



TRAVEL TRAIL on the horizon. Long-distance walking around the world... Considerations before the 'GO'

I have been reflecting on this aspect for several years, and now that we are approaching the end of 2024, it is really time to start seriously. I think about it especially while wandering around to accumulate kilometers, regarding the evolution of long-distance walking abroad. Even if in a perhaps somewhat tortuous way, I want to explain in the following lines how I intend to further develop the Weekly Single-Training Technique

(<http://www.bertinettobartolomeodavide.it/ultratrail/index.html>) for long-distance walking in Ultratrail style. From my point of view, it's all a matter of determination, which inevitably intertwines with the way of thinking, in relation to the work initiative that a person can have, reflected in lifestyle and therefore also in sports. There are 'strong' examples of people from the past who completed great feats because they believed in it, and their lives were 'varied' in every aspect. Let's take a closer look! I often review the feats of Percy Harrison Fawcett

(<http://www.bertinettobartolomeodavide.it/Disegni/percy%20fawcett%20a%20matita%20-eng.html>) and I imagine what life must have been like for this explorer who lived between the late 1800s and early 1900s. A character who probably inspired the Indiana Jones series. I certainly don't aspire to that much, but when I watch documentaries and movies (<https://www.netflix.com/title/80022614>)

about this adventurer from the past, I feel like starting to plan adventures around the world. He believed in a network of roads and enormous cities spread where the Amazon rainforest now stands, particularly seeking the controversial city 'Z', which did not coincide with Eldorado but did not exclude the association either! Fawcett, when he went in search of the sources of the Rio Negro for cartographic reasons, noticed masterfully worked pebbles in the middle of the jungle, where there should have been nothing. He was not wrong (as LIDAR technology shows us), and today we know that very complex civilizations lived there at different times. Cultures that had developed independently from those of the Europe/Asia/North Africa block, so he was right that there was a dense urban network of roads and cities. Without digressing, however, I imagine the Single-Training Technique as an efficient 'tool' capable of accompanying people eager for long walking adventures in remote parts of the world. Perhaps always for sports but also for tourism or even with the intent of true scientific exploration. It seems so incredible to me to have devised an effective training strategy aimed initially at competitive Ultratrail preparation, and now seeing it play a leading role for the next projects in very distant locations.

Percy Fawcett, with infrequent training (even if he was unaware of it at the time) between one mission and another, moved around the world exploring impervious places through thick vegetation, armed only with his machete. Well, thanks to the Weekly Single-Training, anyone will be able to cover kilometers towards remote geographic areas, equipped only with an essential backpack and their trekking poles, in total self-sufficiency! It is astonishing, but I know it will be possible. Of course, this British adventurer met a bad end, but I trust that the modern practitioner will not encounter any hostile population that has never seen Western man! I have almost finished this long 'meditative' break after the 'Temple of Fitness' and the completion of the study path to become an Osteopath, but I am not done yet. Everything developed between 2018 and 2024, although there was a period of overlap in 2019. However, this transition served to properly elaborate on the evolution of the events. Therefore, I associate a lot of initiative with work and the 'things' that a person accomplishes because it is a thought pattern that easily transfers to sports and every other condition. In fact, I have always believed that each of us should aim for continuous progression in life in general, always pushing forward to some extent. I cannot conceive of a stall in a person's life, just as in work. If you do not move to the next level in the fields you engage in, then everything loses its meaning! After all, you can be a champion in some way in sports, but in life, it is also important to try to be one. I know people (many people) who start an activity as a young adult and then, more or less, remain in that framework for their entire lives. In my opinion, those who settle for this thought pattern lack ambition. Of course, if you love what you do, things are different, and the problem does not arise, even though one thing does not exclude the other! Obviously, we are not all the same, and as our society works, most people 'must be boxed into the system,' without deviating too much from the path. I am not talking about changing the workplace, sure, this can be a big upheaval, but if in the end, you continue with the job you have always done, after an initial phase of adaptation, you will be stalled again! So, the simple change of location, most of the time, will not create a fruitful growth opportunity in the long term. I have always believed that Single-Training has great potential not only for competitive Ultratrail preparation but also for long-

distance walking of any kind, particularly those of an 'exploratory' nature, in remote parts of the world as Fawcett did over a century ago. At a certain point, it is good to try to put everything back into play once again. So, as soon as I have the time to materialize the idea, I will immediately get to work to give vent to this new dimension of long-distance walking with Travel Trails made of adventure and exploration. The idea is to start systematically in 2025 or at the latest in 2026.

To return to the comparison between sport and work, which inevitably leads to the true level of a person's initiative... Since sport cannot be considered an 'isolated compartment', but the result of a way of thinking. One can understand that doing a job or any 'same thing' for life will inevitably lack stimuli at some point, and there is a risk of falling into the chasm of automatism, towards insurmountable repetitiveness. The same 'pattern' can be found in physical activity. Therefore, as already mentioned, ideas must be transferable from work to sport in the same way. So, if we delve into the world of long-distance walking, since this is the branch of action of the present article, then we must avoid that our work loses meaning and motivation. Work and sport, although connected by the 'reasoning' way of a hypothetical person, are here just examples to get concrete, but one could go on indefinitely with comparisons on the approach of a 'minimalist thought' that an individual may have towards every other aspect of personal life! It's not so much a matter of the type of work, and the reasoning does not actually concern specific work tasks, but the lack of change and growth in every sector, that is, when a person tends to be satisfied! Ultimately, the essence of the sentences just spent is that, in my opinion, every few years, one must gather the courage to radically put oneself back in the game, going beyond the 'cowardice' of routine, to engage in new things and unknown fields.

Pushing beyond the current level leads to a perpetual stimulus for the mind even if one is in the middle of life. If one decides to transform everything at the root and start learning something new, it can kick off a 'sprint' that will likely last until old age. Once, an osteopathy professor asserted that if someone over forty or fifty engages in something new, it will significantly delay their mental senility. I agree that not everyone has the energy to do it, but I believe it is important to at least try. In fact, even studying in the context of personal development can be related to the theme of this article. However, I also recognize that if a person was unable, when it was time, to complete their university course (for example) started when young, they will have few chances to succeed as an adult. Despite this, a previous failure can be a powerful engine to succeed in the future. I know many of my old university mates who started without ever graduating, only to find themselves never finishing and ending up doing some 'fill-in' job for life! A real shame, because perseverance coupled with determination would have led them to a series of gratifications in the following decades. After all, writing a small extract of my personal experience as an example: if I had remained the typical 'instructor' between the gym and swimming when I was still a university student and had not finished my studies, remaining in that limbo even today, without opening my own center at 25 and collaborating with dozens of local realities in the Valle Po... Being, in addition, an author and sports promoter, as my passions have always driven me to do, or being an athlete in multiple disciplines... Author of books, articles, and holder of trademarks and patents... I would not have even become a full-time tenure professor as I am today, nor would I have undertaken the school of Osteopathy between 43 and 48 years old. I would not have even become an Iridologist in Naturopathy. Without going further in the list, everything would have been different, and I would not have been able to feel fulfilled. I would have continued to be an 'instructor' at forty or fifty like any young novice can be! Similarly, the Single-Training Technique today is far ahead of the example I reported about myself if I had settled in life; however, I feel that this training strategy of mine can grow even more significantly! Well, there are many avenues for the expansion of Single-Training, and I do not hide that I am also working on other aspects in this regard... The way of thinking is really the most important thing in every situation.

All these words, made up of countless examples, serve as a prelude to writing that, after waiting so long, the time has come to expand the Weekly Single-Training Technique into other contexts such as Travel Trails abroad. It is an ambitious project, especially now that the related book is also available in English (<http://www.bertinettobartolomeodavide.it/ultratrail/index-ing.html>). All this 'expansion' will inevitably also take me, as a practitioner firsthand and not just an author, to a thousand other frontiers that will generate unexpected situations. Therefore, I present some planned adventures that I have been imagining for years and will eventually materialize, without hiding that this solution will generate a vast series of conferences, articles, and perhaps a new book on the subject (in fact, very likely). We will have to wait to observe the progression of the 'events'. The places are varied and to be explored over the years, but to start, I would like Greenland, the Lofoten Islands, Iceland, Alaska, Canada... but also South America, Easter Island, and Antarctica. Well, yes, I like the North of the world, I do not hide it at all, but I also do not disdain the rest. Sometimes I try to build some routes with GPS Visualizer (<https://www.gpsvisualizer.com/draw/>) already now. Obviously, Italy is the most beautiful and varied corner of the world, so there will be many Travel Trails 'here and there', as I have already done (<http://www.bertinettobartolomeodavide.it/ultratrail/Travel%20Trail/Travel%20Trail.html>). Obviously, during the stay in these special places, there will not only be pure walking, but I will try to carve out at least a few days to dedicate to traditional visits between cities, restaurants, and monuments, as all tourists do. After all, I have always liked to do the 'mega pull' of kilometers in a single day and then dedicate myself to something else. However,

immersing yourself in nature to explore a distant and new place on foot makes you fully part of that corner of the world, thanks to impressive kilometer movements. On the other hand, every place to know it well will certainly be visited multiple times over time. In conclusion, I write that I am very excited and can't wait to start proposing the Single-Training Technique in this new exploratory/itinerant form. I believe it will be my 'gift' for finally becoming an Osteopath, emphasizing the luck of being among the last to have finished with the 'old system' of 6 years (5 in progress + 1 aimed at the D.O. and Degree in my specific case), coming from America as it was conceived from the beginning by Still (<http://www.bertinettobartolomeodavide.it/osteopatia/index.html>)!

I still have to figure out if I will undertake these adventures around the world alone or with someone's support, even just in a backup role in case of problems. It's never easy to find someone who shares your ideas, but that's another story... The good intentions regarding the evolution of the Weekly Single-Training Technique for long-distance walking or Travel Trail, to better describe it, are there. Now that I have deliberately written about this project a few months in advance, I necessarily have to realize it, as the idea of always completing what I think/say/write is stronger than me. That's how I am; it's a 'big flaw' since it's all too easy to shoot myself in the foot, but 'if you never take risks, you never achieve anything,' especially in this modern world where people mostly tend to contradict themselves, changing the rules without too many problems.

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