



“2017 was the first time that I joined the AtosTour.

In recent years I was always interested in joining the AtosTour but I didn't have the time.

I'm spending most of my holidays on the roadbike and traveled a lot with my travel bike, tent and camping stuff.

It is always a very good feeling to arrive at home after weeks of travelling without using a car, train or any other motorized vehicle.

Traveling in that way gives me a better understanding of distances and how far I can get on a bike.

My preparations for the AtosTour consisted of the Cycclassics training (Cycclassics is a roadbike event in Hamburg) and a brevet of about 250 Km two weeks before of the AtosTour.

The AtosTour itself was well organized and very interesting.

To see so many colleagues from other countries who are loving to ride their bikes too was a great pleasure. And it was great to talk to these colleagues while cycling the tour. It gave me a better understanding of what these colleagues are working on in their countries and companies.

Contacts were made, which now continue to exist and expand.

People who are not sure if they are strong enough for a tour like this should take a few tests. I think it is necessary to make some long rides of about 200 Km with only a few short breaks. It is easier to ride in the peloton than alone, but in the peloton you need to be concentrated all the time, because it is a little bit dangerous to drive so close behind somebody else.

It was a great feeling after 2 days to arrive in Eindhoven and to be welcomed by colleagues and families.

And one of the best things I remember are the people in France and Belgium.

Car drivers are so polite – totally different from German car drivers. And the motorbike drivers who accompanied the peloton and kept the streets clear for us were amazing!”

**Martin Tilenius**

**Germany**