



EXPEDITIONS

Doing something epic, eccentric or generally exciting?
Put it on our noticeboard – email rob@atmagazine.co.uk



CYCLING TO INDIA

WHO?

VERITY ELLIS (lawyer) and **JOE ANDREWS** (teacher) – definitely not pro cyclists in the slightest!

WHAT?

Embarking on a 5,000-mile cycle trip from the UK to India, fundraising for Magic Bus, the education and gender equality charity. Chasing late summer, we will make our way through Western Europe, over the Alps and along the Dalmatian Coast through Istanbul, but after Turkey things are likely to get a little trickier. Our plans will have to be fluid (not easy for Verity!) and will depend on visas and the political climate when we get nearer.

WHEN?

Starting in mid-August 2018, for however long it takes!

WHY?

Until now we have followed a pretty well-trodden path, but we both always hankered after an adventure off the beaten track. Education is the pathway out of poverty and Magic Bus is doing such important work. We are excited to raise awareness and funds for a wonderful charity and we can't wait to see the charity in action once we get to India.

📧 @byjovebybike
www.byjovebybike.co.uk



A WORLD DUATHLON

WHO?

PETE LAMB, a 25 year old from Bristol.

WHAT?

I'm currently cycling across Europe and running seven marathons along the way. This is the first leg of a bike ride around the world.

WHEN?

I left in June 2018 and to date have cycled 5,600 miles across 17 countries and run six marathons, most recently in Zagreb, Croatia. I'll finish the marathon challenge in Istanbul before heading across Asia on the bike. I plan to reach Sydney, Australia in December 2019.

WHY?

Last year I realised I wanted to pursue a more active and adventurous life instead of an office-based career. I also wished to take advantage of being fit and healthy, having previously undergone two heart operations, by challenging myself physically and raising money for the Bristol Heart Institute, which has treated me so well. Donate at www.bit.ly/PeteLamb.

WHY SHOULD WE FOLLOW YOUR TRIP?

I'm aiming to take on more running challenges alongside the cycling, which will be worth keeping an eye on. In spring 2019 I plan to take a three month break from the bike to run 1,550 miles along mainland Japan and in 2020 I hope to do the same across New Zealand. I'm also blogging and trying to improve my amateur photography during downtime.

📧 @petelamb
📷 /petelambontherun
www.pete-lamb.com



WALKING NEW ZEALAND

WHO?

KATRINA MEGGET – a New Zealander who has lived in London for 12 years now.

WHAT?

Solo walking the 1,864-mile Te Araroa trail down the length of New Zealand, starting from Cape Reinga in the north.

WHEN?

Starting on 5 November. The adventure should take five to six months, depending on weather conditions, tides, river levels, fitness and blisters.

WHY?

To raise awareness of self-doubt and low self-esteem, which can be linked to mental health problems, while raising money for the mental health charities Mind in the UK and The Mental Health Foundation of New Zealand.

WHY SHOULD WE FOLLOW YOUR TRIP?

Katrina spent three years telling herself she wasn't good enough to walk Te Araroa until she realised her mindset was holding her back. She wants to show others that negative thoughts about ourselves don't have to hold us back from achieving our goals and dreams.

📧 @KatrinaMegget
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www.katrinamegget.com