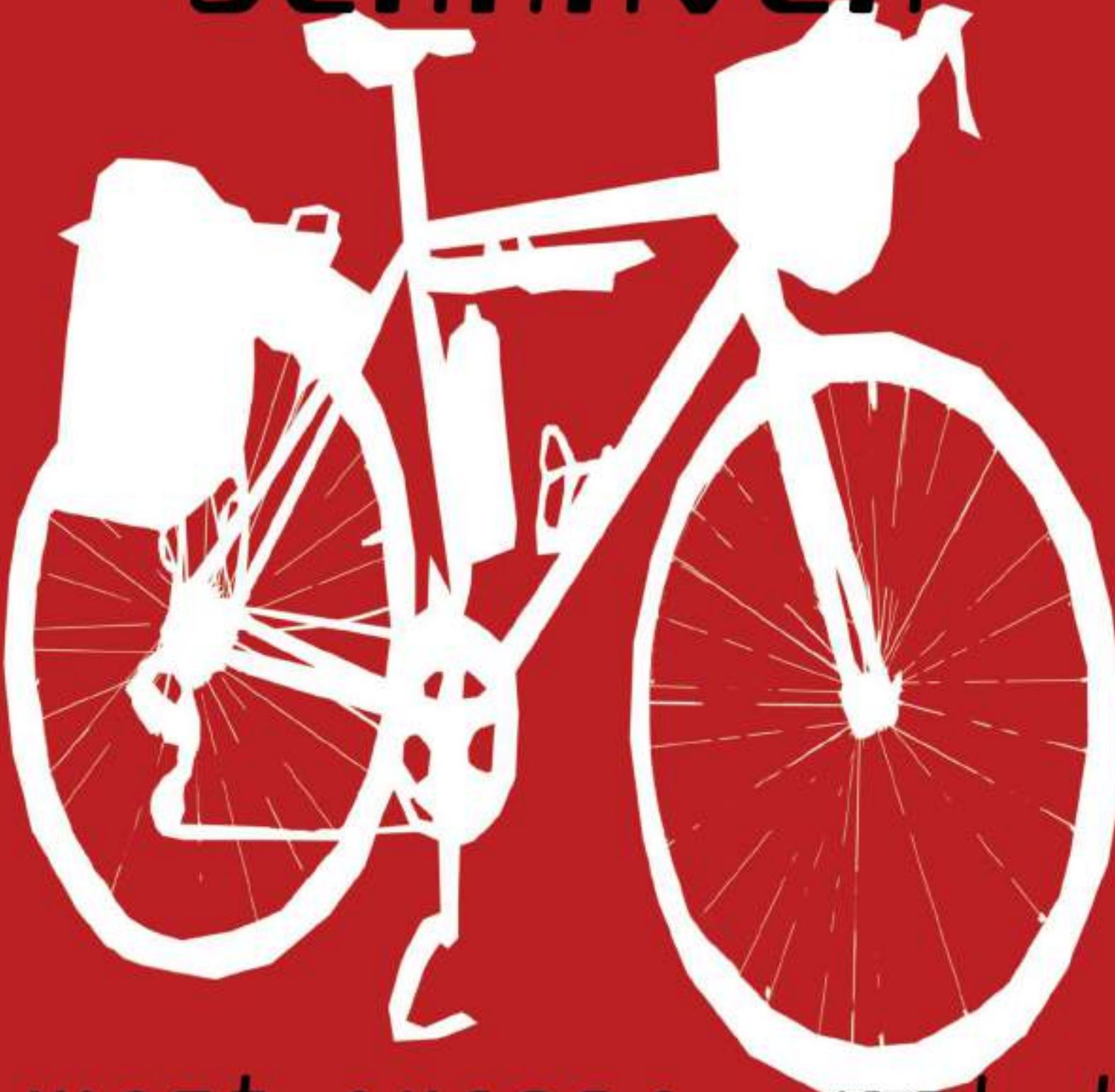


searching for SEAHAVEN



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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HOW-TO

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GEARLIST (TRADITIONAL) 30
DISASTERS 42
NAVIGATION 58
FOOD 62
AIRPORTS 114



PARIS
AÉROPORTS DE PARIS

île de France mobilités

00089844 2108 C15

29 JUN
AUBERTIN/AARON MR
CABIN/CABINE: ECONOMY
DEP: HALIFAX NS
ARR: TORONTO ON
BOARDING TIME /
HEURE D'EMBARQUEMENT
ZONE
6: 20PM

NESTJET

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

ZONE
3

10:45A

F1 ECO

ECO

air transat

BERTIN/A
TORONTO/YYZ
LONDON/LGW

TS0122 Y 30APR 22:45

SEAT/SIEGE

23K

GROUP/GROUPE

6

à compléter

Classe 2

Accès limité aux trains
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

60111167 FX01 KM006 FRIEV 10/2022 22/06/22 15H28

EMBA
IN/AAR
2
275

139
KWXXKWI

YHZ
YYZ

1 Fahrrad Erwachsener
einfach

5,40

Gesamtbetrag in EUR

5,40

bezahlt mit EC-Karte

5,40

d = enthält 7% MwSt

0,35

15.06.2022 - 12:41 Uhr - Kassierer-Nr 1178
Bon 220615-124148-01178- StNr 09056/20616



ECO

DV 000049726

AUBERTIN/A
ADOC

TORONTO/YYZ
LONDON/LGW

TS0122 Y 30APR

GATE BOARDING TIME

B38 21:45

PORTE HEURE D'EMBARQUEMENT

1/10 0165

Boarding Pass

Carte d'accès

BIKE

NME: AUBERTIN/PARON

PNR: 2AN0OK

TORONTO INTL

LGW TS122

PRINT: OSMAN/YIZBALOT

0649 TS 2673

ÖBB

FAHRSCHEIN

Auftrag-Nr: 4699 6892 6338 5

SCHWANENSTADT BAH > SALZBURG STADTB

über: Attnang-Puchheim * Vöcklamarkt**

2. Klasse

gültig Do, 09. Jun 2022

bis Fr, 10. Jun 2022

Ihre CO₂-Ersparnis: 15,8 kg

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 he had about his four.
 - ↳ He wasn't wrong though... my back tire got so ruined
- First day was a nightmare... endless nightmare. Got to ~~the~~ a nice, beautiful decline through a really cute countryside...
 - ↳ I lost my front tire & tube... RIP 2 inner tubes & GP5000.

- Antony... found him at the Marathon Pit Stop trying 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, & an energy gel. Happy birthday to his daughter. Hope Antony breaks & continues to break all his Time Trials... legend.

- Flight Pilots & Fuel Stop. Both of these ruined my day (& night) post tire/Anthony. Completely unpredictable & it made me even more late. Took 12 hours for what I used to take 6. Didn't feel how bad Enya was in terrible shape.

- 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.

Dover 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







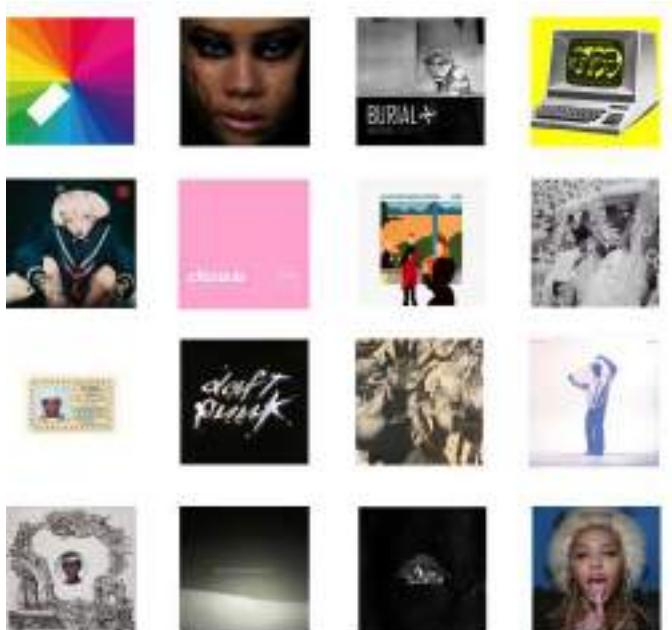




Antwerp was pretty, only visited the main square though. Really cool & unique (& fancy) architecture. Everything here closes early though. Even groceries.

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**

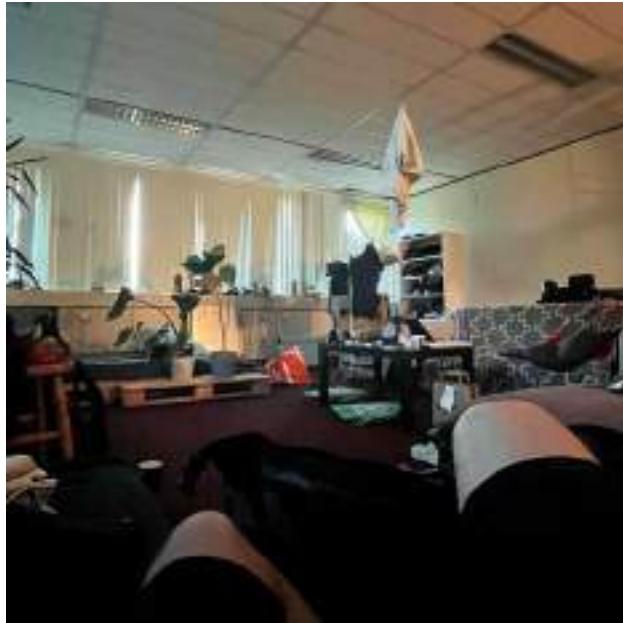
- answered on a whim
- lovely apartment
- good wifi (does cyber security for NL)
- made me pasta & overnight oats
- super pretty area to be in
- slept on floor
- he didn't murder me
- knew mr robot
- pulled out a box of old gear and gave me an old pair of cycling gloves when I complained of numbness



STROLLING POST LEG ONE

CENTRUUM, AMSTERDAM, NETHERLANDS







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-converter ✓

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**



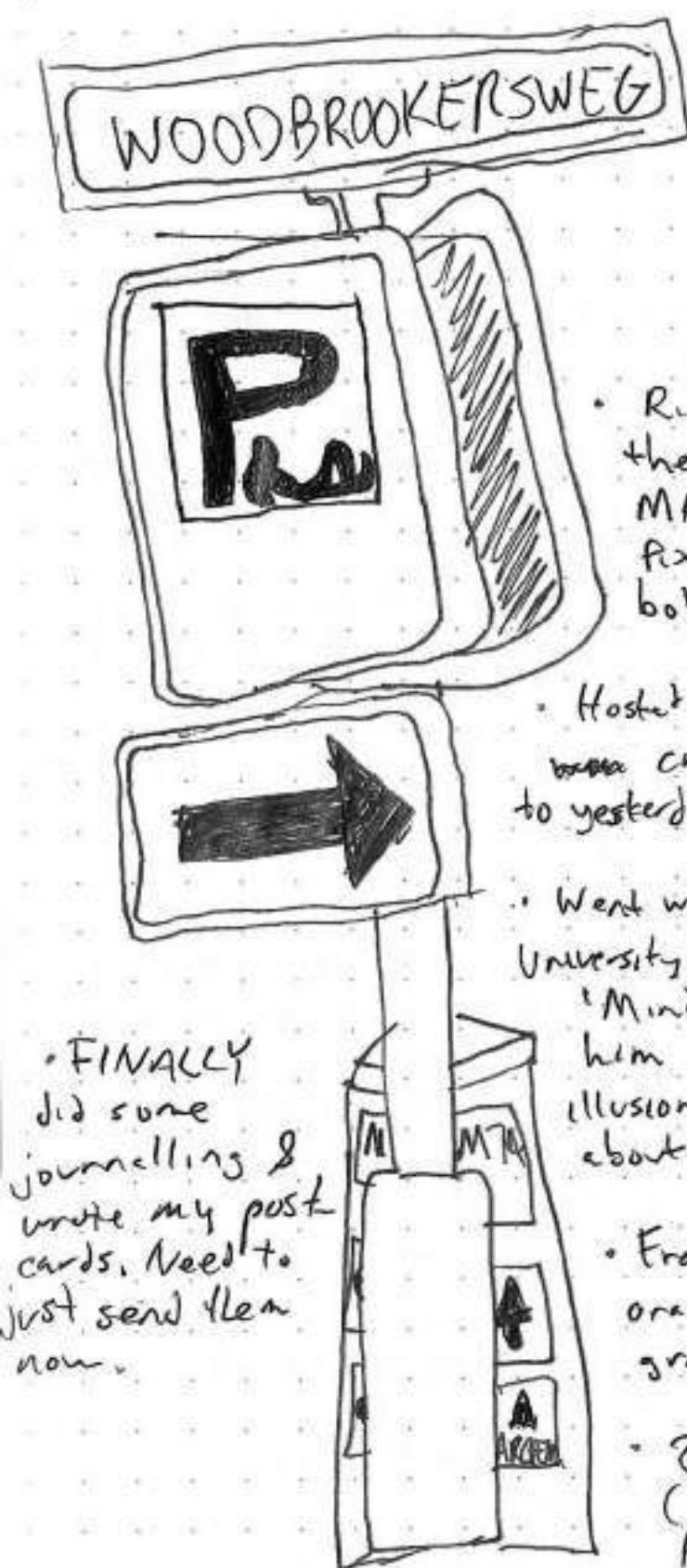
**bike broke down about
50 meters ahead, two minutes later**



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

enschede, netherlands

APELDOORN → ENSCHEDE MAY 17/2022



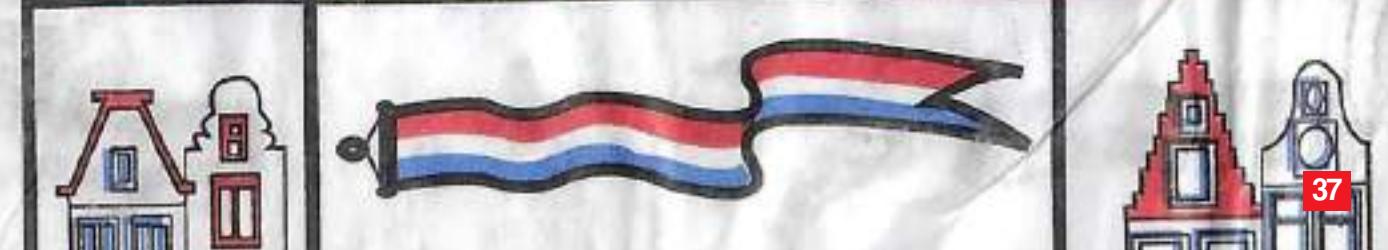
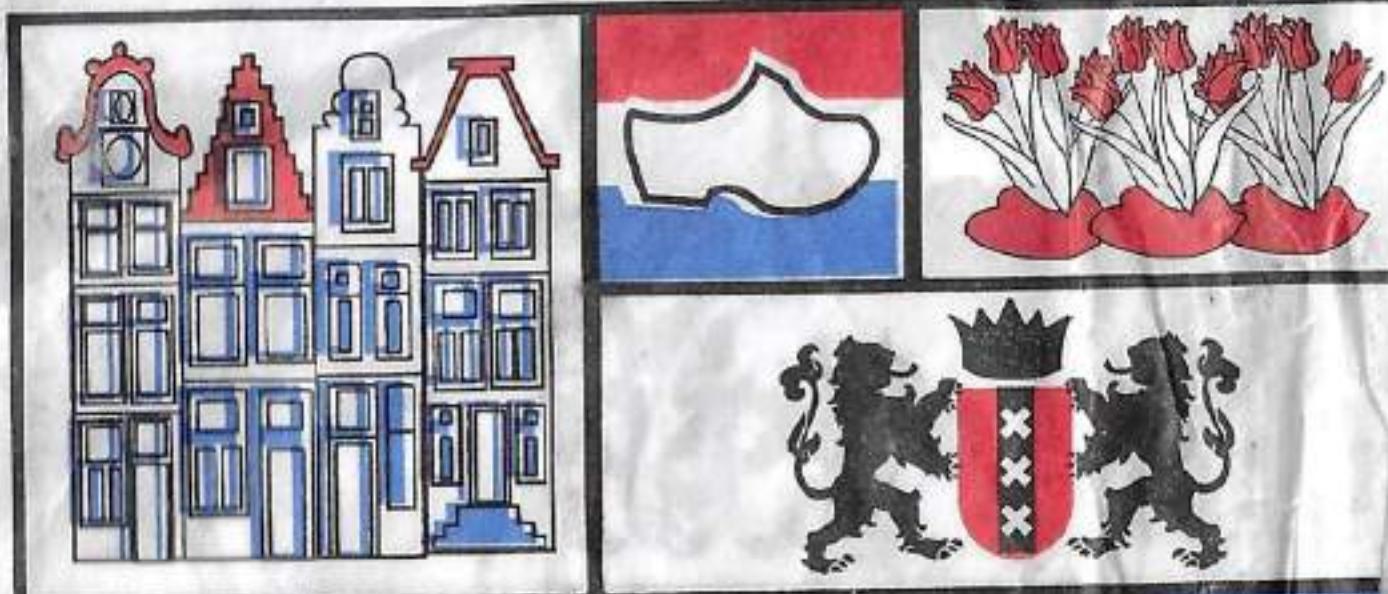
• FINALLY did some journaling & wrote my post cards. Need to just send them now.

• 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



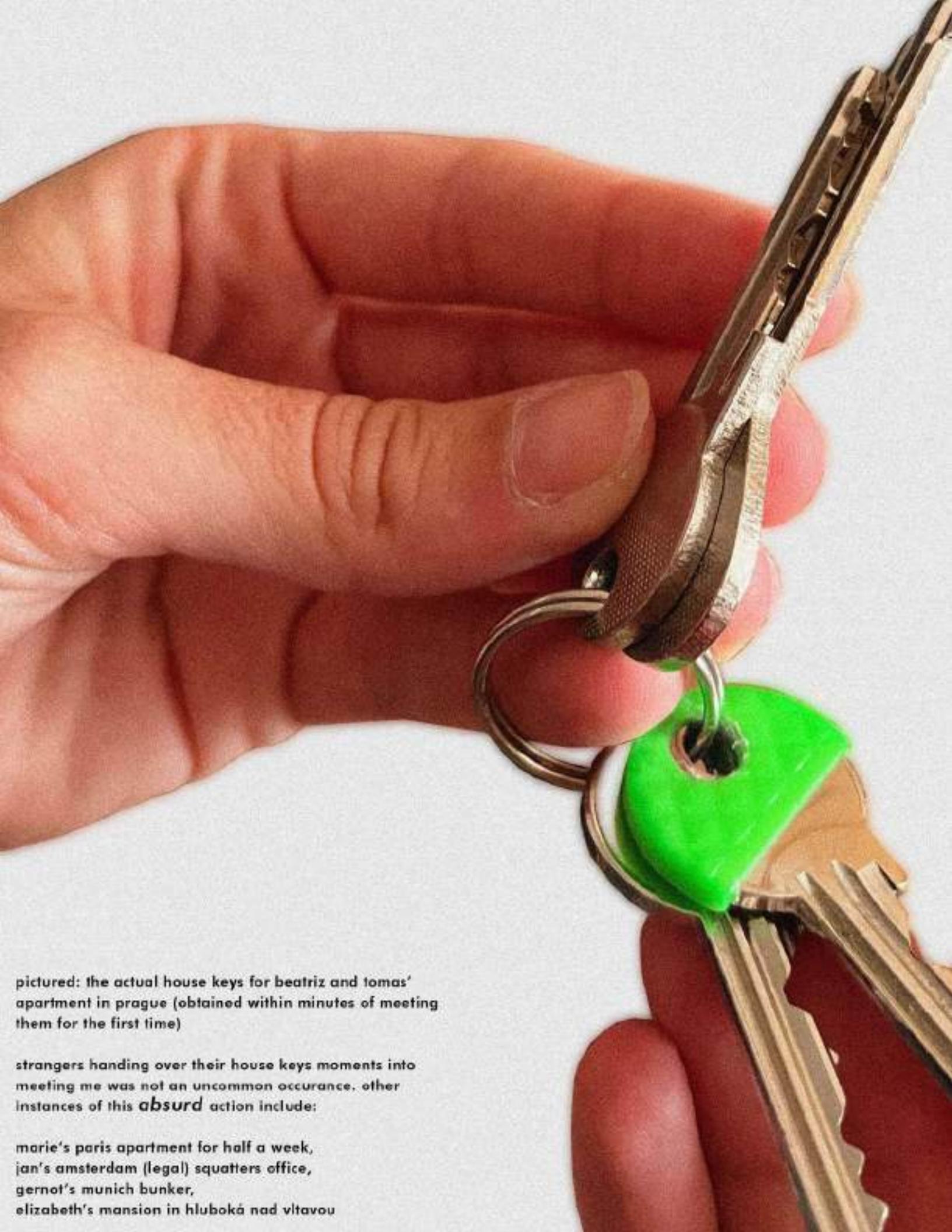
tour and dinner with vitor and marina

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

text text text text text text text text text
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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)

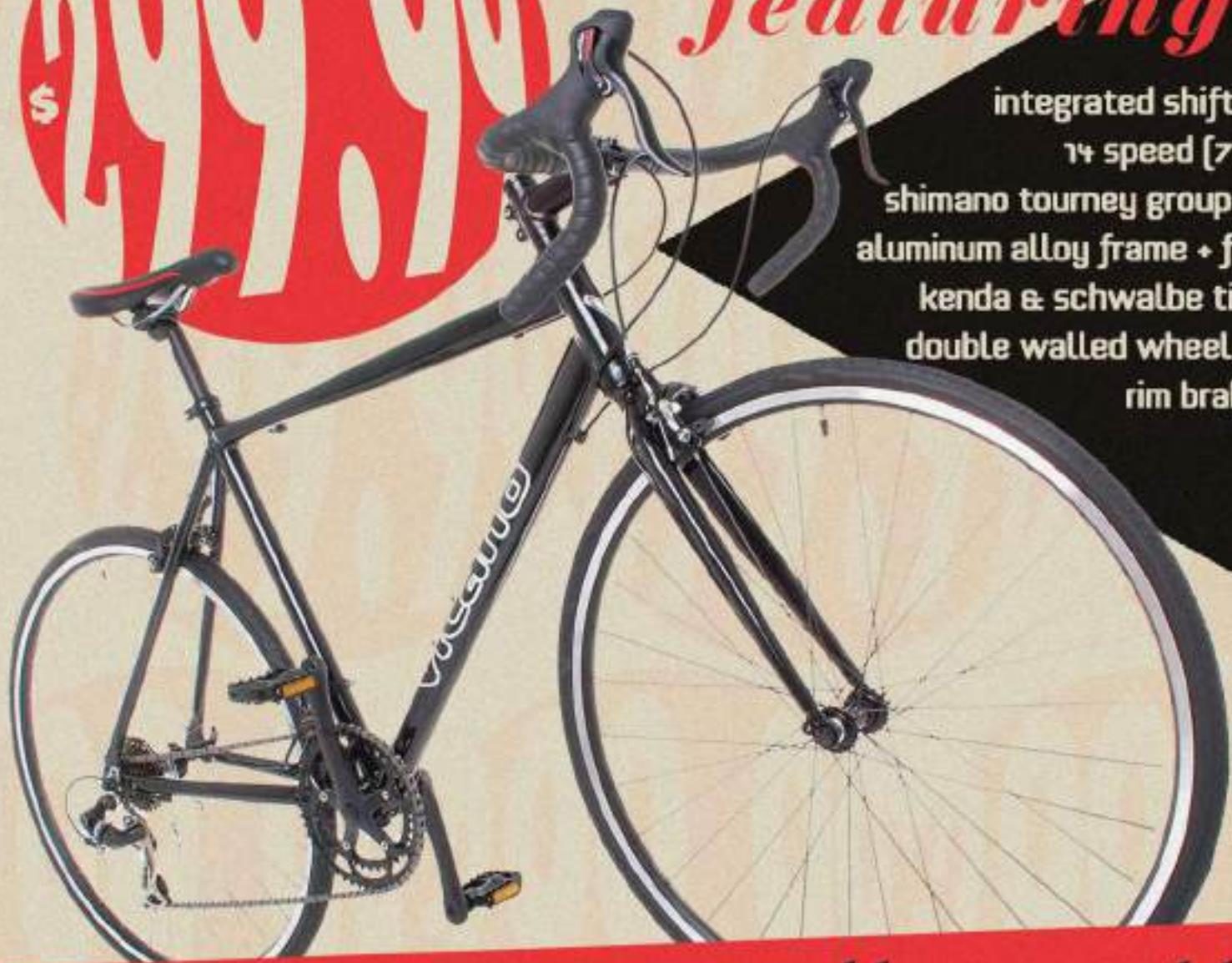
shimano tourney groupset

aluminum alloy frame + fork

kenda & schwalbe tires

double walled wheelset

rim brakes



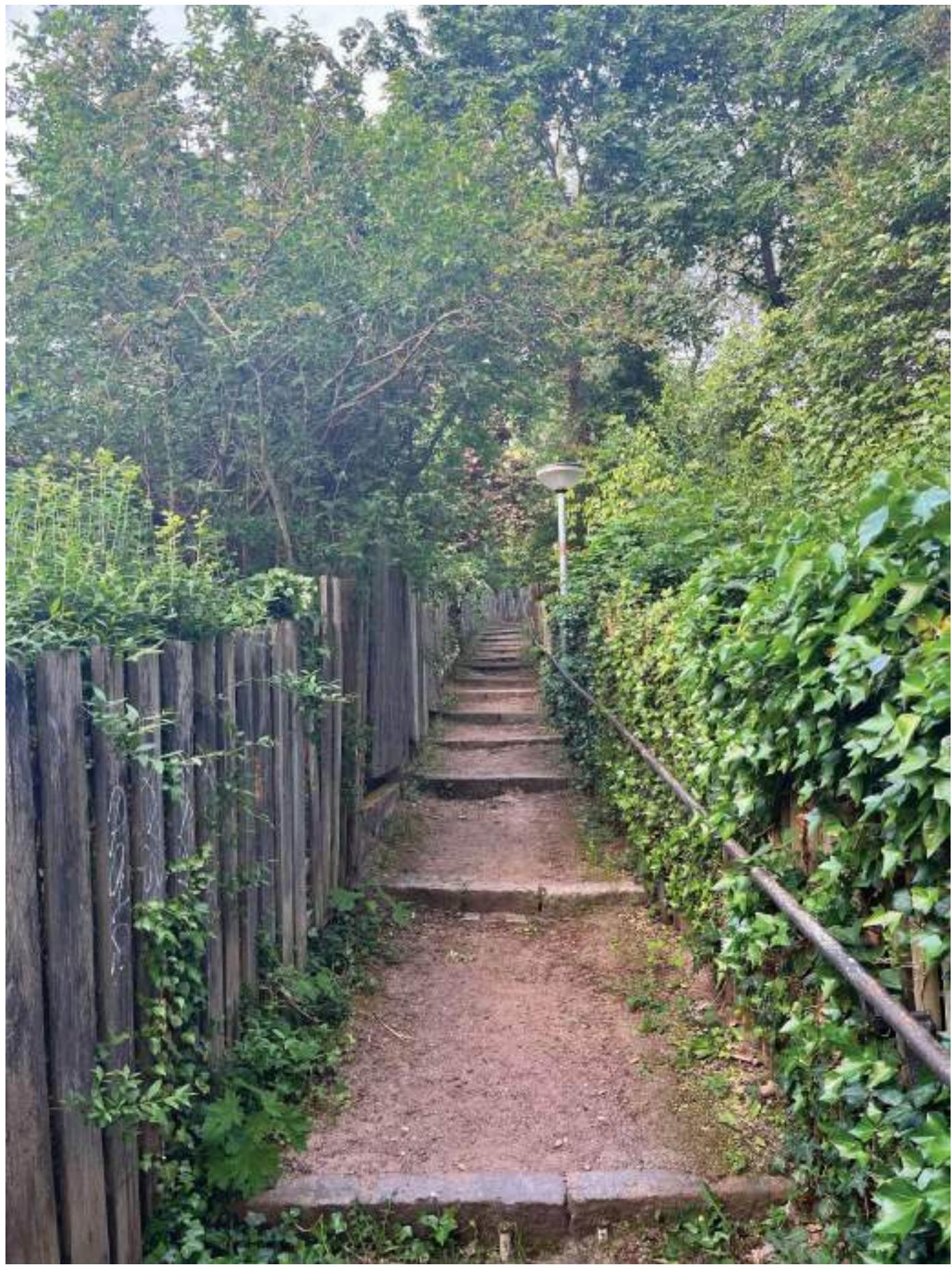
the passable

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 —

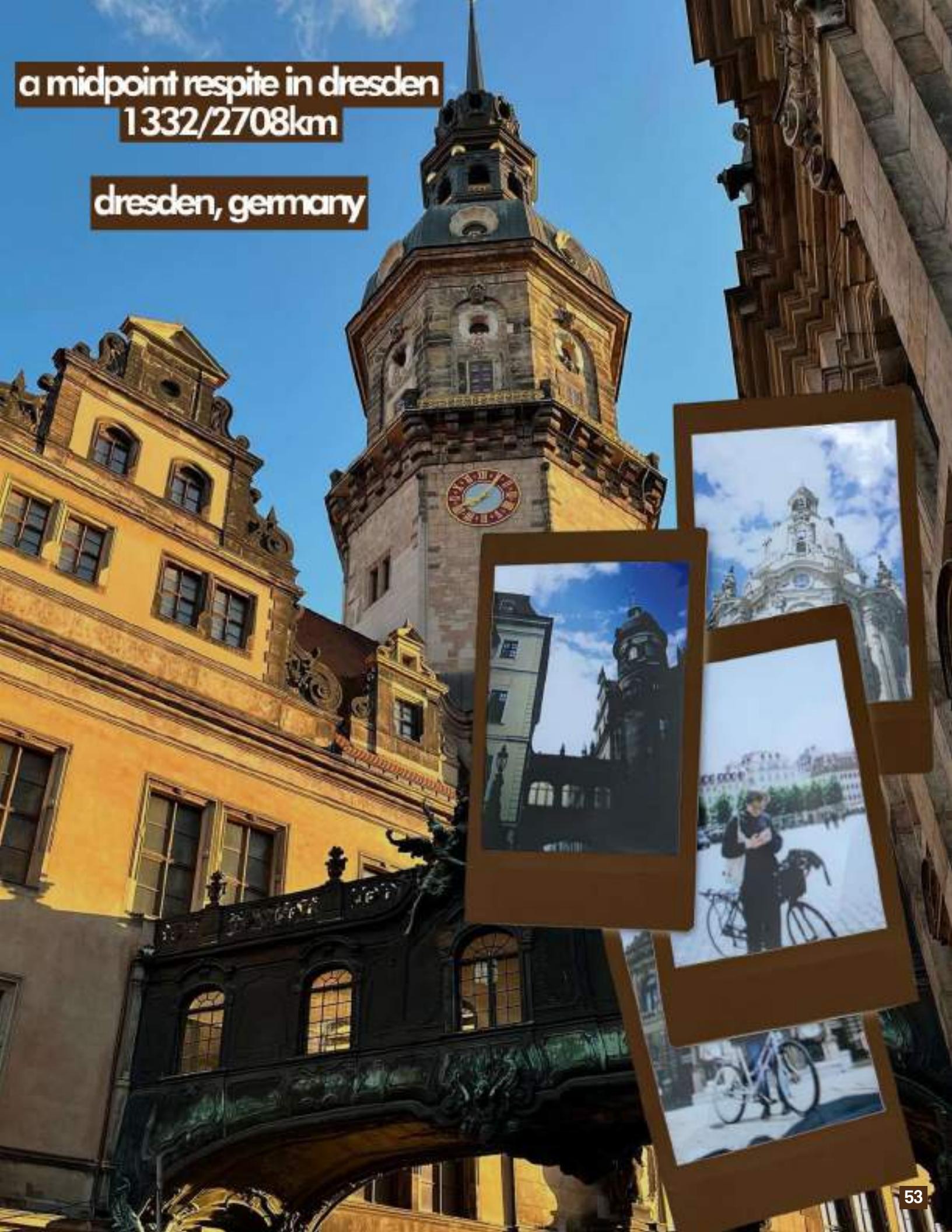
An immense, overwhelming feeling of just pure excitement, of contentment.

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:
telephone / Anruftag:	Reservierungszeit / Abreisezeit:

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/

Tageskarte - 0,00

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

Gültig am Datum:
valid on date:

MA

Name, Vorname:
Name, surname:

AC



Prolog
13.4.-
17.7.

SOLIDARITÄT

Staatliche Kunstsammlungen Dresden

Albertinum

Revolutionary Romances kontra punkt

+2

+2

Netto

Marken-Disco

01099 Dresden, Königsbrücker Str. 11
WWW.NETTO-ONLINE.DE

Tr. hell kornell 500g UKE
Alpin Zahnbürste 100g
ES orangensaft BPA 1L
Einkaufsfund
Beetanlage Chihuahua 100g
SUNNE 043
Kartenzahlung EUR

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

Verginal-IB
IB-Nr. 008478

Kartenzahlung
Visa kontaktlos
Visa CREDIT
EUR 5,- 0,-

Staatliche Kunstsammlungen Dresden

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

Revolutionary Romances kontra punkt

+2

+2

Staatliche Kunstsammlungen Dresden

Dresden 2022 und 2023 den Blick eröffnet auf die Zukunft der Kunst. In der Prolog (Projekt) werden die Staatlichen Kunstsammlungen Dresden 2022 und 2023 den Blick eröffnen auf die Zukunft der Kunst. Es steht mit dem Forschungs- und Ausstellungsprojekt Revolutionary Romances, welche sich zunächst in einer Kabinett-Prolog-Schau den kulturellen Beziehungen der DDR zu den Ufatern des Guten in Ägypten, Afrika und Lateinamerika widmet. Es folgen zwei Ausstellungen mit Dokumentationsbeiträgen der TU Dresden, ein umfangreiches Dokumentationsprogramm und digitale Angebote von der SKD Dresden. Pläne für weitere Ausstellungen sind in Arbeit. Weitere Infos unter www.stkd.de/prolog.

Revolutionary Romances kontra punkt

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

DOBŘÍV
Padrťské rybníky

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 ME
19.5 CAD

on the way back to our host's apt I

Damn it's so P

nee) (S

Feel like I am watching Fresh. The

authentication code (1) 844-444-1345

made my way to prague...

It was hot to the touch
up & down the stairs are. I have to

water spray spritzers on the street.

by Prague - mainly of my own fault

... was just eye... 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 at far transportation. We shared conversation on his LOVELY porch.

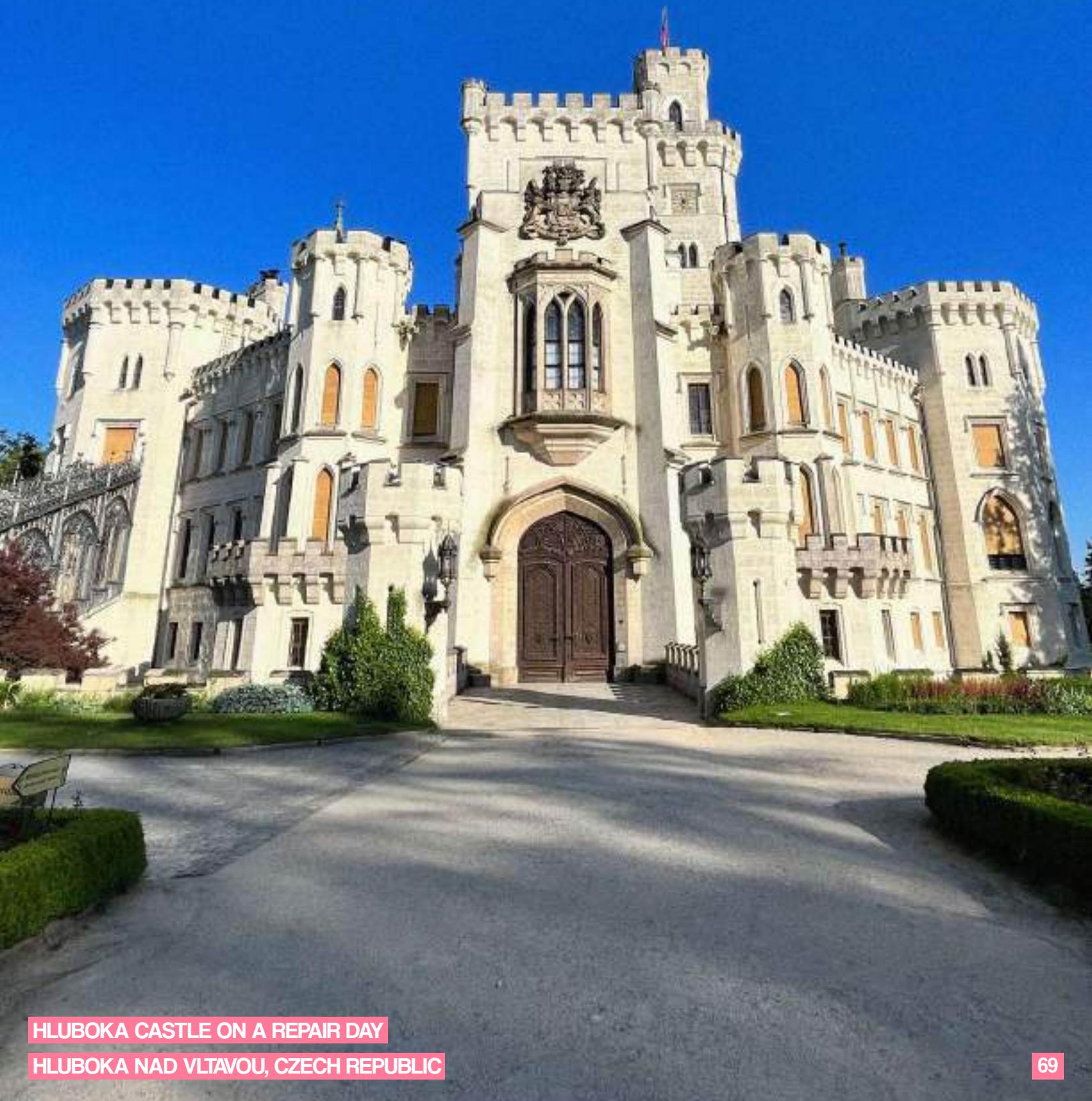
• NOTE TO SELF: ADD \$1
MAKE



 **Praguecamp**
Dlouhá Louka 162, Praha 5 - Smíchov, 15000
+420 702 145 150
www.praguecamp.cz







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

ACCOMODATIONS

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

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

WARMSHOWER HOSTS*

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

*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-

Lehnert-Str.
AT-5020 Salzbu
43 662 2345

+43 662

+43

+43

GERMANY LEG 2

deutschland bein zwi



JUNE 10 - JUNE 15

826km - 1399km



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

MUNICH, GERMANY

Jetzt mit

6,5 GB
LTE Max¹

Stand 02/2021

EDEKA

EDERA
Tegernseer Landstr. 64
81541 München
Tel. 089 / 62000021
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





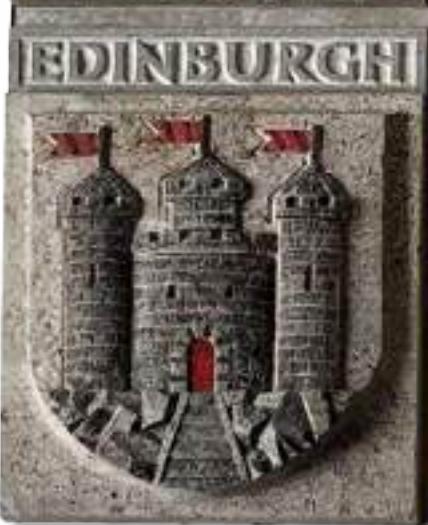
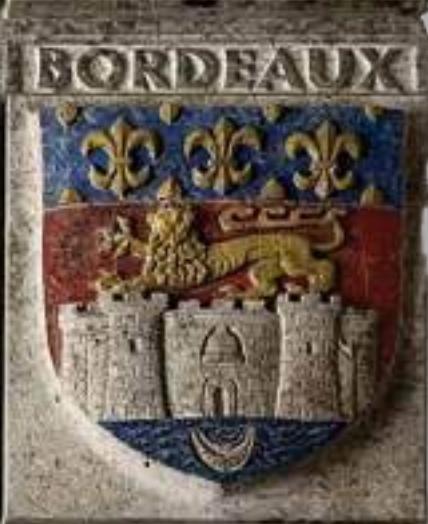
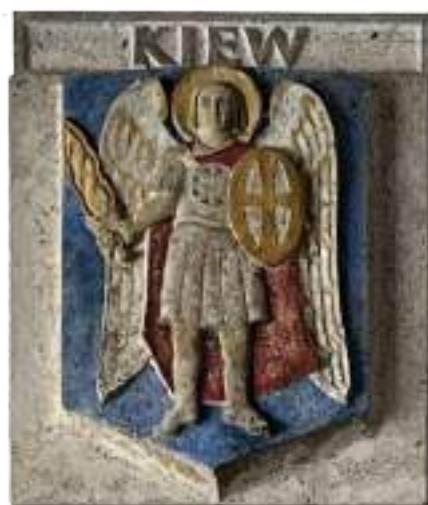




a cartoonishly steep hill
landsberg am lech, germany







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: 000002655108

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
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

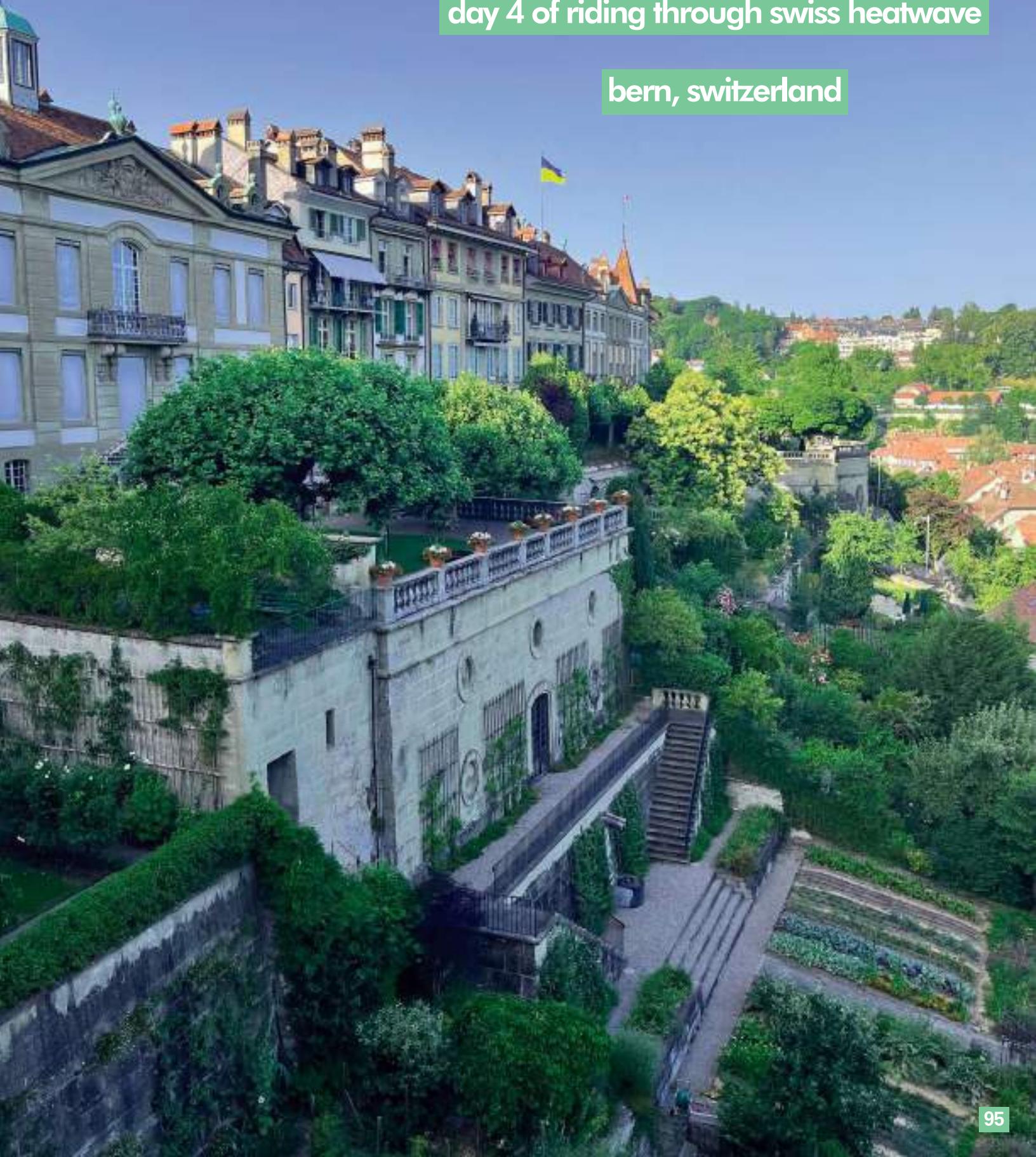
ZOFINGEN, SWITZERLAND

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

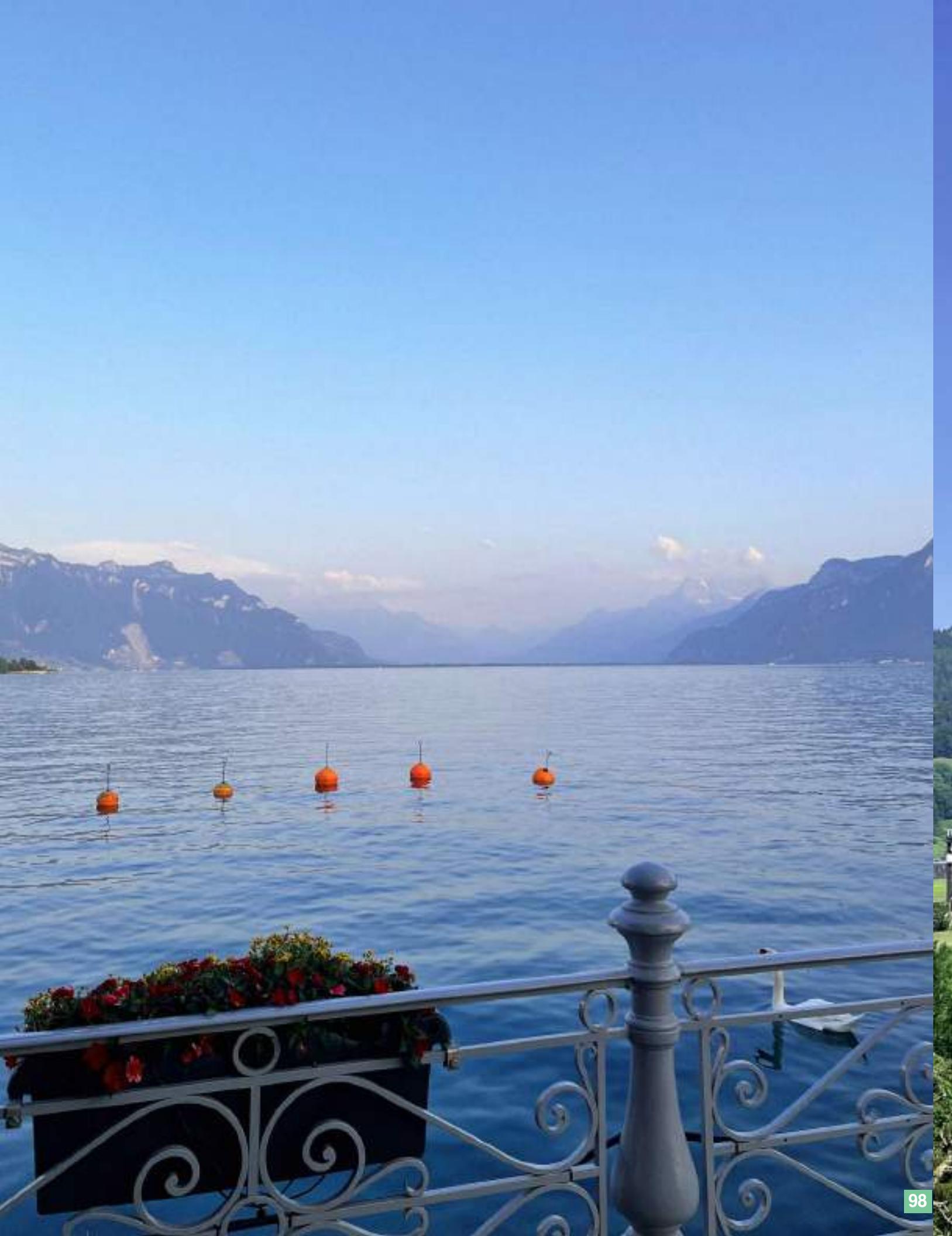
WARMSHOWER HOST

- 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)

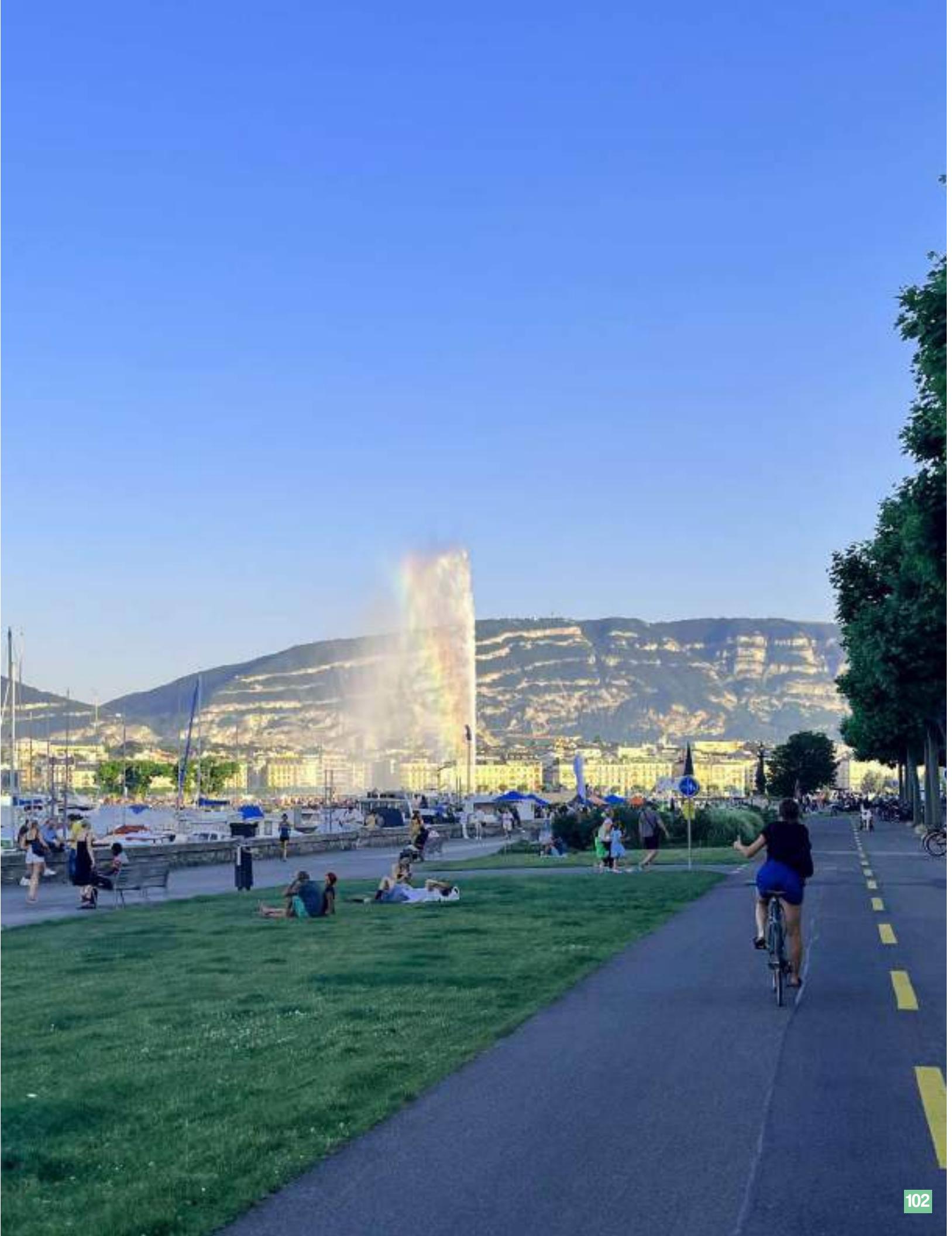
LAKE GENEVA, SWITZERLAND

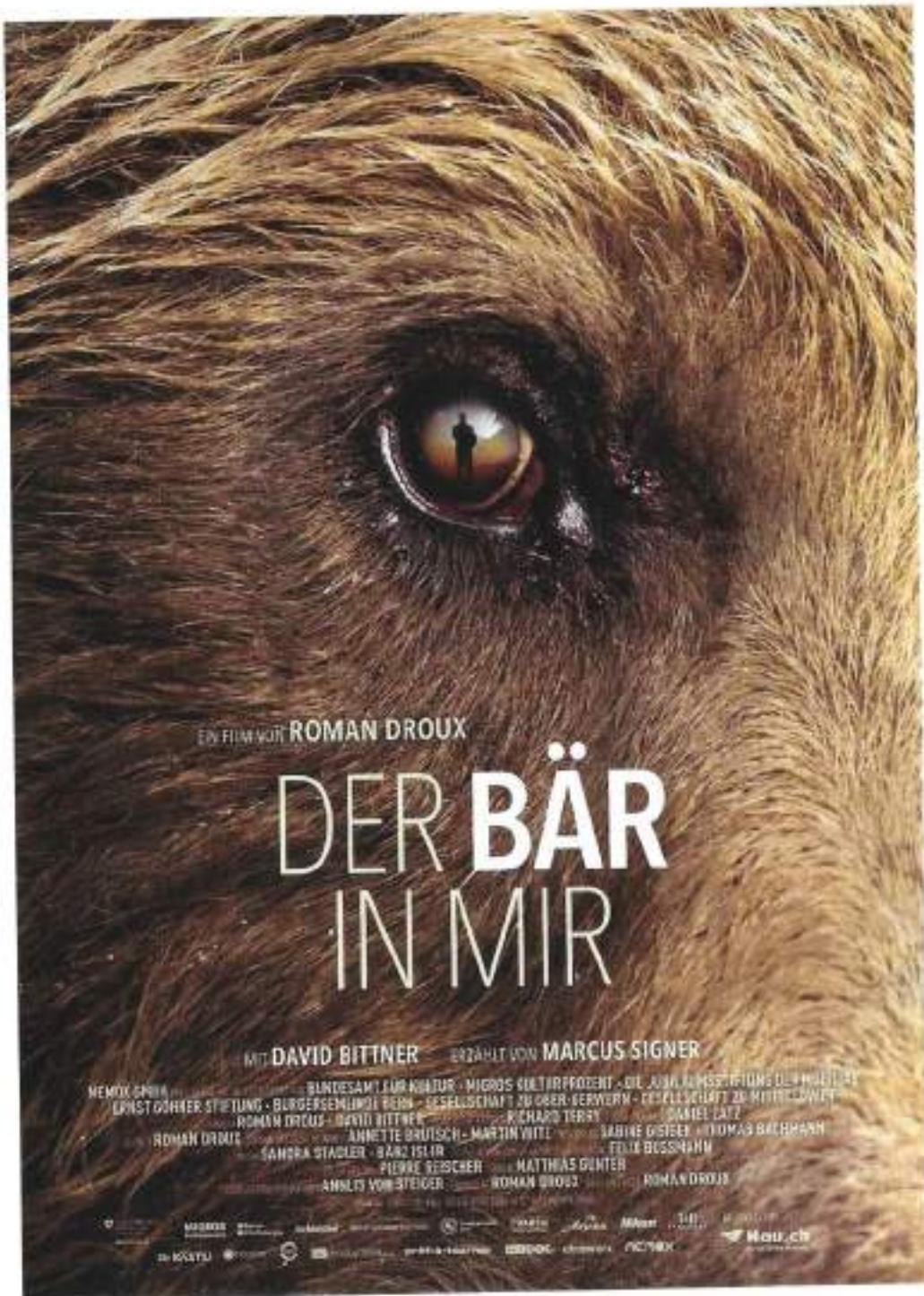












- Learned my host is a filmmaker (documentaries) including one where he & a man named David Bittner went to Alaska to see bears. (stole this.)

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

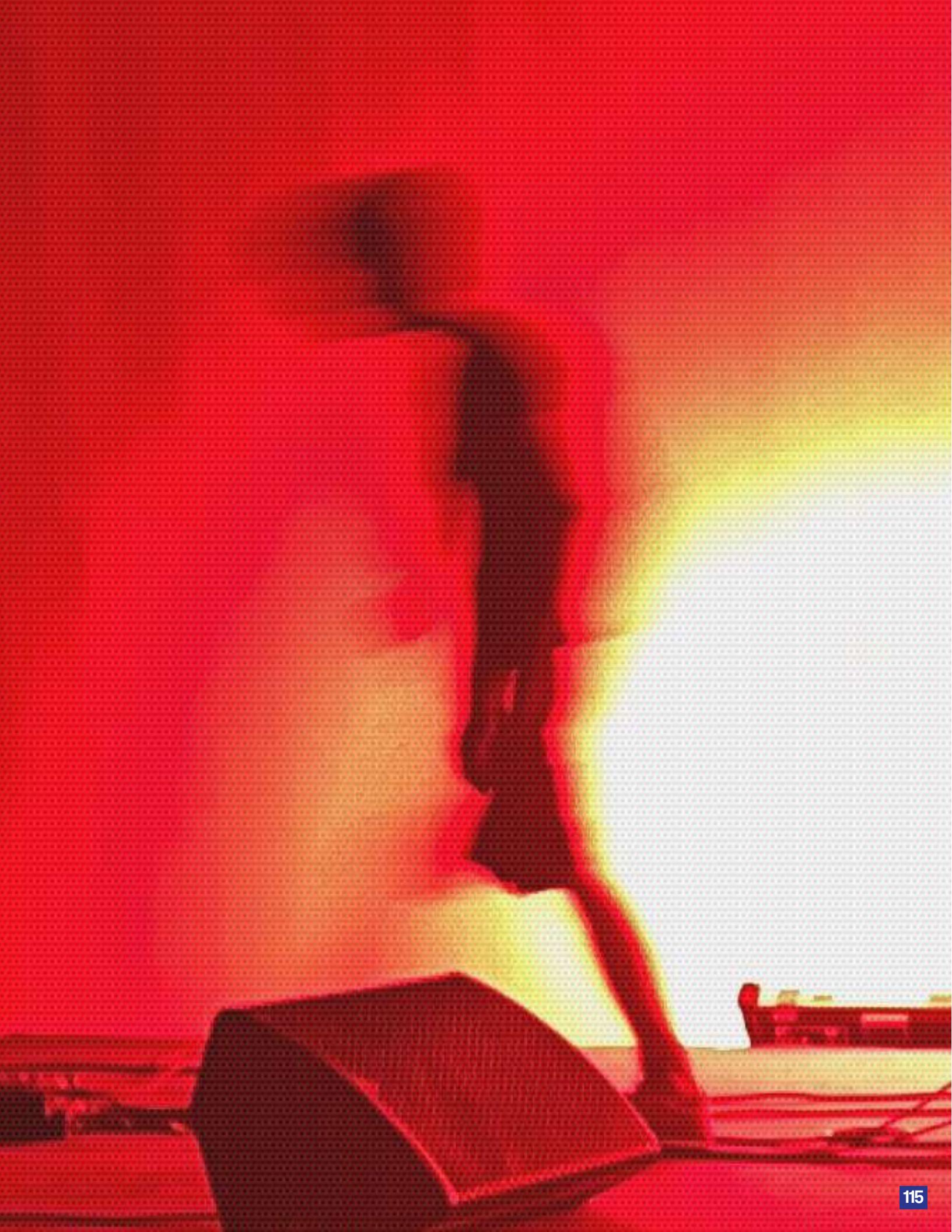
LYON, FRANCE



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



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?



enroute to CDG airport via Réseau Express Régional, Paris France

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

IRON AJBLRT

82 SPADI

TORONTO

M5S 2H

ÉLO

AVE

ANADA



Portes
Gates
登机口

L21 à to L53 到

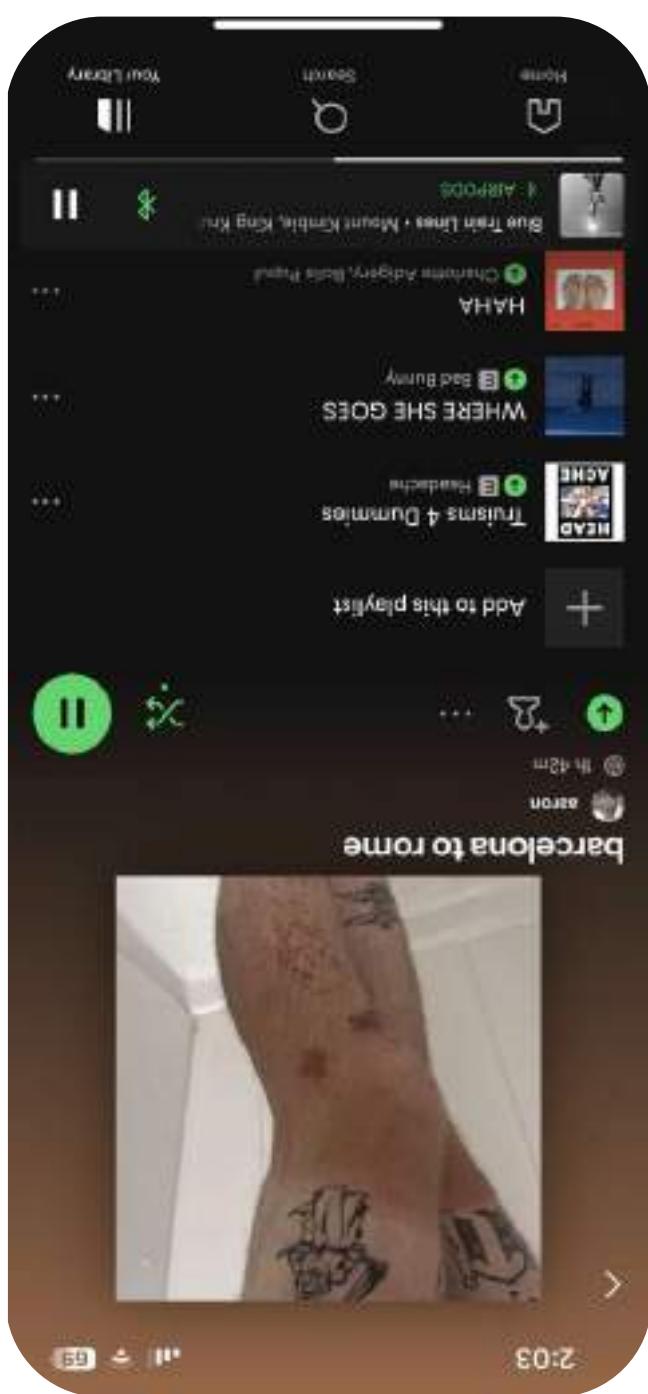
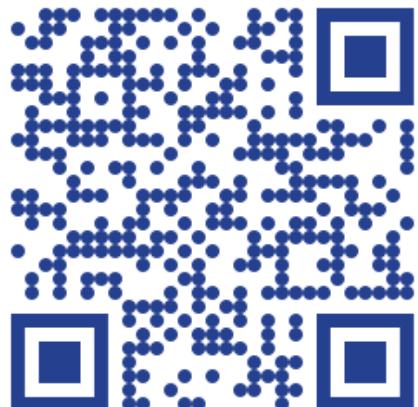


Airport Hotel
机场酒店









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 PLACEDOLD TEXT ER OR JUST A WORD PLACEDER-ER TEXT PLACEDER TEXT UP UP PLACEDER TEXT PLACEHOLDER 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...^{..}



37 PAGES
IPHONE PHOTOS,
HOW-TOS (REDUXES),
NOTES ENTRIES,
& Ephemera from the Road

30 GEARLIST (ULTRALIGHT)
42 DISASTERS (GEAR)
58 PUSH FURTHER
114 AIRPORTS (REDUX)

HOW-TO

5 SPAIN
13 FRANCE
21 SWITZERLAND
71 ITALY
29, 71

COUNTRY



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



סוטף אירופה - 801.2 MAY/JUNE 2003



סארטן
סאלונט