

Around the World in Spandex: A Cyclist's Journey Through 80 Countries on Two Wheels



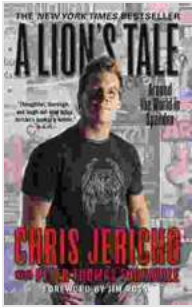
In 2013, award-winning cyclist Juliana Buhring embarked on an extraordinary journey that would forever transform her life. With a spirit of adventure and an unyielding determination, she set out to cycle around the world in spandex, traversing 80 countries on two wheels.

A Lion's Tale: Around the World in Spandex by Chris Jericho

★★★★☆ 4.7 out of 5

Language : English

File size : 5132 KB



Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 564 pages



Over the course of four years, Juliana pedaled through some of the most remote and challenging regions on Earth, from the frozen landscapes of Siberia to the scorching deserts of the Sahara. She encountered countless cultures, languages, and landscapes, all while navigating the physical and mental demands of long-distance cycling.

Her journey was not without its trials and tribulations. She faced mechanical breakdowns, illnesses, and moments of doubt. But through it all, she persevered, driven by her unwavering passion for cycling and a deep desire to connect with the world.

As she cycled from one country to the next, Juliana immersed herself in the local cultures and customs. She lived with nomadic herders in Mongolia, slept under the stars in the Australian Outback, and marveled at the architectural wonders of Istanbul.

Her experiences on the road gave her a unique perspective on the beauty and diversity of our planet. She witnessed firsthand the impact of climate change, the resilience of the human spirit, and the interconnectedness of all living things.

Juliana's journey is not only a testament to her physical endurance and mental fortitude, but also to the transformative power of human-powered travel. Through her adventures, she discovered a newfound appreciation for the world, a deeper understanding of herself, and an unwavering belief in the human capacity for resilience.

Her story is a powerful reminder that anything is possible if you have the courage to follow your dreams and embrace the unknown. It is an inspiration to anyone who longs to break free from their comfort zone and embark on an extraordinary adventure.

Lessons Learned from Cycling Around the World

Juliana's journey around the world in spandex taught her many valuable lessons that she now shares with others:

- **Be open to the unknown:** embrace the unexpected and allow yourself to be surprised by the world.
- **Trust in your abilities:** believe in yourself and your ability to overcome any challenge that comes your way.
- **Connect with the world around you:** immerse yourself in local cultures and make meaningful connections with people from all walks of life.
- **Embrace the journey:** appreciate the present moment and savor the experiences that come your way, both good and bad.
- **Never give up on your dreams:** no matter how daunting your goals may seem, never stop believing in yourself and your ability to achieve them.

Inspiring Others to Follow Their Dreams

Since completing her journey around the world, Juliana has dedicated her life to inspiring others to follow their dreams and embark on their own extraordinary adventures.

She has written a book about her experiences, given countless talks and presentations, and founded the non-profit organization Bikepacking Roots, which empowers people to explore the world by bike.

Through her work, Juliana continues to spread the message that human-powered travel is possible for everyone, regardless of age, gender, or background. She encourages others to embrace the freedom and adventure that cycling offers, and to use their bicycles as a tool for personal growth and transformation.

Juliana Buhring's story is a powerful reminder that the world is a vast and beautiful place, and that anything is possible if you have the courage to follow your dreams. Her journey around the world in spandex is an inspiration to us all to embrace the unknown, challenge ourselves, and live life to the fullest.

Follow Juliana Buhring on her website: <https://www.julianabuhring.com/>

Learn more about Bikepacking Roots: <https://www.bikepackingroots.org/>

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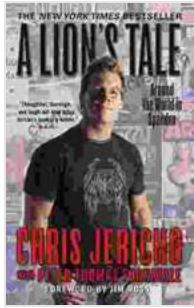
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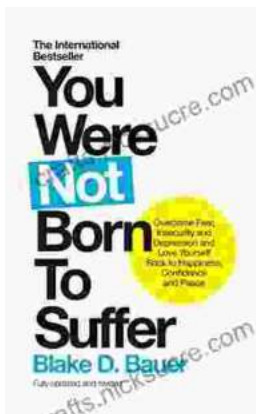
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