



## Follow the Coast

### The Atlantic Coast from Knokke to Biarritz

Charles Van Haverbeke

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- A travel guide that brings together photographs, insider information, and recommendations from the first leg of the Mare Nostrum relay race along the coast of Northern Europe, from Knokke to San-Sebastian. Includes 500 stunning landscape photos
- A great resource for those who want to hike on the trail and for those who just want to visit the hotspots around the European coastline

*"A walk with which we write history"* – Charles Van Haverbeke in *De Standaard* newspaper

*"The Mare Nostrum Run is mainly about togetherness, not about performance or setting a top time."* – Charles Van Haverbeke in *Het Laatste Nieuws* newspaper

An insiders travel guide based on the Mare Nostrum Run, a relay race taking place over 3 years which covers 89,000 km of Northern European coastline. This book is the result of the first part of this event: the route from the Belgian seaside town Knokke to San-Sebastian in Spain. At each phase — the race is divided into 100 km sections — the reader learns what the local hot spots are, which walks you should take, what the hidden places are that you might not hear about elsewhere. No less than 500 landscape images taken by the participants make **Follow the Coast** a visual gem, and an engaging record of this amazing event.

**Charles Van Haverbeke** is the man who helped put Uber (Eats) on the Belgian map, now makes himself useful as VP Operations at the Brussels start-up Cowboy and the initiator of the Mare Nostrum Run.