

# #AAF24 SCHEDULE

Welcome to the adventure! The below is the full schedule for the event! On top of everything you see here there will be activities taking place all weekend. See the activities pages of the programme or website for full details. If you have any questions just drop in to the Armchair Adventure Festival shop located on Adventure Avenue!

## THURSDAY 25/7

	MAIN STAGE	CAMPFIRE
15:00	FESTIVAL GATES OPEN!	
17:30		Live Music The Wave Machine
19:30	Adventure Open Mic Night - Tell your stories win cool prizes	
21:00	Live Music King Dinosaur	

## FRIDAY 26/7

MAIN STAGE	ARMCHAIR AMPHITHEATRE	ADVENTURE SKILLS STAGE	SURVIVAL WISDOM ZONE
Travelling in Gaddafis Libya Toby Savage	A Year on the road in a Mog Gareth and Maria	Route Planning Richard Matthews	Useful Knots Banwell Scouts
A Tandem Sup Record Nomadic Paddler	The Real Syria Carly Fillis	Prepping a motorcycle for a big adventure Max Jowatt	Mine Awareness Guy Marot OBE
Rowing the Atlantic Roz and Andy	Riding the Himalayas Hema Choudary	The Retirement Rebel Refire when you retire Siobhan Daniels	Fire Lighting Banwell Scouts
Full Circle: RTW by sidecar in the 80's Richard and Mospa	The Power of The Wild Abbie Barnes	Craft Hour: create your own willow sculpture Jane Gower	Trauma & Medical Training Survival Wisdom
RTW by Scooter & Sidecar Matt and Reece (AAF Founders)	Tough Girl Podcast Sarah Williams and Tiffany Coates	iPhone Photography Simon and Lisa Thomas	Paracord Bracelet Making Banwell Scouts
Surviving the Silence: Antarctica Solo Sam Cox		Panel: Safety on the road Simon and Lisa Thomas, Richard Matthews, Tiffany Coates	Emergency Water Filtration Survival Wisdom
			Tree Climbing Banwell Scouts
			Knife Skills Banwell Scouts
			Travel Safety - What to do when it all goes wrong Survival Wisdom
The Amazon: Summit to Sea John Bathgate, Ian Roberts & Cara Gilles			
Real Brokeback Mountain Niall McCann			
Live Music Rue			
Live Music 3 Daft Monkeys			

  

CAMPFIRE STAGE	SPLASH MAPS PLANNING YURT	MEET AT THE SHOP	ISLAND FEATHER WELLNESS ZONE
13:30 Desert Flat Bread Making Toby Savage	11:30 Toby Savage	08:00 Wild Swim	08:00 Gentle Yoga
15:30 Live Music Andy Quick	12:30 Carly Fillis	11:30 Foraging	10:30 Power Yoga
	13:30 Hema Choudary	13:30 Tracking	Massages available - additional cost (see premium activity bookings)
	15:30 Richard and Mospa	15:30 Nature Immersion Rhoda Watkins	
	16:30 The Sidecar Guys		
	17:30 Sam Cox		

# SATURDAY 27/7

	MAIN STAGE	ARMCHAIR AMPHITHEATRE	ADVENTURE SKILLS STAGE	SURVIVAL WISDOM ZONE																												
10:30	<b>Fin, feather and fur: a wildlife trip around the world.</b> Stephen Marsh	<b>Writing for Magazines</b> Sam Manicom	<b>Prepping a vehicle for overland adventure: big isn't always better.</b> Jayne and David	<b>Useful Knots</b> Banwell Scouts																												
11:30	<b>Against All Odds: Triumph Over Taliban</b> Gulafshan Tariq	<b>House sitters guide to the galaxy</b> Jessica Holmes	<b>Adventure Planning Workshop</b> Sarah Williams	<b>Mine Awareness</b> Guy Marot OBE																												
12:30	<b>Panel Discussion: Mental Health and Adventure</b> Belinda Kirk, David Haze, Abbie Barnes	<b>Film Screening: Living on the edge</b> Cornwall Climate Stories	<b>Navigation</b> Richard Matthews	<b>Trauma &amp; Medical Training</b> Survival Wisdom																												
13:30	<b>Travelling as a pair</b> Simon and Lisa Thomas		<b>Craft Hour: create your own willow sculpture</b> Jane Gower	<b>Paracord Bracelet Making</b> Banwell Scouts																												
14:30	<b>Sailing the Atlantic</b> Kitiara Pascoe	<b>Adventures on a Serow. Arabia and the Middle East</b> Helen Lloyd	<b>Hints &amp; Tips for planning your SUP trips</b> Lisa Drew	<b>Emergency Water Filtration</b> Survival Wisdom																												
15:30	<b>The Americas in a school bus</b> Global Convoy		<b>Wild Camping</b> Tiffany Coates	<b>Knife Skills</b> Banwell Scouts																												
16:30	<b>The Meaning of Life</b> Sam Manicom	<b>Tough Girl Podcast</b> Sarah Williams and Candida Louis	<b>Q&amp;A: Freighting your vehicle</b> Kathy Wood (MotoFreight)	<b>Travel Safety - What to do when it all goes wrong</b> Survival Wisdom																												
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19:00	<b>#GetOutDoStuff Raffle and updates</b> Matt and Reece	<table border="1"> <thead> <tr> <th>CAMPFIRE STAGE</th> <th>SPLASH MAPS PLANNING YURT</th> <th>MEET AT THE SHOP</th> <th>ISLAND FEATHER WELLNESS ZONE</th> </tr> </thead> <tbody> <tr> <td><b>13:30</b> Desert Flat Bread Making <b>Toby Savage</b></td> <td><b>11:30</b> Stephen Marsh</td> <td><b>08:00</b> Wild Swim</td> <td><b>08:00</b> Wake Up Flow Yoga</td> </tr> <tr> <td><b>14:30</b> Hover Craft Adventures <b>Russ Bagley &amp; John Barker</b></td> <td><b>12:30</b> Gulafshan Tariq</td> <td><b>8:30</b> Park Run</td> <td><b>9:30</b> Power Yoga</td> </tr> <tr> <td><b>15:30</b> Live Music <b>Joanna Cooke</b></td> <td><b>13:30</b> Summit to Sea</td> <td><b>11:30</b> Foraging</td> <td><b>11:00</b> Gentle Yoga</td> </tr> <tr> <td><b>17:30</b> Live Music <b>Sam Evans</b></td> <td><b>15:30</b> Helen Lloyd</td> <td><b>13:30</b> Tracking</td> <td>Massages available - additional cost (see premium activity bookings)</td> </tr> <tr> <td></td> <td><b>16:30</b> Global Convoy</td> <td><b>15:30</b> Nature Immersion <b>Rhoda Watkins</b></td> <td></td> </tr> <tr> <td></td> <td><b>17:30</b> Candida Louis</td> <td></td> <td></td> </tr> </tbody> </table>			CAMPFIRE STAGE	SPLASH MAPS PLANNING YURT	MEET AT THE SHOP	ISLAND FEATHER WELLNESS ZONE	<b>13:30</b> Desert Flat Bread Making <b>Toby Savage</b>	<b>11:30</b> Stephen Marsh	<b>08:00</b> Wild Swim	<b>08:00</b> Wake Up Flow Yoga	<b>14:30</b> Hover Craft Adventures <b>Russ Bagley &amp; John Barker</b>	<b>12:30</b> Gulafshan Tariq	<b>8:30</b> Park Run	<b>9:30</b> Power Yoga	<b>15:30</b> Live Music <b>Joanna Cooke</b>	<b>13:30</b> Summit to Sea	<b>11:30</b> Foraging	<b>11:00</b> Gentle Yoga	<b>17:30</b> Live Music <b>Sam Evans</b>	<b>15:30</b> Helen Lloyd	<b>13:30</b> Tracking	Massages available - additional cost (see premium activity bookings)		<b>16:30</b> Global Convoy	<b>15:30</b> Nature Immersion <b>Rhoda Watkins</b>			<b>17:30</b> Candida Louis		
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21:00	<b>Live Music</b> <b>The Trouble Notes</b>																															
22:00	<b>Live Music</b> <b>Echo Town</b>																															

# SUNDAY 28/7

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10:30	<b>iPhone Photography Part 2</b> Simon and Lisa Thomas	<b>South America in a big truck, if we can, you can</b> Neil & Patricia Hay					
11:30	<b>The Search for Popski's Lost Patrol</b> Lisa and Cole Stage	<b>Adventure together as siblings</b> The Chicks Winners of #GetOutDoStuff Award	<b>08:00</b> Wild Swim	<table border="1"> <tbody> <tr> <td><b>08:00</b> Wake Up Flow Yoga</td> <td><b>9:30</b> Power Yoga</td> <td><b>11:00</b> Gentle Yoga</td> </tr> </tbody> </table>	<b>08:00</b> Wake Up Flow Yoga	<b>9:30</b> Power Yoga	<b>11:00</b> Gentle Yoga
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