

The Cycling Europe Podcast - Episode 41 - Script

Welcome to 2022 and welcome to The Cycling Europe Podcast. My name is Andrew P. Sykes...

The podcast has been taking a break for a couple of months but it's now back - with this episode, number 41 - and hopefully over the course of the next few weeks and months the podcast will quickly pick up the momentum back to where it was with at least one - sometimes two - episodes every month. Lined up for the next few episodes are more inspiring stories of people who've decided to head off on their bikes to discover the world around them. And that's basically where we start with this first episode of 2022.

After two abandoned attempts to cycle the length of Japan in 2020 and then in 2021 - I never even set off for the airport thanks to COVID-19 - I've turned my attention back to Europe for 2022 and I'm beginning to plan a trip that will hopefully see me circumnavigate the Baltic Sea, following the route of the EuroVelo 10 or the Baltic Sea Cycle Route.

You can see how far I've got in my own planning by visiting CyclingEurope.org/Baltic2022.

Part of that planning included a chat with a cyclist called Bernd Schadowski who lives in Aachen in western Germany.

In the summer of 2019 Bernd & his 17-year-old son Tristan said *auf wiedersehen* to the rest of their family and set off from Lübeck with the intention of completing the 9,000 km loop that is the Baltic Sea Cycle Route. I started by asking Bernd to introduce himself...

[Interview]

Now Bernd completed his trip in 105 days and cycled every single kilometre. My plan for 2022 is slightly different as I won't have 105 days available to me; I'll have a maximum of 56 days to complete the trip - that's just eight weeks. *So how am I going to manage to travel all around the Baltic Sea in such a relatively short period of time?* Well, the plan as it stands isn't, thankfully, to cycle 160 km per day (that's 9,000 km divided by 56 if you were wondering...). After having crossed Europe from southern England to southern Italy, cycled along the Mediterranean from Greece to Portugal and then, most recently, pedalled the 8,000 km from Spain to Norway without once breaking my journey with a long train or a long ferry ride, I think I've got the cycling point-to-point thing out of my system and in the summer of 2022 I'll be adopting a more **relaxed** approach to the Baltic mixing the cycling with a few longish distance trains and ferries.

As I mentioned earlier you can see what I'm planning by visiting CyclingEurope.org/Baltic2022. If you have any thoughts about what I'm planning, please feel free to get in touch.

You can do so by emailing podcast@CyclingEurope.org or by posting a message either on the website itself - CyclingEurope.org - or via social media where you'll find me @CyclingEurope.

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Join me again for episode 42 of The Cycling Europe Podcast. In the meantime, thanks for listening, keep pedalling and... happy cycling!