



About

The big thing – or my big journey – this is what I ever would like to do! Just pack all the stuff what is needed and let's go! The totally freedom of wake up in the morning and no idea where going to sleep in the evening. Just enjoy the freedom!

A lot of peoples are having this dream and me too. I had this dream for years but never the courage for making it. There are so many reasons to stay in my lovely hometown – the good job, all my friends, the mountains and of course my family. Because of this I always waited for making my dream of the totally freedom true. Maybe tomorrow... but what will be when tomorrow is too late? Too late for cycling, too late for climbing the highest mountains, too late for getting inspired by other cultures or too late for making dreams true? I don't want to be an old man, sitting on the veranda and be annoyed that I never followed my dreams. Working until getting retired (or death) without visiting all the beautiful countries and culture's... No, I would be an old man with a broad grin on the face, because I always followed my dreams!

Sometimes you have to be brave, sometimes you have to say to the things you love **"i'm out!"**

I'm Martin Ruggle, 30 years old and I follow my dreams. Born and grew up in the small village Gossau between mountains and lakes in Switzerland. For me, cycling is more than just a hobby – it's my way of life! This passion started in the early years and accompanies me until now. I learned bicycle mechanics, was a bike guide in the mountains and sold bicycles in Hamburg. After all this jobs I started working in an office and from this point I only saw the world through the windows - which is nice when it's rainy, but sad when the sun is shining. With every day I felt the desire in me to see the world. But not as a backpacker, I would like to see the world with a bicycle!

Why with a bicycle? Well I think that this is the best way to see and feel the world. It's fast enough for going around the world, but slowly enough for meeting people's and culture's. And of course, it doesn't need anything else, just two strong legs and one strong mind.

After saving money and planning everything for almost 2.5 years, I left Switzerland with my bicycle "chocolate" on the 21st of May 2016. The first week was totally exhausting – my legs felt like gummibears, my back hurt and every single part in my mind missed the warm and cuddly bed back home. But with a strong mind I followed the green parts on the Danube River in Europe, crossed the bridge to Asia in Istanbul, climbed the mountains in east turkey, survived the dry and hot deserts in Iran and now I'm in Dubai. The small computer on the bar is counting every day and stopped now at 7450 kilometres (middle of October (see Website for latest status)).

But this is not the end! On my further journey I will head to India, Southeast Asia, USA and South America. Of course there will be a lot of stories follow and you can follow me on this unbelievable trip on my website www.imout.ch.

You like to make an interview or a report? Don't hesitate to get in touch (see contacts below). Thank you for your support!