

**THE
ARMCHAIR
ADVENTURE
FESTIVAL
BOOTCAMP**



PROGRAMME



IMAGE: 2 RIDE THE WORLD

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WELCOME



Welcome to Bootcamp!

Thanks so much for joining us at the first ever Armchair Adventure Bootcamp! We have an absolute belter of a weekend lined up with a mixture of inspirational and informative sessions to get you excited and prepared for a world in which we can all get out and adventure again! With over 200 of you signed up to take part we've made sure there's loads going on this weekend! We'll be running two main stages where most of the action will be but there will also be the opportunity to chat face to face with other adventurers in 'The Three Wheels' as well as explore other content on the Bootcamp digital map!

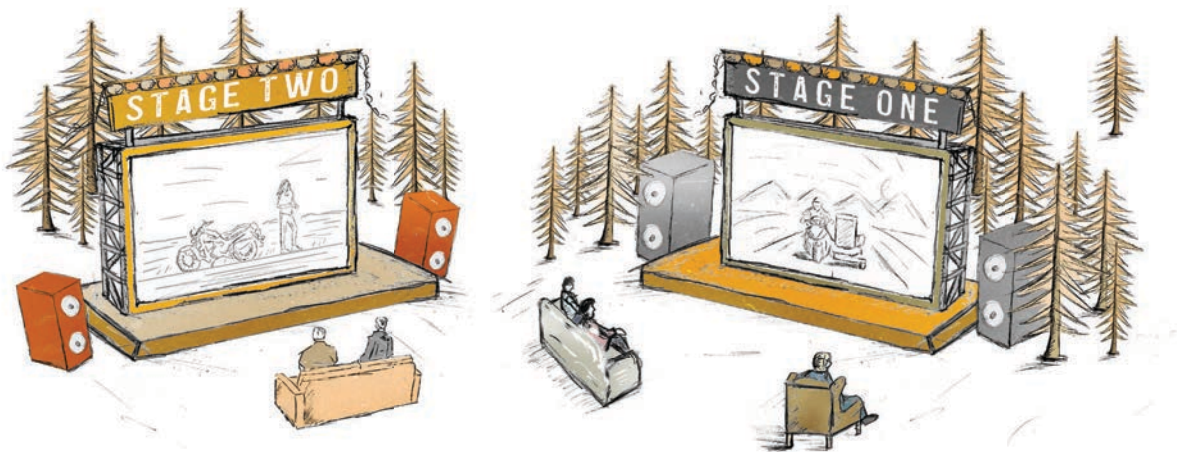
There are sessions aimed at all kinds of key themes in adventure and loads of opportunities to learn new skills but this weekend is as much about learning from each other as it is about the formal sessions. Feel free to make use of the 'Adventure Board' to ask your questions and share your top tips, it's those little golden nuggets of information which could mean you get to visit incredible places and experience new things. In fact, to kick it off, here's a top tip from us. If you ever get to the chance to take on the Lagunas Route from Chile to Bolivia, make sure you take the time to take a dip in the hot pools you'll find en-route (pictured above). It's a beautiful setting and it'll likely be just you, the naturally hot water and the llamas grazing in the distance. It's so nice that you'll want to stay for hours. Don't! If you do, then like us, you'll find yourself pushing your scooter and sidecar uphill at 5,000 metres above sea level as the sun sets and the altitude sickness starts to kick in...

Matt and Reece
The Sidecar Guys

HOW IT WORKS

The Armchair Adventure Bootcamp has so much going on that we thought we should kick off this programme with a bit of an intro on how it works. The first thing to note is that there is a lot going on and unless you're absolutely fantastic at multi-tasking you won't be able to watch everything, instead you'll be able to catch up on the sessions you miss anytime for the next six months. You will be emailed your unique log in for the event on Friday morning which will take you directly to the Bootcamp virtual map. You can then explore the map to see the sessions and chat to your favourite adventurers. Here's a quick guide to the map:

MAIN STAGES

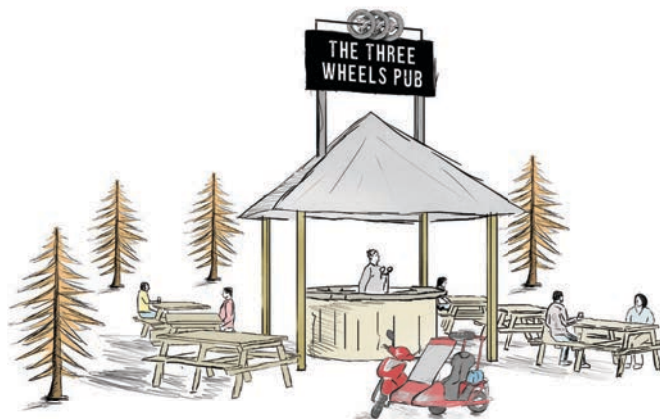


Most of the action will be taking place on the Main Stages: Stage One and Stage Two. If you've been to an Armchair Adventure Festival before then this will be a super familiar format. All you do is click the stage you would like to watch and you'll head straight to the live stream embedded on our website. You can then use the live chat function to interact with our speakers during these sessions too.

Quick viewing tip: If you have a smart TV and would like to get the stage on there you can either copy the link and put it in to your browser application or click to watch while signed into your YouTube account on your PC/tablet and then head to the 'history' section of the YouTube application on your smart TV and the live stream will be in there. You wont find this on our YouTube channels as it's a private link just for you.

THE THREE WHEELS VIRTUAL PUB

Outside of the main stage most of the action will take place in The Three Wheels Virtual Pub. The idea of the pub is that you can talk directly to your favourite adventurers. All of the adventurers will be heading to the pub for a drink after their talk on one of the stages so you can join them in their for a chat.



HOW DOES THE PUB WORK?

The Three Wheels is facilitated using Zoom. There will be a dedicated bartender 'behind the bar' at any one time and they will facilitate the sessions. Most of the time you will be promoted to a panellist when entering the pub which means you can choose to turn your camera and microphone on and chat directly to whoever is in the pub at the same time including the adventurers who are presenting. If the pub is particularly busy and our bartender thinks it will just be too busy to all chat then you will be left as an attendee and asked to type your question in the live chat. There will be two tables in The Three Wheels with two separate bartenders so plenty of conversations to get involved with.

ZOOM

Never used Zoom before? No worries. It's super easy and completely free. You can choose to get a free Zoom account and download the application for your PC, tablet or smart phone, or you can decide to take part as a guest using your browser. All you will need to do is click the table you want to join and Zoom will take you to the chat room, if you can't see it you may need to click 'launch in browser'. If you still can't work it out just let us know and we will make sure you're set up.

Warning: If you click enable microphone and camera when you enter the room, we will be able to see and hear you. If you don't want to be seen or heard just make sure you have the mic and camera turned off using the buttons in the bottom left hand corner of the screen.

Note: Please be nice in the pub. Enjoy a chilled drink and a chat about adventure. No nasty business please or you will be booted out by our bartender. Anything abusive and we'll revoke your access to the whole event.

OTHER THINGS TO CHECK OUT

Aside from the main stages and The Three Wheels we have a few other tents and zones to check out.



THE ADVENTURE BOARD

This is your chance to interact with other Bootcampers. Post your comments to have your questions answered or recruit a team mate for an upcoming adventure. There will be a prize for the best post on there.

THE MENTAL HEALTH MOTORBIKE TENT

Our chosen good cause to support for Bootcamp is Mental Health Motorbike, an initiative set up to support those who are struggling with their mental health. Head to the tent to find out more and support.



THE HONDA ADVENTURE TENT

Honda are the headline sponsors for the Armchair Adventure Festival and inside their tent this time you'll be taken straight to check out their new adventure bike - the CRF300L and CRF300 Rally.

THE SW MOTECH ADVENTURE ACCESSORIES GARAGE

Check out the SW Motech Adventure Accessories Garage to be in with a chance of winning a 35L dry bag. This tent is mainly for motorcyclists but that dry bag will be useful for any kind of adventurer!



THE MOTO FREIGHT HANGAR

Head to the Moto Freight hangar for help and advice on all things shipping. There's a notice board which you can post your freighting questions on and the Moto Freight team will respond throughout the weekend.



THE ARMCHAIR ADVENTURE FESTIVAL SHOP

Head to the shop to grab special festival price copies of your favourite author's books as well as Armchair Adventure Bootcamp merch!



INFORMATION TENT

Got lost? Need help with something? Head to the information tent for FAQ's, the schedule and contact information.

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SPEAKERS



KARL BUSHBY

Ex-paratrooper Karl is on track to walk an unbroken 36,000-mile path across the world. Final destination: Hull. The journey began in 1998 in South America and Karl is still going! So far he has walked every step of the way to Turkmenistan! And when we say every step, we mean every step, including through the Darien Gap and across the pack ice from Alaska to Russia. Karl will be talking about planning for adventures in extreme environments.



TIFFANY COATES

Tiffany is probably the world's foremost female motorcycle traveller having ridden over 300,000 miles, crossing every continent, some of them several times. As well as an experienced traveller Tiffany is also a highly qualified and experienced self-defence tutor. She's taught classes all over the world with a focus on inspiring and enabling others to travel. She'll be delivering a masterclass on 'Staying safe in the wild places', something that is absolutely critical for any adventure.



SPENCER CONWAY AND CATHY NEL

Spencer and Cathy will be giving us the lowdown on the lock-down in Mexico where they are currently riding. This adventurous pair have racked up more than 100,000km's on their motorbike and aim to circumnavigate every continent on earth. They push the limits of adventure motorcycling and if it wasn't for Covid-19, they would currently be attempting to pass through the Darien Gap!



DAN GREC

Dan Grec is an Australian adventurer, snowboarder and photographer who now hails from Canada. After driving 40,000 miles from Alaska to Argentina on the Pan-American Highway, Dan became inspired by the characters he met along the way, and is now passionate about helping others realise their own Overland dreams. Dan will be doing a workshop in International Overlanding Tips & Tricks.



ROSEANN AND JONATHAN HANSON

Roseann and Jonathan are founders of the Overland Expo, the world's premiere overland and adventure travel event. They have also been outdoor adventure and travel writers for over 35 years and will share tips for recording your journeys so that you can turn them into articles and books when you get home.



OLIE HUNTER SMART

Olie takes a slower pace to his adventures than some of our other speakers and has taken on some truly remarkable human powered challenges. In 2015 Olie became one of only a handful of people to travel the full length of the Amazon River on foot and by kayak. Olie will be delivering a live workshop about kayaking adventures.



STEPH JEAVONS

Steph is best known for being the first person to ride a motorcycle on all seven continents while circumnavigating the globe. It was a journey that spanned 54 countries over four years. She also runs off-road riding schools in her native Wales, and has taken a team of female motorcyclists to Everest's Base Camp. Steph will be delivering a presentation on 'Top Tips for Solo Travellers'



MICHELLE LAMPHERE

In 2013 Michelle quit her hotel executive job, sold her house and rode away on her motorcycle bound for Ushuaia. The two years of adventures, planned and unplanned, she experienced along the way forever changed how she sees the world. She's a rider, writer, and traveller, and owns a small inn in the Black Hills of South Dakota where motorcycle travellers are particularly welcome. Michelle will be joining the 'Wandering Women' panel.



CANDIDA LOUIS

In her own words Candida is "an Indian Girl Riding the world". She most certainly is! Candida has ridden in every state in India and has ridden all the way from her home town in India to Sydney Australia. She's already an adventure motorcycling legend and was a huge hit at the first Armchair Adventure Festival. Candida will be delivering a workshop on 'Adventuring In India'.



SAM MANICOM

Sam spent 8 years on the road after realising he didn't like his job and was in the unique position of having no responsibilities and plenty of savings, and therefore no reason not to go round the world by motorcycle. He sold his house, bought a bike, passed his test and rode off in search of adventure. Sam will be delivering a workshop about what gear to pack for your adventures.



NATHAN MILLWARD

Nathan started with small bikes, riding a Honda CT110 postie bike home from Australia to England, and then across America and up to Alaska. Since returning to the UK he carved out a career as founder and tour leader of the famous Garbage Run. This means he has extensive knowledge of UK roads and he is the perfect person to run a session on 'UK Road Trips'.



SARAH OUTEN MBE

In search of adventure and charting her way through grief at the sudden death of her father, at 24 Sarah Outen became the first woman and youngest person to row solo across the Indian Ocean. This then led to her London2London:Via the World journey - a 4.5 year 25000 mile loop of the planet using human power. Sarah will be doing a live Q&A after a screening of her incredible film 'Home' and a live workshop on Ocean Rowing.



RICHARD PYSHORN

Richard Pyshorn is the MD of Survival Wisdom, a Survival and Resilience training organisation. He spent 30 years as a Force Protection specialist in the UK Armed Forces. Having experience of 10 operational tours of duty, he has survived in environments from the Middle East to Central American jungles; having completed some of the most arduous and toughest courses within the British military. Richard will draw on all of these experiences to deliver a session in Adventure First Aid.



JAMIE RAMSAY

Over the last 5 years, Jamie has taken on 30,000 km's of human powered adventures through 28 countries. Jamie is best known for his outrageous, 17,000 km run from Canada to Argentina but his CV of adventure is bursting with crazy challenges most of us couldn't dream up! Jamie will be running a workshop on what and how to pack for long distance cycling adventures.



VANESSA RUCK

After being hit by a car while cycling in 2014, Vanessa's world was turned upside down. Motorcycles have been instrumental in her recovery. She's an enduro and Harley rider and is determined to make the most of every day. She is a huge social media influencer within the adventure motorcycling world and will be delivering a mini masterclass in sharing your adventures with the world through social media.



JULIA SANDERS

Julia is the co-founder of UK based motorcycle expedition company, GlobeBusters. She has spent more than 15 years planning big motorcycle adventures and will chat about the key aspects of planning a route, what practical things to take into account and contingency planning. She will talk through the GlobeBusters London to Beijing trip as a practical example.



KINGA TANAJEWSKA

Kinga's been 'On Her Bike' since 2017 when she quit her job in Australia and set off to ride around the world on a motorbike. Her current trip is called the 'Are we there yet?' tour because she doesn't know where it will end! Having been on the road since 2017 the obvious, million dollar question is how does she afford it? Well, we're going to find out as she'll be delivering a workshop on 'making money on your adventures'.



ADAM AND TANIA AKA JITS IN TO THE ADVENTURE

Jits is the star of the show for Tania and Adam - it's their trusty but elderly campervan, and both their home and transport as they travel around Europe, filming, photographing and documenting their adventures. They live and breath Van Life so we could think of nobody better suited to deliver a workshop on exactly that.



SIMON & LISA THOMAS

Lisa and Simon first went out to ride around the world in May of 2003 and have since ridden an insane 500,00 miles! They have helped to define adventure motorcycling as we know it and they are professional adventurers who will be sharing their skills with us. They'll be doing a masterclass in photography, a workshop in cooking on the road and a presentation about their 17 years in the saddle.



AUSTIN VINCE

Austin is adventure filmmaking royalty. Co-founder of the Adventure Travel Film Festival, Austin has likely seen more adventure films than any other human on the planet. He's also made two hit TV series and knows everything there is to know about shooting your own adventure film. Austin will be teaching a Masterclass on 'How to make a film of your adventures'. This is a must do session if you're thinking of filming your trip!



YOU?

We're holding an open mic night on the Saturday night! Do you have an adventure you'd like to tell us about? We're giving 5-10 minute slots to adventurers who would like to take the mic! Let us know if that's you by dropping Matt an email at Matt@TheSidescarGuys.com

FRIDAY NIGHT FILM

home

AN OUTWARD JOURNEY INWARD

a film by Jen Randall & Sarah Outen

sarahoutenhome.com

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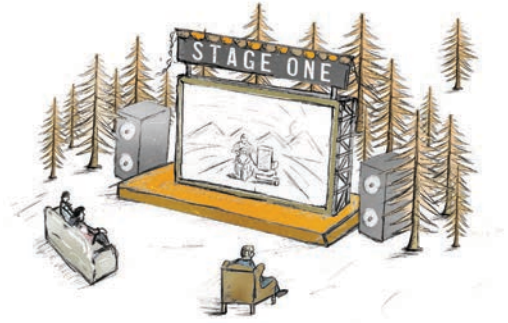


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FRIDAY 26/02

GMT

- 18:45** WELCOME FROM THE SIDECAR GUYS
- 19:15** LISA AND SIMON THOMAS (2 RIDE THE WORLD) 17 YEARS ON THE ROAD.
- 20:15** HOME - A FILM BY JEN RANDALL AND SARAH OUTEN.
- 21:45** SARAH OUTEN LIVE Q&A.



SATURDAY 27/02

STAGE 1

All speakers on stage 1 will head to Tiffany's Table in The Three Wheels straight after their talk for a Q&A.

STAGE 2

All speakers on stage 1 will head to Dorothy's Diner in The Three Wheels straight after their talk for a Q&A.

10:30 WELCOME FROM THE SIDECAR GUYS

11:00 SARAH OUTEN - OCEAN ROWING

----- BREAK -----

12:15 AUSTIN VINCE - MAKING A FILM ABOUT YOUR ADVENTURES PART 1

----- 13:15 LUNCH BREAK -----

13:45 AUSTIN VINCE - MAKING A FILM ABOUT YOUR ADVENTURES PART 2

14:45 JULIA SANDERS - PLANNING BIG OVERLANDING ADVENTURES

----- BREAK -----

16:00 KINGA TANAJEWSKA - MAKING MONEY ON THE ROAD

17:00 KARL BUSHBY - PLANNING FOR EXTREME ENVIRONMENTS

----- BREAK -----

19:30 ADVENTURE OPEN MIC NIGHT

21:00 SPENCER CONWAY AND CATHY NEL

11:00 NATHAN MILLWARD - UK ROAD TRIPS

----- BREAK -----

12:15 JAMIE RAMSAY - CYCLING ADVENTURES

13:45 SAM MANICOM - LOOKING FOR FREEDOM - IT'S A GEAR THING. (90 MINUTE SESSION)

----- BREAK -----

15:45 RICHARD PYSHORN - ADVENTURE FIRST AID

16:45 SIMON AND LISA THOMAS - ADVENTURE PHOTOGRAPHY PART 1

THE THREE WHEELS BONUS SESSION

IN 'TIFFANY'S TABLE'

12:15 TIFFANY COATES - SAFETY IN THE WILDEST PLACES PART 1



DON'T FORGET TO POP IN AND SAY HI AT THE THREE WHEELS!



SUNDAY 28/02

STAGE 1

All speakers on stage 1 will head to Tiffany's Table in The Three Wheels straight after their talk for a Q&A.

10:15 WELCOME FROM THE SIDECAR GUYS

10:45 THE SIDECAR GUYS - CHARITY CHALLENGES

11:30 STEPH JEAVONS - SOLO ADVENTURES

----- BREAK -----

12:45 SIMON AND LISA - 'DIRTY DINING' - COOKING ON THE ROAD

STAGE 2

All speakers on stage 1 will head to the Echo Table in The Three Wheels straight after their talk for a Q&A.

12:45 OLIE HUNTER SMART - KAYAKING ADVENTURES

----- 13:45 LUNCH BREAK -----

14:15 CANDIDA LOUIS - ADVENTURE IN INDIA

14:15 VANESSA RUCK - SHARING YOUR ADVENTURES ON SOCIAL MEDIA

----- BREAK -----

----- BREAK -----

15:30 DAN GREC - INTERNATIONAL OVERLANDING TIPS AND TRICKS

15:30 ADAM & TANIA (AKA JITS IN TO THE SUNSET) - VAN LIFE

16:30 ROSEANN & JONATHAN HANSON - WRITING ABOUT YOUR ADVENTURES

16:30 SIMON & LISA THOMAS - ADVENTURE PHOTOGRAPHY PART 2

17:30 ASK US ANYTHING PANEL CHAT

THE THREE WHEELS BONUS SESSION

IN 'TIFFANY'S TABLE'

11:30 TIFFANY COATES - SAFETY IN THE WILDEST PLACES PART 2

15:30 WANDERING WOMEN - PANEL CHAT FEATURING TIFFANY COATES, ROSEANN HANSON, MICHELLE LAMPHERE AND CANDIDA LOUIS



↖ This one is just for women. Fellas please join us for Adam and Tania or Dan Grec.

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Reading this refreshing book is easy - time just slips by - but that's the only easy thing about the whole affair. So my advice is: think of something you'd love to do that's really quite ridiculously impossible. Then read the book. Then go and do it. I must say, it really takes me back . . .

Ted Simon, author of Jupiter's Travels



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