

# BANESTIEN

## THE RAILWAY PATH

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# Banestien

I min barndom tog det mig fem minutter at gå ned til lægen nede i landsbyen. En læge, som jeg og resten af den lille landsbys mennesker kendte rigtigt godt. Ditlevsen var ikke blot et fremmed ansigt i en hvid kittel.

Det samme kan jeg fortælle om tandlægen. En kvinde, der hørte til i landsbyen, og som man kunne tale med alt muligt om, mens hun ordnede ens tænder. Første gang fortalte jeg hende, at jeg var noget nervøs for det her med tandlægebesøg. Men hun beroligede mig straks: *"Det skal du ikke bekymre dig om. Her i klinikken kan du skrike lige så højt du kan. Ingen vil kunne høre dig!"*

Nu er der så gået over halvtreds år, og tingene har forandret sig. Nu ligger min læges klinik tolv kilometer borte i en anden by. Jeg kan nu heller ikke lige huske, hvad lægen hedder. I dag har den nærmeste tandlæge klinik i en anden landsby syd for min hjemby. Den ligger otte kilometer borte.

Så de nødvendige helbredstjek omfatter i dag en længere rejse. Men noget godt kommer der jo også ud af det. Turen frem og tilbage fra både læge og tandlæge tager jeg på min elcykel. Dejlig frisk luft og en tur gennem smukke landskaber.

Hjemturen fra lægen sker på en større strækning på en cykelsti, vi kalder banestien. Det navn har cykelstien fået, fordi der frem til 1969 løb en jernbane her. Jernbanen mellem Aalborg og Hadsund. Jeg nyder den tur. Denne gang i september måned. Stubmarkerne med de sidste store halmballer veksler med andre marker, der allerede er efterårsplojede, harvede og tromlede. Træerne langs cykelstien er begyndt at få efterårets fine farvespil.

Omkring cykelstien er landskabet karakteriseret af det helt flade landskab her i Østhimmerland. Jeg cykler simpelthen på det, der i stenalderen her var havbund. De omkringliggende gårde og huse ligger op ad de skrænter, der engang i stenalderen var selve kysten omkring de holme, som danner hjemsted for Himmerlands kirkelandsbyer tilbage fra Middelalderen.

Midtvejs kører jeg over den tidligere jernbanebro over landsdelens største å, Lindemborg Å. Her skal der altid være tid til en pause. Vandet i den store å flyder majestætisk videre under broen ud mod Limfjorden. At sidde og se på det forbipasserende vand skaber lige så meget helse, som de råd, jeg fik hos min læge.

# The Railway Path

In my childhood, it took me five minutes to walk down to the doctor in the village. A doctor whom I and the rest of the small village's people knew very well. Ditlevsen was not just a strange face in a white coat.

The same goes for the dentist. A woman who belonged to the village, and with whom you could talk about all sorts of things while she worked on your teeth. The first time, I told her that I was rather nervous about this whole dentist thing. But she immediately reassured me: *"You don't need to worry about that. Here in this clinic, you can scream as loudly as you like. No one will be able to hear you!"*

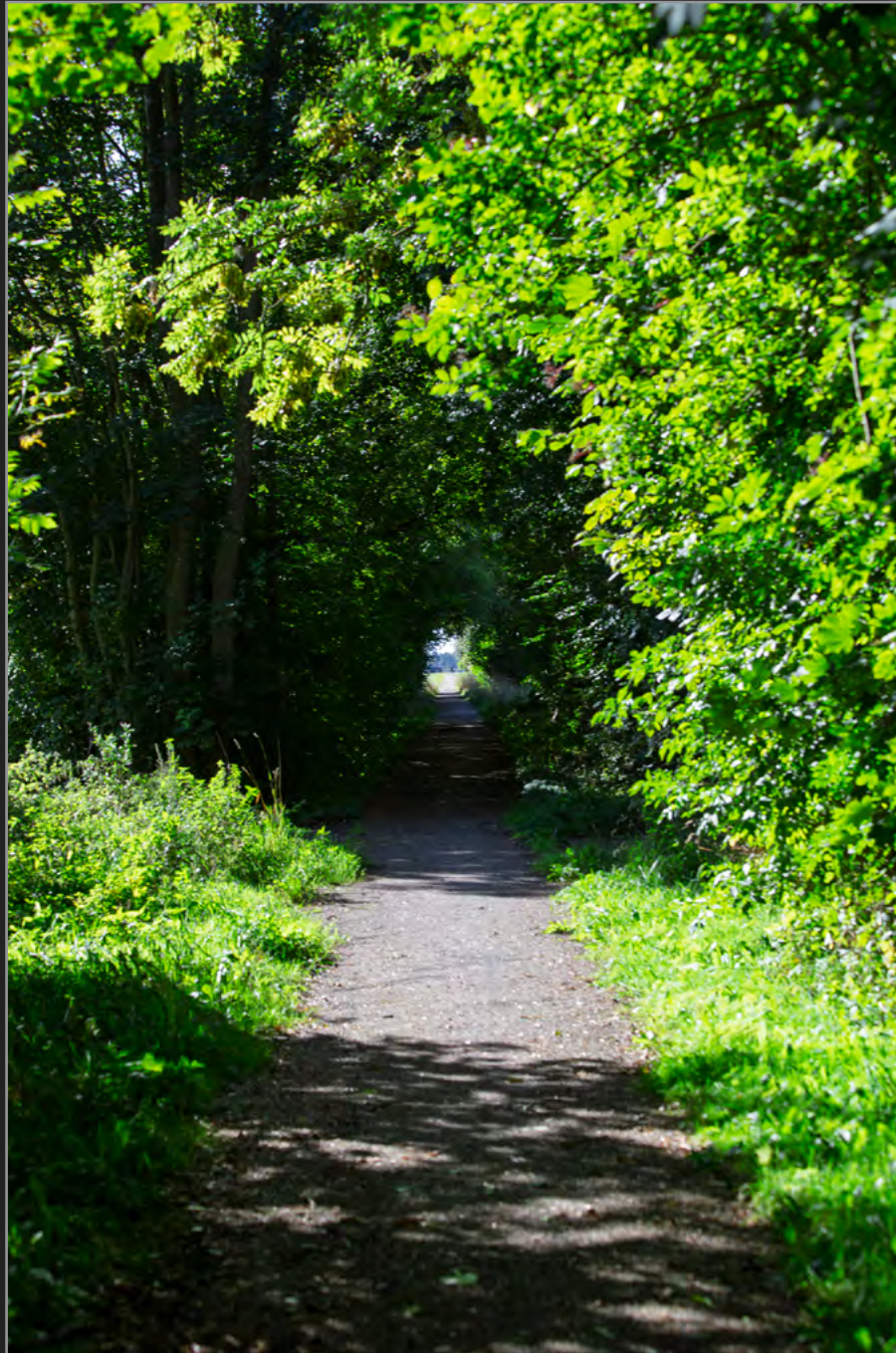
Now more than fifty years have passed, and things have changed. My doctor's clinic is now twelve kilometres away in another town. I can't even quite remember the doctor's name anymore. These days, the nearest dental clinic is in another village south of my hometown—eight kilometres away.

So, the necessary health checkups now involve a longer journey. But something good comes out of it, too. The trips to and from both the doctor and the dentist I take on my e-bike. Lovely fresh air and a ride through beautiful landscapes.

The return trip from the doctor takes place along a long stretch of a cycle path we call the Railway Path. The cycle path got its name because, until 1969, a railway ran here—the railway between Aalborg and Hadsund. I enjoy that ride, especially this time in September. The stubble fields with the last large straw bales alternate with other fields that have already been ploughed, harrowed, and rolled for autumn. The trees along the cycle path have begun to show autumn's fine play of colours.

The landscape around the path is marked by the completely flat terrain here in East Himmerland. I am quite literally cycling on what, in the Stone Age, was the seabed. The surrounding farms and houses lie against the slopes that, back in the Stone Age, formed the coastlines around the islets that became home to Himmerland's church villages dating back to the Middle Ages.

Halfway along, I cross the old railway bridge over the region's largest river, the Lindenberg River. There is always time for a pause here. The water in the great river flows majestically beneath the bridge toward the fiord, Limfjorden. Sitting and watching the passing water brings just as much healing as the advice I received from my doctor.



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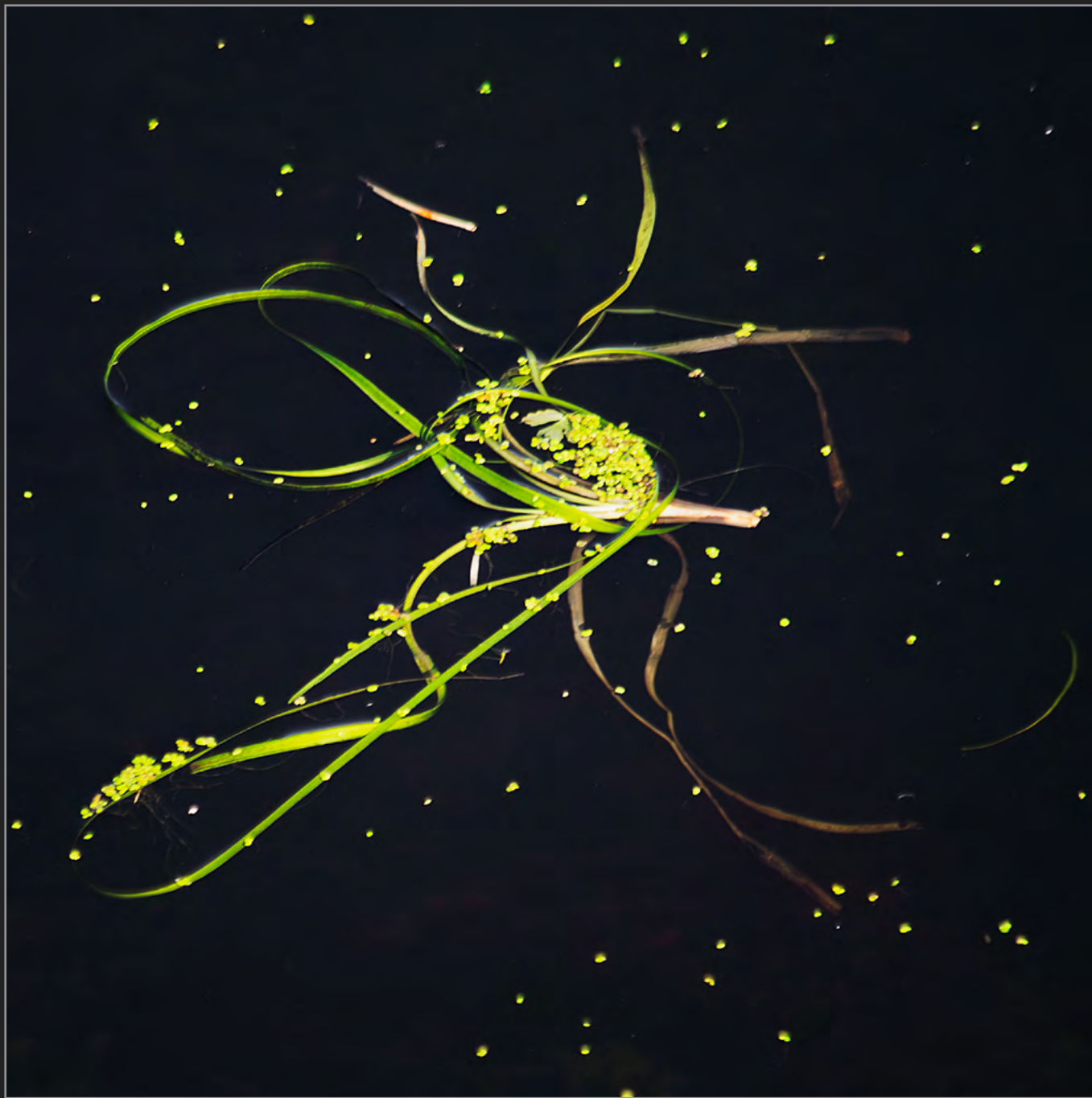
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## KOLOFON

Ugens foto: Banestien  
Af Keld Jensen

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## COLOPHON

Photo of the week: The Railway Path  
By Keld Jensen

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