



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

Bikes, Boats and Baltic Madness

In this entertaining 60 minute talk and multimedia presentation, Stuart & Kirstie share stories, images, montages and video from an unusual family adventure; biking across the Baltics, through Lithuania, Latvia, and Estonia on a mission to reach Moominworld in time to celebrate the Moomins' 65th birthday.

A family journey into unfamiliar territory, involving 2,100km of cycling, 19 ferries, 8 weeks, 7 languages, 6 currencies, 3 children, 2 adults, 2 trailers, 1 tandem and a Goody bike.



In *Bikes, Boats and Baltic Madness*, Stuart and Kirstie share some of their experience of a summer of Baltic madness and a quite unique family adventure, talking about:

- Why, how and where they adventure together as a family
- Impressions of the Baltic landscapes, food and people
- Visiting military prisons, nuclear bunkers and sanitoriums
- The challenges and rewards of cycle touring in unfamiliar places like the Baltics
- The fun and games that helped keep everyone going
- What happens when you let the kids take charge of the adventure
- The benefits of doing active and adventurous things together as a family
- What it was like to finally meet the Moomins



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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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