

# An Aspie Road Trip Belgium And The Netherlands: Exploring the Heart of Europe

Embarking on a road trip is an exciting adventure for anyone, but for individuals on the autism spectrum, like myself, it can present unique challenges and opportunities. In this article, I will take you on an enthralling journey through Belgium and the Netherlands, sharing my personal experiences as an "Aspie" traveler and highlighting the stunning landscapes, rich history, and vibrant cultures that these countries have to offer.

## Preparing for the Road Trip

As with any trip, careful planning and preparation are essential for a successful journey. For individuals on the autism spectrum, creating a detailed itinerary, researching accommodations, and identifying sensory-friendly attractions becomes even more crucial.

Before hitting the road, I extensively researched and devised a comprehensive plan that considered my unique needs as an Aspie traveler. I focused on finding attractions and accommodations that offer sensory-friendly environments and accessibility for individuals with special needs.



## An Aspie Road Trip: Belgium and The Netherlands

by Remanon Last (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 98 pages



## Exploring the Heart of Belgium

Our adventure begins in the picturesque country of Belgium, known for its renowned beers, mouthwatering chocolates, and fascinating history. As a lover of history, I was particularly drawn to the cities of Bruges, Ghent, and Brussels.

Bruges, often referred to as the "Venice of the North," captivated me with its enchanting canals, medieval architecture, and cobblestone streets. Exploring this UNESCO World Heritage Site, I marveled at the famous Belfry Tower, visited art museums, and indulged in delicious waffles. The peaceful ambiance of Bruges provided a sensory-friendly atmosphere, allowing me to immerse myself in the rich history without feeling overwhelmed.

Ghent, with its well-preserved medieval center, offered a unique blend of historical landmarks and vibrant street life. As I wandered through the city, I marveled at the awe-inspiring Saint Bavo's Cathedral and admired the graffiti-covered walls of the Werregarenstraat. The city's relaxed and welcoming atmosphere made it an ideal destination for an Aspie traveler.

Finally, the Belgian capital, Brussels, revealed itself as a melting pot of cultures and European institutions. The Grand Place, a UNESCO World Heritage Site, left me in awe with its ornate guildhalls and the magnificent Town Hall. Exploring the city's diverse neighborhoods, such as the quirky Marolles district and the fashionable Saint-Honoré, allowed me to experience the lively spirit of Brussels firsthand.

## Discovering the Charms of the Netherlands

Leaving Belgium behind, our road trip continues into the Netherlands, a country famous for its tulip fields, windmills, and cycling culture. My journey through the Netherlands brought me to the vibrant cities of Amsterdam, The Hague, and Utrecht.

Amsterdam, often regarded as the "Venice of the North," is a city that stole my heart with its iconic canals, historic buildings, and world-class museums. Visiting the Van Gogh Museum, Anne Frank House, and Rijksmuseum provided me with a profound insight into art, history, and the resilience of the human spirit.

Amsterdam's inclusive and tolerant society made it a genuinely welcoming destination for individuals on the autism spectrum, allowing me to explore without feeling judged or overwhelmed.

The Hague, known as the political and judicial capital of the Netherlands, offered a unique blend of historical landmarks and modern architecture. Exploring the Peace Palace, home to the International Court of Justice, and walking along the picturesque Scheveningen beach, allowed me to immerse myself in the city's rich history and natural beauty.

Utrecht, a less-known but equally captivating city as Amsterdam, revealed itself as a hidden gem. The city's stunning canals, medieval streets, and vibrant café culture made it an immensely enjoyable destination for a leisurely stroll and people-watching. Utrecht's laid-back atmosphere allowed me to relax and soak in the charm of the city at my own pace.

As an Aspie traveler, my road trip through Belgium and the Netherlands provided me with memorable experiences, a deeper understanding of European history and culture, and an opportunity for personal growth. By carefully planning and

choosing sensory-friendly attractions and accommodations, I was able to fully immerse myself in the stunning landscapes, fascinating history, and vibrant cultures of these enchanting countries. If you are an individual on the autism spectrum or simply seeking an unforgettable adventure, I highly recommend embarking on your own Aspie road trip through Belgium and the Netherlands – an experience that will leave you with cherished memories and a greater understanding of the world.



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During the summer of 2011, Kerry Lound embarked on a road trip across Belgium and The Netherlands with her husband, Chris and her sister, Amanda. This was no ordinary road trip though as it had a focus on what it's like to travel as a woman with autism and what it's like to live in those countries when you have autism. Kerry was diagnosed with Asperger's syndrome in her late twenties after a lifetime of wondering why she felt so different. She has combined her passion for travelling with her mission of wanting to find out more about autism and to educate the world on what it's like to be on the autistic spectrum. The book

focuses on the adventures the three have and also includes informal interviews with people living in those countries about their experiences with autism.



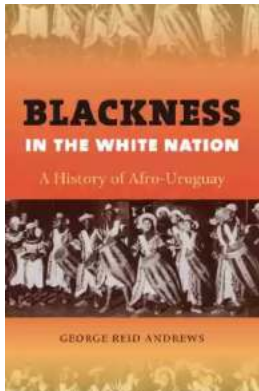
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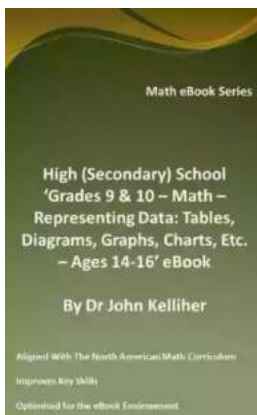
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