



# 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

### *Pedalling Pilgrims*

Looking for a summer of spirited adventure, Stuart & Kirstie 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 1,400km 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 multimedia presentation, Stuart and Kirstie share images and stories from their journey:

- The changing landscape, art and architecture of Northern Spain
- The history of pilgrimage to Santiago de Compostela and story of Santiago
- The family spirit that develops on the road
- The challenge of coping with heat, hills and travelling by bike as a pilgrim family
- Where to stay and how to find your way on the Camino
- Participating in the customs and rituals of pilgrimage
- The magic of arriving in Santiago with a thousand other pilgrims
- Their journey to the very end of the mediaeval world



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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](http://www.familyonabike.org) and adventure lifestyle blog [www.familyadventureproject.org](http://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](http://www.familyadventureproject.org) and contact them through social media on [www.twitter.com/familyonabike](https://www.twitter.com/familyonabike) and [www.facebook.com/familyadventureproject](https://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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