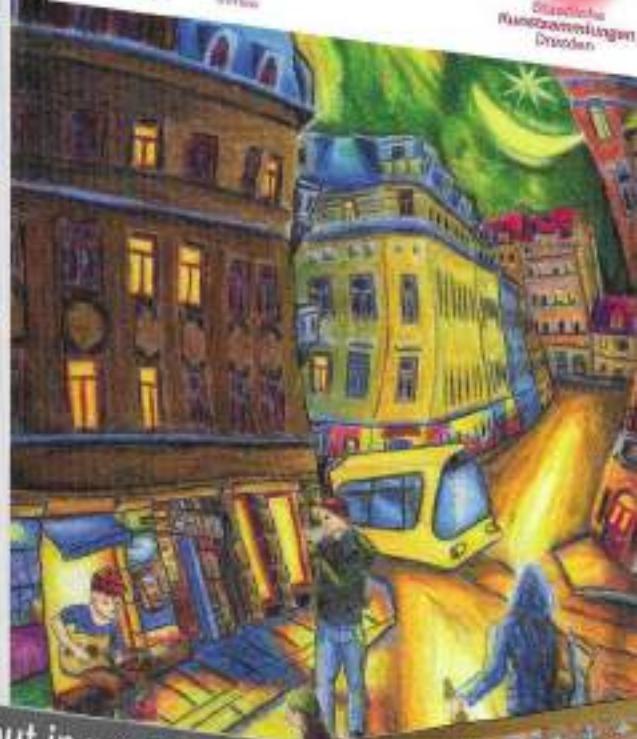
Marken-Disco  
01099 Dresden, Königsbrücker  
[WWW.NETTO-ONLINE.DE](http://WWW.NETTO-ONLINE.DE)

Tr. hell kornbl. 500g UKE  
Alpin Zahnbürste 100g  
ES orangensaft BPA 1L  
Einkaufsfund  
Beetanze Chirullo 10kg  
0,562 kg x 1,59EUR/kg  
SUNNE 043  
Kartenzahlung EUR

K-U-N-D-E-N-B-E-C-K-E

Ferntarif - IB\*  
IB-Nr. 068478  
Kartenzahlung  
Visa kontaktlos  
Visa CREDIT  
EUR 5,- 0,-

Am Ausgangspunkt, nutzen die Städte das Kunstfestival der Städte Dresden 2022 und 2023 den Blick zurück auf die Zeit der DDR.  
Es steht mit dem Forschungs- und Ausstellungsprojekt KUNSTORY, welches sich zunächst in einer Kabinett-Präsentation den kulturellen Beziehungen der DDR zu den Ufern des Großen Zicker in Auerbach und Leisnig widmet. Es folgen eine historische Dokumentation mit der TU Dresden, ein umfangreiches Dokumentations- und digitale Archivierung der Städte Dresden vor, sowie die große abschließende Ausstellung im Herbst 2023. Weitere Infos unter [www.stadt-dresden.de](http://www.stadt-dresden.de)



Don't put in mouth. Don't put in mouth.



Revolutionary  
Romances

Staatliche  
Kunstsammlungen  
Dresden

# CZECH REPUBLIC

*česká republika*



MAY 31 - JUNE 7



CASTLE ON THE HILL

RIVER ELBE, DECIN, CZECH REPUBLIC



# how to... NAVIGATION

## TOP NAVIGATION APPLICATIONS FOR CHAOTIC TRAVELS

### KAMOOT

text i am writing for fun text i am writing for fun

### WINDY

text i am writing for fun text i am writing for fun

### STRAVA

IF YOU DIDN'T TRACK IT ON STRAVA,  
DID YOU ACTUALLY DO THE RIDE? THE  
ANSWER IS YES - BUT YOU'LL REGRET IF YOU  
DON'T (TRUST ME, I DO). WHILE KAMOOT IS  
MUCH BETTER FOR ACTUAL ROUTING, STRA-  
VA ALLOWS YOU TO VISUALIZE WHERE YOU  
WENT - DETOURS AND ALL. IT ALSO GIVES  
YOU SEMI-ACCURATE STATS SUCH AS DIS-  
TANCE, SPEED, AND ELEVATION.

### DISHONORABLE MENTIONS

GOOGLE MAPS  
ANOTHER APP  
ANOTHER APP  
ABOTHER APP

ZADNÍ  
ZÁBĚHLÁ  
(v Budách)

25  
6

JINCE  
Tři Trubky

315



2273

ROŽMITÁL  
Přední Záběhlá

12  
2

10

2 Padrťské rybníky

DOBŘÍV

2273  
315



WES ANDERSON IRL AT THE GERMANY - CZECHIA BORDER

HRENSKO, CZECH REPUBLIC



PRAHA IN TWO-DAYS, AN AIMLESS ENDEAVOUR

PRAGUE, CZECH REPUBLIC





PRAGUE

JUNE 3/2022

The couple let me hang out and explore. I was kind of Nipuni - both for he had detailed itinerary was.

I went out to the very, very fencey was a crowd who

Today's song of the day was well AMOUNT

125.00 CZK  
19.5 CAD

on the way back to our host's apt I

Damn it's so P

nee) damn it (S

Feel like I am watching Fresh. The

australian code (1) file and

NYOC 133081038681345

# made my way to prague...

It was hot to the touch up & down the stairs are. I had to water spray spritzers on the street.

by trage - mainly of my own fault even though the city is cool & all.

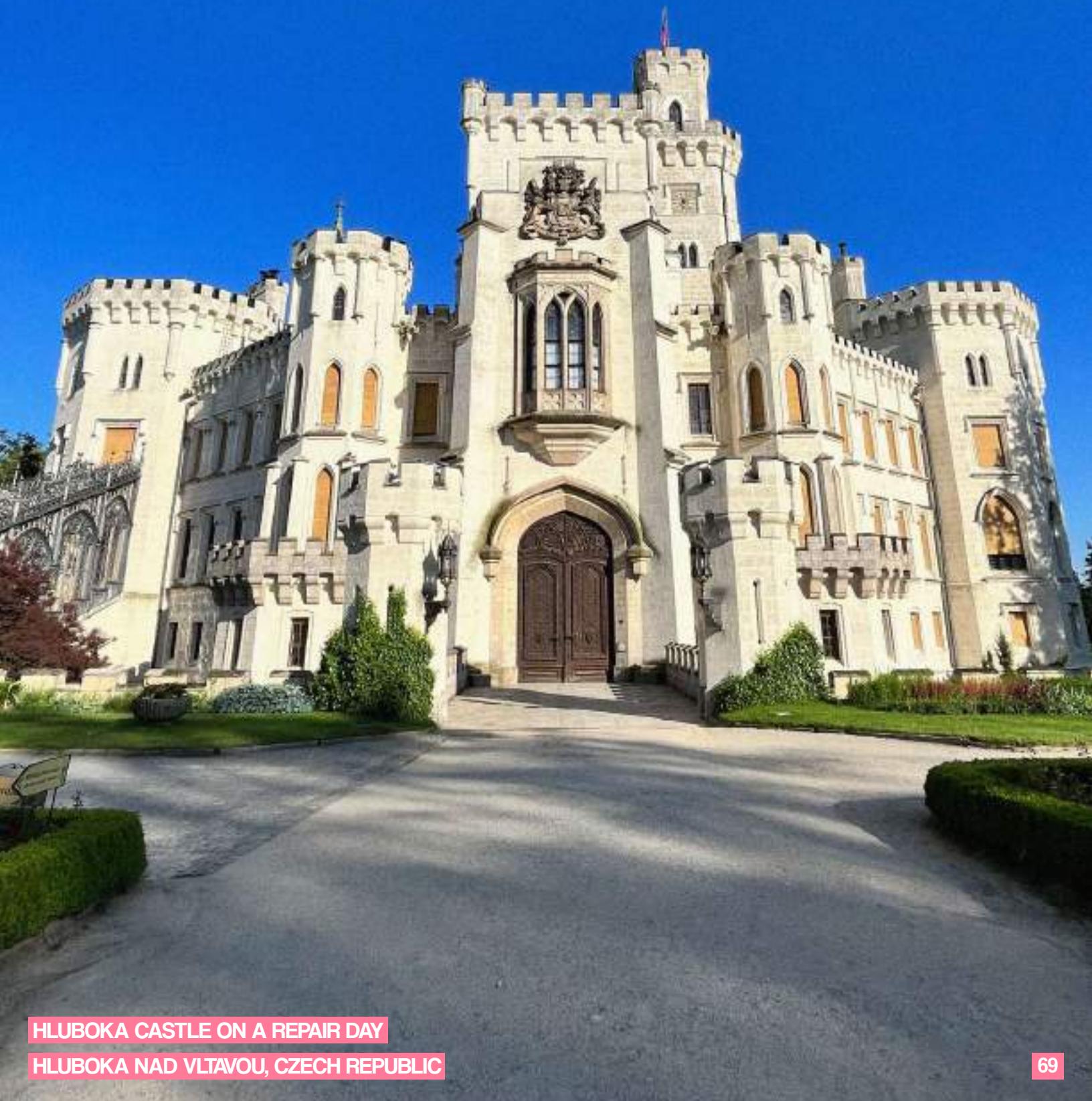
I was hustled last second by David - he brought me to a local Indian restaurant where I had chicken ZalFrezi & garlic naan. Wasn't too spicy, & it was filling (though expensive)

David works on his PhD down Al Far transportation. We shared conversation on his LOVELY porch.

NOTE TO SELF: ADD \$1 MAKE







HLUBOKA CASTLE ON A REPAIR DAY

HLUBOKA NAD VLTAVOU, CZECH REPUBLIC



Elizabeth: the luckiest  
warmshower find

HLUBOKA NAD VLTVOU, CZ

- helped me find train to where they are close to after I broke down bad
- picked me up in their SUV & brought me to their mansion (empty)
- let me stay multiple days to wait out rain & get supplies
- lived only a few minutes from Hluboka Castle - very steep decent
- found ↑ while riding back from bike store on Elizabeth's biker

# TELEPHONE DIRECTORY NECESSARY NUMBERS

## SPRING 2022 ISSUE

### BIKE REPAIR & GEAR

BIKECHAIN	(U OF T, TORONTO)	.....(416) 978-6849
FETTLE BIKE REPAIR	(HYDE PARK, LONDON)	.....+44 2045383179
DECATHLON	(KENSINGTON, LONDON)	.....+44 2045177291
DAJSSPORT	(CESKE BUDEOVICE)	.....+420 387200200
DECATHLON	(ZURICH)	.....+44 2212223
DECATHLON	(CURIAL CAMBRAI, PARIS)	.....+33 140341975

### ACCOMODATIONS

GENERATOR	(BLOOMSBURY, LONDON)	.....+44 2073887666
SPOKESAFE	(MAYFAIR, LONDON)	.....+44 2034880060
TRAVELODGE	(PORT OF DOVER, DOVER)	.....+44 8719846532
ST. CHRISTOPHER'S INN	(ALEXANDARPLATZ, BERLIN)	.....+49 3081453960
GENERATOR	(PRENZLAUER, BERLIN)	.....+49 30408189000
SANDINO	(LICHTENBERG, BERLIN)	.....+49 1631623232

# BROKEN BIKE?

Is your frame  
...DAMAGED?  
Are you stuck in a  
...FOREST?  
Have you lost  
...SERVICE?

**SORRY!**

If you've said YES to the  
following questions:

pray to GOD  
as **no**  
number  
is going to  
save you!

LOUISE 20	(NEUSTADT, DRESDEN)	.....+49 351 8894894
LOLLIS HOMESTAY	(NEUSTADT, DRESDEN)	.....+49 351 8108458

### WARMSHOWER HOSTS\*

G. VAN DER WIELEN	(ROTTERDAM, NETHERLANDS)	.....+31 [REDACTED]
J. KWIATKOWSKI	(AMSTERDAM, NETHERLANDS)	.....+31 [REDACTED]
M. ASSMAN	(AMSTERDAM, NETHERLANDS)	.....+31 [REDACTED]
M. VAN HIER	(ENSCHEDE, NETHERLANDS)	.....+31 [REDACTED]
M. ZINN, S. UPHAUS	(OSNABRUCK, GERMANY)	.....+42 [REDACTED]
C. MOHL	(MINDEN, GERMANY)	.....+49 [REDACTED]
V. LECIO FONTENALLA	(HANOVER, GERMANY)	.....+49 [REDACTED]
N. ENGEL	(MAGDEBURG, GERMANY)	.....+42 [REDACTED]
B. BACARIZO HERRER	(PRAGUE, CZECH REPUBLIC)	.....+42 [REDACTED]
D. FIEDLER	(PRAGUE, CZECH REPUBLIC)	.....+420 [REDACTED]
V. JAROS	(CICOV, CZECH REPUBLIC)	.....+420 [REDACTED]
E. NOVACEK	(HLUBOKA NAD VLTAVOU, CZECH REPUBLIC)	.....+420 [REDACTED]
B. PAUL-ENGL	(LINZ, AUSTRIA)	.....+43 [REDACTED]
N. SCHOBESBERGER	(SCHWANENSTADT, AUSTRIA)	.....+43 [REDACTED]
G. WILDSCHÜTTE	(MUNICH, GERMANY)	.....+49 [REDACTED]
H. STEINHAUSER	(UNTRASREID, GERMANY)	.....+49 [REDACTED]
H. ROSENFELD	(RAVENSBURG, GERMANY)	.....+49 [REDACTED]
R. DROUX	(BERN, SWITZERLAND)	.....+41 [REDACTED]
D. FERNANDEZ	(ZOFLINGEN, SWITZERLAND)	.....+41 [REDACTED]
C. CLIVAZ	(GENEVA, SWITZERLAND)	.....+41 [REDACTED]
C. MASSON	(DIJON, FRANCE)	.....+33 [REDACTED]
C. PECHEUX	(LYON, FRANCE)	.....+33 [REDACTED]
R. LANGE	(PARIS, FRANCE)	.....+33 [REDACTED]
M. DUBIS	(PARIS, FRANCE)	.....+33 [REDACTED]

\*redacted for privacy

# AUSTRIA

*österreich*



JUNE 8 - JUNE 10







**LISTENING TO KRULE IN THE RAIN**

**SALZBURG, AUSTRIA**

Tama és Zsuzsa  
2019.04.01.  
Beszterce Itp.





*Wolfgang's*

von-Lehnert-Str. 6-8 6-8 ert-ert-  
AT-5020 Salzburgburg 0 S 0 S  
+43 662 2345 2800 234 234

Fanny- 8

Lehnert-Str.  
AT-5020 Salzbu  
43 662 2345

+43 662

+43

+43



# GERMANY LEG 2

*deutschland bein zwi*



JUNE 10 - JUNE 15



GERNOT'S CYCLIST BUNKER - GERNOT.DE/WS/

MUNICH, GERMANY

Jetzt mit

6,5 GB  
LTE Max<sup>1</sup>

Stand 02/2021

EDEKA

EDERA  
Tegernseer Landstr. 64  
81541 München  
Tel. 089 / 62000021  
[www.edeka.de](http://www.edeka.de)

	EUR
E. Apfel Direktsaft	0,99 B
G&G Chips Salz	0,89 A
Mirac. Pasta Sauce	2,19 A
Delve. Bui. Fenne R.	0,99 AW
Hackfl. Rind Flowp.	4,49 A
G&G Ging. Ale 1,5l	0,23 B
Pfand -	0,25 B
Posten: 7	

SUMME EUR

10,53

Visa

EUR

10,53



Soundtrack for the ride: Lana Del Rey - Norman Fucking Rockwell.  
A super hot day - barely was conscious of anything. One of those  
days where exploring is kind of a struggle. Maybe it was a combination  
of the music, but I felt like I was in such a daze. I think this trip is  
starting to show its toll - super tired, harder & harder to recover.

#### CRUISING ON A DUCKY CLASSIC

MUNICH, GERMANY





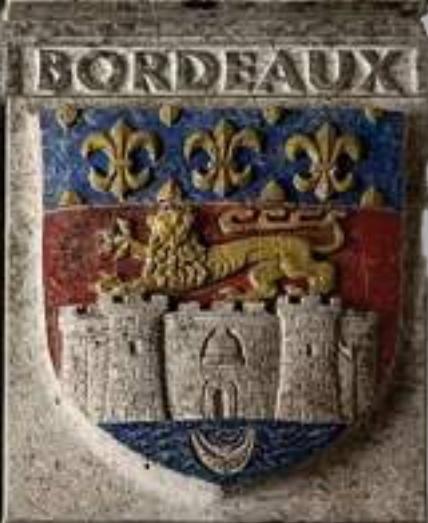
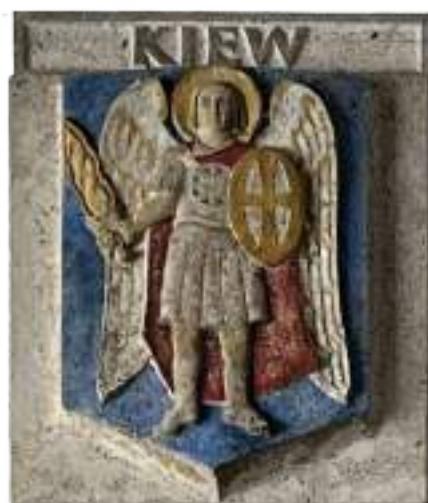




a cartoonishly steep hill  
landsberg am lech, germany







# SWITZERLAND

*suisse*



JUNE 15 - JUNE 21

2253km - 2572km

HOW TO CLEAR A MIND  
AND HOW NOT TO CLEAR A MIND



# ZURICH

JUNE 16 / 2022

- Woke up w/ headache  
to wake up & say got  
work to do today, so w

• I spent way too long in  
then too long looking for a  
Then too long getting to  
SIM. I honestly was so annoyed  
for anything. Now I have w

• Was too annoyed, & then  
had to get a helmet & one.  
Only ended up getting the  
triple the price. I can't just  
age **VERY** poorly. Please  
test. No more worries about  
Also it doesn't fit very well  
fit better when I am back

• Had chicken salami, butter  
part. Way too hot again,

• Met back up w/ Connor & even  
swapped out 1 person but pret

• Had burritos made by Con  
those two, Julian, and Por.  
the swimmers w/ her too.

• Downloaded BeReal as the  
concept. It'll be a way  
to have flat connection.

## DECATHLON

DECATHLON ZÜRICH  
Gessnerallee 3-5  
8001 Zürich

METAL SMARTPHONE HO 24.00CHF  
4037787  
Seriennummer: 0000026555108

Gesamtsumme 24.00CHF  
1 Artikel  
VISA 24.00CHF

Zwischensumme 0. MwSt MwSt  
7.70% 22.28CHF 1.72CHF

2022-06-16 16:13 Kasse 109. Trans 0003428  
Kassierer/innen Aut\*\*\*02253  
Store CHK2253.  
Vielen Dank für Ihren Einkauf!  
Infos unter: [www.decathlon.ch](http://www.decathlon.ch)  
Decathlon Sports Switzerland SA  
CHE-106.127.042



Prepaid

were  
for what?



- Nano SIM
- Micro SIM
- Mini SIM

Sunrise



TOWN CELEBRITY AT THE BIO MARCHE FEST

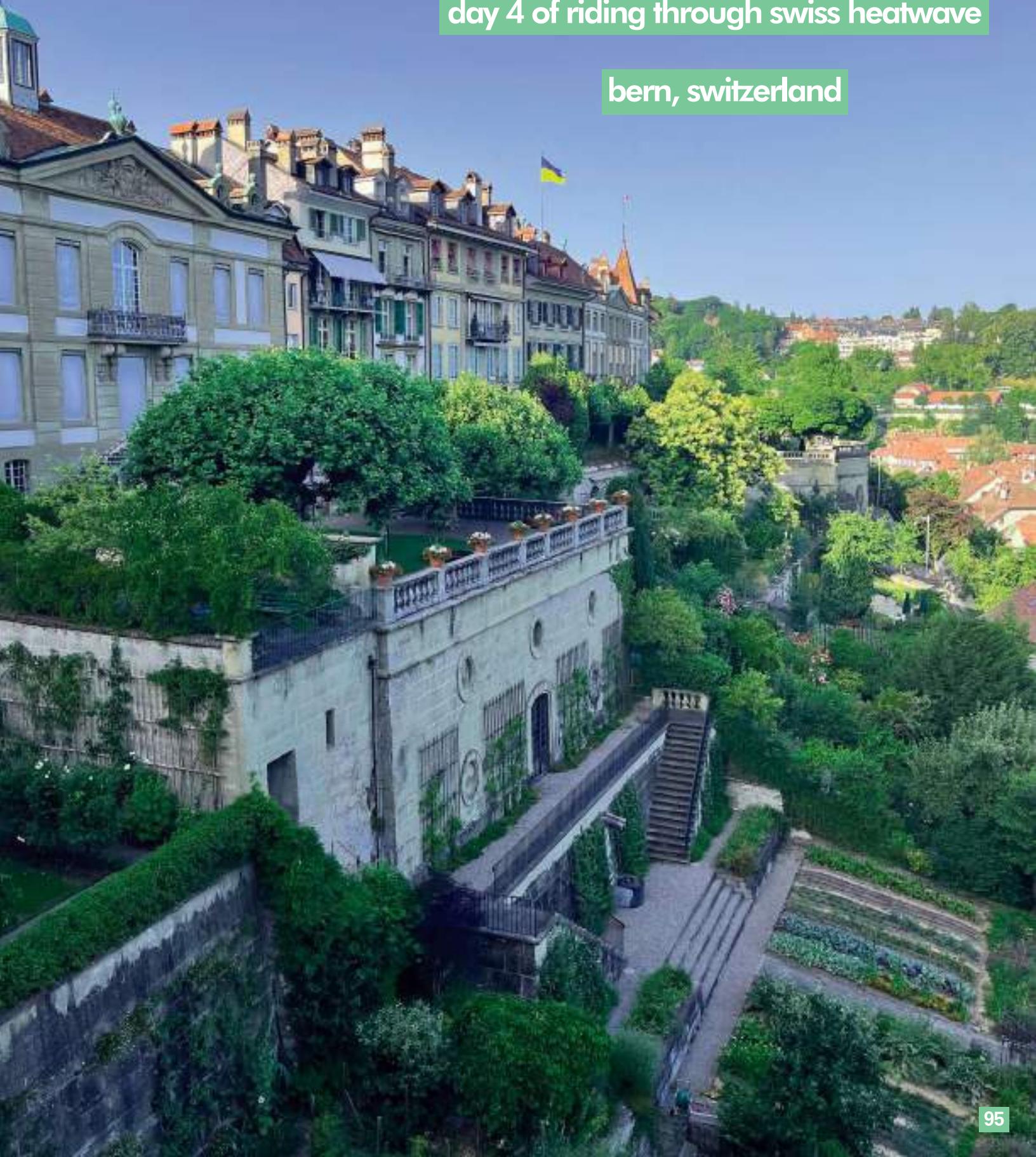
ZOFINGEN, SWITZERLAND

ND HOW TO C  
LEAR A MIND I  
A MI  
TO C  
HOW  
RAI  
CLEAR A MIND  
HOW TO CLEA



**post-river dip with the droux's  
day 4 of riding through swiss heatwave**

**bern, switzerland**



SA 18. JUNI 2022 | 14:30

# ELECTRIC GUITAR ACTS

Summer Festival, PopRockJazz, Konsibern, Set B und C 14:30 – 16:45  
Pavillon, kleine Schanze

Dimitri



Joan



Benjamin



Diva

DeHai

Oliver



Selim



Masterblaster

Stevie Wonder

Alma



Mia



Wonderwall

Oasis

Zoe



ROMAN | THE BEAR-LIKE

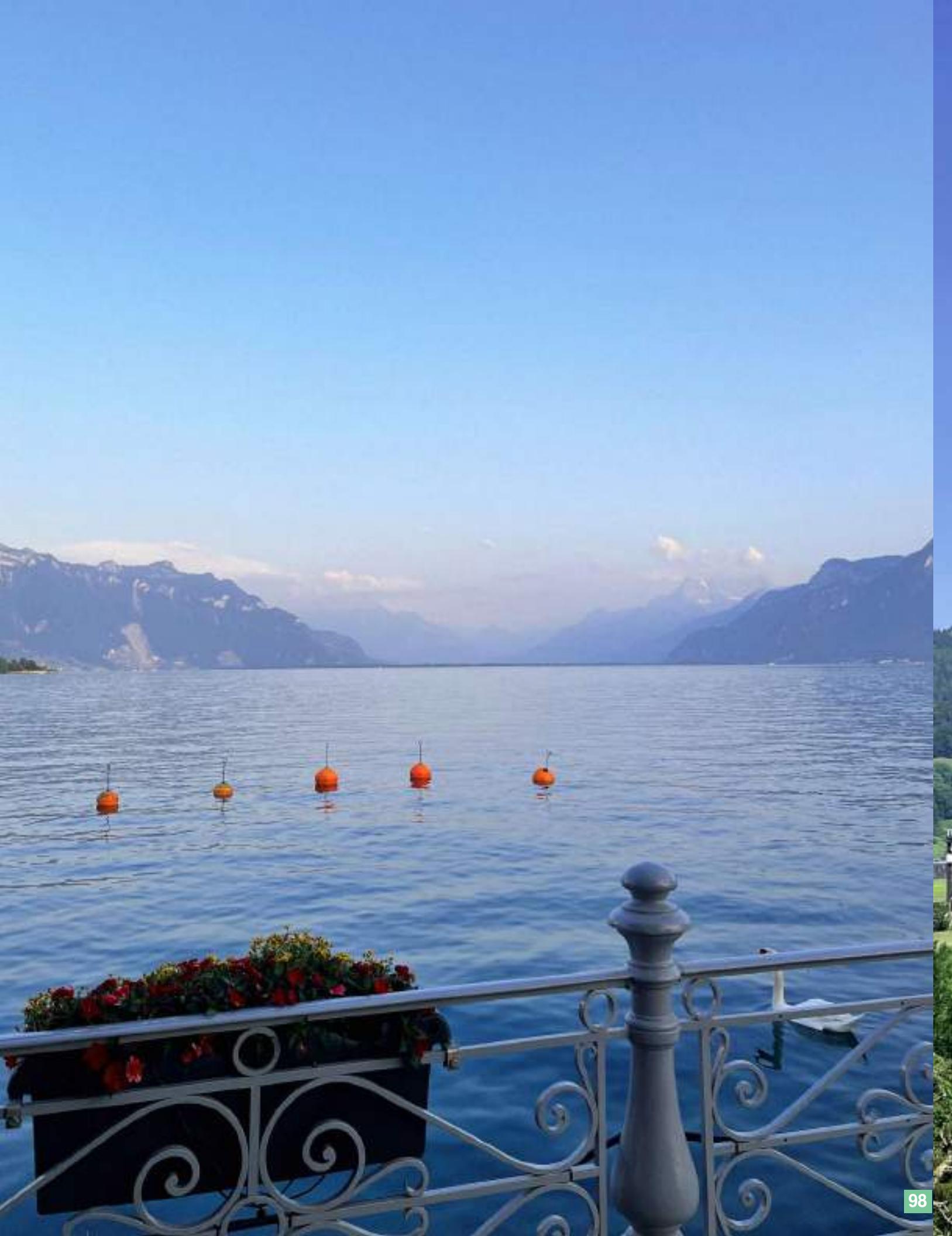
## WARMSHOWER HOST

- Almost immediately after arrival he took me to his daughter's outdoor receiptal. From there he...
- Brought me to a runoff Alp river (Aare) to swim with an insane current and the sound of tumbling stones below when you dip under
- Films documentaries - most recent was filming grizzlie bears in Alaska
- He was personally invited to the Rolling Stones concert the night before... he wasn't exactly clear but it seemed like he was friends with someone
- Cooked me a mountain of pasta & supplied litres of eldenberry nectar to drink
- His son cycles to work multiple cities away every morning at 6AM



CLOSEST PLACE TO HEAVEN (WHERE I SPEND MY SUMMERS IN)

LAKE GENEVA, SWITZERLAND

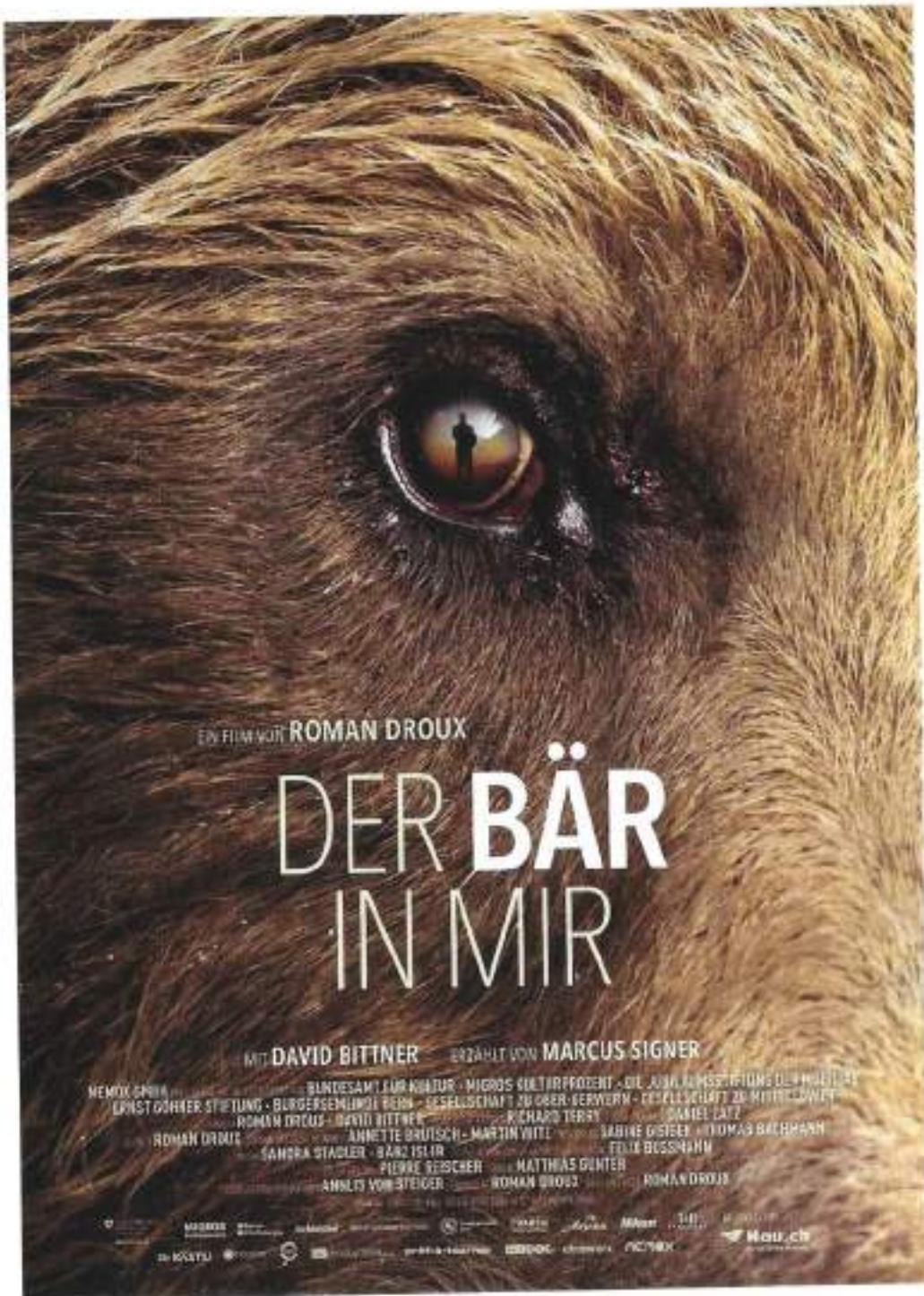












- Learned my host is a filmmaker (documentaries) including one where he & a man named David Bittner went to Alaska to see bears. (stole this.)

# FRANCE

*france*



JUNE 21 - JUNE 29



CALM BEFORE THE CRASH

RHONE, LA BALME, FRANCE









the crash  
(sideswiped in a circle)

l'isle-d'abeau, france



hit by car here →



About 45km from Lyon I was hit and run by a car when going through a circle. I was going through the traffic circle and a car decides my body was in their way. Even though the driver ran, an ambulance was luckily a few cars behind to witness and assist. Even luckier was my lack of serious head injury as I had left my helmet in Harold's truck and not yet gotten a new one. The paramedics knew zero english, but really tried their best to see if my head was okay. Lots of gesturing, and collecting all of my things on the road post-impact. It also didn't help that my phone's data decided Google Translate was not in the cards for the conversation. Once they got me to report the hit to what I assume was police over the phone, and okay'd my head, I split off and found the next train to Lyon. This marked the last real cycling day I had as the next week was pure recovery and getting prepared to get back home.

**INJURIES SUSTAINED: SLIGHT WHIPLASH, WRIST ACHE, AND HOMESICKNESS**

**DAZED AND HEALING**

**LYON, FRANCE**

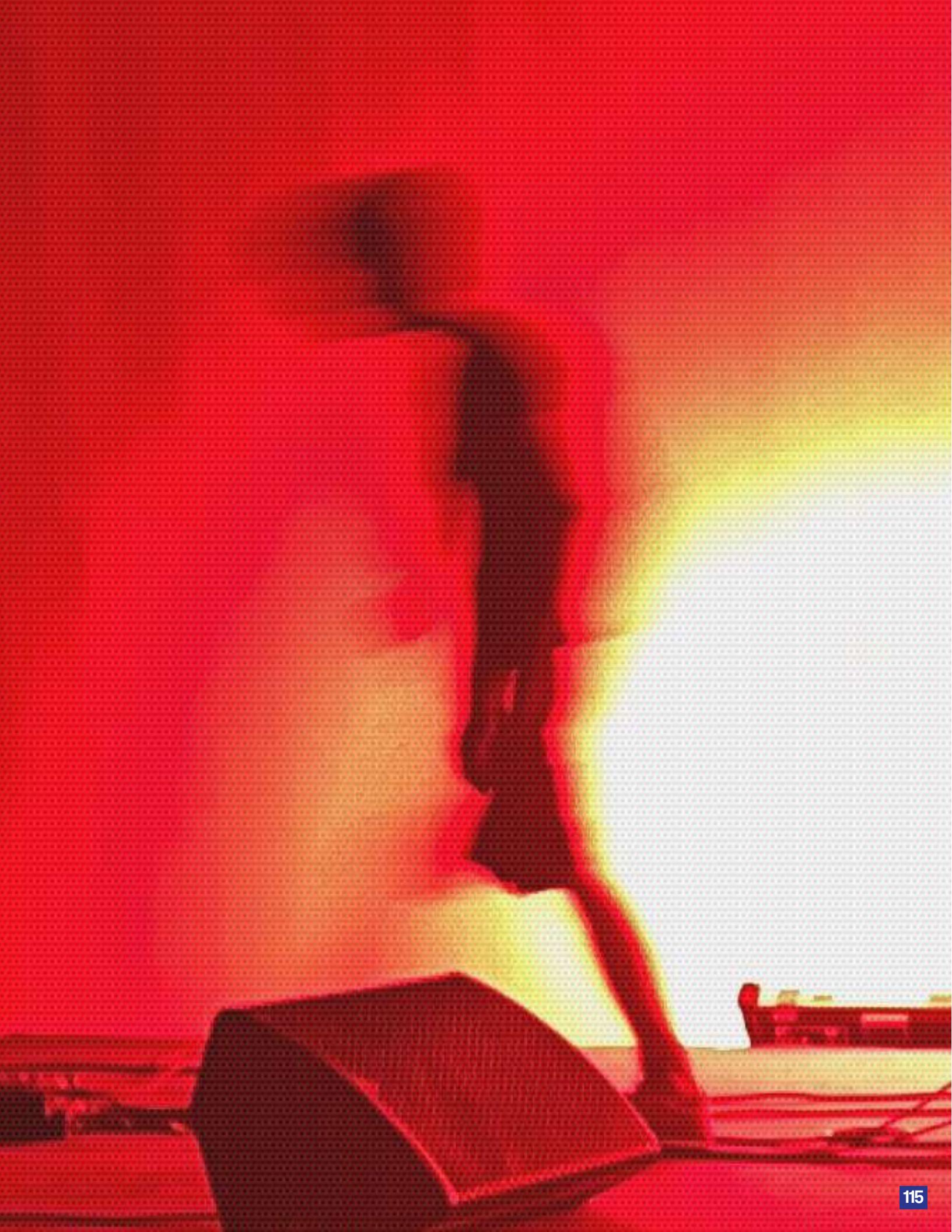




KALEIDOSCOPE MANIFESTO  
ESPACE NIEMEYER, PARIS, FRANCE



When I was resting @ the Dijon commune I was able to find an event where John Glacier was performing. Within an hour of making it to Romain's apartment, I was able to shower & split off - Romain was busy anyways - he had trumpet practice. Venue was very cool ~ old communist HQ



# HOW TO CLEAR A MIND



POST-CRASH, PRE-DEPARTURE FINAL RIDE

PARIS, FRANCE







# how to... AIRPORTS

## FINDING A BOX

Plan accordingly for this - do not underestimate how much of an impact having a box lined up has on the stress trying to get everything packed and ready to get home. Large stores such as DECATHLON are much more likely to hold extra boxes due to their volume - try to check here before going to smaller bike shops. If in a foreign country, craft a translated message that's clear and smile. Most will almost go out of their way to assist with different places if they can't provide themselves.

## PACKING IT ALL UP

Accommodation style (see pg. 1) largely impacts the ease of this step. If possible, a Warmshowers host that provides access to a space inside. In my case, I was given solo access to a host's apartment in Paris for a few days, letting me work on the packing little by little rather than all at once. The riskiest but potentially most convenient is buying a bike box at the airport itself which allows an open space to pack and ability to ride straight to the airport. Camping isn't advisable, but this is already unlikely if you're staying near the airport in a major city. Hostels or hotels may have a space, or allow use of the lobby, but again this should be planned accordingly.

## GETTING THERE

This step can be very easy, or very difficult - this depends on your ability to find accommodation close to the airport or how high your budget is. An UBER XL or Airport Bus are the priciest options, but no hassle. Public transport is stressful, but can be easily achievable if you have a stop near



enroute to CDG airport via Réseau Express Régional, Paris France

Hello!

I'm flying back to Canada tomorrow and need a cardboard bike box to pack my bike. Do you have boxes that I can take that you're throwing away? Or boxes I can buy?

Bonjour!

Je prends l'avion demain pour rentrer au Canada et j'ai besoin d'une boîte à vélo en carton pour emballer mon vélo. Avez-vous des boîtes que je peux prendre et que vous jetez? Ou des boîtes que je peux acheter?

**TIP:** PACK AS MUCH AS POSSIBLE IN THE BIKE BOX FOR "PADDING", BUT ALSO TO PREVENT EXTRA BAG CHARGES. IT IS UNLIKELY YOU'LL HIT THE MAX WEIGHT LIMIT GIVEN.



BICYCLE ÉLO  
ARON AJBLIT  
82 SPADI  
TORONTO  
M5S 2H  
CANADA



Portes  
Gates  
登机口

L21 à L53  
to 到



Airport Hotel  
机场酒店







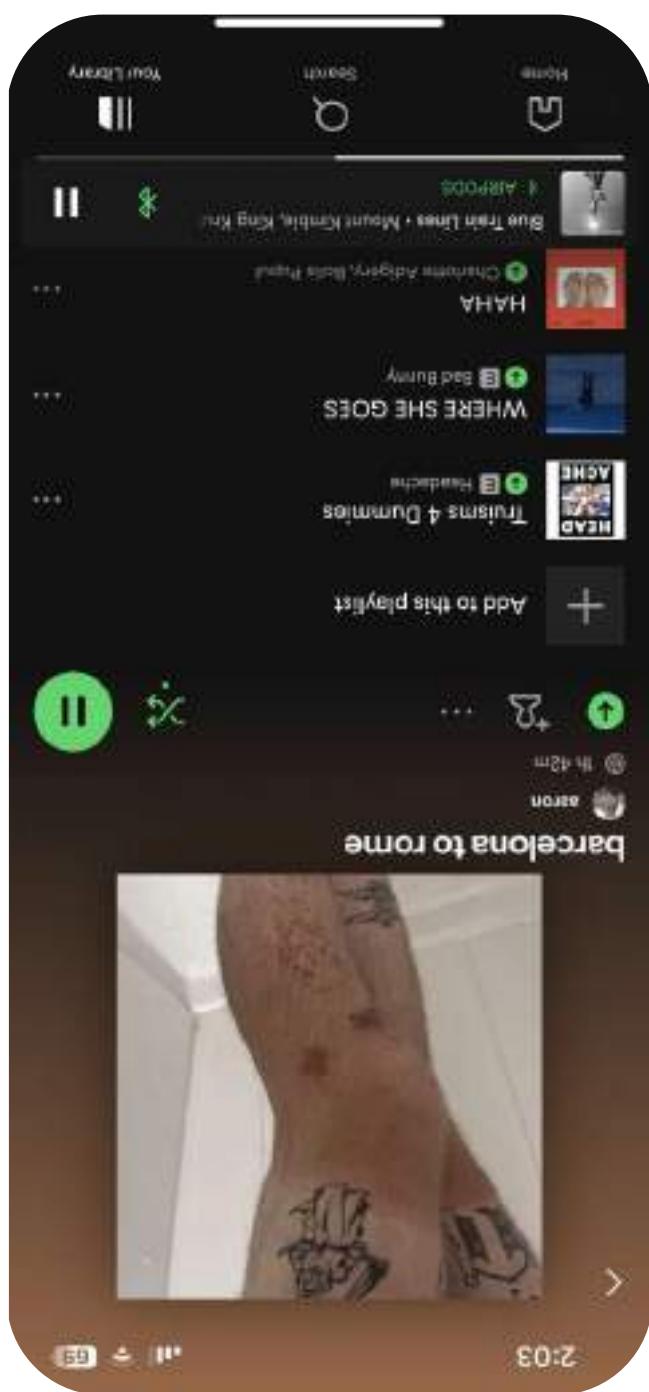
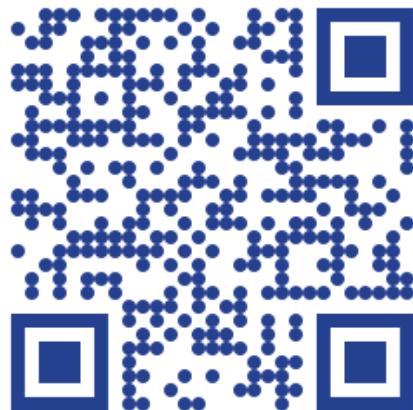














**BIG FONT PAGE. THIS WILL BE A SIMPLE PAGE OUT-LINING WHAT IS HAPPEN-ING IN THE PHOTO, WHAT IT MEANS, ETC. TRY TO FILL THE WHOLE PAGE, BUT HAVE RE FIX ALLY LARGE MARGINS. MAYBE A SEN-TENCE IN THERE A DIFFER-ENT COLOR? HOLDER TEXT PLACELD TEXT ER OR JUST A WORD PLACELD-ER TEXT PLACELDER TEXT UP UP PLACELDER TEXT TEXT PLACELDER TEXT PLACELD-ER TEXT PLACELDER TEXT PLACELDER TEXT FILE.**

PICTURE WITH A STORY BEHIND IT

-packing

- once you hit that 100+, 200+ is all just convincing yourself it's okay
- best practices to survive (food, podcasts, routine, mental)
- put something either in text or photos about longest days

# PUSH FURTHER

## how to...<sup>..</sup>











37 PAGES  
IPHONE PHOTOS,  
HOW-TOS (REDUXES),  
NOTES ENTRIES,  
& Ephemera from the Road  
COUNTRY  
Spain 5  
France 13  
Switzerland 21  
Italy 29, 71  
Gearlist (UltraLight) 30  
Disasters (Gear) 42  
Push Further 58  
Airports (Redux) 114

## HOW-TO

37 PAGES  
IPHONE PHOTOS,  
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France 13  
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start: barcelona | end: rome

italy  
france  
switzerland  
spain

1903 km, 15 days on the bike

no uber, limit public transit as much as weather/injury permits  
camping / hostels / airbnb  
moderately shoestring budget  
mostly planned route  
no literary (again)  
solo (again)

three week cycle trip through (mostly) southern europe

may - june 2023  
vol. 1.5  
searching for seahaven

V O L . 2

E R O P E

H U T O O S

---

S E A H A V E N

R O F

S E A R C H I N G



סארכ'ב נסיעות - 801.2  
מאי/יוני 2023



סאהל מים  
סארטן