



BROOKLYN_BORN

 Change Banner Image

154,981
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

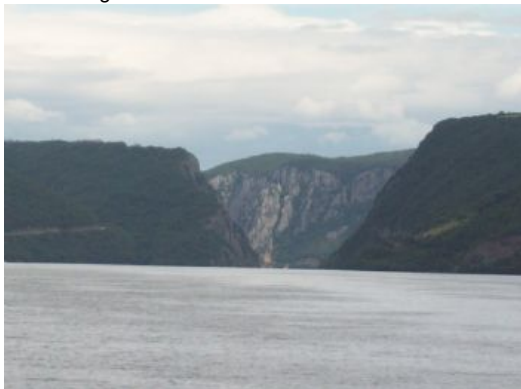
How to run when there is no land - A whole day on the Danube

Sunday, June 16, 2013

Throughout our trip I managed to run a few miles in each country usually staying in sight of the ship. There were always local people out doing the same.

However, one day we traveled through a scenic, though sparsely populated, area without any port of call.

DH & I have traveled various segments of the Danube in the past. Last year we cruised all the way to Amsterdam, but this was our first time this far south. Here the river is very wide until it narrows suddenly at this Gorge.



The waters used to be treacherous here until the construction of the "Iron Gates" managed the flow of the river. Now there are 2 massive locks and a dam that control the speed of the water.

Here are a few memorable sites on this section of the river.

This former lighthouse was transformed into a church

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

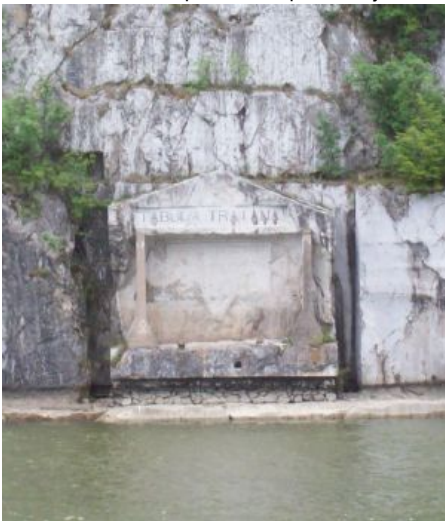
[View All >](#)



This huge sculpture in the rock cliff memorialized the resistance of the local people to the Roman invasion. Their king Decebalus committed suicide here after the battle was lost.



Centuries later as the Empire fell apart the retreating Roman army destroyed the bridge they built. All that remains is the inscription of Emperor Trajan.



Now back to my determination to run every day. There was a fitness room onboard with a very nice treadmill, but I preferred to be outside. I previously paced off the distance around the top deck of the ship so I knew that 8 laps would be exactly 1.1 miles. Perfect!

Breakfast was 7-9 so at 8:15 I was ready and happily ran 2.2 miles. I had the deck all to myself except for the crew in the wheelhouse. I was returning downstairs when I met the Captain who asked me not to run because people had been woken up by someone running at 5 am. I assured him that it wasn't me. I was sound asleep at 5:00, but I wanted to be a good passenger and agreed not to run anymore.

He pointed to a track painted on the deck and said it was fine to run there anytime because it wasn't over

any cabins. OK, I decided to check it out. 24 times around equaled one mile – kind of like a hamster in a cage, but we take what we can get.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



GINIEMIE

Once again, I'm loving the history and pictures. I think it's cool that they have a place for passengers to run-even if it is hamster like-you still got a run it.
The 5AM person is really motivated, or couldn't sleep and went out to de-stress.



2919 days ago



CD13629552

Ha! So someone was even more motivated than you are, running at 5am on a boat while on vacation! I think it's cool that they have planned to have fitness-oriented people by having a track painted on deck that is not directly over cabins. Think of it like being on a high school track rather than being a hamster in a cage - more like getting to reinvent yourself as a highschool runner in your mind.

2919 days ago



WILSONWR

Yeah, we had one of those "tracks" on our cruise. OK for walking, but pretty rough for running...

2919 days ago



MERRYMARY42

Love the pictures again, so very interesting, I look forward daily, hope you have a few more.

2919 days ago



CD13886868

Love the sculpture in the rock (and the history that went with it). And very cool about running on the ship--even hamster-like ;-).

2919 days ago



MJZHERE

I really like how determined and committed you are. Keep up the good work - I know you will. Thanks also for sharing the pictures.

2919 days ago



CELIAMINER

Way to keep moving!

Love the pictures here. I am always awed by "real" history as opposed to our mere 200 years and change history.

2919 days ago



WATERMELLEN

Good for you: you persisted and insisted upon staying healthy!

Amazing to think about the history of that landscape through which you were passing!

2919 days ago



CHERALA

What an exciting experience to have and to be able to share!

2919 days ago



CD13545024

did you get dizzy from doing circles.

2919 days ago





MISCHAKEO

You do have to adjust to life situations. I planned to power walk each day on my trip..however, my sister wants to walk with me,. She walks at a much slower pace. I walk with her and then try to find ways to walk ou on my own!



Yes, sometimes we have to put up with less than ideal conditions.

Great job on staying focused while traveling. I loved the pictures..especially the rock sculpture.
2920 days ago



AVANDREA_

There are always solutions to our life's little dilemmas, we just have to look for them. Way to go on finding a way to run on a boat! Loved the scenic pictures as well, just think what you might



have missed being stuck in a fitness room.
2920 days ago



DESERTJULZ

You are so determined! This sets a great example for all of us. :D
2920 days ago



SLIMMERJESSE

What fun!
2920 days ago



BOOKAPHILE

A determined woman can accomplish nearly anything. You are determined to run, and you do it! Thanks for more great photos.
2920 days ago



COCK-ROBIN

Love the scenery you provide!
2920 days ago



DR1939

For the hamster the scenery never changes. Yours did. I love the rock sculpture.
2920 days ago



HELEN_BRU

It must have been quite an adventure. Thanks for sharing.
2920 days ago



JOYNEW

I admire your determination. I'm pretty sure I would have decided it wasn't worth the hassle



2920 days ago



ONEKIDSMOM

LOVE running in new places. In one of my former lives (fitness period prior) I was on a trip to California and made sure one of my routes included across the golden gate and back on foot. Another around the National Mall in Washington, DC. Running in Europe, as you now have? Ahhhh... fuel for the imagination!



Spark on!



2920 days ago



LINDAKAY228

Loved the pics and the history information. Glad you were able to get a run in even if it was in small circles. And to run in different countries is a wonderful memory to have, in addition to the health benefits!
2920 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.