

Michael Cramer was born on 16 June 1949 in Gevelsberg, Westphalia and attended the Reichenbach grammar school in Ennepetal. From 1969 to 1974 he studied music, physical education and teaching in Mainz. From 1975 until 1995 he was a teacher at the Ernst-Abbé grammar school and at the Albrecht-Dürer grammar school in Berlin-Neukölln.



From 1989 until 2004 he served as a transport spokesman for the Greens in the Berlin House of Representatives and from 1989 until 1990 he was the chairman of the committee on transportation and municipal matters. Alongside his work as an MP he took several teaching positions relating to transport and urban policy at the Otto-Suhr-Institute of the Free University of Berlin.

He was a Member of the European Parliament and represented the GREENS/EFA group in the Committee on Transport and Tourism from 2004-2019, where he also served as a chairman from 2014-2017. He also continues to pursue several journalistic activities through publications in journals and books.

During the summer of 1989, he took his first bicycle trip on the 160-kilometre "customs path" around West Berlin. It was impossible to get lost along the way as all one had to do was cycle alongside the Wall. In the autumn of that year when the Wall finally fell, he was able to repeat his tour; this time on the East Berlin "border patrol path" between the inner and outer Wall. It was these trips which then inspired Michael Cramer to create the Berlin Wall Trail.

After the Book Berlin Wall Trail and German-German Border Trail he wrote the book about the Iron Curtain Trail.

On the 40th anniversary of the construction of the Wall (13 August 2001), Cramer once again started working on his idea. In the summer of 2001 he organised "forays along the Wall by bike" for the public and managed to convince the Berlin Senate and city parliament not only to include the remaining parts of the Wall in the list of protected landmarks but also to signpost the Berlin Wall Trail and to develop it in a bicycle friendly manner; a process, which was finally completed in 2007.

In 2019, on the 30th anniversary of the fall of the Berlin Wall and the Iron Curtain in Europe, the updated versions of the entire section from the Barents Sea to the Black Sea along the western border of the former Warsaw Pact states were completed. The number of books increased from three to five and an improved scale was also added. These books are available in German as well as in English.

After having cycled all the 10,400 kilometers of the Iron Curtain Trail the five books have been presented on 4th of April 2019 in the House of European History in Brussels again by Hans-Gert Pöttering, the former president of the European Parliament..

Under the slogan „Unbuilding Walls“ the Iron Curtain Trail and the Berlin Wall Trail in 2018 have been part on the Biennale in Venice. In 2019 the Iron Curtain Trail was certified by the Council of Europe to a „Cultural Route“ and is the first EuroVelo Route which is part of this list.