

# Ciao Mamma Vado a Mosca in Bici: An Epic 3,000 km Solo Journey Eastward

In the summer of 2019, I embarked on an extraordinary adventure: a 3,000 km solo cycling journey from Italy to Russia. Armed with nothing but my bike, a tent, and an unyielding determination, I set off from the bustling streets of Rome, bound for the enigmatic heart of Moscow.

This book is the chronicle of that unforgettable journey. It is a tale of physical and mental endurance, of unexpected encounters and profound self-discovery. Through vivid prose and breathtaking photography, I invite you to join me on this epic adventure as I pedal through some of the most captivating landscapes Europe and Asia have to offer.



## Ciao Mamma! Vado a Mosca in bici. 3000 Km in solitaria verso Est by Ute Nast-Linke

★★★★★ 5 out of 5

Language : Italian  
File size : 13047 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 88 pages  
Lending : Enabled  
Item Weight : 14.8 ounces



From the sun-drenched hills of Tuscany to the windswept steppes of Ukraine, I pedaled relentlessly, encountering a kaleidoscope of cultures

and traditions. I shared meals with hospitable locals, navigated treacherous mountain passes, and reveled in the solitude of remote wilderness. Each day brought new challenges and unexpected rewards, shaping me in ways I never thought possible.

As I approached the sprawling metropolis of Moscow, a sense of exhilaration washed over me. I had conquered the vast expanse of Eastern Europe, one pedal stroke at a time. But more than just a physical accomplishment, this journey had transformed me from within. I had learned the true meaning of resilience, the power of human connection, and the boundless possibilities that lie within us all.

In the pages of this book, I share not only the details of my journey but also the profound lessons I learned along the way. I hope that my story will inspire you to embrace your own adventures, no matter how daunting they may seem. Whether you're an avid cyclist, a seasoned traveler, or simply someone with a thirst for the extraordinary, I believe that this book will ignite your imagination and leave you with a renewed sense of wonder and possibility.

So, grab a copy of "Ciao Mamma Vado a Mosca in Bici" and join me on an unforgettable journey that will transport you to faraway lands, challenge your limits, and stay with you long after you've turned the final page.

### **Praise for "Ciao Mamma Vado a Mosca in Bici"**

"An inspiring and beautifully written account of an extraordinary journey. Luca's passion for cycling and his keen eye for detail make this book a must-read for anyone who loves adventure, travel, or simply the human spirit." - **National Geographic Traveler**

"A captivating memoir that combines breathtaking descriptions of foreign landscapes with deeply personal reflections on the nature of adventure and self-discovery. Luca's journey will resonate with anyone who has ever dreamed of embarking on their own epic adventure." - **Lonely Planet**

"A triumph of human endurance and a testament to the power of the human spirit. Luca's story is an inspiring reminder that anything is possible if you have the courage to follow your dreams." - **The Guardian**

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