



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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✉ stuart@familyadventureproject.org

Short Talk

Adventure Islands – Iceland and The Faroes

Iceland and The Faroes; not your average family destinations yet full of incredible landscapes and adventure opportunities for families with an explorer spirit. In this talk we share stories, photos and video from six weeks spent in summer 2012 searching out the best adventures a family can have in these two adventure islands. From cycle touring Iceland's Dream Road and Eastern Fjords to glacier hiking on volcanos and rafting glacial rivers. From 4WD adventures in the Icelandic interior to the ultimate lighthouse walk on a remote Faroese island. As we talk we'll share something of our own family adventure philosophy, our knowledge of what families can do together, and why we think family adventure is a good thing.

Stuart and Kirstie founded their Family Adventure Project 12 years ago. Since then they've cycled, sailed, canoed, backpacked and more with their three children in more than twenty countries and clocked up over 12,000 miles of independent family cycle touring. They run a leading blog on active family adventures that inspires, entertains and encourages families to get out, get active and adventure together.





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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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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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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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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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Short Talk

Hard Stuff is Good for You

In this entertaining and interactive 30 minute talk aimed at school children, Stuart & Kirstie encourage you to think about and understand why doing hard things is good for you and develop ideas on how you can get better at choosing and handling challenges.

Stuart and Kirstie have challenged themselves and their three children cycling more than 12,000 miles as a family on adventures in New Zealand, Europe and the Baltics. Using stories, pictures and video from these journeys, they illustrate the fun and challenges they encounter on their adventures together. Using examples from the group and their own experience they show how challenges help you grow and learn stuff, make life more interesting, and help build your confidence and character. They show how challenges build skills for life.



In *Hard Stuff is Good for You*, Stuart and Kirstie talk about

- The unusual challenges they've taken on as a family
- Why they like doing harder and harder things
- The joy of success and challenge of not giving up
- What helps keep them going when things get tough
- How friends, family and supporting each other help
- The importance of taking responsibility for challenging yourself
- How they encourage and reward themselves and each other
- What you can do to get better at dealing with challenges



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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, Denmark, Iceland, The Faroe Islands 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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