

ASSOCIATION
L' Autre Voyage



ANOTHER JOURNEY

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ANOTHER JOURNEY

*A soon-to-be retired man and his life partner, thirsty for adventure and discovery...
have decided to cycle the world !*

Armindo Pires De Jesus, 57, was born in Castelo Branco, Portugal. On June 1st 2010, he will retire from the industrial goods company that employs him. Maryse Bury, 6 years his junior, was born in the heart of the Loire Valley and its castles (in the Loir-et-Cher department). She is currently employed as an accounts secretary in a solidarity-based association.



Together, we have decided to go and discover our planet. This journey will take from 3 to 5 years, starting at the beginning of June 2010. For sole companions : our bikes.

I. MOTIVATION OF THE PROJECT

For approximately the last 10 years, we've both held an FFCT (Fédération Française de Cyclotourisme, French Federation of Cycle Touring) licence. We participate in the International Federal Week of Bicycle Touring, organised by the FFCT, usually in August, and we also take part in the European Cycle Tourist weeks organised by the UECT (Union Européenne de Cyclotourisme, European Union of Cycle Touring) in Portugal and France.

Jesus has participated in several bicycle touring trips organized by the FFCT in China, Tibet, etc. Back home, brimming with enthusiasm, he regales me with stories of the trips I did not go on. Each time, I always see in him this thirst for travelling and discovering the world. As for me, I feel the same frustration, I feel that I have missed moments filled with intense emotions, joys and beautiful pictures. These several trips have confirmed his desire to travel the world once he is retired.

This time, I have decided not to be left on the side of the road. My decision is taken. I'll go with the man I love; I will put my professional career on hold. Thus I'd live - we'd live the same unforgettable moments, good or bad. This decision represents a cost: one fewer income to get by daily.

For me, cycling is a real therapy. I suffer from fibromyalgia, a progressive and incapacitating illness. This illness is rather unknown and unfortunately it is still not recognized. Sometimes the pain becomes unbearable, which brings about short bouts of depression. Only low-dose anti-depressants as well as magnesium supplements bring me any comfort. To this day, a diagnosis remains hard to establish. Since I started cycling again, I've been feeling much better, physically and psychologically. Cycling has

also helped me rebuild my muscle mass. Biking has given me a feeling of freedom and a way to escape.

Jesus was involved in a traffic accident in 1979. For a very long time, he's been suffering from arthritic pains which makes daily life a challenge. The only time those pains are less intensely felt is when he is on his bicycle. In November 2008, he underwent surgery: a total knee prosthesis was put in place on his left leg. Today, the pain has subsided and cycling is a pleasure. This activity, rather than walking or jogging, is even recommended.

As the title indicates, for us, it is Another Journey. We are used to travelling using different modes of transportation (car, train, air plane). This time, we have decided to travel with our bikes. Bicycles are an eco-friendly and quiet mode of transportation. Being closer to nature, bikers can better enjoy the surroundings of the countries they visit. Travelling by bike is nothing like travelling by car: it is easier to take in nature's shapes, colours and wonders by pedalling than by stepping on the accelerator !

It would seem that bikes are the best travelling tool invented by man. Why ? It allows travellers to blend in with nature, to progress at their own rhythm, to take advantage of each element of nature and to experience a dream in real time and on a real scale... During our journey, each effort will be proof of our will and the touch of quirkiness in both of us.

Our bikes will offer us the freedom to go and meet others. We are planning to share, exchange a maximum of experiences with children and people of different and varied cultural backgrounds.

We hope that this way of meeting others will help us understand their countries and traditions better. During these many cultural exchanges, whenever possible, we will be taking advantage of those privileged moments to talk about our region by showing people the DVD we made before our trip.

Our three grandchildren are also part of our motivations. Why? First, in our planned itinerary, there is a place we want to visit. This place is Honolulu, capital of the Hawaiian islands, where our second youngest grandchild lives. Then, in the educational section of this project we mention the wish to establish partnerships with several schools. To this end, our choice leans toward our town's primary schools and those of the Chaussée Saint Victor, where our eldest granddaughter is enrolled. As for our youngest grandchild, his sister will delight in showing him the pictures uploaded to our website.

II. PLANNED JOURNEY

This adventure will start with the same itinerary as that of three European Weeks of Cycle Touring (Portugal 2008, France 2009 and Poland 2010). From mid-April to mid-May 2010, Jesus will be cycling solo to get from Sesimbra, Portugal to La Ferté Saint Aubin, France. At the start of June 2010, we will cycle together all the way to Prudnik, Poland.

Our travel across the world will be a leisurely stroll; we are not trying to accomplish an athletic feat or break records. The miles and time taken to complete our journey do not matter to us. Our sole objective is to make children, their families, as well as our own families and friends dream via our exchanges, stories, and possible pictures.

We may encounter difficulties getting visas in some countries. Waiting times might be longer than expected. We are planning to take full advantage of these delays to relax, explore, and further our exchanges with the local populations.

We will be fully independent while travelling: whenever possible, we will be camping, occasionally, we might stay with the locals or spend the night in a hostel or hotel depending on the weather conditions.

We are aware that we will be far from our family, from our friends and from our comfort. When times are tough, we will miss our grand-children's hugs... but what joy it will be for them to be able to follow us, see us and write to us on the Internet.

III. PLANNED ITINERARY

It is rather difficult to establish an itinerary. The one provided below is subject to change depending on political events, season changes, or our own state of health.

Here are the 6 different stages of our itinerary: Jesus will be cycling on his own for about a month from Sesimbra, Portugal to La Ferté Saint Aubin, France. Then both of us will go from our home in Vineuil to Prudnik, Poland. After this, we will travel from Poland to Turkey, from Turkey to Japan via China, from Japan to India, from Kenya to Senegal, from Brazil to Mexico, from Mexico to Hawaii (Honolulu) via the United States of America and back home.

We will be travelling through approximately sixty or seventy countries. The average daily distance travelled is estimated to be 55 kms. To be able to fully enjoy our adventure, we will allow ourselves some time to relax and rest. On occasion, due to inclement weather, we may have to use the local public transportation systems. To cross oceans, we will travel by plane or by boat.



Planned Itinerary Overview

Two paragraphs above, we report that 60 to 70 countries will be furrowed, here's the list: Portugal - Spain - France - Germany - Austria - Slovakia - Czech Republic - Poland - Lithuania - Estonia - Russia - Ukraine - Romania - Bulgaria - Turkey - Armenia - Georgia - Kazakhstan - Kyrgyzstan - China - Japan - Australia - New Zealand - Indonesia - Malaysia - Thailand - Laos - Cambodia - Viet Nam - Nepal - India - Kenya - Tanzania - Mozambique - Madagascar - Zambia - Zimbabwe - South Africa - Namibia - Angola - Congo - Gabon - Cameroon - Nigeria - Togo - Ghana - Burkina Faso - Mali - Senegal - Brazil - Paraguay - Uruguay - Argentina - Bolivia - Peru - Ecuador - Colombia - Costa Rica - Nicaragua - El Salvador - Guatemala - Mexico - USA - Canada - Hawaii

IV. EQUIPMENT

We will be travelling on two touring bicycles equipped with waterproof panniers. A BOB trailer will be hitched to one of the bikes. It will allow us to carry different pieces of equipment, among those, a tent, that will be our main home on the road. Our tent will need to be light (between 1.5 and 3 kilograms) and easy to set up. Our beds will be self-inflating air mattresses of average size with sleeping bags and silk bag liners. As for cooking, we will be using a dual fuel stove (gas and alcohol) and mess tins.

To keep visual mementos, we will take with us our digital devices (camera, camcorder, Dictaphone, and laptop).

V. BUDGET

At the time of writing, we already own some equipment. But more is needed. We still have to buy the bulk of it and replace some. We currently own two cars but we will sell one to raise funds and buy some of the things that are still needed. Only one of our cars is saleable; the other, a 20-year old car, is too old to be sold. This will allow us to purchase some of the needed equipment.

We are hoping to secure:

- material support from partners in the form of technical equipment
- financial support from local organisations, associations, and local collectivities

All our partners and sponsors will be able to follow the unfolding of our adventure via an internet link to be sent to them by email.

We would like to thank in advance any local collectivity, association, sponsor and organisation which will help and support our project.

ESTIMATED BUDGET (5 years)

EXPENSES	
EQUIPMENT	TOTAL
BIKES	5 575,00 €
TRAILER WITH WATERPROOF COVER	
ORTLIEB TRAVEL SET (pannier pair + 1 suitcase + 1 handlebar bag)	
ORTLIEB BIKE -TOURER PANNIER PAIR	
ORTLIEB ULTIMATE 5 M PLUS HANDLEBAR BAG	
HELMETS	
VACUUM BOTTLES	
TECHNICAL EQUIPMENT	
ODOMETERS / GPS / COMPASS / HAND PUMP / TYRES, ETC.	1 030,00 €
CAMPING EQUIPMENT	
MUTHA HUBBA (MSR) VX CAMPEUR 2-3 PERSON TENT	855,00 €
TRANGOWORLD VX CAMPEUR SELF-INFLATING AIR MATTRESSES	
COMPRESSIBLE SLEEPING BAGS	
CLOTHES AND OTHER ACCESSORIES	
GORE-TEX JACKETS	2 110,00 €
RAIN PROTECTION COVER FOR BIKES (CO.TE.NOR VX CAMPEUR)	
PRESCRIPTION SUNGLASSES	
DIGITAL EQUIPMENT	
CAMCORDER WITH BAG	1 575,00 €
DIGITAL CAMERAL	
DICTAPHONE	
LAPTOP	
SOLAR BATTERY CHARGER	
OTHER EXPENSES	
DAILY COSTS (in days) (Food / Accommodation, if needed) (ESTIMATE)	127 750,00 €
VISA FEES (ESTIMATE)	4 000,00 €
PUBLIC TRANSPORTATION COST (bus - train) (ESTIMATE)	4 000,00 €
AIR FARE (ocean crossing and temporary return flights) (ESTIMATE)	20 000,00 €
WATERPROOF FIRST-AID KIT (CARE PLUS) VX CAMPEUR	340,00 €
SURVIVAL BLANKET (SECURISO) VX CAMPEUR	
PROJECT PRINTING FEES (ESTIMATE)	
PROJECT POSTING FEES (ESTIMATE)	
TOTAL EXPENSES	167 235,00 €

REVENUES	
DESIGNATION	MONTANT
CAR SALE	4 000,00 €
HOUSE RENTAL	30 000,00 €
PENSION	57 000,00 €
TOTAL REVENUES	91 000,00 €

DEFICIT	76 235,00 €
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VI. EDUCATIONAL PROJECT

To share our adventure, we are partnering with our municipality's two first schools and its middle school. We are planning to expand exchanges with other schools, the Accommodation Facilities for school trips (run by the PEP 41 Association) but also with the Pediatric and Cardiology departments of several hospitals in our region.

While riding our bicycles, we will go and meet the local populations, among them children. As soon as it will be possible to communicate, we will share our DVD about our département, our town, the Loire Valley, its castles, and its cycling track.

In order to facilitate exchanges with our partners (Schools, PEP41 Accommodation Facilities, hospitals, friends, and sponsors) an internet website will be created. During our trip, circumstances permitting, we will be updating it. There, we will briefly write about the traditions, customs, economy of countries visited and of course share our joy, emotion and adventures. Pictures will also be added.

Our two-person odyssey will start at the beginning of June 2010. At this present time, we are soliciting school headteachers as well as students (of first and middle school age) who could be interested in our project. A first contact is needed to get to know each other.

Once we come back home, we will organise mini-conferences in schools and other organisations (depending on demand) that would have supported and encouraged us on our trek.

VII. ADDITIONAL INFORMATION

1. OUR DÉPARTEMENT

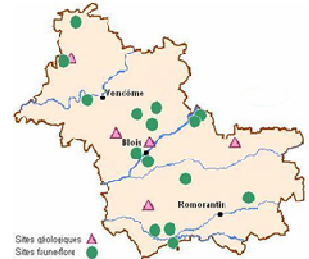
The Loir-et-Cher is located about two hundred kilometres away from Paris, the French capital. Three rivers run through it: the Loire river and its two tributaries, the Loir in the North and the Cher in the South. Blois is its administrative centre. According to the 2006 census, there are 50,704 inhabitants. Its two subprefectures are located on either of Blois, in

Vendôme and Romorantin.

Our

département extends over of 6,343 km² (2,449 sq mi), with a population of 335,749 spread over 291 municipalities, 523 of those rural. Fontaine-Raoul, which is situated at 240 metres (790 feet) above the

sea level, is the city with the highest elevation in the *département*. The hills of the Perche in the North, the plateaux of the Sologne in the South and the Beauce in the middle, underline its low elevation.



THE PERCHE



THE BEAUCE



THE SOLOGNE

2. OUR TOWN



We have been living in Vineuil for the last 16 years. The municipality of Vineuil with an area of 22.34 km² (8.63 sq mi) and 6,945 inhabitants (2006 census), is located on the left bank of the Loire River, 6 kilometres South of Blois. Vineuil is situated between the Loire Valley and the Sologne. A small river, the Cosson, meanders through Vineuil. In Candé sur Beuvron, it flows in the Beuvron river, itself a tributary of the Loire, whose confluence is located in that town. Beyond the hillsides bordering the Loire Valley, an area liable to flooding, stretches a



TOWN HALL

plateau devoted to agriculture. The Southern part of the municipality's territory is covered by the state Russy forest (374 ha or 924 acres). The camping site of the Lac de Loire, with its 140 ha stretch of water is settled in the Loire's plain. This water-based activity centre welcomes campers and offers various activities such as kayaking, sailing, windsurfing, water-ski, and a playground for children. A bar-restaurant also provides drinks and snacks.



Old Railway Bridge



St Martin Church

Vineuil has :

- 17 sports associations with 1,800 members : cycle touring, cycling, football, tennis, etc...,
- 15 cultural associations with 850 members : stamp collecting, photography, audiovisual, arts and crafts, etc...,
- 17 other associations covering numerous and various activities : Amicale du Personnel Municipal (Friends of Town Hall's personnel), Handi-chiens (Assistance Dogs), Vineuil Environnement...



Vineuil Sports Cycling



Sports Complex Vineuil



Vineuil Sports Athlétisme

For preschools and first schools, young children's schooling is provided by two groups, the Girards and the Noels School groups. Secondary education is provided by Marcel Carné Middle School. In addition to these public schools, Notre Dame private school (first and middle school) provides an alternative. In Vineuil, a total of 811 children are attending school in either a preschool or a first school and 810 more children are attending one of either middle schools.



The Ponds Chartrains



The Pit and The Square Park Feuillarde



Groupe Scolaire Les Girards



College Marcel Carné



The Mill

3. THE LOIRE VALLEY AND ITS CASTLES

1013 kilometers long (629 miles), the royal Loire river is the longest in France; it rises in the *département* of Ardèche near Mont Gerbier de Jonc, and empties in the Atlantic Ocean at St Nazaire, in the *département* of Loire Atlantique.



Loire's source

At a time when the royal powers were concentrated along the banks of the Loire and its tributaries, many castles were built or renovated. The high concentration of these historical monuments (known as the châteaux of the Loire) has justified the Loire Valley (between the towns of Sully sur Loire, Loiret and St-Florent-le-Veil, Maine et Loire) being listed as a UNESCO World Heritage Site.

Once, the Loire River was an important axis of navigation and goods transportation. Today, it is no longer navigable. Flat-bottomed boats, depending on their size, had different names (chaland, gabarre, fûtreau, etc.)



CHAMBORD



CHAUMONT SUR LOIRE



BLOIS

4. CYCLING ALONG THE LOIRE (LOIRE À VÉLO TRAILS)

Feeling like a leisurely ride along the Loire? It is now possible thanks to "Loire à vélo" (Loire by bike) trails. Those cycling tracks along the Loire were conceived in 1995 by two regions (the Centre and the Pays de Loire regions), six départements (Cher, Loiret, Loir-et-Cher, Indre et Loire, Maine et Loire and Loire Atlantique), and six municipalities (Angers, Blois, Nantes, Orléans, Saumur and Tours). Today, this represents 600 kilometres (370 miles) of cycling tracks. 800 kilometres are planned to connect Cuffy, in the Cher *département* to Saint Brévin Les Pins in Loire Atlantique. Loire à vélo is part of a wider European project: the future Eurovéloroute or Eurovélo 6 (Eurobike 6) which will cover approximately 4,000 kilometres from the Atlantic Ocean to the Black Sea. The European Rivers Cycle Route will follow the Loire, Rhine and Danube Rivers and go through 10 different countries.

