

A large, white, stylized letter 'J' logo, which is the primary branding element for Jonas Deichmann Adventures. The 'J' is thick and has a curved bottom, resembling a hook or a stylized letter.

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DEICHMANN
ADVENTURES

Cape to Cape -
Motivation & Mindset am Limit

A close-up portrait of a man with a full, dark beard and wet, dark hair. He is wearing a blue cycling jersey with white text. The text on the jersey reads 'CAPE TO CAPE' and '18.000KM'. He has a serious expression and is looking slightly to the right of the camera. The background is a plain, light-colored wall.

CAPE TO CAPE
18.000KM

Cape to Cape

A scenic view of a dark, rocky cliff overlooking the ocean. The sky is overcast and grey. The text "Cape to Cape" is overlaid on the left side of the image. The word "Cape" is in large red letters, "to" is in smaller white letters, and the second "Cape" is in large red letters. The cliff face is dark and textured, with a few small figures visible on the top edge. The ocean is a deep blue-grey color, and the horizon is visible in the distance.



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Nordkap - Norwegen

Cape to Cape Challenge

- ✓ 18.000 Km
- ✓ 15 countries
- ✓ < 75 Tage



Ein Ziel verfolgen das für mich persönlich
wichtig ist



Finnland

125.000 Kilometer = ca. 5.200 Stunden
Training



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Kenia

Ich muss die Ziellinie sehen bevor ich dort
bin

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Georgien

„Man kann nicht nicht kommunizieren“
(Paul Watzlawick)



Der Weg von Schokoriegel zu Schokoriegel



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Russland



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Ägypten



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Ägypten





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Sambia

IF TIRED
STOP / REST

J
JONAS
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Südafrika

Auf das konzentrieren was ich beeinflussen kann



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Südafrika



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Kapstadt

Das nächste Abenteuer?

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Südafrika