

THE **ARMCHAIR**
ADVENTURE
FESTIVAL
2022 MT EDGCUMBE
CORNWALL

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 22/9

The main festival kicks off properly on Friday but we couldn't resist sliding in some entertainment for Thursday evening too. Anybody with a weekend pass is welcome!

MAIN STAGE

FIRE PIT

15:00

FESTIVAL GATES OPEN!

19:00

**Campervan Live Lounge
with Tom Dibb**

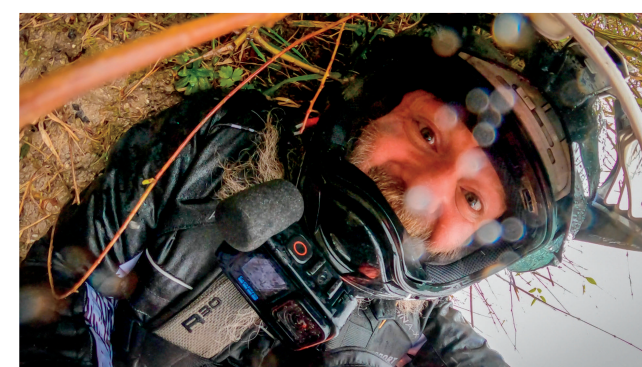
20:00 - 21:00

Adventure Open Mic Night

Win cool stuff by taking to the Armchair Adventure Festival stage to tell your tale of adventure! You'll get no more than 5 minutes to impress our audience and the clapometer will dictate who takes home the prizes!

21:00

Live Music
**The Datura Roots
Collective!**





MAIN STAGE

ARMCHAIR AMPHITHEATRE

FIRE PIT

SURVIVAL ZONE

ISLAND FEATHER WELLNESS ZONE

08:00

Wild Swim at Barn Pool Beach

9:30-10:30

Power Yoga
Island Feather

10:30-11:30

Exploding penguins? –
Adventures in Bomb Disposal
Guy Marot

11:30-12:30

1000 miles through the Sahara in a
1943 Jeep
Toby Savage

Could we do it in a Prius?
Robin and Kim Grigsby

Gentle Yoga
Island Feather

12:30-13:30

Around the world on a
sports bike
Bruce Smart

Dirty Dining Cooking Demo
Simon & Lisa Thomas

13:30-14:30

Live Music
Campervan Live Lounge with
Tom Dibb

14:30-15:30

50,000km Human Powered
Jamie Ramsay

The Power of Adventure
David Haze

15:30-16:30

Panel Chat. Mental Health and Adventure
Hosted by Jay Worthy
with **Belinda Kirk, David Haze and Beth Thomas**

Live podcasting.
Bruce Smart (AKA. TeaPotOne) chats with
Chris The Coastwalker

Expedition Survival Planning
Chris Roberts

16:30-17:30

Around the world on a
motorcycle in the 1980s
Elspeth Beard

Travel Journal Part 1: Recording your
journey
Roseann Hanson

17:30-18:30

Cornwall Climate Stories
Film: Down The Drain
LIVE Q&A to follow

18:30 - 19:30

Welcome from The Sidecar Guys
Against the Odds
Conrad Humphreys

19:30-20:30

Introducing the Survival
Mindset
John Hudson

Live podcasting.
Bruce Smart (AKA. TeaPotOne)
With Jamie Ramsay

20:30

Live Music
The Cabarats
Malavita!

EVERYTHING ELSE

Free mountain bike hire runs all day Friday and Saturday from The Armchair Adventure Festival Shop. Kayaking and paddle-boarding and sailing tours take place from Barn Pool Beach.

The Splash Maps Planning Yurt

Drop in map sessions. Pop your head in to meet speakers on a 1-2-1 basis and plan your journeys with Splash Maps

11:00 – **Foraging** Group to meet at Planning Yurt for Walk

11:30 – **Guy Marot** Land mine show and tell.

12:30 – **Toby Savage** (The Sahara)

13:30 – **Kim and Robin Grigsby** (Driven across Alaska, USA, Mexico, Central Asia, Europe)

15:30 – **Jamie Ramsay** (running the Americas and almost everywhere else)

16:30 – **David Haze** (Paddle-boarding The Thames)

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MAIN STAGE

ARMCHAIR AMPHITHEATRE

FIRE PIT

SURVIVAL ZONE

ISLAND FEATHER WELLNESS ZONE

08:00

Wild Swim at Barn Pool Beach

Wake Up Yoga
Island Feather

09:30-10:30

Military Bootcamp
10:00 -Military style
exercise to get you
feeling fit and ready for
a day of adventure!

Making Shelter
**Banwell Scouts with support
from Survival Wisdom**

Power Yoga
Island Feather

10:30-11:30

Adventure Photography
Workshop Part 1
Simon and Lisa Thomas

Live podcasting.
Bruce Smart (AKA. TeaPotOne)
With Atlantic Escapade (Andy & Rosalind)

Fire fundamentals: Fire lighting and more
**Banwell Scouts with support from
Survival Wisdom**

11:30-12:30

Around the World by Scooter and
Sidecar
The Sidecar Guys

Prepping a Vehicle for Extended
Travel
Jonathan Hanson

Survival Strategies: What to do
when it goes 'Pete Tong!'
Richard Pyshorn and Alf Evans

Gentle Yoga
Island Feather

12:30-13:30

Walking the Coast of Britain
Chris Howard

17 years on the road- Lisa's story
Lisa Thomas

Axe Carving
Premium
Activity

Expedition
Survival Planning
Chris Roberts

13:30-14:30

Live Music
Campervan Live Lounge with
Tom Dibb

Safety and Self
Defence
Kev Newton

14:30-15:30

Panel Chat: Women in Adventure
Hosted by **Roseann Hanson**
with **Belinda Kirk, Lisa Thomas & Steph Jeavons**

Packrafting Adventures
Chris Scott

Book in
advance at
AAF Festival
shop

15:30-16:30

Journeys with a purpose
Richard Pyshorn & Ken Hames

Extreme Medicine
Dr Will Duffin

Live podcasting.
Bruce Smart (AKA. TeaPotOne)
With The Sidecar Guys

Family & Festival Orienteering Challenge
Kev Newton

16:30-17:30

Dare to Fail: The first women to
row around the UK'
Belinda Kirk

Travel Journal Part 2: Illustrating Your
Journal
Roseann Hanson

Survival Tins and Knife Skills
**Banwell Scouts with support
from Survival Wisdom**

17:30-18:30

Adventure Film.
The Darien Conquest 1972
Live Q&A to follow

18:30-19:30

Riding all 7 continents
Steph Jeavons

19:30-20:30

On Thin Ice: a Siberian
winter's hike!
Charlie Walker

Live podcasting.
Bruce Smart (AKA. TeaPotOne)
With Elspeth Beard

20:30

LIVE MUSIC
Tom Dibb
Martin Harley
Andy Quick Band

EVERYTHING ELSE

Free mountain bike hire runs all day Friday and Saturday from The Armchair Adventure Festival Shop. Kayaking and paddle-boarding and sailing tours take place from Barn Pool Beach.

The Splash Maps Planning Yurt

11:30 – **Simon and Lisa Thomas** (Lagunas Route, Mae Hong Son Loop)

12:30 – **Elspeth Beard** (Ridden all over most recently in Tajikistan)

13:30 – **Roseann and Jonathan Hanson** (Experts on Alaska, USA)

15:30 - **Chris Scott** (expert on the Sahara, wrote the handbook on adventure motorcycling)

18:00 – **Belinda Kirk** (Walked across Nicaragua and much more, most recently walked the Canary Islands)

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CORNWALL

SUNDAY 25/9



MAIN STAGE

SURVIVAL ZONE

ISLAND FEATHER
WELLNESS ZONE

08:00

Wild Swim at Barn Pool Beach

Wake up Yoga
Island Feather

09:30-10:30

Adventure Photography
Workshop Part 2
Simon and Lisa Thomas

Making Shelter
**Banwell Scouts with support
from Survival Wisdom**

Power Yoga
Island Feather

10:30-11:30

A World of Wildlife through a
Lens
Stephen Marsh

Expedition
Survival Planning
Chris Roberts

Axe Carving
Premium
Activity

11:30-12:30

"I've been everywhere "
Panel discussion

Fire fundamentals: Fire
lighting and more
**Banwell Scouts with support
from Survival Wisdom**

Book in
advance at
AAF Festival
shop

Gentle Yoga
Island Feather

12:30-13:30

Survival Strategies: What to do
when it goes 'Pete Tong!'
Richard Pyshorn and Alf Stewart

13:30-14:30

Family & Festival Orienteering Challenge
Kev Newton

14:30-15:30

Survival Tins and Knife Skills
**Banwell Scouts with support
from Survival Wisdom**

**The Splash Maps
Planning Yurt**

10:30 – **Charlie Walker**

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