



The Family Adventure Project

inspiring families to live adventurously

directors: stuart wickes & kirstie pelling

1 East, The Square
Burton in Kendal, Carnforth
LA6 1LX, England, UK
☎ +44 (0)1524 782351
✉ mail@familyonabike.org

Short Talk

Pedalling Pilgrims

Looking for a summer of spirited adventure, Stuart Wickes & Kirstie Pelling turned their growing family into pedalling pilgrims for a six week journey along one of the ancient Pilgrim routes to Santiago de Compostela in Northern Spain. Travelling with three children, on two tandems with trailers, their 1400km journey along the Camino Frances took them across an extraordinary slice of rural Spain, across mountains and meseta, through hamlets, villages, towns and cities on a journey with a history stretching back over a thousand years. In *Pedalling Pilgrims*, Stuart and Kirstie share some of their experience of this unique family adventure, talk about the history and traditions of pilgrimage and describe what it's like to travel as a modern pilgrim family.

In this talk and slide show, Stuart and Kirstie share images and stories from their journey:

- The changing landscape, art and architecture
- The tradition of pilgrimage and story of Santiago
- The family spirit that develops on the road
- The challenge of coping with the heat and the hills
- The magic of arriving in Santiago with a thousand other pilgrims
- Their journey to the very end of the mediaeval world

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, France, Spain and the UK. In the past four years they've clocked up over 6,000 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