



BROOKLYN_BORN

[Change Banner Image](#)**154,944**
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#) 

Strolling the Danube virtually - Regensburg, Germany

Thursday, September 17, 2015

Although I love exercise, sometimes even I need some extra motivation. Here it is.



I appreciate the trophies that Spark sends me to mark my milestones, but I wonder where all those steps and miles would take me if laid out end to end.

On Jan 1, 2013 I joined the team "The Virtual Walk/Run Challenge" to trek across the USA from Yorktown, VA to Florence, OR. I loved seeing the photos of each stop along the way, places I wasn't likely to see in person and a few where we had visited in the past.

Now it's time to broaden my horizons.

A team member suggested joining worldwalking.org (thanks Kurtzie1998).

We have a choice to walk (or run) anywhere in the world, all routes marked with photos at intervals along the way.

Hmm, shall I choose the Great Wall of China, a trek through Africa, the capitals of Europe? So many possibilities!

I decided to stroll along the Danube, a location close to my heart. DH and I have cruised there several times.

In the photo you can see the old stone bridge, built in the 12th century. I remember running across that bridge and along the river path when our ship docked there. The building behind the clock tower has high water marks documented, most recently June 2013, the day AFTER our ship left the city just ahead of the flood waters.

[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 >](#)

Our visit in 2012 was in April. Here's DH as we began our walk across the bridge.



I had the path all to myself for this early morning run.



We hope to return there again, but for now a virtual trek is the next best thing.

Note: If you would like to join kindred spirits who enjoy a walk/run challenge, come on over to:

www.sparkpeople.com/myspark/groups_individual.asp?gid=33492

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

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



MARYJEANSL

Sound like a fun thing to do - and how very beautiful!
2089 days ago



SYNCHRODAD

The Danube looks beautiful. Thanks for the pics and story.
2091 days ago





DOVESEYES

2093 days ago



KURTZIE1998

Thank you that looks like a great walk, that may be my next walk.
2093 days ago



ONEKIDSMOM

I'm currently "walking" the Long Trail in Vermont, virtually, having done the Heysen trail in Australia, and the Cambrian Way through Wales... all part of my workplace's Walk this Way program. I may have to look up worldwalking to get some variety, as these (and the rest) are the



same trails they gave us last year!
2093 days ago



SYLPHINPROGRESS

I didn't stop at Regensburg, but you remind me of a train ride from Frankfurt airport to Vienna. I had a wonderful conversation with a student returning to the University of Regensburg. His personality, wit and humor were gorgeous and his facility in English was perfection. Not a beer drinker, I ordered a bottle anyway, being in beer countries. After a few sips from the bottle, I offered it to him. He was happy to add it to the fill he'd already enjoyed on board the train. Too bad I can't recall specifics of the conversation of 1996 (!), but it was so worthwhile and enjoyable.

P.S. I got in good Danube time in Vienna. And now I recall that we've discussed Vienna a bit a while ago.
2093 days ago

Comment edited on: 9/17/2015 5:18:13 PM



WALLAHALLA

I would love to visit those sites and stroll leisurely along enjoying them!
2093 days ago



GINIEMIE

Marking this to read more closely after I take Erik to camp. That seems to be our focus today.



2093 days ago



LIVEDAILY

What a wonderful idea!! Thank you for sharing it!!



2093 days ago



PHOENIX1949



2093 days ago



CD15641307

I would LOVE to go to Germany. Maybe I should set that as a reward for myself
2093 days ago



WILSONWR

I love those virtual walk challenges! There is also one (not on SparkPeople) for walking the Pacific Crest Trail. The daily pictures are amazing!
2093 days ago



MISCHAKEO

What a great idea. I may try ti. I love being motivated by travel.





2093 days ago



LYNDALOVES2HIKE

Thanks for the tip on the site - I'm actually in Germany right now and will be in Nuremberg in a couple of weeks, not toooo far from the Danube. I'm wondering if the Rennsteig Trail is on worldwalking as I'm going to hike some of that during this trip - interesting blog, thanks for posting it!!

2093 days ago



KELLIEBEAN

I just looked at that website. I love it! Thanks for tip and thanks to Kurtzie1998!

Thanks for sharing the pictures. I love hearing about your trips, virtual and real!

2093 days ago



SPARKLED146

I'm going to check out worldwalking. Thanks for sharing.

2093 days ago



WATERMELLEN

What a terrific idea!! Motivating indeed!!

2093 days ago



50YEARSAWIFE

Thanks for sharing the wonderful pictures.

2093 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.