



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

A Handful of Spokes and Stories (LEJOG)

Stuck for something to do in the summer holidays, Stuart & Kirstie 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 60 minute talk and multimedia presentation, Stuart and Kirstie will share some 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
- How we kept everyone motivated and entertained
- The never to be forgotten Kinross experience
- What the kids wrote in the book of Old Groats



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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.

They can be contacted by email: stuart@familyadventureproject.org and kirstie@familyadventureproject.org or on +44 (0)1524 782351

