

THE ART OF GETTING LOST

A slow travel guide to the Mediterranean



THEO LAURENT

01 / TRAVEL AT WALKING SPEED

Leave a morning open

A good journey needs less scheduling than you might think. Keep the bookings that matter, then leave one morning without a destination. Walk toward the part of town where ordinary life is already underway.

Notice the bakery with a queue of neighbors, the shaded square where someone is reading, the steps that lead away from the busiest street. You do not need to collect every sight to understand something about a place.

Carry water, keep a way to navigate back and respect private spaces. Getting lost is a figure of speech, not a reason to ignore your surroundings. The aim is room for attention, not a preventable problem.

Choose one neighborhood instead of five attractions.

Let a slow morning count as a whole plan.

Follow a small curiosity

Choose a loose thread for the day: ceramic tiles, market stalls, old doorways or the smell of bread. A simple curiosity gives a walk shape without turning it into a checklist.

When you stop for coffee, ask one specific question. Where is a good place to buy fruit nearby? Is there a quieter route to the harbor? Be considerate of people's time and be prepared to hear that they do not know.

Write down one detail before moving on. Not a review, just something you noticed. The color of a shutter, the sound of plates from an upstairs kitchen, the way the shade moves across a square. These details often outlast the itinerary.

Today's thread: something I want to notice

One detail worth keeping, without taking a photograph

Return to the same place

Novelty is not the only pleasure of travel. Return to yesterday's cafe. Walk the same street at a different hour. Familiarity makes smaller changes visible and reduces the work of deciding what to do next.

A second visit also lets you be a better guest. You know how the queue works, where to put your cup and which greeting people use. Learn a few local phrases and use them without expecting applause.

Before leaving, make room for a quiet final hour. Pack without rushing. Look at the notes you made. Decide which habit you want to take home: walking before breakfast, eating outside, or leaving a little of the day unclaimed.

A place I would like to visit twice

One small habit to bring home