



### ExWeb interview with Dimitri Kieffer: lessons from a bicycle saddle

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(Correne Coetzer - updated: added image ) On June 1 Dimitri Kieffer is on his bicycle again to start the ninth section of his human powered expedition around the world. This time it is a long way, says Dimitri to ExWeb, 6730km from Yakutsk, Sakha Republic, Russia to Astana in Kazakhstan. Dimitri tells about his previous cycling section last year, the people he and his girlfriend and expedition partner met, the preparation and planning for these sections, and the challenges that lies ahead, among others as he travels with...

"We are also definitely looking forward to riding through Kazakhstan and the Western Xinjiang Uyghur Autonomous Region of China (PRC), but before all of that, I still need to cover 3180kms in the Russian Far East and Eastern Siberia..."

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"May want to have a spare wallet with a few old expired cards and cash to give away in the event of a mugging." In the image Dimitri during a muddy day, 2011 Republic of Sakha (Yakutia).

SOURCE

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Route map.  
courtesy Dimitri Kieffer, SOURCE

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Dimitri writes his most important medical information on paper (here in Russian & English), plastifies it and keeps it inside his wallet and somewhere else quite visible. "I actually thought a few times considering getting my first tattoo with this permanent information," he says. He also prints out a copy of the most important postal addresses so that once in a while he can write postcards "(if I find any...)" to send to the people the closest to my heart."

courtesy Dimitri Kieffer

**LINKS**

- Previous – Human power circumnavigation: Dimitri Kieffer back on track
- Dimitri Kieffer's blog
- Dimitri Kieffer's planned 2012 route

