

The Family Adventure Project

Ideas and inspiration to make your family life active, adventurous and interesting

directors: stuart wickes & kirstie pelling

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Short Talk

Family Adventure Islands – Iceland and The Faroes

Iceland and The Faroes; not your average family destinations yet full of incredible landscapes and adventure opportunities for families with an explorer spirit. In this talk we share stories, photos and video from six weeks spent in summer 2012 searching out the best adventures a family can have in these two adventure islands. From cycle touring Iceland's Dream Road and Eastern Fjords to glacier hiking on volcanos and rafting glacial rivers. From 4WD adventures in the Icelandic interior to the ultimate lighthouse walk on a remote Faroese island. As we talk we'll share something of our own family adventure philosophy, our knowledge of what families can do together, and why we think family adventure is a good thing.

Stuart and Kirstie founded their Family Adventure Project 12 years ago. Since then they've cycled, sailed, canoed, backpacked and more with their three children in more than twenty countries and clocked up over 12,000 miles of independent family cycle touring. They run a leading blog on active family adventures that inspires, entertains and encourages families to get out, get active and adventure together.









Inspirational Family Adventure Stories ♦ Family on a Bike Expeditions ♦ Motivational Talks & Speeches ♦ Family Adventure Lifestyle Blog www.familyadventureproject.org www.familyonabike.org www.facebook.com/familyadventureproject email: stuart@familyadventureproject.org kirstie@familyadventureproject.org



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About your speakers

Stuart Wickes and Kirstie Pelling are Directors of The Family Adventure Project, a family run venture that promotes the benefits of active, independently minded family adventure experiences, encouraging other families to get out, get active and adventure together.

Stuart and Kirstie's personal experience of travelling with kids includes cycling, sailing, canoeing, camper-vanning, eco-touring, roadtripping, railroading and backpacking in places as diverse as New Zealand, Samoa, America, Sweden, Canada, France, Spain, Holland, Germany, Austria, Italy, Latvia, Lithuania, Estonia, Finland, Hungary, Slovakia, Poland, Denmark, Iceland, The Faroe Islands and the UK. In the past seven years they've clocked up about 12,000 miles of long distance cycle touring using an ever changing configuration of bikes, tandems, triplets and trailers to accommodate first one, then two and now three children.

Their own experience is complemented by research with other active and adventurous families exploring what's possible in the way of family adventure and the benefits of adventuring together.

Their website www.familyonabike.org and adventure lifestyle blog www.familyadventureproject.org offer a mix of inspirational stories of family adventure and practical advice about what's possible and how to get started, combined with stories that chronicle their own experiences and hard won lessons.

You can keep up to date with their adventures through their active blog www.familyadventureproject.org and contact them through social media on www.twitter.com/familyonabike and www.twitter.com/familyonabike and www.facebook.com/familyadventureproject.

They are authors of many published features about their own and others' family adventures and live in the South Lakeland village of Burton in Kendal.

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