



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

100+ Ideas for Active Family Adventures in Cumbria & The Lakes

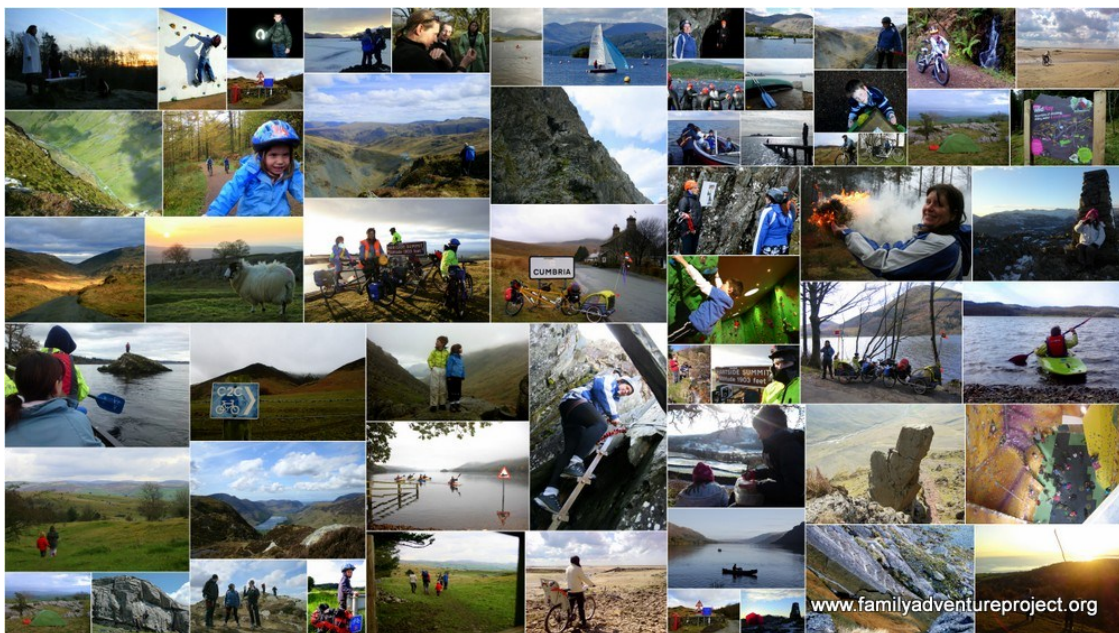
Cumbria and The Lake District is an adventure playground for families with options for all; from activities to suit first timers or families with toddlers, to challenges that will test teenagers, and once in a lifetime experiences for hardened adventure addicts.

In this entertaining, interactive, illustrated 45 minute talk, Stuart & Kirstie of the Cumbrian based Family Adventure Project serve up more than a hundred ideas for family adventures in Cumbria and The Lake District, and share their experience of ways to make even the most ordinary day out a bit more extraordinary.

Stuart and Kirstie have cycled, sailed, canoed, backpacked and more with their kids in twenty countries and clocked up over 12,000 miles of independent family cycle touring at home and abroad as part of their Family Adventure Project. They run a leading blog on active family adventure and when at home in Cumbria spend their time adventuring locally.

They're currently researching adventure possibilities for families in Cumbria and besides unearthing ideas and interrogating local adventure professionals about the best places and ways to adventure in the area, love to get out and share with others the things they've found out about.

So whether you're visiting the area for the first time or a regular looking for something new, come along and get some ideas and inspiration to take your family adventures to the next level. Whether you're looking for something free, a have a go session, to go big or for something more extreme, they'll be ideas for you here. First time families and adventure addicts welcome.





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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 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.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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