



The Family Adventure Project

inspiring families to live adventurously

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Short Talk

End to End: A Handful of Spokes and Stories

Stuck for something to do in the summer holidays, Stuart Wickes & Kirstie Pelling set off with their three young children to tour the UK by bike. After forty nine days and well over a thousand miles, they surprised themselves by completing the classic challenge ride from Lands End to John O Groats, arriving home still talking, still smiling and just in time for school. In *A Handful of Spokes and Stories*, Stuart and Kirstie share some of their experience of an extraordinary family holiday spent riding across the Land of Hope and Glory.

In this short illustrated talk, Stuart and Kirstie will share some of their stories about:

- How a routine drive to London sparked the ride of a lifetime
- The challenge of getting the kids on board, and keeping them there!
- Dodging the weather in the worst summer for 95 years
- The dramas and delights of taking family life on the road
- The never to be forgotten Kinross experience
- What the kids wrote in the book of Old Groats

About your speakers

Stuart Wickes and Kirstie Pelling are Directors of The Family Adventure Project, a family run, not for profit venture that promotes the benefits of active, independently organised family adventure experiences.

Stuart and Kirstie's personal experience of travelling with kids includes cycling, sailing, canoeing, campervanning, eco-touring, roadtripping, railroading and backpacking in places as diverse as New Zealand, Samoa, America, Sweden, Canada and the UK. In the past three years they've clocked up over 5,000 miles of long distance cycle touring using an ever changing configuration of bikes, tandems and trailers to accommodate first one, then two and now three young 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.familyadventureproject.org, offers 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.

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.

They can be contacted at mail@familyonabike.org or on +44 (0)1524 782351