



Our family flew to our next destination My Spark buddies and I "walked" across the Channel to Amsterdam



Joe and I have visited Amsterdam many times

Among the serene streets and canals there are reminders of the Nazi occupation during WWII. These bronze plaques in the sidewalk are memorials to those residents deported to concentration camps



The house where Ann Frank and her family were hidden is also along a canal

The next milestone on our virtual walk was Brussels, Belgium Except for many times through the airport for a connecting flight, we have never been there. From the photos and information on our virtual trek, this city will be added to our post Covid bucket list.



As we walked through Europe, there were continuous street views of the countryside and finally we crossed into Germany. Eventually our group reached Berlin

This is the famous Brandenburg Gate



We have visited Berlin several times, once even by bicycle. On one trip we took another set of grandkids (and their parents) to connect with history that was only known to them in textbooks and film. This section of the Berlin Wall is now maintained behind a barrier to prevent people from chipping off "souvenirs"



The most poignant memorials in the city include bronze plaques in front of the homes of those who were sent to their deaths and this little known set of sculptures near a railway deportation station. It includes a disinterested figure sitting on a bench some distance away representing the general apathy of people to what was going on around them.



It is 355 miles from Berlin to Warsaw. It would take me 4 months to walk that far on my own.

We are almost there.

This is the view on the outskirts of Warsaw as far as my weekly steps got me.



BUT thanks to the steps of a spark buddy, we have reached Warsaw! Definitely on my post Covid bucket list



That's exactly how Spark friends help us to reach all of our goals

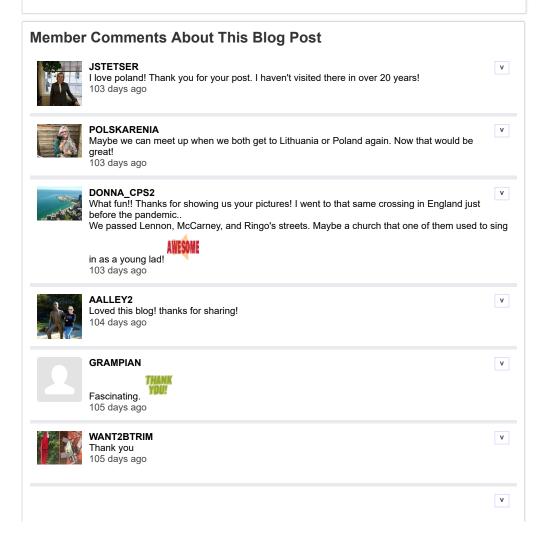
Next we explore the countryside of Poland on our way north. If anyone wants to see where all your steps would take you, come join us.

The website is www.worldwalking.org (it is free) Once you register, search groups for Sparkpeople (there are several) Ours was formed in 2020 and has a large bird in flight as its logo

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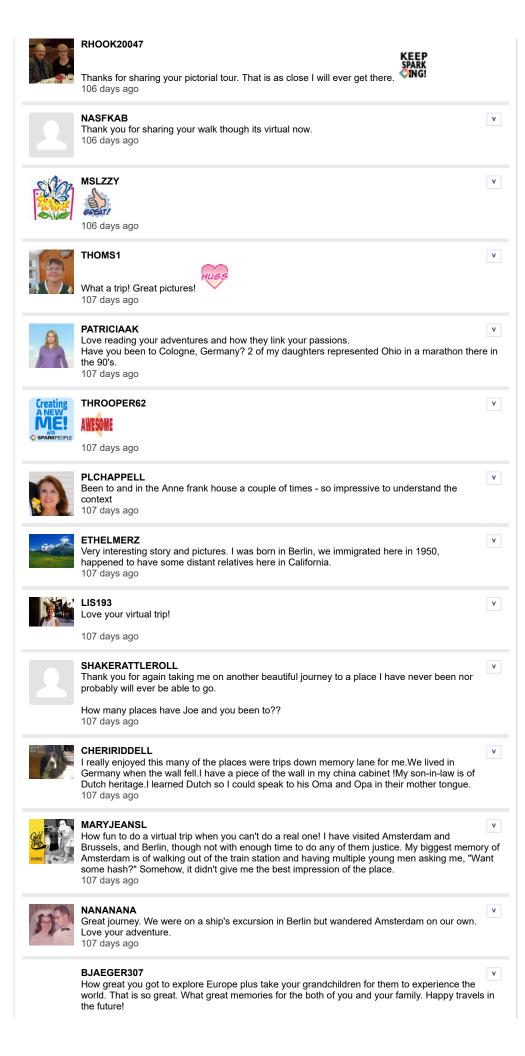
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SHAWFAN v I entered some 3000 steps just the other day but haven't been on since. My bad. Especially vith the after the walk, we took yesterday. I'll get them added in as soon as possible. Hopefully, this week will be a nice week for walking outside. I know Carlie will love it. She's always begging for it. Thank you for sharing the great photos with us! Beautiful places for sure. 105 days ago UPTOIT59 ٧ When my husband and I were married 28 years we celebrated our 25th anniversary with a walking tour of Tuscany- marvelous, and the only time, at the time that we had done anything like that. Of course I will not tell you what we came back to - 5 kids - 24 to 14, it wasn't all pretty, that is another entire story unto itself, but it was worth it for the memories. 105 days ago AKA_TROUBLE v I belong to two Spark groups on that site - love the walks and should post more often. One group is currently walking around the Med, the other is walking through southern Mexico, but the trail ends short of Cancun. 105 days ago AZMOMXTWO v love it and thank you for sharing all the photos with the rest of us you are awesome 106 days ago RACHNACH v KEEP SPARK ING! 106 days ago NANHBH v Very cool! Love the Abbey Road recreation! 106 days ago JANROLG v I LIKE IT 16 106 days ago DEE797 v Loved your blog and all the photos. Traveling vicariously through your blogs! 106 days ago KITTYHAWK1949 ٧ KEEF ING! 106 days ago ALIHIKES v Wonderful photos and wonderful memories of your trips. It will be so nice when we can travel again, but in the meantime, virtual traveling keeps our imaginations active! 106 days ago JUNETTA2002 v Thanks for sharing your virtual and real journey 106 days ago THINCPL2004 v Thanks for sharing your virtual tour of those great places! Been to a few of those can't wait to go back for real! 106 days ago



	107 days ago	
	MSMOSTIMPROVED I love the idea of a virtual walk. Are you using an app for your visit? 107 days ago	V
	BKNOCK ANEXONE 107 days ago	V
And The second state	DOVESEYES Beautiful countries, memories not to forget, plans to see them in person a wonderful blog :) 107 days ago	V
	LINDA! This is so amazing. I love how they recreated the Abbey Road scene. 107 days ago	v
	HAYBURNER1969 Hey, don't forget Dad has been to Brussels! (with me, in 1989, for the symposium) Great pictures and memories! 107 days ago	v
Living Healthier	SAMMILESSACH Holy cow! This is beyond awesome!!!! It is amazing the places you have been! These virtual walks are awesome! I might go to check those out! 107 days ago	V
MAT the Anal	WOOFERCOALBOY I concur with everyone who liked your travelogue. More, more! And thank you. 107 days ago	V
	DARLENEK04 What a terrific thing to be able to do, taking the family with you to visit. I think I would like to go to Ireland, and no matter how long, I'd like to tour it from end to end and find the family rootsmaybe meet someone who is a distant relative. Love it. 107 days ago	V
2	ALEXSGIRL1 HUGS 107 days ago	v
	WHYNOTTRY45	v
Å	QUARTERMASTER3	v
	SCDALYNCH Wonderful that you and family including the grandchildren get to meet relatives. My daughter traveled to Sweden with us on one of our trips. Thank you for the photos and descriptions.	v

	THANK PERT YOU 107 days ago	
	KOHINOOR2 Awesome! Thank you for sharing your beautiful virtual tour!	v
	MORTICIAADDAMS Nice pictures!! 107 days ago	V
	HARROWJET How nice that your family could travel together. Wonderful memories. 107 days ago	V
	NANASUEH Great travelogue!	V
	107 days ago	
S E ALK	JEANNESPARK Thank you for the sharing your journeys, virtual and real, with us! So enjoyable!	v
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Member Com	nments Page (76 total): Neight loss results will vary from person to person. No individual result should be se	1 <u>2</u> <u>Next ></u>
	wing the SparkPeople program.	1