

# Not Cool: Europe by Train in Heatwave

I've always loved train travel. There's something so romantic about it, watching the world go by from the comfort of your seat. And it's a great way to see Europe, especially if you're on a budget. But I have to admit, I wasn't expecting a heatwave when I booked my tickets for a month-long train journey through Europe this summer.



## Not Cool: Europe by Train in a Heatwave by Jules Brown

★ ★ ★ ★ ☆	4.5 out of 5
Language	: English
File size	: 1522 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 202 pages
Lending	: Enabled



The heatwave hit Europe with a vengeance the week before I left. Temperatures soared into the 40s, and there was no relief in sight. I was worried about how I was going to cope with the heat on my train journey, but I decided to go ahead with my plans anyway. After all, I'd been planning this trip for months, and I wasn't going to let a little heat stop me.

I packed light, with mostly loose, breathable clothing. I also brought a hat, sunglasses, and a water bottle. I knew I was going to need all the help I could get to stay cool.

My first train journey was from London to Paris. The train was air-conditioned, but it was still hot and stuffy. I spent most of the journey fanning myself with my hat and drinking water. When I arrived in Paris, I was exhausted and overheated.

I decided to take a break from train travel for a few days and explore Paris on foot. I visited the Louvre, the Eiffel Tower, and the Arc de Triomphe. It was hot and tiring, but I was determined to see the city.

After a few days in Paris, I continued my train journey to Berlin. The train was even hotter and stuffier than the one from London to Paris. I was starting to feel the effects of the heat. I was dehydrated, tired, and grumpy.

When I arrived in Berlin, I checked into my hotel and immediately took a cold shower. I spent the rest of the day in my hotel room, trying to cool down. The next day, I decided to take a day trip to Potsdam. I visited the Sanssouci Palace and the Gardens of the World. It was still hot, but I was starting to get used to it.

I continued my train journey through Europe, visiting Prague, Vienna, Budapest, and Krakow. The heatwave continued to follow me, but I was starting to learn how to cope with it. I drank plenty of water, wore loose, breathable clothing, and took breaks in the shade whenever I could.

I finally arrived in my destination, Istanbul, after a month-long train journey through Europe. I was exhausted, but I was also proud of myself for completing my journey despite the heatwave. I learned a lot about myself during my trip, and I made some amazing memories. I also discovered some great tips for keeping your cool on a train journey in a heatwave.

## Tips for keeping your cool on a train journey in a heatwave

- Pack light, with mostly loose, breathable clothing.
- Bring a hat, sunglasses, and a water bottle.
- Choose a train with air conditioning, if possible.
- If the train is not air-conditioned, try to sit in a shady seat.
- Drink plenty of water throughout your journey.
- Take breaks in the shade whenever you can.
- If you start to feel overheated, take a cool shower or bath.
- Listen to your body and take breaks when you need them.

If you're planning a train journey through Europe during a heatwave, don't let the heat stop you. Just be sure to pack appropriately and take precautions to stay cool. With a little planning, you can still have an amazing trip.



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