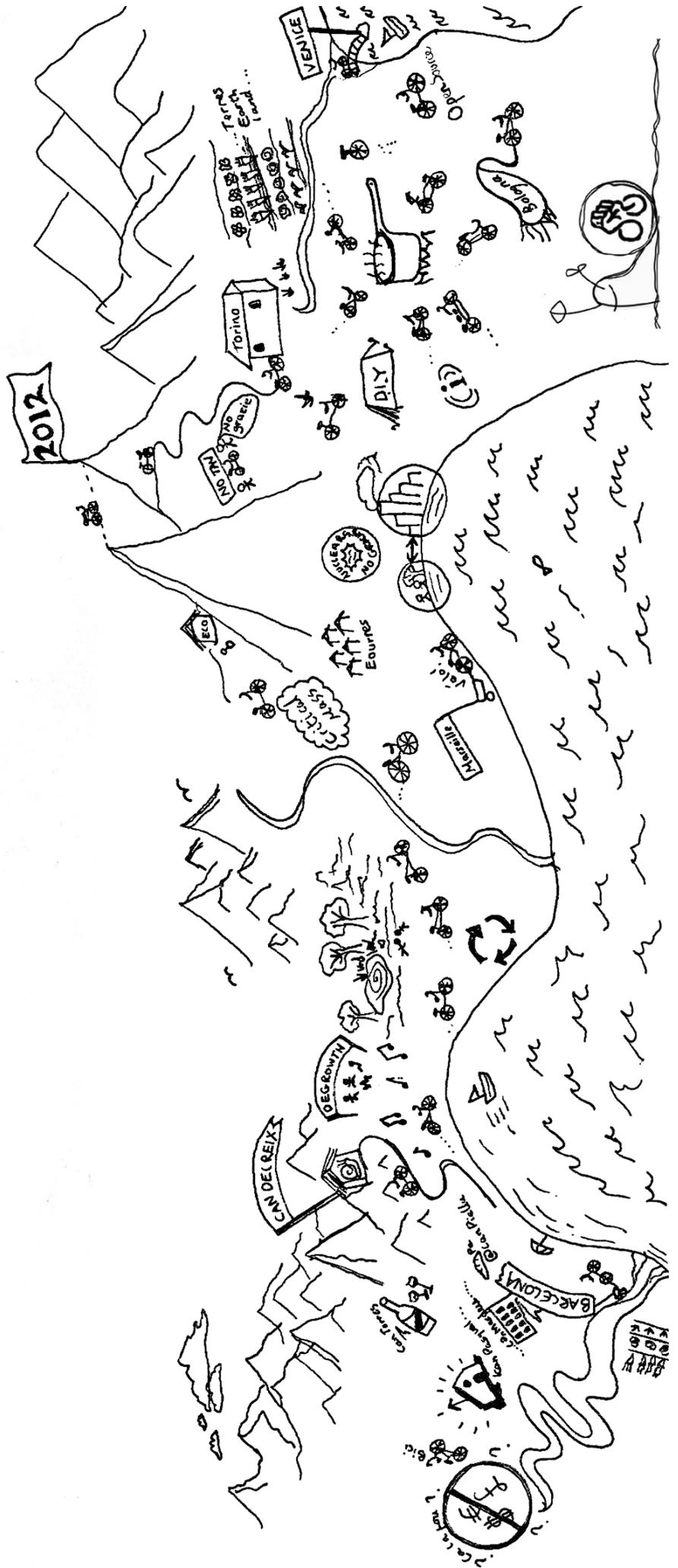


CATALONIA · FRANCE · ITALY

ECOTOUR

BIKE TOUR

TOWARDS DEGRROWTH





Welcome to the 22nd Ecotopia Biketour!

If you are holding this guide book in your hands, you made the decision to be a part of the 22nd Ecotopia Biketour. It's hard to imagine that the Biketour-project has already been cycling for more than twenty years! Year after year the project has been pulled together by the effort of many, many volunteers without depending on any big organisation. A real do-it-yourself tour, filling the frame prepared by the volunteers initiating the project, with the aim to help meet everyone's needs by making consensus decisions. The Biketour will appear again somewhere, every summer in Europe, as long as there are people who want to make it happen. **You are the Biketour!**

We wish you all the best for this tour, a tailwind and sunshine, friendship and community, hilly and exhausting rides which make the dinner twice as delicious, games and camp fires and a lot of unexpected encounters!



A BIT OF HISTORY ...

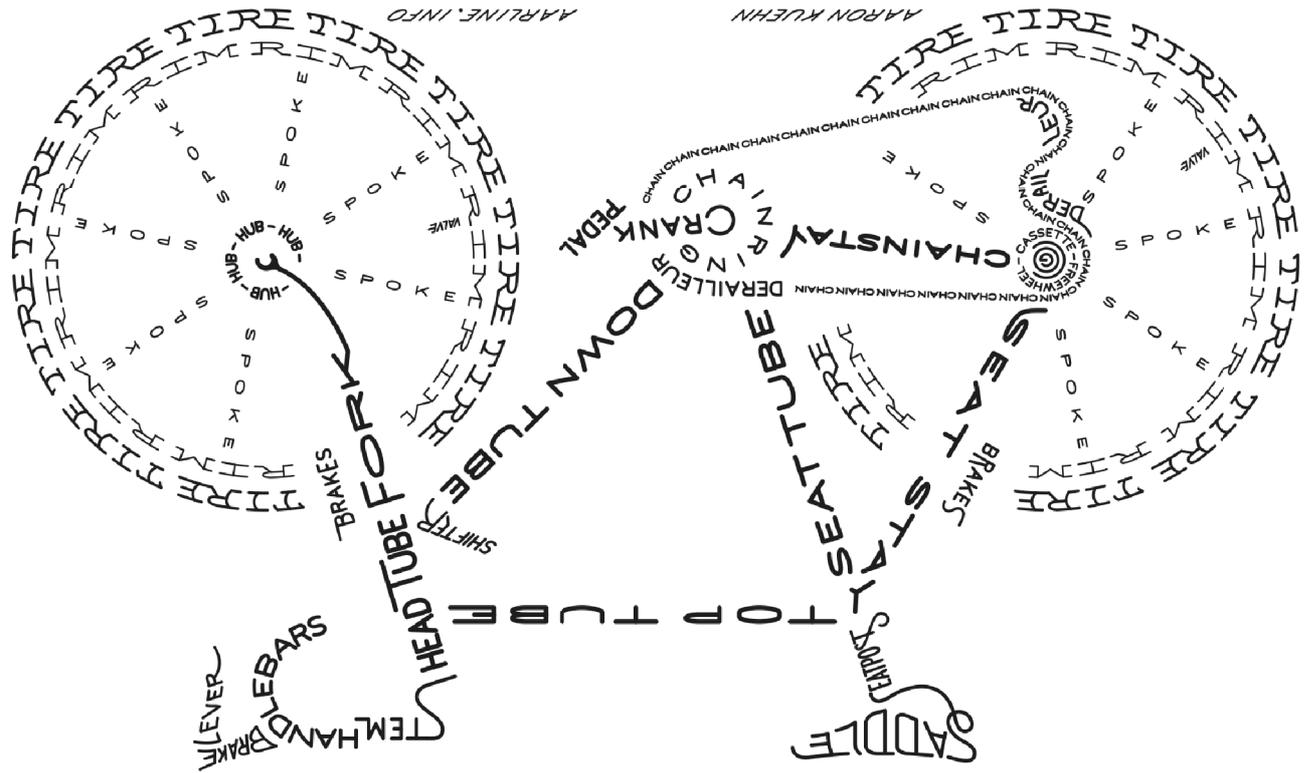
Once upon a time, like all good fairytales begin, there were some motivated young people and an organisation called EYFA (European Youth For(est) Action). They created an environmental activist camp called Ecotopia, which lasted several weeks during the summer of 1989 in Cologne, Germany. One of the main aims was for young people from both Eastern and Western Europe to have the opportunity to learn and have fun in an international group. A lot of effort was put into making everyone's participation as fair as possible. A new currency – the 'eco' was developed especially for the camp, using rates calculated to take into account peoples different economic background. Another aim of the camp was for the general public to be made conscious of environmental problems and other issues in their local community, while maintaining a more global perspective.

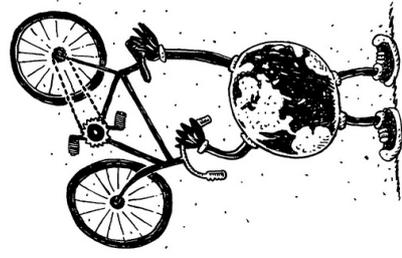
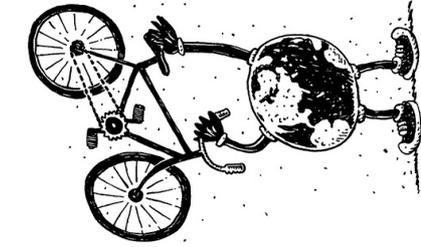


At this first Ecotopia, young people from all over Europe sat down to turn the dream of a Biketour through Europe into reality. The aims would be the same, and it would be a way of getting to Ecotopia too. Cycling was chosen as the mode of transportation because it is less ecological damaging than the bus tours EYFA had previously organised.

The first Biketour started in May 1990 in Norway - 4000km and 2.5 months later, the group arrived at Ecotopia in Hungary. The political objective of the tour was a campaign for an environmentally responsible traffic policy, less consumption and to end destructive ways of tourism. More than 500 environmentalists from 15 countries cycled along, which worked without major problems or incidents.

Both the organisers and participants were content and enthusiastic at the end. EYFA got the 1st prize of the "European Environmental Award" in Germany for the best youth initiative in 1990. Ecotopia became an annual event, and so did the Biketour. Its distance generally became shorter than the first one, but the aims stayed more or less the same. The Biketour continued to happen





every summer for the couple of months before (and sometimes after) Ecotopia. So far the mobile community has collectively cycled through almost every country in Europe, but we never dared to challenge both the Pirinies and Alps in one biketour!

EYFA decided that the Ecotopia camp in Turkey in 2008 would be the last one they organised. Yet the Ecotopia Biketour had become such a project in its own right that it was still organised in 2009, through the network that had been built up. After all, the Biketour is a journey not a destination!

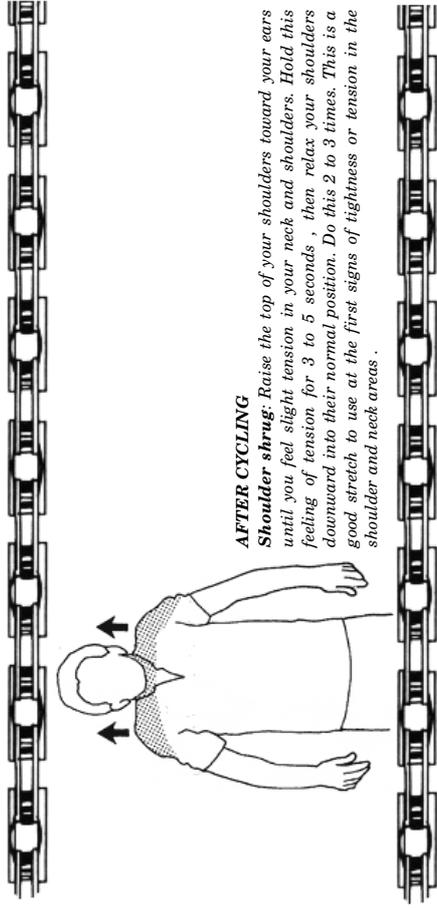
▲ NEW ECOTOPIAN?

In 2010, another group of people organised a camp in Germany they called "Ecotopia?". This new event was discussed as one of many locations to be part of the 2010 route. After much consideration we agreed on a route that included many activist camps and projects which fitted the topic and aims of our climate justice campaign.

There was no "Ecotopia" in 2011 but this year there is one in Jämschwalde, perhaps the gathering will become part of our biketour route in the future. Although a lot of people tend to refer to the project as simply "The Biketour" we are still officially calling ourselves The Ecotopia Biketour.



Bread & Water tour arriving at Ecotopia in Gorinchem, Netherlands 2004



AFTER CYCLING

Shoulder shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds, then relax your shoulders downward into their normal position. Do this 2 to 3 times. This is a good stretch to use at the first signs of tightness or tension in the shoulder and neck areas.

Trailers

- The trailers carry the pots and food after shopping with the food crew, they also carry medical kit and other communal materials.
- Usually the trailer fits any bike with quick release, it's important to share this task!
- If you chose to take the trailer you should leave early with the food group
- When you are going to take the trailer next day make sure to talk with the breakfast cleanup crew to help you pack the trailer in time.
- If you think the trailer will be too heavy, ask the other trailer carrier/s to help by taking some of your stuff and distribute among other people's personal bags.

Money manager

Biketour's aim is not to gain money, we do everything to keep costs as low as possible. Our expenses are mainly for food (bought and cooked daily by ourselves), for hosting for sleeping places (sometimes this will be free) and for anything else we agree on together. Sometimes we might spend some money on actions materials and maps. If possible it's nice to give to people who need it, a reimbursement for visa, a project which could do with a donation etc...

Our collective money is managed by the Money manager. This is a task which is done by someone for a longer period, preferably for a week or more. The MM is responsible for the finances of the biketour. This means; making sure that enough people pay their participation fee – around € 5 per day – and making sure that the people who go shopping know what they can spend. Preferably not all money is spent each day as sometimes we have to pay to sleep somewhere, or we might want to spend money on other things. We also want to save a bit to finance the next biketour. Morning circles are where we discuss money issues. The money manager is also responsible for welcoming new people and explaining the participants fee.

Blogging and Twitter

We want to publish as much as possible on the Ecotopia Biketour website (<http://ecotopiabiketour.net>) We won't have Internet every day, but we will have a small computer with us and you can prepare a paragraph or photo to share. When we can connect to the internet it's nice to be able to publish stuff quickly. Blogging is a great way to let family and friends know what we are up to. We can also update Twitter by sending an SMS, these updates go directly into the website.

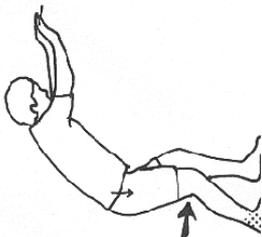
Don 't forget to stretch!!!! ;)



After meal-time cleanup team:

1. clean up
2. Inform the breakfast and lunch people about any leftovers. Don't throw food away! You can make a tasteful leftover paté with toast for breakfast.
3. Figure out who is taking the trailer the next day and make sure they know who the food people are.

Tidy up after each meal. It is important to stay healthy and leave places better than we found them. Help pack things into the trailers so that the trailer people can leave early with the dinner crew. Clean all the jars and separate all possible waste at rubbish collection points – it is your task to dispose the garbage in a sound way :-)



BEFORE CYCLING

To stretch the **soleus and Achilles tendon** areas, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch, which is also good for maintaining or regaining ankle flexibility. Stretch for 10 seconds on each leg. This area needs only a slight feeling of stretch.



Wake up call

"ah, that is a nice task for me, that is easy!" I hear you say. Like every task, you could choose to get it over with fast as possible. In that case you would start to scream "WAKE UP!" at the appointed time and everybody will "hate" you, or at least your lack of creativity. BUT you hold a lot of power with this task (key evil laugh), the power to start people's day in a good or bad mood... I like some music with a nice build up, but what is your style? :-)

Call for the morning circle

Morning circles will take a bit longer in the beginning of the Biketour while we figure out what works best. Hopefully we will develop a nice dynamic and will have space to discuss nice things as well as practicalities. It's someone's role to call the circle, the sooner that people get to the circle, the faster it is over!

Camp clean-up

- Pack up your stuff and check the area to make sure you don't leave anything behind, pick up that 15 year old beer can too
- It can work to have someone in charge of doing a final campsite check
- Find a place to recycle

Maps & sign making

Each day we need to check the maps to be sure we know where we are headed. Sometimes there will be bigger questions and sometimes we just need to make sure we look it over. The map people should take a look and if there is anything special about the cycle that day they need to highlight this in the morning circle or at breakfast. **Sign making is something everyone should do** – especially people in the front or who have a map. See image for an example of the BT-sign.



WHERE HAS ECOTOPTIA BIKE TOUR BEEN?

1990 FIRST ECOTOPTIA BIKE TOUR: FROM THE GRAND FESTIVAL IN HETICER, BOHUMAVY THROUGH SWEDEN, DENMARK, GERMANY, AUSTRIA, SLOVAKIA TO ECOTOPTIA AT HUSCAG-PUSZTA, HUNGARY - IN TOTAL ALMOST 4000 KM!



1992 FOLLOW THE BARBER BY BIKE TO ECOTOPTIA. FROM FUERNBERG FESTIVAL AT FREIBERG (GERMANY) TO ECOTOPTIA AT FIELETZ IN BULGARIA



1993 FROM STITTARD IN THE NETHERLANDS TO ECOTOPTIA AT SHANTEM BE SAINT SAUVEUR IN THE SOUTH OF FRANCE.

1994 FROM TETZAFUDVÉZ IN HUNGARY TO ECOTOPTIA AT ARDELETA, ROMANIA (APPROX. 900KM)

1995 FROM BUDAPEST IN HUNGARY TO ECOTOPTIA AT WOLHENEZ, POLAND (MORE THAN 1000KM)

1996 FROM ZAKOPATOK IN HUNGARY TO ECOTOPTIA AT LIKOVICE IN CZECH REPUBLIC

1998 CYCLE FLIGHT TO ECOTOPTIA. FROM WROCLAW IN POLAND TO ECOTOPTIA AT FREIBERG IN GERMANY (APPROX. 1000 KM)

1999 FROM AMSTERDAM IN THE NETHERLANDS TO ECOTOPTIA AT ROCHA IN ROMANIA

2000 FROM SHAKOV IN POLAND THROUGH THE BALTIC STATES TO TURSKI IN FINLAND

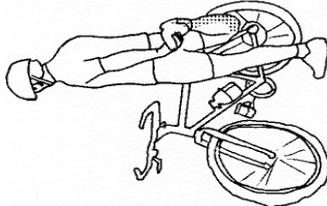


2001 BALKAN UNITY RIDE THROUGH ROMANIA, SERBIA, MACEDONIA TO ECOTOPTIA AT SIBROVETS IN BULGARIA.



Where to get food?

- Check the map to see where we will stay and try to predict where you can find stores, markets, farms and forests to get food on the way. Think carefully about opening and closing times (the last 2 weeks of August in France are national holidays so be careful in smaller towns!).
- Look out for locals selling home made products along the way. It is GREAT to support them when we get the chance.
- Forage for food: look for wild fruit trees, berries, herbs for tea, plants for salad, wild mushrooms... Orchards often only harvest their trees once, so these are a good place to stop.
- Donations: If you think it is appropriate, you could ask for a food donation: wait till a moment when there are not so many customers in the store, introduce yourself, tell the biketour story and maybe sing a song or something else fun, and hope for the best!
- Search bakeries and try to secure some (free) bread in the late afternoon or near to closing time.
- Containers/bins/skips from shops: they are often filled with stuff that is perfectly delicious. In Barcelona we even get bread which is still warm! Find them somewhere around the shops, they might be hidden away behind a fence or even locked.



AFTER CYCLING

Quads and knee stretch, especially good in knee rehab and with problem knees: With the left hand, grab the top of the right foot (from the inside of the foot) and gently pull, moving the heel towards your buttocks. The knee bends at a natural angle in this position and creates a good stretch in the knee and quads. This is especially good to do if you have had trouble or feel pain stretching in the hurdle stretch position leaning back, or when pulling the right heel to the butt with the right (same) hand. Pulling opposite hand to opposite foot does not create any adverse angles in the knee and is especially good in knee rehab and with problem knees. Hold for 30 seconds. Do both legs.



TASKS

Breakfast and Lunch team:

1. Be the first to wake up 2. Maybe restart the fire for tea/coffee 3. Check if there are left overs from the day before and decide what you need to buy (ask previous breakfast people how much milk, cereal, bread, spread, vegetables and fruit you need to get).
4. Try to buy healthy, local, organic. It's good to do this the night before if you have time :-)
5. Write down how much of everything we needed and communicate this to the next group 6. Try to make the breakfast start around 20 minutes after the wake up call.

Dinner team:

1. Make a fire/light the rocket stove 2. Create a central waste collection point 3. Find more people to help to chop up the delicious vegetables 4. Cooking: try to use the most of every fruit and vegetable (lemon peel tea anyone?) and make sure there is enough for everyone 5. Done! The dinner crew shouts "food" try to notice if someone is missing and save them some food 6. If you learnt some cooking tips communicate them to the next group (e.g 1kg of pasta per person is too much...)
- AND think about contributing your special recipe to the Biketour recipe notebook



2005 FROM BARJA LEEA IN BOSNIA AND HERZEGOVINA TO EGYPTOMA AT SAHARA WATER RESERVE IN BOLDUVA



2006 FROM HIANLJAI IN LITHUANIA VIA EGYPTOMA AT ZAJEZDVA, SLOVAKIA TO WORLD CAFE DAY IN SPLIT, CROATIA



2007 FROM BARCELONA, CATALUNYA THROUGH SPAIN TO EGYPTOMA IN ALJEZHE, PORTUGAL

2008 FROM SOFIA, BULGARIA CYCLING EAST THROUGH ISTANBUL TO EGYPTOMA IN SHOP, TURKEY

2009 "FEEL THE HEAT" TOUR STARTING IN BELGRADE, SERBIA, THROUGH MACEDONIA, ALBANIA, CROATIA, BOSNIA AND HERZEGOVINA TO THE BRDGO BHALON FESTIVAL IN CROATIA (APPROX. 2400KM)



2010 CYCLING FOR CLIMATE ASSISTANCE IN ENGLAND, WALES, FRANCE, BELGIUM, NETHERLANDS TO COLDSIE, GERMANY (MORE THAN 2000KM), THE 20TH EDITION OF THE BIKE TOUR!

2011 BIKE TOUR'S FIRST CYCLE IN ITALY, FROM DELAD SOUTH, FOCUSED ON (AND EATING) SUSTAINABLE FOOD.

2012 TOWARDS BEGONTE, FROM BARCELONA TO VERICE, OVER 2,000KM, CROSSING BOTH THE PYRENEES AND THE ALPS!



2013 EGYPTOMA BIKE TOUR NEED YOUR IDEAS!

2014 FROM BULGARIA IN SAVANNA IN ITALY TOWARD TO GERMANY IN BAVARIA



2002 GET THE SAFARI BIKE TOUR, BOYER IN ENGLAND TO EGYPTOMA AT LOUGH BERRY IN IRELAND

2003 FROM BULGARIA



THINGS TO DO

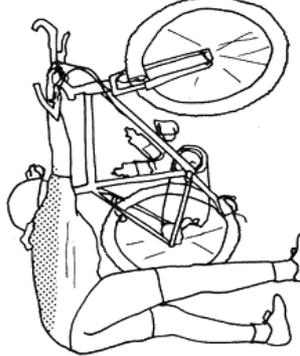
We are the Biketour, and the Biketour is us :) To make sure that everything runs smoothly, there are things which need to be done every day. These tasks rotate everyday so everyone will learn something new, don't be afraid to do something you have not done before. **After a long days ride everyone is tired and hungry so don't let that stop you from helping out!**

FOOD

How to make food for a large group?
During the Biketour you will sometimes be responsible for preparing food for the group. Not many people have experience in dealing with food for such a large group so no one is going to expect you to be an expert, but you will be expected to have a go and you never know you might have more skills than you realised! We all have different tastes so this is a chance to share yours with others, people won't always like it (too salty, too much garlic, not enough sauce etc) but we all take turns to make dinner.

When preparing food there are a few main things to think about:

- **Quantity** - There is no firm rule for quantities of food per person, so it's better to ask someone more experienced. Thinking about how many people we are and how much you would eat is also a good starting point. **It's better to have too much than too little** but we can't transport lots of extra food, and it's nice to not have soup all over the trailers.
- **Timing** - If you are part of a meal team it makes sense to arrive first. Know your speed and leave early with a group if you have to, and make sure you are with one of the trailer people. You could also combine carrying the trailer & cooking tasks.



BEFORE CYCLING

A **stretch for the arms, shoulders and back**. Hold onto your bike as shown (or something in front of you). With your hands shoulder-width apart on this support, relax, keeping your arms straight and your chest moving downward and your feet remaining directly under your hips. Keep your knees slightly bent (one inch). Hold this stretch for 30 seconds. This is a good stretch to do anywhere, at anytime. (Remember to always bend your knees when coming out of this stretch.)



What to get?

- Try to make healthy food that will give us the power to cycle
- Be aware of allergies and diets and ensure that all main meals are vegan
- Making a shopping list can help to deal with a limited budget.
- Don't buy tinned food when a dried version is available. Beans can be soaked in bottles along the way which saves on money and packaging
- Generally don't buy packaged food if an unpackaged version is available, paper packaging is better than plastic as it biodegrades. Avoid plastic bags.
- Avoid exotic and out of season fruit and vegetables
- Less processed food is generally cheaper
- Try to buy nutritious food rather than treats which people can buy themselves

PAST EXPERIENCES

FRID ELLI

Ecotopia Biketour is not your average holiday. It is more a **WAY OF LIFE**. It can be tough and it can be beautiful. It is the highs and lows and highs again of team work, self sufficiency and making connections with other communities and cultures. It is a community built on consensus and equality bringing a pro-active message of change that it is possible to do and go far with bicycle power only! It is also a celebration of vegan cuisine!

In Turkey it was very hot as I am sure it will be this year. To help with handling the heat the group decided to have a siesta in the afternoons. This was a good time to sit under a tree, cook lunch and have our group meetings. **GROUP MEETINGS** can sometimes go on for a long time, be prepared it is a part of life on bike trip. Although I sometimes struggled with the meetings I can appreciate their value. Communication, compromise and problem solving is not a unique process to bike trip and it is not everyday that you get to do it with such a diverse group. Hazelnuts were in abundance all over Turkey at the time. I remember one meeting when someone brought a big bag of hazelnuts and we passed handfuls around the circle and continued meeting as we cracked our hazelnuts with rocks and then roasted them on the fire. There was something relaxing and bonding about doing this together as we talked. There were so many times when a process like this brought us together. Whether it be cooking together or playing a game we learned about ourselves and each other in a way that was unique to the bike tour.

FRID LAURAN

After 6 months of organising the route, I was glad when it finally started and I was doing things with people face to face. There was a million things left to organise, but they would have to be done on the way. It was so good to be on my bike, with a map and a good sense of direction. Maybe I spoke too soon, because on the first day,



everyone was already pushing their laden bicycles up 30% hills, joking how we'd organised a walking-tour, not a biketour. Even though the hills got easier, it definitely wasn't what I expected. It turned out to be more than an alternative to conventional travelling: It was totally frustrating, exhausting, educational, inspiring and really changed how I think and act. So many workshops, meetings, games and actions. We went 40-80km on a cycling day, made signs on the roads to show the way, tried to update our website to let the world know what we were up to and dealt with whatever the weather threw at us. Everything was carried by bike and our two little trailers: sleeping accommodation (tents and sleeping bags), kitchen (pots and our self-made rocket-stove) and action factory (leaflets, banner-material, paint). So many activities happening and so much to organise throughout the biketour. For many people, the cycling was the easiest part! I reckon we were all glad to crawl into our sleeping bags each night.

EVER-CHANGING//Everyday or so we had new surroundings, a completely different project or event was hosting us: we stayed with squats, farms, housing co-ops, social centres, action camps, festivals, wild camping... and even a church during a conference. People joined the community from a few days to a few weeks to a few months, so the group of people along with the landscape was always changing! Workshops and agreements often had to be repeated, different translations to happen, but it was all part of building the community.

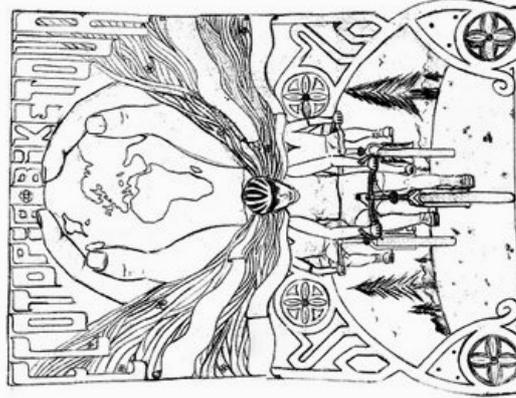
EDUCATIONAL//from the first day we were learning things: how to build a rocket stove, how to fix a rocket stove when it breaks when you use it! Not to trust contour lines on maps or the distances on road signs or locals' directions! That chalk-signs left for others are quick to fade,



and that capital Bs with an arrow are not always from fellow biketour companions... We were experimenting with screenprinting and continually repairing our bicycles. Vegan meals, compost toilets and squatted buildings were new for most people, and the diversity of participants meant everyone learn something each day. On top of this, the route was planned around mobilisations and struggles for climate justice: in such places we were really involved with issues such as coal mining, oil, highway expansion, migration & borders, sustainable living and car-free cities.

///INSPIRING: // One of the best aspects of the biketour was the locals we met along the way. It was endlessly encouraging to see grassroots campaigns resisting destructive and damaging projects, and to meet functioning groups of activists working to create the world they want to live in. Within the biketour community, there were some amazingly cohesive moments when everyone had been proactive. The day we cycled from Belgium into the Netherlands, everyone arrived at our host's very late and completely soaked from the rain, but all eager to share the food they'd found that day. Some people had collected berries and edible plants growing wild; others had collected fallen apples and pears; potatoes left behind in a harvested field; asked for bread at the end of the bakeries' working day; reclaimed the food thrown in the bins by supermarkets; gathered produce at the end of a veggie market and the leftovers from a jazz festival. I was impressed by our resourcefulness and the collective group thinking. I was also hideously shocked at the amount of excess our society produced.

///CHANGED MY THINKING: //The biketour radicalised me and motivated me. I fully realised that we don't need to wait for other people to change or do things for us. We don't need to buy things that we want to use; that we can find, grow or build them ourselves. We can share our knowledge and experiences, listen actively to others and even completely change our society.



Drawing made by a participant of Ecotopia Biketour 2008, Bulgaria-Turkey



CYCLE HEALTH TIPS



1. Drink water ALL THE TIME, before you even get thirsty. Drink more than you need to satisfy your thirst. You can integrate the salt lost through sweating by putting some salt and lemon in the water.
2. Rest during the hottest part of the day, enjoy the shade!
3. Eat lots of fruits/vegetables : bananas, nuts, cacao, legumes, cereals, potatoes, vegetables, fibre to integrate Mg, K, vitamins and proteins
4. Keep your body and head protected from the sun: helmet, cat or hat, light clothing (cotton);
5. Drinking lots of alcohol in hot weather is silly as it causes you to lose more fluid than you drink!
6. Encourage the group to stretch after your long days cycle and do lots of morning yoga
7. *ALSO: putting lemon slices, mint and cucumber in your water bottle especially if you can keep it cold is one of the most refreshing things ever!

SUNSTROKE

Sunstroke (heatstroke) can be a life-threatening condition in which the body's heat-regulating system fails, due to prolonged exposure to high temperatures, excessive production of heat or commonly a combination of the two. The body is unable to lose heat adequately in order to return to its normal temperature. Body temperature rises to very high levels, which can damage major organs. Sunstroke can also be preceded by heat exhaustion, when excess loss of fluids and salt in sweat results in marked weakness. **Symptoms of sunstroke include elevated body temperature; hot, dry skin; hyperventilation; mental confusion; extreme fatigue; agitation; intense muscle aches; feverishness or nausea; and eventual convulsions or loss of consciousness.**

How to get rid of sunstroke

1. **Get out of the sun!** lower the body temperature rapidly in a controlled fashion
2. Remove clothing and immerse the body in a **cold water bath**, cover the body with a **wet sheet or towels**, **sponge down the body with cool water**. If your water supply is limited, cooling the head and neck becomes the priority. Place ice packs (if available) at the **neck, armpits and groin**. Fan the person with a newspaper, towel or electric fan to increase air flow and evaporation.
3. **Lie down and put a cool, damp cloth over your forehead**. Raise your feet a few inches to avoid potential shock.
4. Elevate the feet to direct blood back toward the head.
5. Massage arms and legs to encourage the return of cool blood to the brain and the core of the body.
6. If the person is conscious, encourage him or her to sip water or a soft drink. If the mental state is impaired, it may be impossible to get the person to drink. Continue with external cooling in the hope that the person will recover sufficiently to begin drinking
7. While cooling the body down, take the person's temperature every 10 min. and do not allow it to fall below 38.5°C. Only immerse the person in a cold bath until their temperature falls to 39.4°C. If you don't have a thermometer, continue with first aid until the body feels cool to the touch. Resume cooling if the body starts to heat up again.
9. **If flu-like symptoms persist, go see the doctor immediately. Sunstroke can be prevented: drink plenty of water & avoid overtaxing the body in hot weather and while exercising!!**



LOOKING AFTER YOUR BODY

Here is just a small bit of basic healthcare you may need along the way. If you have any specific health problem (like an allergy) be sure to have with you the drugs/remedies you might need and try and let someone else know in case you turn all red, puffy and giant and can't talk or something.

HERBAL FIRST AID KIT

Aloe vera gel: used for a wide variety of skin problems, including burns, sunburns, itching, and dry skin; used as a substitute for triple-antibiotic gel to keep a wound moist and prevent bandages from sticking

Lavender essential oil: good for mosquitoes, horsefly, spiders bite, minor burns (and sunburn), jellyfish irritation, headaches, congestion

Tea Tree Essential Oil: excellent antibacterial, antifungal, deodorant, congestion, achy muscles, insect repellent, cuts and abrasions, warts and cold sores, toothache

Grapefruit seed extracts: natural antibiotic, excellent antibacterial, antifungal, antiseptic.+++ Good for external/internal use, based on the kind of formulation.

Propolis tincture: natural antibiotic, good for fever, sore throat, wounds

Sage: good to prevent excess sudoriation

Arnica salve: optimum in case of contraction of a muscle, bruise, contusion.

Eye drops eufrasia/eyebright: analgesic, disinfectant.

Charcoal: good in case of diarrhea, stomach problems.

To prevent mosquito bites: neem oil or citronella

Bicarbonat: disinfectant for skins, fruits and all surfaces.

Natural deodorant too!

St Johns Wort Salve: cuts, wounds, burns, sunburn

St Johns Wort Oil: burns, swelling, pain, bruises, sunburn,

achy muscles, cuts, wounds

St Johns Wort Tincture: burns, pain, nerve damage,

depression, anxiety

Calendula Salve:antifungal for cuts, wounds and burns

Echinacea Tincture: colds, flu, infection, weak immune system

Eucalyptus Essential Oil: congestion, achy muscles, insect repellent, cuts, abrasions, warts and cold sores (dilute with a carrier oil i.e. olive)

Garlic/Mullein Oil: ear infections, parasites, colds

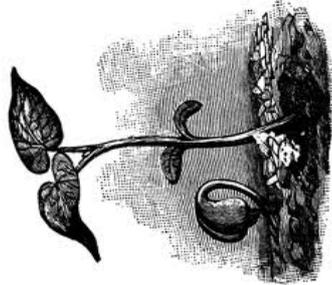
Green Clay Powder: splinters, wound disinfectant, poltice for skin infection

Liquorice Root Tincture: sore throats, broncial infection, herpes I & II

Peppermint Essential Oil: digestive problems, mouthwash, stimulant (use internally diluted and with care)

Rescue Remedy (DR BACH): trauma, emotional and physical, internal and external

Valarian Tincture: pain, insomnia, stress and nervous tension, achy muscles.



PARTICIPATION GUIDELINES

Each year Ecotopia Biketour aims to create an ecomobile community connecting people from all over the world into clumsy, joyful, slow, funny, unpredictable, sunny, thoughtful group of people. Because we all have different visions of life and diverse personalities, Biketour developed a set of basic values, which helps all of us to create a bit more similar expectations from this project. Proposing different ideas and sharing diverse insights is always appreciated, but please keep in mind these basic values of the Biketour. If you deeply disagree with one or some of the following points, you should reconsider your decision to join us.



On Biketour we will not tolerate sexism, racism, fascism, homophobia, xenophobia, anti-semitic and any other discriminatory practices. If you uphold any kind of these practices, please do not join this tour.

Biketour is a project which promotes sustainable way of life by cycling, doing press work, participating in or organising actions. We aim to participate in the actions organised by local groups and also plan and implement various actions ourselves



We choose to support local farmers and small shops because industrial farming and supermarket chains produce many social and environmental problems. If buying food, please do so from small shops or directly from local farmers. Small is beautiful.



All food in Biketour is vegetarian/vegan, and will sometimes need to provide other diet options. Meat eaters are welcome, but there will be no meat option during any common Biketour meal, even if it dumpster-dived.

We try to reduce, reuse and recycle. Please reduce your waste as much as possible – do not take much plastic while shopping, try to buy food without wrapping, try not buy canned food. Keep in mind while shopping that we want to leave as little as possible for future archaeologists ;)



Biketour is a non-hierarchical community, where everyone is responsible for the making the tour a success. Decisions are made and problems are discussed in the morning/evening circle by practising consensus. Many people who come to Biketour are not experienced with working this way, so please bear in mind that it works best if people concentrate on the discussion and make constructive proposals for concrete problems.

We try to keep a balance between working effectively as a group and respecting everyone's personal preferences and freedom.





Talking and communicating amongst the group and involving everyone seems fairly basic, but not everyone has the same interpersonal skills, or will speak the same languages, so a bit of patience is necessary. Keep an eye (and ear) out for people who might need translation. We will endeavor to speak the most widely understood language which may change throughout the tour (see the tiny tiny communication book).

Biketour aims to provide opportunities for non-formal education. Here too, everyone is encouraged to take an active role into making this aspect of the Biketour a success. If you think that you could give workshops on specific topic or share your skills, you are more than welcome to do so – suggest a time & place for the skillshare to the group. Try to be open & learn from everyone you meet



Although Biketour participants may not always agree with certain social norms in countries which we pass through, participants are asked to conduct themselves in a way which will not bring negative consequences for the local organisers.

All these ideas aimed to steer our practices here in Europe towards ecological and social justice. So come and enjoy!

Cycle, discover, create, laugh, discuss, play, Share and cuddle!
We are all going to make this crazy summer experience together.



Ecomuseo della civiltà, Palustrre mercoledì 12th September
The Ecomuseum started its research and rescue activity in 1985, with the primary goal of salvaging and documenting a valuable heritage of expertise relating to life between dry land and marshland. Particular attention is given to the processing of marshland weeds, developed by the small community of Villanova di Bagnacavallo, from the 14th century until the 1970s.

Horti, Padova 15th September

Squatted football pitch garden collective

La mente commune, Padova 15th September

Association dedicated to creative re-use of materials, producing furniture and dresses from waste and the also have an open space for bike repairs. <http://www.lamentecomune.it/>

Critical mass with CAT, Padova to Venice domenica 16th September

Comitati Ambiente e Territorio is an association set up to help defend the Riviera del Brenta and the Miranese area from development. We will cycle along the river and where the site of the proposed Highway Orte-Mestre which will destroy the land.

Forte Poeriomira, Mira 16th -23rd September

While we are in the Venice area will be based in Forte Poerio in Mira, an old fort which the cooperative Primavera has revive and is now an active social centre. It aims to keep the area nice, encourage biodiversity and provide a meeting place.
<http://www.fortepoeriomira.it>

World Carfree Network

The hub of the Global Carfree Movement, helping to spread information and resources between groups around the world. They are also coming to Venice and we plan on joining with them in some activities there :-)
<http://www.worldcarfree.net>



3rd International Degrowth Conference, Venice

19-23rd September

Our final destination is the Degrowth conference in Venice which aims to be a forum for discussing degrowth differently with a progressive interdisciplinary approach to the topic. Ecotopia Biketour has a workshop space on 20th to share our experiences with whoever is interested. If you want full access to the conference you need to register but we will have access to the activity workshops including: open source technologies, recycled designs, yoga, consumer awareness, building a wind turbine, meditation, open source ecology.
<http://www.venezia2012.it>



40,000 protesters tried to repeat what they achieved in 2005 but the police reaction was stronger. The struggle continues and we are here to support it.
<http://www.notav.info/>

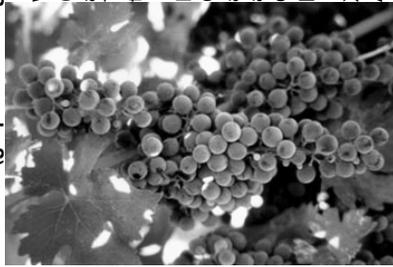
Mezcal squat Collegno, Torino 27th – 28th August

Our hosts here also hosted the 'Reclaim the Fields' gathering earlier this year and work in solidarity with No TAV. Reclaim the Fields is a constellation of young people and collective projects willing to go back to the land and reassume the control over food production. They hold camps and gatherings across Europe and have various working groups to get involved with.
<http://www.reclaimthefields.org/>

Casa Gaia, Pinerolo mercoledì 29th August

This eco-house hosts an environmental think tank which does research, runs courses, and workshops linked to sustainability, demonstrates constructing with appropriate technologies, managing waste and waste water, and cutting emissions.

Valli Unite (grape harvesting festival) 31st August-2nd September



We have been invited to help out with a special harvest festival (**Vendemmmia**) on this organic farm. A feast for two days where there are shows, meetings, lots of yummy food and activities for kids. There will be lots for us to do and there is a space in the schedule for the biketour to do something too...

La Collina, Reggio Emilia mercoledì 5th September

Community founded in 1975, a space which enables work and acceptance of common social problems, with a focus on drug addiction. Cooperative organic farm was founded in 1980 and the cooperative vineyards in 1985. Today it has become a large productive farm and also runs a farm school.

XM24, Bologna 6th -9th September

An old covered market building squatted in 2000 with the idea to preserve and revive the idea of the market, as a public space of exchange and production. It turned into a laboratory where different projects find each other. Some of the projects are: an organic market on Thursdays, a DIY bike workshop, an info/bookshop to spread counter-information, a computer and internet space and language courses for migrants.

Valle degli Eifi (possible day trip from Bologna)

Eco-village that started 20 years ago, making it one of the oldest and most famous in Italy. It's big (spanning 20km in the forest) and more than 150 people live there. There are many different groups inside the "village" and Self sufficiency, restoration of old buildings art, agriculture, alternative medicine and common living are the main activities.

Coop Dulcamara, Ozzano Emilia lunedì 10th September

Food cooperative, ecological farm in the city, aiming to produce food in a sustainable way with respect for the environment and all living beings and focussed on participation and reciprocity.

Ecoistituto, Cesena martedì 11th September

A non-profit organization which aims to promote greater attention to the use of environmentally friendly technologies and consequently in respect of human life, promoting self-development of people by providing information and courses about alternative energies, biodiversity, biological agriculture, construction of pizza ovens with earth.
<http://www.tecnologieappropriate.it/forno.html>

WHAT IS CONSENSUS?

Consensus is a decision making process designed to bring together the views of all the members of the group. Consensus does not require everyone to agree on everything, it does require a common goal of the group and willingness to work on problems together.

Consensus works if the group can work openly and creatively with concerns of individuals about proposals. The group reshapes proposals until everyone is comfortable with them. Consensus is based on the philosophy that the process of making decisions is a key part of the decision. Good process means that people's concerns are taken into the decision, that the process empowers people and that everyone has an opportunity to shape the decision. Consensus is a flexible process, you should feel more than free to build new decision tools, modify the steps, add or change the roles as best fits the needs of your groups.

WHY CONSENSUS?

Perhaps the strongest argument for the need for a "new" decision-making method is the world around us which has been created by the "old" methods. In a world governed by consensus, nuclear weapons, the genocide and mistreatment of indigenous people, environmental degradation and the madness of war would be impossible – they would be blocked by you and me and millions of others. Consensus grew out of a critique of the existing decision methods which tend to hold power in the hands of a few and make decisions based often on corrupted values. Consensus attempts to give the maximum power to the individual while giving us the possibility to include as much of our shared experience, knowledge and wisdom in our decisions as possible. The need for consensus is based upon the experience that every decision based on simplifications of truth (using models) bares the danger of missing important points. More opinions and input make a better picture. Combining input from more people also optimizes synergetic effects. Consensus models give a larger opportunity to motivate people to become involved in things they are part of than other decision models.

FACILITATOR AND OTHER ROLES

Meetings which work by consensus do not have a leader but do usually have a facilitator. This is someone who -with consent of the group - helps structure the meeting. The facilitator's main tasks are to make sure everyone speaks in turn and to make the group aware of the time limits. The facilitator should also keep an eye on the structure of the meeting and so is more likely to introduce different techniques or to summarize the current state of the discussion, although anyone can do this. Apart from the facilitator, other specific roles will be the note taker (who should take note of the decisions reached), the time keeper (who keeps score of the time based on the amount of time set up for each item at start of the meeting) and a vibes watcher (sometimes it is important to watch out for people getting upset/tired/stressed or who are unhappy with the decision but don't feel able to say why). It is better if the facilitator and vibes watcher are not part of the meeting themselves but this is often tricky.

STRUCTURE OF A CONSENSUS MEETING

The meeting starts with the facilitator, time keeper, note taker and vibes watcher being appointed, followed by the agenda and time limits being agreed by the meeting. The facilitator will also make any necessary practical announcements at this stage. The topics on the agenda

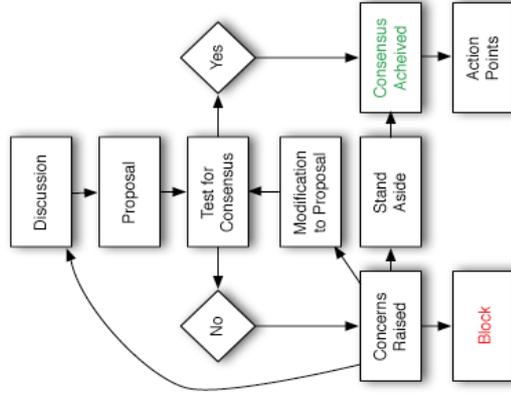


are then discussed. Each discussion continues until everyone agrees -if someone blocks a decision then the discussion must re-start on the basis of those objections. Everyone has the right to block a decision they really can't live with, although this is rare. People also have the option to stand aside ("I'm not doing it but I won't stop you"), but in most cases true consensus can be reached. During the morning circles working groups can be formed to further discuss a specific idea or problem later on during the day, and report back to the morning circle the next day.

HOW TO MAKE CONSENSUS EFFECTIVE

The two golden rules are to be constructive (it's not valid just to disagree or block, explain your reasons, offer your alternatives or commitments) and to wait until it's your turn to speak. Other things that may help are:

- **Listen** - Make sure you understand what is being discussed, especially if you need a translation. Try to get all information about a point before you support or criticize it.
- **Explain** - Make sure people understand your position and your proposals, especially if you are being translated.
- **Be as brief as you can.**
- **Be flexible, Be patient.** - Contradictions in the decision-making process are O.K.
- **Do not feel isolated** - We are all here with the same motivation.
- **Support the facilitator** if the meeting starts to get out of control.



L'Ecolieu Tilia & Compagnie 17th -21st August
 This eco-house build project was born out of a desire to get away from the limits of individualism and materialism and to create a new space animated by the values of respect, solidarity, sharing of goods and skills, autonomy, interdependence, simplicity voluntary, creativity, beauty, diversity, openness, seeking a balance of people within their environments. They want to create a space of deep personal freedom, freedom to be oneself, and freedom thrive in a community with respect for the ecosystem and participating with intelligence to the local ecological balance. In practical terms they are experimenting with ecological building principles with their house and we will stay a few days to help out and learn some new skills.
<http://tilia.canalblog.com>

NO TAV, Val di Susa 25th – 26th August

In 1991 a new high-speed railway (sustained speed higher than 200 km/h, peak 300 km/h) between Turin and Lyon was planned in addition to the current line across the Alps, in the context of the creation of a European High Speed Rail network. The Turin-Lyon TAV is part of EU project TEN (Trans-European Network). Works were supposed to start during the second half of the Nineties, but as of 2011 just a few side structures located in France have been finished. Today's expectation is that it can't be completed before 2030.
 The project consists of two twin tunnels, each of them 56-km (35-mile) long and 6-m (20-foot) wide, reaching 2,000 meters of depth underground, plus many other satellite tunnels – each longer than 10 kms – one of which is planned to run under Turin. Some connection open-air stretches are also part of the plan, one of these is in the Susa Valley – 2 km at its widest – which French TGVs already run across, simply by reducing their speed.
 The estimated cost of the line is **13 billion euros** but on the basis of already completed TAV trunks, the final cost is expected to be about 4 times higher than planned. Several local communities in each of the towns that this effects are sustaining and organising the struggle, supported by national and international activist networks as well as more mainstream left-wing political parties.



Why say 'NO' to the TAV?

- *There was no consultation with local people before the project was agreed and many homes and livelihoods will be destroyed
 - *Ridiculously huge construction costs, which get paid for by the Italian public
 - *The line will make this area more inhabitable (already compromised by a motorway and road network), affecting the local economy
 - *Huge increase in noise pollution from frequent trains
 - *One argument for TAV is that without it Italy would be isolated; but 7,000 trucks, 110 trains, 20,000 cars already cross this area daily!
 - *A recent study of traffic streams suggests only 1% of road users would pass to rail
 - *The new infrastructure would create a serious flood risk in the area
 - *It's a clear case of political interest and business pressure being put before local interests, conscious use of resources and environmental sustainability
- The first opposition was in 1992 against the destruction of houses in Condove and Caprie, by 2000 over 10,000 people were involved in protests. In 2005, protesters stopped the installation of three detection points, despite a huge police intervention. Paired with other protests that year the government were forced to open a discussion which led to (inadequate) revisions of the project. In May 2011 it was announced that construction would begin in Chiomonte, protesters guarded the area for a month till on 27th June 1,000 police officers dispersed them using tear-gas. On 3rd July



of volunteers and woofers it is now a school with a difference, they have a small farm to learn about animals, and lots of students. We hope to visit and have a small tour of the project and have a discussion about education.



Réserve naturelle des gorges de l'ardèche jeudi 2nd August

Exciting rest day in this beautiful place, we need to avoid the tourists and find a nice place to play in the sun(or water)!

Faisanderie de la Berre vendredi 3rd August

Lovely farm who we are connected to by Marlene, a friend of the biketour. They like circus and we will camp under the Almond trees <http://faisanderie-berre.monstie-orange.fr/index.html>

Avignon samedi 4th August

Here we meet the 'Serious Bean Project' a band who will join with us for a wee while while they share their new music along the way :-:) <http://www.myspace.com/seriousbeansproject>

Roulons à Velo Bike workshop, Avignon dimanche 5th August

This workshop and bicycle association is normally shut during August but we may be lucky and get to visit if someone is still about, fingers crossed! <http://roulonsavelo.free.fr>

Collectif vélos en ville, Marseille mercredi 8th-9th August

Aims to promote cycling, have a more equitable urban space, cleaner air and have fun. They run lots of events and courses and have a bike workshop too :-:) <http://www.velo-marseille.com>

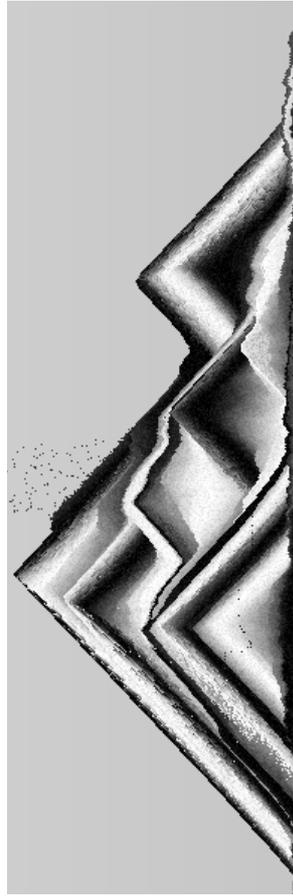
Éourres lundi 13th August

Éourres – Le Village d'Alternatives

This village, set in the mountains was rejuvenated in the 1975 by a bunch of young idealists.' Residents all participate in the variety of different projects, a new school, ecotourism project, organic farming, alternative education and new technologies. <http://www.eourres.fr>

Sens et autonomie mardi 14th August

Also in Éourres, they run a range of courses to do with different elements of environmental education; growing a kitchen garden, seed swapping, medicinal plants, permaculture courses, green building techniques and design and organic growing. Their aims are to reduce their ecological footprint, reclaim knowledge, strengthen social ties and develop creative projects. They are mid way through a course when we are there so they might not have space for a visit but we shall see... <http://sensetautonomie.wordpress.com>



HAND SIGNALS

For the whole group to come to a decision requires a lot of communication, but not all communication requires words. These hand signals have been developed so we can express these key ideas without interrupting the speaker.

ONE RAISED OPEN HAND

This means "I have a question/comment." You should keep your hand up until the facilitator sees it and recognizes you. When many people raise their hands, the facilitator will make a list and call on people in order.



BOTH BANDS ROLLING

It is clear what you want to say, for me you don't have to continue with this point. This indicates to the speaker, that it is clear what she/he said and that she/he can stop talking further. This sign is developed to help the speaker: not to criticize what she/he says. Also the facilitator can react, when a lot of people use this sign, by stopping the speaker.



TWO HANDS IN A "T"

This means "I have a technical remark [process suggestion]". Use this sign when you have an idea how the group can come to a decision through some other tool or method (like using a straw poll or breaking into groups to solve different parts of the problem) OR you have important additional information. Usually, a facilitator will call on this sign before others, because a good process suggestion can save a lot of talk. Be sure NOT to use this sign when you are going to talk about the issue directly (then use one raised open hand).



FINGERS WRIGGLING IN FRONT OF THE FACE

This means "I'm confused". The speaker should try to use other words and explain simply and shortly what he or she is trying to say.



HANDS UP WAVING

This is the symbol for "I agree" or "sounds like a good idea". It's a way to agree without speaking, which means things don't need to be repeated. It is a positive silent expression. It can be useful when someone comes up with a good idea and when the facilitator sees everyone waving - they know we are near consensus. When the facilitator tests for consensus and only sees waving hands, we may have a decision.



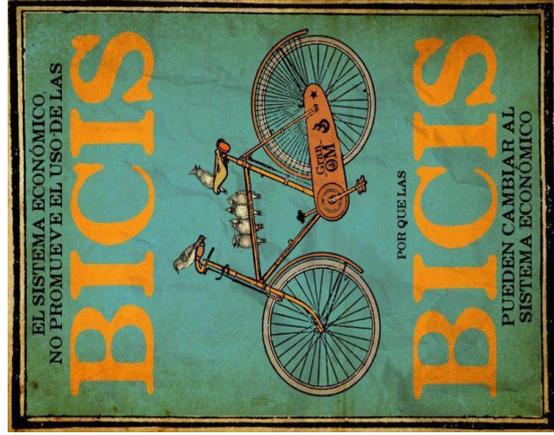
ONE RAISED FIST

The symbol of protest, it means "No! Stop! I block this idea." If a proposal is presented and the facilitator asks for comments, the raised fists will get first attention- There is no consensus without everyone's agreement and these strongest objections should be heard first. This symbol can also be used when you have very strong negative feelings about what the speaker is saying. However, you need to be most careful about this sign. Before you block, be sure you understand what is being said, for the entire group's attention will focus on you once you raise your fist. If several fists go up at once, time can be saved by stopping a bad idea before it is explained in detail.



Seeds for Change a grassroots UK group have written a lot of fantastic little guides and briefings to help activist groups organise themselves without leaders. All their documents are @nti-copyright: this means you are free to copy, adapt and distribute them all as long as the final work remains @nti-copyright. We give two thumbs up to the resources on their website: www.seedsforchange.org.uk





Can Torres dijous 19th July
This farm which invites woofers has made wines for 4 generations. It also has olive groves, a cork forest and fields, and they incorporate sustainability into all their practices. Hopefully we will get to sample some of their produce...
www.cantorres.blogspot.com.es

Can Creix 20th - 21st July
'House of Degrowth' is a place to demonstrate and reflect around the topic. This new project aspires to become a centre for transformation (of fruits, vegetables, societies), for research, for testing frugal technologies, arts and permaculture. Situated in Cerbere, a shrinking city, on the sea-side border between France and Spain, on the tail or nose of the Pyrenees, it is space to accept limits and question borders. Francois our host has been very actively involved in the biketour and we can spend our time here delving deeper into degrowth ideas, relax and have group workshops.
decreixementcampadabon.wordpress.com/can-decreix-3/

Critical Mass to Perpignan dimanche 22nd July
We meet campaigners from Perpignan at Villeneuve de la raho lake to cycle together to Perpignan and share food and have a debate.



Sigean Lundi 23rd July
Nice campsite and budding permaculture project

Cravirola Le Maquis 24th - 25th July
Beautiful campsite and rest spot, we arrive in the middle of the Maquis' with a spectacular in the evening - 'live' short films, fairy tales, spells and shadow puppets...with a touch of accordion... For most of the year it is a quiet farm where they make cheese and bread but in the summer their main activity is a lively camp-site with a nice fiesta atmosphere.
<http://www.cravirola.com>

Vieux Biclou, Montpellier samedi 28th July
Bike association and workshop which does the things that bike workshops do plus makes bike animations too :) <http://www.vieuxbiclou.org>

La Borie, Sant Jean du Gard, Cevennes lundi 30th July
Throughout the Cevennes there are a bunch of communities and eco-projects. La Borie is a place of exchange, demonstration and experimentation that invites volunteers, groups, interns and people who wanna get involved. It is an 'entertainment oriented' action based environmental education project. <http://www.pierreseche.net/laborie.htm>

La Vieille Valette mardi 31st July
Renovated old mining village in the mountains, famous for self construction, DIY, artists and parties. <http://collectif.valette.free.fr/>

Le Hameau des Buis/La Ferme des Enfants mercredi 1st August
This alternative education collective is hub of a variety of learning activities, created with the help

Troubleshooting Chart
A BIcycle is a DYNAMIC extension of your body. Learn to tune into you bike, so that you automatically listen to it and watch it as you cycle along. The better you ride, the more aware you will become of the bike's mechanical condition. All bikes produce a constant melody of whirs, clicks, and soft hisses that form a rhythmic pattern when all is working well. Listen, look, and feel for unusual noises and riding sensations, and try to track down the source immediately. Use this chart as a rough guide to getting to the root of a problem.

SYMPTOM	LIKELY CAUSE	SOLUTION
Knocking or jittering when brakes applied	• Brakes out of adjustment • Forks loose in head tube • True wheel or rim out of true • Brake mounting bolts loose	• Centre brakes and/or adjust • Tighten headset • True wheel or take rim to a bike shop for repair • Tighten bolts
Brakes do not work effectively	• Brake cables are sticking/ stretched/damaged • Replace blocks worn down • Brake blocks/rim greasy, wet or dirty • Brake levers are binding	• Clean/adjust/grease/replace cables • Replace blocks • Clean blocks and rim • Adjust brake levers
Brakes squeak or squeal when applied	• Brake blocks/rim dirty or wet • Brake block too-in • Brake arms loose	• Clean blocks and rim • Correct blocks too-in • Tighten mounting bolts
Frequent punctures	• Tyre pressure too low • Spoke protruding into rim • Tyre not checked after previous puncture • Tyre tread/worn • Tyre (like old or badly embedded in tyre • Replace tyre • Replace inner tube • Replace with correct tyre	• Correct tyre pressure • File down spoke • Remove sharp object • Remove sharp object • Replace tyre • Replace inner tube • Adjust/tighten headset • Take bike to a bike-shop • Check tracking and alignment
Inaccurate steering	• Front forks bent • Headset loose or binding • Wheel not aligned	• Adjust/tighten headset • Take bike to a bike-shop • Check tracking and alignment
Chain jumps off freewheel sprocket or churning	• Chaining loose • Chaining out of true • Rear or front derailleur side-to-side travel out of adjustment • Chaining teeth bent or broken	• Clean/adjust/grease/replace cables • Replace blocks worn down • Brake blocks/rim greasy, wet or dirty • Brake levers are binding
Chain slips	• Sift link in chain • Chaining or freewheel sprocket teeth excessively worn/chipped • Chain/chainring/freewheel not compatible	• Clean blocks and rim • Correct blocks too-in • Tighten mounting bolts
Gearing noises when pedalling	• Bottom bracket bearings too tight • Pedal bearings too tight • Chain fouling derailleurs • Derailleur pulleys dirty/ binding	• Adjust bottom bracket axle/derailleurs • Tighten headset • Replace axle
Clicking noises when pedalling	• Loose bottom bracket axle/bearings • Loose pedal axle/bearings • Sill chain link • Tighten chain • Lubricate chain	• Tighten mounting bolts • Adjust derailleurs • Replace or repair chainring/set
Wheel wobbles	• Hub cones loose • Wheel out of true • Adjust headset	• Tighten mounting bolts • Adjust derailleurs • Replace or repair chainring/set
Freewheel does not freewheel	• Pawls (see glossary) are jammed • Lubricate. If problem persists, replace freewheel	• Tighten mounting bolts • Adjust derailleurs • Replace or repair chainring/set
Gear shifts faulty	• Front or rear derailleur not adjusted properly • Detailleur cables stretching/loose • Detailleur cables not adjusted properly	• Tighten mounting bolts • Adjust derailleurs • Replace or repair chainring/set
Freewheel	• Lubricate. If problem persists, replace freewheel	• Tighten mounting bolts • Adjust derailleurs • Replace or repair chainring/set

Platforma Defensem Port Vell

Group campaigning against the construction of a new super port for the rich.
<http://defensemportvell.wordpress.com>

Kan Pasqual

dilluns 9th July
Politically active squat collective, they make bread and have some really cool experiments with technologies such as bio-gas construction (see video link below)
<http://kanpasqual.wordpress.com>
<http://www.youtube.com/watch?v=wZdr7A-kubE>

10h. Leave Can Masdeu

12h. Meet at Vallvidrera, Pl. Mont d'Orsà (information about the struggle to protect Collserola and against Eurovegas).

14h. Dinar popular in Kan Pasqual

Defensa de Collserola

The council has various plans to change the face of this mountain forever.
<http://portescollserola.org>

Cal Rosset

dimarts 10th July
Near to the site of the proposed *Euro Vegas* we will visit the 5 acre site where two farmers grow food for a Barcelona food co-operative. They also work with other farmers to get what people in the coop would like. There are many co-ops in Barcelona, people team together to directly support farmers by buying their produce. <http://calrosset.com>

Ca la fou

10-12th July
Cooperatively owned ex-paint factory which is the location of a really interesting new project to create a *Post-Capitalist Eco-Industrial Colony*. It is closely tied to the *Cooperativa Integral Catalunya* network which is experimenting with different forms of alternative currency. The group here is working hard to get the buildings into a liveable state and we stay here for a few days to lend a hand. There is also time to chat about our desires and expectations for our time together on the road. <https://cooperativa.ecoxarxes.cat/pg/pages/view/58077>

Can Piella

divendres 13-14th July
Lovely 3 year old squatted villa collective. They produce almost all the food that they eat, make bread to sell and also have a very very tasty home brew beer which we will get to try if we are lucky :-). Time for a festa to celebrate our first week together.
<http://www.canpiella.cat>

San Pol de Mar

diumenge 15th July
An evening of poetry with a focus on coastal destruction in the area.

Kan Kolmo, Girona

dimarts 17th July
Squatted social centre with a self managed community bicycle workshop
<http://kankolmoitxirona.blogspot.com>

Can Prim, Crespia

dimecres 18th July
Nice place to stay with garden, connected to the dynamic ecologists network. We will help to build a compost toilet.

THE WHEEL

This is a letter from Jan, several years ago. It might be good to talk about this on the Biketour, as the project is always in need of a bit more help & co-ordination.

Hi all,

I was happily working on an organic farm in France when the news of a biketour meeting reached me, and somehow I decided to go. Why? I didn't join biketour this year, and I'm probably not going to join the next year, I'm not participating in organising, actually I'm just a lazy bastard and I call it 'having other priorities'. But still, there is something that sticks me to biketour: the wonderful memories, the wonderful people, the wonderful spirit of wanting to do something positive in this world, even though sometimes it seems to be covered by frustrations when I read the mails on the list. But somehow I still feel responsible about biketour as if it were my little child. SO, for all lazy bastards like me, who don't really want to organise the whole thing, but still have a biketour feeling in their hearts (is this story getting too cheesy?) in our meeting in Vienna we decided to start...

THE BIKETOUR WHEEL

What is the function of the wheel?

It is a way to keep in touch with each other and exchange crazy ideas, gossips, and wild plans.

- * to keep discussions about biketour alive, and to prevent frustration about emails on the list that nobody responds to
- * to keep track a bit if the organisation is going well, and if they need help
- * to assist organisers by giving them wise advice, out of our long experience...

What are the responsibilities of the spoke-persons in the wheel?

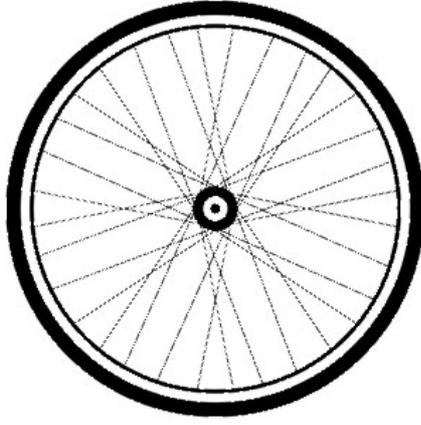
- * to participate in a skype meeting about once a month
- * to respond to emails on the list
- * hey, that's all.

The wheel is really meant to be like an advisory board. It can be consulted, but the people who are organising are the ones who decide. And of course it is open for everybody to join the wheel. So hereby I'd like to invite you all to become a spoke in the wheel! **It is important to get many but participants involved in the organisation process to keep this project as horizontal as possible!**

Other important tools for the biketour organization structure

Bt-org email list: To be part of the wheel and be involved in organizing biketour you need to subscribe to the Bt-org email list (organisers list). Proposals will be send over the list that need your feedback and once in a while a call out to support in tasks will be send to this list! Subscribe by sending an email to info@ecotopiabiketour.net

Wintermeeting: moment of face to face contact between organisers. A time to evaluate and make proposals to improve the project.



WHAT IS DEGROWTH?

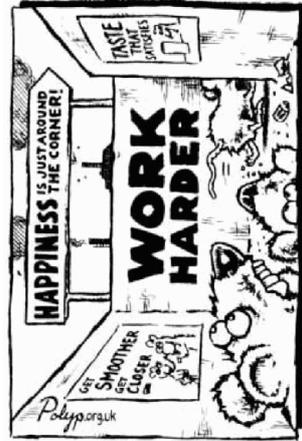
For many people degrowth is at the heart of solutions to the environmental and social problems that we face. It calls for a downscaling of production and consumption which, like cycling, increases human well-being and enhances ecological conditions and equity on the planet. :-) It aspires to a future where societies live within their ecological means, with open, localised economies, where resources are more equally distributed and people are empowered to make decisions collectively and horizontally. Such societies will no longer have to "grow or die." Material accumulation will no longer hold such a prime position. Innovation will no longer focus on technology for technology's sake but will concentrate on new social, and technical arrangements that will enable us to live convivially and sufficiently. We look towards a more sustainable level of production and consumption which leave more space for human cooperation and ecosystems.

HOW DO WE CYCLE 'TOWARDS DEGROWTH'?

In our cycle from Catalonia to Italy we will visit; permaculture farms, D.I.Y bike workshops, protest camps, ecovillages, intentional communities, ecological/cycling NGO's, bicycle events, protests, grassroots projects, and other creative alternatives to the damaging growth mentality of capitalism. We get to understand and support local struggles, communicating their situation to others and thereby strengthen the activist network. As well as learning from these projects we can also share the degrowth concept with people that we meet along the way, we could perform a wordless play, sing a song, paint a mural or give a little presentation. The possibilities are limited only by our energy and creativity.

OUR DEGROWTH PRACTICES:

Degrowth is a new concept for many people and there are many ways that it can be applied practically, it's up to us how much of a central element this becomes along the way. Within the group we will live as a self managed community, we will challenge consumption habits by eating as locally, fairly and ecologically as possible, we can cultivate an awareness of what our material and social needs are, question how we normally seek these things and try and experiment with better practices. The biketour is an open space to explore these concepts, share our skills and maintain an open discussion about degrowth along the way.



ECOTOPIA BIKETOUR 2012
Projects and campaigns

Barcelona

Preparation weekend at Can Masdeu 6-9th July

Amazing squat in the northern outskirts of Barcelona, it is a living collective, a project of social projects, a public space and a political collective. This year they celebrated 10 years since they resisted the eviction of this former leper hospital. There it lots to inspire; beautiful site, community gardens and environmental outreach projects. We are camping here :-) www.canmasdeu.net/

Barcelona Critical mass divendres 6th July

Always the First Friday of the Month, we leave Can Masdeu at 7pm to meet 8pm @ l'arc de Triomphe, Barcelona. The ride starts at 8.30pm masacriticabcn.jimdo.com/

Biciclot dissabte 7th July 12.00h-15.00h

Be nice to your bike and it will be nice to you! This is a day of showing our two wheeled friends just how much we love them, while checking out an amazing bike recycle workshop. We will learn some basic bike tips, make adjustments and learn about this project. We will also share lunch together and maybe paint some cool designs too. Biciclot repairs and recycles bikes, helps people learn how to ride, has a big open workshop with lots of tools and runs bike maintenance classes. <http://www.biciclot.net/catala/rebiciclem>

Social Day with Research and Degrowth at Can Masdeu diumenge 8th July

Invite people in Barcelona to come and celebrate the beginning of our journey with us, if you have friends in town, bring them along! It's our responsibility to prepare the food, get things tidy after and generally help out. It's also a time to learn a bit about degrowth and get to know each other better.

- 10.30 Rocket stove' workshop
- 12.00 Tour of Can Masdeu (Guillem)
- 13.30 Decrecimiento y Ecotopia Biketour
- 15.00 Comida (time to get some practice cooking for lots of people!)
- 16.30 Eurovegas
- 17.30 Life without money

Research and Degrowth

Network of people working on Degrowth ideas and how to put them into practice. They have been supporting the biketour coordinators and giving lots of contacts. We will meet them again along the way in Can Decreix (Cerbère) and at the degrowth conference in Venice. <http://degrowth.org>

Aturem Eurovegas

There are plans to build a big EuroVegas casino complex in the Llobregat Delta which is located to the south-east of Barcelona. Just what Catalunya needs to move away from the damaging capitalist mentality which has left so many in a mess. The area is also one of the few natural-agricultural space left near Barcelona and people are putting up a good fight. We will hear about it on Sunday at Can Masdeu and Monday on our bikeride, we can also visit and do an action here on our way out of Barcelona. <http://aturemeurovegas.wordpress.com>