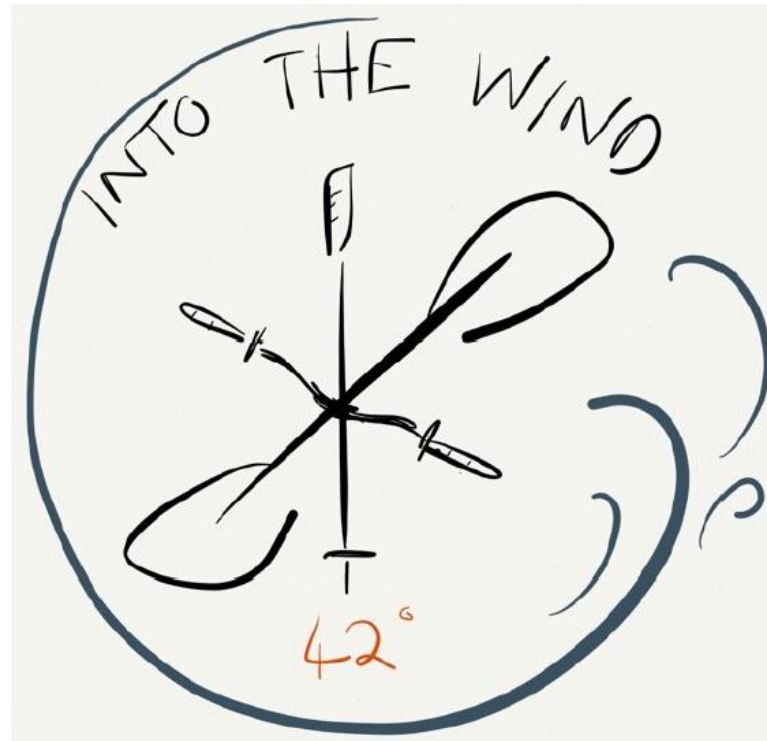


# INTO THE WIND

## 2014







‘A two man traverse of Tasmania by bike, boat and boot’

Derfogail Delcassian and Christian Loftus





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BLOG: [INTOTHEWIND2014.BLOGSPOT.CO.UK](http://INTOTHEWIND2014.BLOGSPOT.CO.UK)

WORDS AND PHOTOS BY DERFOGAIL DELCASSIAN AND CHRISTIAN LOFTUS

SUPPORTED BY IC EXPLORATION BOARD AND THE LORD MAYOR'S TRUST



TASMANIA

## GEOGRAPHY AND TERRAIN

Tasmania is an island located off the coast of Australia with an area of almost 70,000 km<sup>2</sup> (similar in size to the Republic of Ireland). It has a length of around 360 km and width of 310 km making it an ideal size to be crossed by bike and also for a moderate length expedition. The population of 500,000 makes it extremely sparsely populated by traditional western standards. It's also almost exactly the other side of the world from London- so we couldn't go any further!

The geography of Tasmania is extremely varied with a mixture of mountainous regions (highlands), temperate rain forests, rivers, lakes and a large expanse of coast, and it is bordered by the Pacific and Indian Ocean, and the Bass strait. The highest point is Mt Ossa at 1617 m, which is accessible on foot.

The range of terrain types throughout Tasmania provide many niche ecosystems across the island, but also a range of inland river and lagoon systems that are complemented by cove and exposed coast waterways. The diverse nature of the accessible waterways throughout Tasmania make this an attractive destination for kayaking. The Tasman sea, which is found on the East coast of Tasmania (between Tasmania and New Zealand) has the East Australian Current which runs the length of the east coast, running in a Southern direction. Surface water temperatures along this coast are generally warmer than the West, being on average between 12-15 °C in May.

## LANGUAGE

Being a state of Australia, English is the primary language spoken.

## CLIMATE

The climate is considered moderate with average temperature ranging from 8° C in winter (July) to 17° C in summer (January) for the Southerly capital of Hobart. The main travel season is between December-March, with April Easter weekend also being popular for nearby mainland Australians. During this season it can be difficult to gain access to some of the National Parks as visitor number restrictions are in place for ecological preservation. May, lying outside of the tourist season, provides a window of opportunity to explore Tasmania before the winter sets in. In May temperatures range between 7 and 14 °C, rainfall is around 800 mm/yr (lower than the UK average of around 1100 mm/yr). Snow is common year round although only at the higher altitudes. The location of Tasmania at a latitude of 42.0000 means it is directly in the path of the 'Roaring Forties' and makes it extremely well known for its windy conditions throughout the year. The main inland kayaking season is between September to March, though water levels hold until May, and coastal kayaking occurs year round.

## TRANSPORT

Tasmania is most commonly reached from the mainland by air from either Sydney or Melbourne, flying into Hobart airports or by ferry from Melbourne to Devonport. Tasmania itself has no railway network and is mainly served by buses which connect the larger towns and cities across the island. The road network links almost all towns, however has limited traffic due to the small population, making the roads ideal for cycle touring.



# EXPEDITION AIMS



# EXPEDITION AIMS

The aim of this expedition was to cross Tasmania and venture from sea to summit by human power. In addition, with an experienced kayaker and an experienced cyclist on the team, we decided to add to the challenge with a multi-activity traverse of Tasmania; exploring the island by boat, bike and boot.

With each team member a specialist in at least one discipline, this trip will allow the rapid exchange of expertise, as well as creating an interesting dynamic through the transfer of skills in an intensive coaching environment, giving each of us a challenge.

Our aims can be simply summarised as below;

- to create and complete an independent and self supported extended triathlon circuit in Tasmania that is true to the original tri-sport disciplines, namely travel by foot, bicycle and canoe,
- to explore a cross section of an island ecosystem from coast-to-coast,



## **PHOTOS**

1. SATELLITE MAP OF TASMANIA
2. LONDON AND IT'S ANTIPODR; APART FROM NEW ZEALAND, TASMANIA IS THE CLOSEST LAND MASS TO THE EXACT OPPOSITE POINT OF THE WORLD



TEAM

# DERFOGAIL DELCASSIAN

Derf has completed several expeditions in the last few years, both as a member of ICL trips, such as Paddle Peru 2012 (a white water kayaking trip that included first descents of new rivers in North Eastern Peru) and through several independent ventures. Her favourite discipline is kayaking, which she has been practicing since 2006. Derf has kayaked all over the world, with experience in a range of disciplines and water types. She loves being out in the open, and preferably “on the river”. She also has extensive trekking experience, and in 2010 completed a self-guided self-supported 20-day trek through the Nepalian Himalayas as part of a two-man team. She has completed Advanced White Water Safety and Rescue training, British Canoe Union safety training and was president of Imperial College Canoe Club from 2011-12. Additionally, she already holds REC level 2 and Expedition First Aid qualifications. She makes a great campfire.





# CHRISTIAN LOFTUS

Christian has enjoyed cycling from a young age but first started touring back in 2009 when he went for a 1 week 'dash' from London to Brugge and back with friends. Finding a love for this form of travel he has since independently planned a series of cycling trips. In 2011 he went from Finse in central Norway to Bergen and down the coast, wild camping in bad weather along the way as part of a self supported two man team. Last summer he toured South East Asia starting from Singapore, over to Malaysia and ending in northern Thailand. Each of these three week trips has involved days of 8 hours of cycling up to 140 km/day. As an active individual he is also a member of a London based Dragon Boat team. On the water he has paddled regularly in UK races and competed internationally in La Vogalonga a non-stop 30 km paddle around the island of Venice. He is an enthusiastic climber, member of the Imperial Cycling Society and holds first aid certificates. He is also very nice.





TRAINING



# PRE-DEPARTURE TRAINING

A rigorous pre-departure training schedule was implemented to get Derf up to speed on the bike and Christian comfortable in a boat, and for both to maintain general fitness.

## Kayak Training:

1 hour lesson once a week on boat basics  
Introduction to Sea Kayaking  
Extended Sea Kayak training

## Cycle Training:

Regular Richmond Park hill training  
One-off New Forest trail biking  
Mid-distance cycle tour (50km)  
Short distance cycling (approximately  
15miles/day)

## Mountaineering:

Day hikes in surrounding areas

### **PHOTOS**

1.HOBARTS FINEST BICYCLE STAND

2.CHRISTIAN PROVIDES AND ARTIFICIAL WIND BREAK





# INTO THE WIND



|                     |             |             |             |                     |                     |                     |
|---------------------|-------------|-------------|-------------|---------------------|---------------------|---------------------|
| 5 MAY               | 6           | 7           | 8<br>TRAVEL | 9<br>TRAVEL         | 10<br>TRAVEL        | 11<br>REST          |
| 12<br>TREK          | 13<br>TREK  | 14<br>TREK  | 15<br>TREK  | 16<br>TREK          | 17<br>TREK          | 18<br>TREK          |
| 19<br>CYCLE         | 20<br>CYCLE | 21<br>CYCLE | 22<br>REST  | 23<br>EAST<br>COAST | 24<br>EAST<br>COAST | 25<br>EAST<br>COAST |
| 26<br>EAST<br>COAST | 27<br>KAYAK | 28<br>KAYAK | 29<br>KAYAK | 30<br>TRAVEL        | 1 JUNE<br>TRAVEL    | 2<br>TRAVEL         |
| 3<br>TRAVEL         | 4           | 5           | 6           | 7                   | 8                   | 9                   |

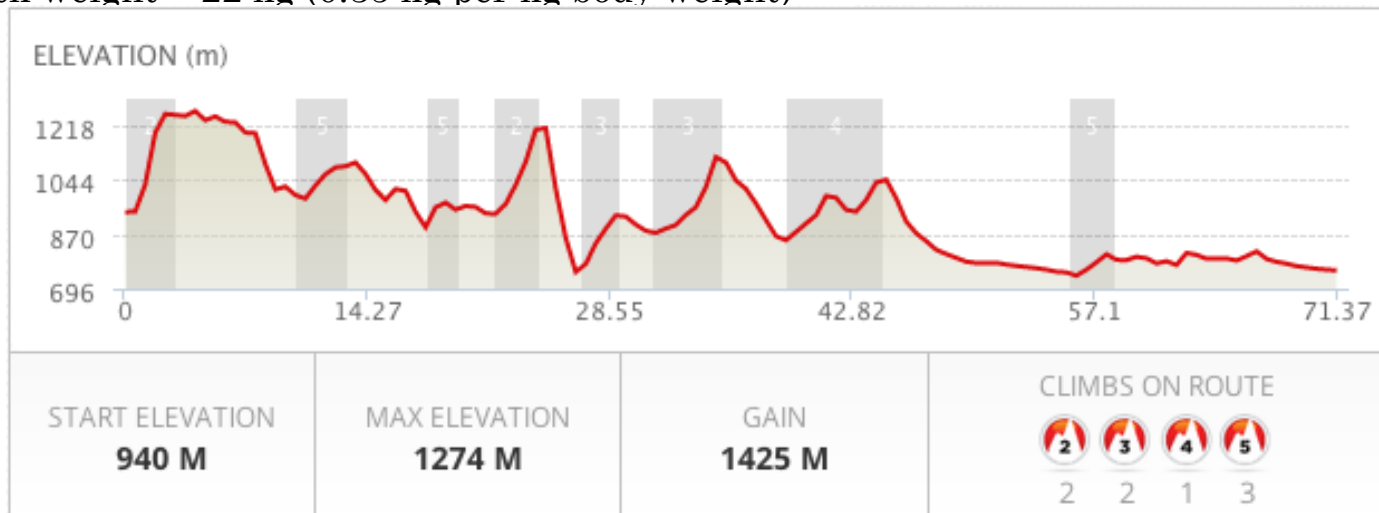
# ITINERY

# CHALLENGES

One of the main aims of this journey was to do something which each of us had little experience in. We were therefore challenged respectively from the outset just to get up to a standard which could be considered suitable to complete this venture! Summary distances for each discipline are below;

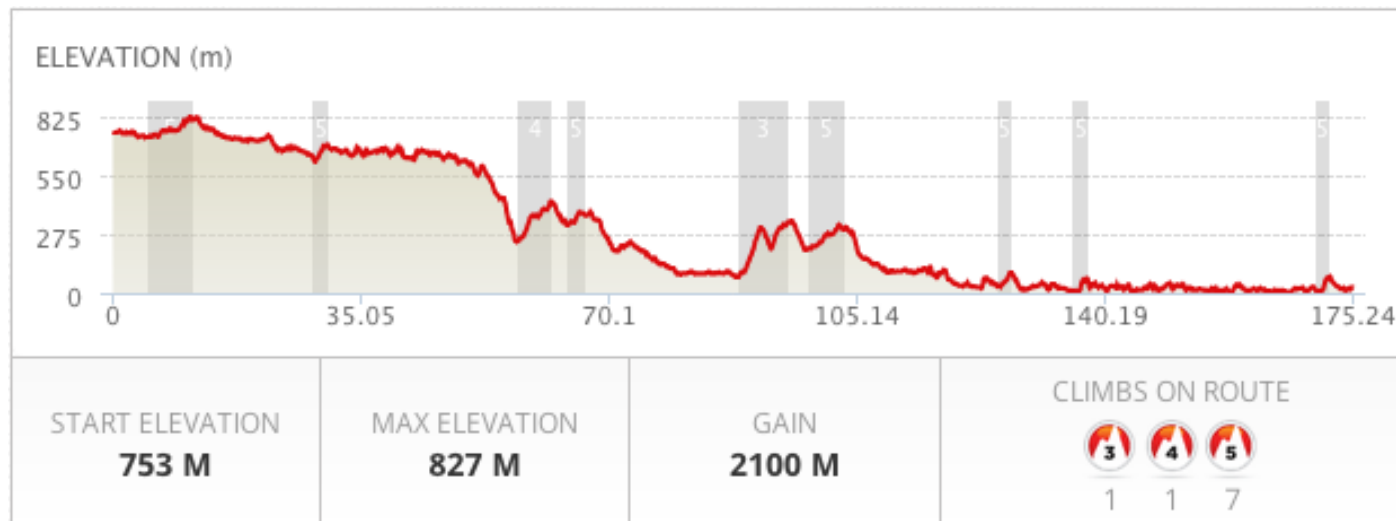
## HIKING - OVERLAND TRACK

- Total distance covered = 93 km (82 km main trail + 11 km side trips)
- Days taken = 7
- Average distance / day = 13 km
- Total elevation gain = 1.9 km
- Pack weight = 22 kg (0.35 kg per kg body weight)



## CYCLE - LAKE ST CLAIR TO HOBART

- Total distance covered = 180 km
- Days taken = 3
- Average distance / day = 60 km
- Total elevation gain = 2.1 km
- Pack weight = 19 kg (0.30 kg per kg body weight)



## KAYAK - COLES BAY TO SCHOUTEN ISLAND (RETURN JOURNEY)

- Total distance covered = 50 km
- Days taken = 3
- Average distance / day = 16.7 km





EQUIPMENT

# EQUIPMENT

| Item   | Weight / kg | Individual | Comment                              |
|--|-------------|------------|--------------------------------------|
| <b>PACKS</b>   |             |            |                                      |
| 55/70L expandable (Karrimor Cheetah)                 | 2.5         | CL         | -                                    |
| 48L (Osprey Exos 48)                                 | 1.1         | DD         | -                                    |
| <b>SHELTER</b>                                       |             |            |                                      |
| Tent (Vango Banshee 300)                             | 2.75        | CL         | 3 person tent for two worked well    |
| Sleeping bag (Tesco Ultra-Lite Down Mummy)           | 0.9         | CL/DD      | Cost 25 GBP!                         |
| Self inflating sleeping mat                          | 0.8         | CL/DD      | Deflated overnight but then it's old |
| <b>COOKING</b>                                       |             |            |                                      |
| Water filter (MSR)                                   | 0.44        | DD         | Didn't use at all                    |
| Stove (Primus Omnifuel )                             | 0.45        | DD         | Great stove                          |
| Fuel bottle 1 L                                      | 1.00        | CL         | Lasted whole trip on 1L petrol       |
| Spork (Sea to Summit)                                | 0.01        | CL/DD      | -                                    |
| Scourer  | 0.01        | DD         | -                                    |
| Firelighter (Primus Steel)                           | 0.26        | DD         | Takes some getting used to           |
| Cooking pots x 3 (Coleman)                           | 0.7         | DD         | -                                    |
| <b>CLOTHING</b>                                      |             |            |                                      |
| Shell (Crux Torq Smock)                              | 0.41        | CL/DD      | -                                    |
| Shell trousers (Crux Torq)                           | 0.36        | CL/DD      | -                                    |
| Trousers (Mountain Equipment Stretchlite Guide Pant) | 0.33        | CL/DD      | -                                    |
| Down jacket (Mountain Hardwear Thermostatic)         | 0.26        | CL/DD      | On sale, good jacket                 |
| Underwear x 2 (Canterbury)                           | 0.05        | CL/DD      | -                                    |

| Item                           | Weight / kg | Individual | Comment  |
|--------------------------------|-------------|------------|--|
| Socks x 3 (Bridgedale)         | 0.03        | DD/CL      | -  |
| T-shirts x 2                   | 0.20        | CL         | Wool and synthetics only                               |
| Baselayer (Canterbury)         | 0.20        | CL/DD      | -  |
| Thermal top                    | 0.20        | CL/DD      | -  |
| Thermal bottoms                | 0.20        | CL/DD      | -  |
| Leggings (Skins)               | 0.10        | CL/DD      | -  |
| Mid layer (Arcteryx Rho)       | 0.28        | CL/DD      | -  |
| Hat                            | 0.01        | CL         | -  |
| Gloves                         | 0.01        | CL         | -  |
| Boots (Haglofs Roc Legend Mid) | 0.55        | CL/DD      | CL's rubbed like hell                                  |
| Flip flops (Crocs)             | 0.3         | DD/CL      | Derfogail loves Crocs branded flip flops.<br>Seriously |
| <b>TOILETRIES</b>              |             |            |  |
| Deodorant                      | 0.10        | CL/DD      | -  |
| Shampoo                        | 0.10        | CL/DD      | -  |
| Toothpaste                     | 0.03        | CL/DD      | -  |
| Toothbrush                     | 0.01        | CL/DD      | -  |
| Razor (Bic)                    | 0.01        | CL         | -  |
| Sun cream                      | 0.08        | CL         | Essential for us two                                   |
| Antiseptic hand foam           | 0.06        | CL         | Essential for contact lenses                           |
| <b>ELECTRONICS</b>             |             |            |  |
| Phone                          | 0.11        | CL         | -  |
| USB cable                      | 0.01        | CL/DD      | -  |
| Multi Adaptor                  | 0.2         | CL         | -  |
| Watch (Casio ProTrek)          | 0.05        | CL         | -  |
| Satellite Phone & Charger      | 1           | CL         | A brick  |
| Head torch (PTEC Byte)         | 0.07        | CL/DD      | So essential it's untrue                               |
| Bike lights                    | 0.30        | CL/DD      | -  |

| Item                             | Weight / kg | Individual | Comment                               |
|----------------------------------|-------------|------------|---------------------------------------|
| Camera (point and shoot)         | 0.20        | DD         | -                                     |
| GPS (Garmin eTrex)               | 0.5         | CL         | -                                     |
| <b>OTHER</b>                     |             |            |                                       |
| Water bottles x2 (Platypus)      | 0.5         | CL/DD      | -                                     |
| Spectacles                       | 0.04        | CL/DD      | -                                     |
| Contact lenses x 30 pairs        | 0.50        | CL/DD -    | -                                     |
| Carabiner                        | 0.1         | CL/DD      | Didn't use                            |
| Dry bags x 5 (Exped)             | 0.30        | CL         | Only just waterproof. Not recommended |
| Telecompression bags x 2 (Exped) | 0.22        | CL/DD      | Double as decent summit pack          |
| Journal                          | 0.01        | CL/DD      | -                                     |
| Pen                              | 0.01        | CL/DD      | -                                     |
| Maps                             | 0.03        | DD         | -                                     |
| Map case (waterproof)            | 0.02        | DD         | -                                     |
| First aid kit                    | 1.5         | DD         | -                                     |
| <b>TOOLS</b>                     |             |            |                                       |
| Allen keys                       | 0.30        | DD         | -                                     |
| Leatherman/Knife                 | 0.40        | CL/DD      | -                                     |
| Thread and needle                | 0.10        | DD         | -                                     |
| Puncture repair kit              | 0.01        | DD         | -                                     |
| Mini pump (Lezyne)               | 0.09        | CL -       | -                                     |
| Sling (for kayak)                | 0.50        | DD         | -                                     |
| <b>DOCUMENTS</b>                 |             |            |                                       |
| Passport                         | 0.02        | DD/CL      | -                                     |
| Driving license                  | 0.01        | DD/CL      | -                                     |
| Travel insurance (DogTag)        | 0.01        | DD/CL      | -                                     |
| Cash                             | 0.01        | DD/CL      | -                                     |
| Cards                            | 0.01        | DD/CL      | -                                     |
| <b>FOOD/WATER</b>                |             |            |                                       |

| Item                           | Weight / kg | Individual | Comment   |
|--------------------------------|-------------|------------|---|
| Water                          | 2.00        | DD/CL      | -   |
| Food                           | 4.00        | DD/CL      | -   |
| <b>HIRED - KAYAK</b>           |             |            |   |
| Kayak (tandem)                 | 40.00       | -          | -   |
| Paddles x 3                    | 3.00        | -          | One packable                                      |
| Dry bags x 4                   | 1.00        | -          | Heavy duty for hold                               |
| Cag                            | 0.40        | CL/DD      | Double as summit pack                             |
| Buoyancy aid                   | 0.40        | CL/DD      | -   |
| Spray deck                     | 0.50        | CL/DD      | -   |
| <b>HIRED - BIKES</b>           |             |            |   |
| Bikes (Avanti hardtails)       | 14.00       | CL/DD      | MTB tyres didn't help for the long road stretches |
| Panniers x 4 (Ortlieb rolltop) | 1.45        | CL/DD      | Front and rear                                    |
| Helmet                         | 0.25        | CL/DD      | -   |
| <b>TOTAL</b>                   |             |            |   |
| Full pack weight               | 22.53       | DD         | -   |
| Full pack weight               | 22.40       | CL         | -   |



|                         |            |               |            |
|-------------------------|------------|---------------|------------|
| FREYCINET<br>0419570213 | COLES BAY  | 6.55          |            |
|                         |            |               | 11.50 AUD  |
| CALDWELL<br>63782161    | BICHENO    | 7.30<br>7.45  |            |
|                         |            |               | 15.00 AUD  |
| TASSIE<br>1300300520    | LAUNCESTON | 11.00<br>5.20 |            |
|                         |            |               | 24.50 AUD  |
| SPIRIT                  | DEVONPORT  | 6.30<br>7.30  |            |
|                         |            |               | 161.00 AUD |
|                         | MELBOURNE  | 6.00          |            |

**BUDGET**

# BUDGET

We anticipated a group budget of £4000, our actual spend (detailed below) was approximately £4200. In addition to the trip costs, each group member spent around £500 on updating their individual kit and buying multipurpose kit for the trip to minimise weight.

Pre-departure training costs were higher than expected, due to arranging for private sea kayaking courses. These courses, although expensive, provided an excellent grounding in sea kayaking prior to the trip.

Due to the remote location of some of the activities in the national parks, transport options were limited and therefore also more expensive than anticipated.



- Accommodation (6.7%)
- Food (7.7%)
- Equipment (16.7%)
- Training (14%)
- Logistics (16.6%)
- Transport (38.3%)

# BUDGET

| Category                  | Spend / £      | Comment   |
|---------------------------|----------------|---|
| <b>EXPENDITURE</b>        |                |   |
| Training                  | 587.00         | Including First Aid, Cycle Training, Sea Kayak Training             |
| Transport                 | 2780.00        | Including Flights, Ferry to Tasmania and in-country travel          |
| Logistics                 | 693.23         | Including maps, insurance, satelite phone, access to national parks |
| Food                      | 321.18         | -   |
| Accommodation             | 280.37         | -   |
| Equipment                 | 691.32         | Including sea kayak and cycle hire                                  |
| <b>Total Expenditure</b>  | <b>4173.34</b> | 2086.67 pp  |
| <b>GRANTS AND FUNDING</b> |                |   |
| IC Exploration Board      | 280.00         | First aid training reimbursement                                    |
|                           | 300.00         | Insurance reimbursement   |
|                           | 2000.00        | IC Exploration Board grant  |
| Lord Mayors Trust         | 200.00         | Grant   |
| <b>Total Grants</b>       | <b>2780.00</b> | -   |
| <b>TOTAL EXPENSES</b>     | <b>1393.34</b> | -   |



# FOOD

The rough outline for food was drawn up in the planning phase of the trip. We knew however that the exact diet would be dependent on what could be bought at each location along the route and was often therefore limited. Here is a brief description of the food eaten during the journey.

## REFLECTIONS

DD- CALORIE COUNT WAS A LITTLE TIGHT- BOTH OF US LOST AROUND 2-3KG OF WEIGHT DURING THE TRIP

CL- I LOVE PEANUT BUTTER



## DAILY INTAKE

Overall = 2300 kcal

### BREAKFAST

- Porridge [60 g] = 226 kcal
- Cadburys dairy milk [4 pieces] = 100 kcal
- or Fruit jam [1 tbsp] = 60 kcal

Total = 300 kcal

### LUNCH

- Ryvita/cracker [4] = 160 kcal
- Salami [50 g] = 160 kcal
- Cheese [60 g] = 250 kcal
- Salmon/tuna [90 g] = 130 kcal
- Peanut butter [50 g] = 300 kcal

Total = 990 kcal

### DINNER

- Back Country Cuisine (1/2, 2 serve meal) = 400 kcal
- Cous cous [60 g] = 60 kcal

Total = 500 kcal

### SNACKS

- Cereal bars [1 bar] = 140 kcal
- Trail mix (nuts and raisins) [30 g] = 150 kcal
- Sesame snaps [30 g] = 160 kcal

Total = 450 kcal





**WILDLIFE  
AND TERRAIN**



# WILDLIFE AND TERRAIN

Plenty of unusual wildlife was found in Tasmania! The nature of this expedition meant that we explored many island ecosystems on our travels; starting in the mountainous central highlands, descending into the traditional Australian rainforest and outback, then finally moving to the coastal regions.

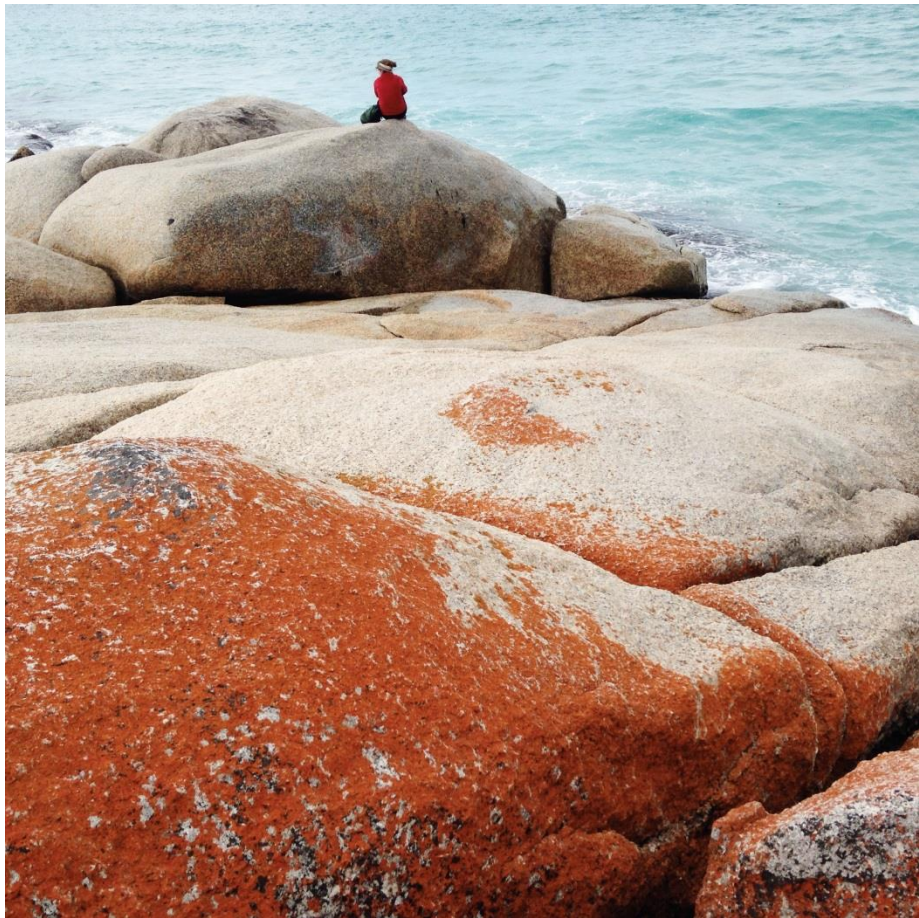
When wild camping, especially in the remote areas found on the overland track, many nocturnal animals were spotted trying to break into the tent for food; wallabies, wombats, possums and Tasmanian Devils all made an appearance. In addition, we also spotted several unique non-mammals including the burrowing crayfish on the wetter part of the trail, large sand spiders on the east coast, and leeches throughout the rainforest.

## PHOTOS

THIS CHEEKY WALLABY WANTED OUR BREAKFAST











## PHOTOS

### PREVIOUS PAGE

- 1.MUSHROOMS IN THE FOREST
- 2.WOMBATS HAVING A SCRATCH ON THE TRAIL
- 3.LEECHES EVERYWHERE: FINAL COUNT DERF (7) CHRISTIAN (5)
- 4.RED LICHEN ON THE EASTERN COAST OF TASMANIA, THE APTLY NAMED BAY OF FIRE

### THIS PAGE

- 1.CHRISTIAN FINDS A FRIEND
- 2.DERF DRINKING THE FRESH RIVER WATER
- 3.CLOSE UP OF THE MOSS GROWING ON EAST COAST ROCKS





# EXPEDITION DIARY

### 8.5.14 - *STILL FLYING*

A whirlwind week! Both of us graduated yesterday, and are now en route to Tasmania to complete a long distance trek, cycle and sea kayak across the island. With no problems checking in for our flights, we accidentally took a nap at Guangzhou airport in China, only to awake for the final boarding call for our flight-close call! Luckily we made it safe and sound to Melbourne, where the longest known queue at the immigration and customs desk eventually released us into the city for some last minute bits and bobs. Derf finally managed to convince Christian that a headtorch might be a wise investment. One Macchiato later we caught a beautiful sunset at Melbourne port before boarding the overnight ferry to Tasmania for a relatively uncomfortable nights sleep in the slightly slanted “ocean recliner” chairs.

### 11.5.14

Today we arrived in Tasmania just as we finished out smoked salmon and hummus breakfast baguettes. Devonport docks were pretty desolate in winter at 6.30 am, but we made it to the backpackers where some seasonal workers were reliving the night before with an extra loud Britpop CD. Welcome to Tasmania? After a nap, we sprinted to town to purchase food for the trek, and divided up the group kit before heading to bed for an early night. Packs weigh in at approx 23kg...



#### PHOTOS

##### PREVIOUS PAGE

DERF AND CHRISTIAN EMERGE FROM THE MIST

##### THIS PAGE

THE LONG WAIT AT GUANGZHOU

##### NEXT PAGE

THE TRAIL BEGINS





< Waldheim via Crater Lake  
and Crater Falls 45min

< Ronny Creek carpark 45min

Overland Track

> Marions Lookout 25 mins

Dove Lake car park

via Wombat Pool 45 min >



### 12.5.14 OVERLAND TRACK

Today we started the trek. We headed out early to pick up some fuel from the petrol station then caught the bus to Cradle Mountain. Tasmania driving seems a bit reckless... On reaching the visitor centre, we learnt that only 4 other people were keen enough to attempt the trail in late autumn with us. Topping up on our last luxuries for the next week or so (one heart-attack inducing iced choc and one macchiato) we set out on the trail. Almost immediately we spotted two wombats! Turns out we were lucky enough to pick the one week in Tasmania where the national parks only deciduous tree was turning golden before dropping it's leaves for winter- pretty spectacular scenery. The walk started out relatively level, before several steep boulder clammers lead us to the much higher plains. The trail was quite narrow and wound around the base of Cradle mountain, then descended steeply into Waterfall Valley, where we found the hut just as the dusk was arriving. Once we settled into the hut, we met Gavin, James and Mark who are also walking the trail at the same time. There are rumours of a mysterious Frenchman ahead but we have yet to see him. On attempting to get our first evening meal together, the MSR jet was blocked and the stove wouldn't light. Fiasco... A quick clean with a needle meant we eventually got it up and running.

#### REFLECTIONS

DD - NOTE TO SELF, TEST KIT BEFORE LEAVING!



#### PHOTOS

1. BACKPACKS ON AND READY TO START
2. THE OVERLAND TRACK STRETCHED ON







13.5.14

We were last to leave this morning, as it took a while to get the stove up and running. Our plan was to get to Windermere hut and perhaps fit in some side trips en route. After an hour or so of walking, we started to move from the open plains to an enclosed forest, before this eventually opened out to moorland. We caught up with the others and we all decided to head down to Lake Will with day packs; the trail down to the lakeshore was quite icy. The next few hours were through the plains before we descended into the next valley and onto the Lakes at Windermere. Derf encouraged Christian and Gavin to go for a dip in the freezing water- a quick photo later and we dried off before dinner! The Frenchman is somewhere ahead but we didn't catch him tonight...

14.5.14

A misty start to the morning meant we missed most of the views of the marshes, but felt it was much more atmospheric. Very muddy and wet ground on the trail had us hopping from tree branch to tree branch to keep our feet dry. Today we smashed the trail in 4 hours 40mins making excellent time and beating everyone to the hut despite leaving last. With time on our hands, we explored the local area in search of a swimming hole. Instead, Christian managed to test his waterproof gaiters (which worked!) and waterproof shoes (which didn't...) by missing his footing on a leap across the river. Luckily a small act of the Phillistine saw the literary works of Crime and Punishment sacrificed to dry out his boots by the fire.

## PHOTOS

[PREVIOUS PAGE](#)

LAKE WILL

[THIS PAGE](#)

1. THE STOVE/FLAMETHROWER READY TO GO
2. A QUICK DIP IN LAKE WINDERMERE













15.5.14

Today was summit day, quite a sweaty walk uphill through the forest led us the more exposed Pelion Gap. Here, we ditched our full backpacks and hid them from the Currawong birds, then shouldered our day packs and headed for the top of Mount Ossa. At 1617m this is Tasmania's highest peak and the climb involved boardwalk past a leech infested pool, rock gullys, and some unprotected climbing moves over a giant scree slope. Several hours later, we reached the top to some breath-taking views of the central Tasmanian mountain range. The way down was much harder on the knees (especially Derf's- by now strapped up with tape every morning) and on reaching our packs we found that the Currawong's had taking a liking to Derf's straw hat and stolen the fuel bottle. We found the fuel bottle some way from the bags, and continued on to Kia Ora hut. Christian's new boots were getting more uncomfortable every day and so he took to DIY seam sewing in the evening.

### REFLECTIONS

DD- GREAT VIEW FROM THE TOP, TRAIL WAS SOMETIMES QUITE HARD TO FOLLOW AND TURNED INTO A SCRAMBLE

CL- GLAD I TOOK GCSE TEXTILES.

### PHOTOS

#### NEXT PAGES

1, 2, 3, 4, 5, 6, 7 SUMMITING MT OSSA

### PHOTOS

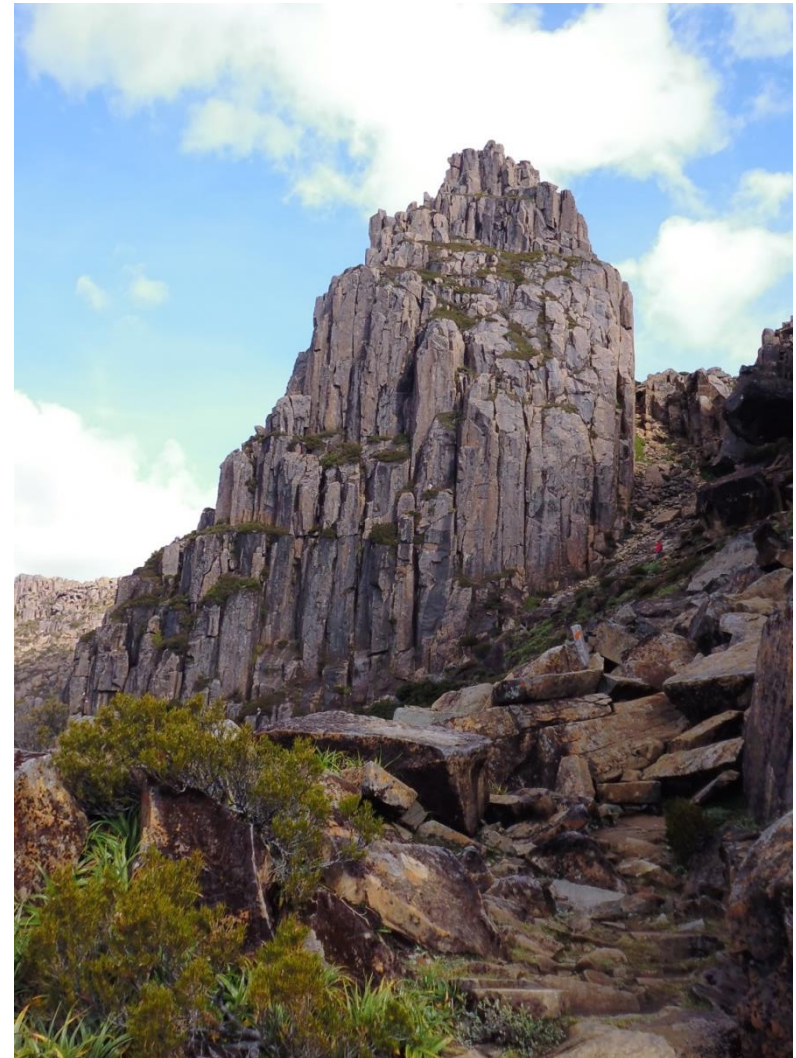
#### PREVIOUS PAGE

1,3 MISTY MORNINGS

2 DERF TAKES TO THE TRAIL

#### THIS PAGE

CHRISTIAN (RED COAT!) ASCENDS MT OSSA







Pelion Gap 1113m

Mt Ossa 1617m >

< Mt Pelion East 1433m



















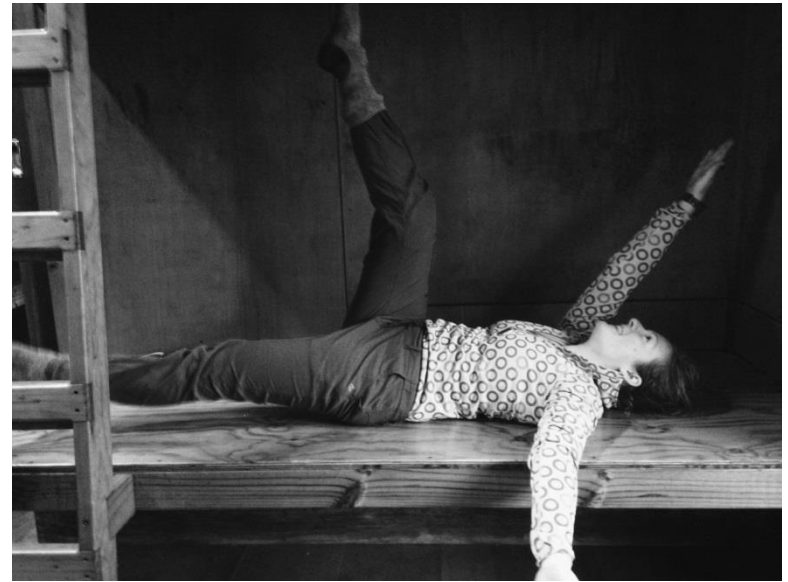


16.5.14

It was a bit wet today... The heavy wind of the night before meant we spent much of the morning playing “hunt the gaiter” until they were eventually relocated and we headed out on the trail. Approximately 30 mins in, Derf gave up attempting to keep her feet dry and accepted the puddles of doom. We reached the turn off for the first two waterfalls, but the trail was too slippery to risk standing on the edge. Instead we went to the base of Hartnett falls for some studied photo-shoots and a chance for the leeches to attack us. We climbed 1000m up to Du Cane Gap, snacked, and then carried on to Windy Ridge making today's trek in about 6 hours. Tonight we realised that we'd lost the telephone number of the bike hire company, and so had to use the satellite phone to arrange for the number to be found back in London before contacting the bike company and arranging for delivery for a smooth transition to stage 2.

17.5.14

Last night's hut provided a new novelty- an electric heater. Sadly this meant Derf's socks have been melted in places. We started the day with a healthy dose of porridge then made it out of the hut (last again!) Today's trail took us through an ancient Eucalyptus forest, before we crossed out of the rainforest. The rainforest is wet- water penetration reached double ankle level for Derf within 1 hour. Christian's DIY



#### PHOTOS

1. AFTERNOON YOGA TO STRETCH OUT OUR BACKS
2. BARNS BLUFF THROUGH THE HUT WINDOW- NO ELECTRICITY MEANS ITS DARKER INSIDE THAN OUT!





boots are still holding their own. We reached the suspension bridge crossing the Narcissis river (Derf wished desperately for a kayak). The hut and jetty at Narcissis is the end of the road for most people who choose to take the ferry out of the trail, but we decided to walk our way out. The continual rain was so bad even the promise of a platypus couldn't tempt Christian out of the shelter. After waving goodbye to our compatriots (wisely choosing the ferry option) we wearily walked on. Christian almost had an emotional breakdown about 5 minutes later as the duck board we were walking on turned into an impromptu lake. Into the forest for a strategic photoshoot and much colourful fungi, we eventually caught up with Mark on the trail and headed down to the Echo Point hut together. It was pretty rustic, and describing it as sleeping quarters for 8 is very generous... It did however have a coal fire that we managed to make so hot it burnt Christian's hat. We were perched right on the edge of Lake St. Clair here, and there's only 12km of relatively flat trekking through the forest left to go until we finish the trail and head on to the next adventure.

*18.5.14*

A noisy start to the day as the alarm also woke some nearby Tassie Devils who frightened the life out of us! We were pretty tired and co-ordination was not our strong point. Derf poured boiling water on her own

## **PHOTOS**

### PREVIOUS PAGE

EXAMINING THE TRAIL ON THE WAY DOWN

### THIS PAGE

1. ECHO HUT- PRETTY RUSTIC
2. DERF COOLS HER BURNT HAND IN THE LAKE













hand in excitement over the porridge and powdered milk combo, and Christian head-butted Derf whilst trying to get her to sniff his burnt hat. Shortly after this, Christian lost his water bottle lid into the lake, and then the bottle itself to a snake hole... time for a rest methinks! Also- DRY WEATHER! There was some slight mud so Derf's trenchfoot situation got worse, but by the time the rain and rainforest slowly receded we emerged in the Australian bush. Huge Eucalyptus trees and an almost primeval forest with giant ferns and trees too big to wrap our arms round. Reaching a gravel path that led to the visitor centre we detoured via the platypus trail but the platypus remain elusive. After disinfecting ourselves at the visitor centre (and de-leeching, total count 5 each) we abused the hand soap for a quick rinse. Huge meals were consumed by all. Christian flirted outrageously with the receptionist to procure us a discount room with real beds, and we each used up our dollar on the showers. Spent the evening drying our shoes by the fire and enjoying a cheeky taste of the world's best whiskey on the house. News that Hobart is mostly downhill- WIN! Pretty great day.



## PHOTOS

### PREVIOUS PAGE

1. STUNNING VIEWS AT ECHO POINT
2. PRIMEVAL FORESTS ON THE WALK OUT

### THIS PAGE

1. TASMANIA'S FINEST WHISKY TASTING
2. HARTNETT WATERFALL





### 19.5.14 CYCLE

Today we cycle! Rumours are it's mostly downhill to Hobart... Despite Derf accidentally melting some Deet into her bag in an enthusiastic attempt to dry everything on an electric heater, we manage to get packed up into our newly delivered touring bikes. We've got 4 paniers each, giving us 60L storage in the front and rear, so plenty of room for the extra cake we managed to pick up en route... Today we headed from Lake St Clair to Wayatina, and found a shortcut via a dubious off-road logging track- luckily our touring suspension forks came into their own. The cycle was relatively hilly (according to beginner Derf), and the long, steep descent in the rain into Wayatina was a great way to finish the first ride. Our first port of call for the night was a campsite in Hydrocountry, and a quick tent set up led to an early bed time for Christian and a frustrating night for Derf trying to access WIFI.

### 20.5.14

We quickly lycra'd up and headed back out on the road. The day started with some big (gradient extreme...?) uphill on the way to Ouse that saw Derf dismount and push, but eventually the valley opened out to some beautiful rolling hills reminiscent of the Cotswolds. Due to the difference in our cycling ability, both members of the team were finding cycling together on the challenging terrain a struggle- Derf was finding the continual uphill quite tiring, whilst Christian was

#### PHOTOS

[PREVIOUS PAGE](#)

DERF CYCLES ON THE FIRST DAY

[THIS PAGE](#)

DUBIOUS LOGGING TRACKS











concerned we wouldn't be able to keep to the planned schedule. Reaching Ouse, Christian refuelled with 3 custard slices, before we decided to investigate in a bit more detail the exact gradient of the rest of the cycle. A helpful local librarian found the information about the terrain and local bus schedule. With the next (and only once weekly) bus arriving in 15 minutes, it's here the group had its first crisis. Despite finding it hard, Derf wanted to continue cycling to Hobart, whilst Christian wanted to reach Hobart as quickly as possible and so was keen for the bus. Discussions were ongoing as the bus arrived, leaving us to make the snap decision to continue to Hobart by bicycle and use one of our rest days if required. That afternoon we continued on our journey, eventually stopping in Ellendale, 8km short of our planned destination for the evening Westerway.

## REFLECTIONS

DD- WITH HINDSIGHT, OUR OBJECTIVES FOR THE TRIP WERE NOT THE SAME- MY OBJECTIVE WAS TO CYCLE TO HOBART, EVEN IF IT TOOK AN EXTRA DAY. CHRISTIAN'S OBJECTIVE WAS TO GET TO HOBART BY THE ALLOTTED TIME, EVEN IF THIS MEANT TAKING THE BUS. AFTER AN EMOTIONAL HEART TO HEART WE DECIDED TO USE THE REST DAY TO SEE IF WE COULD GET TO HOBART BY BIKE.

CL- IN MY DEFENSE SLICES ONLY CAME IN PACKS OF FOUR AND DD COULDN'T MANAGE HERS. A MARTYR TO THE CAUSE..

*21.5.14*

On the advice of the locals, we'd set up our camp beside the fire station, and were rudely awoken during the night by Tassie Devils and again in the morning by the fire team taking to the engine in a swift 3 minute



## PHOTOS

### PREVIOUS PAGE

1. CHRISTIAN TACKLES A HILL
2. DERF LOADED UP

### THIS PAGE

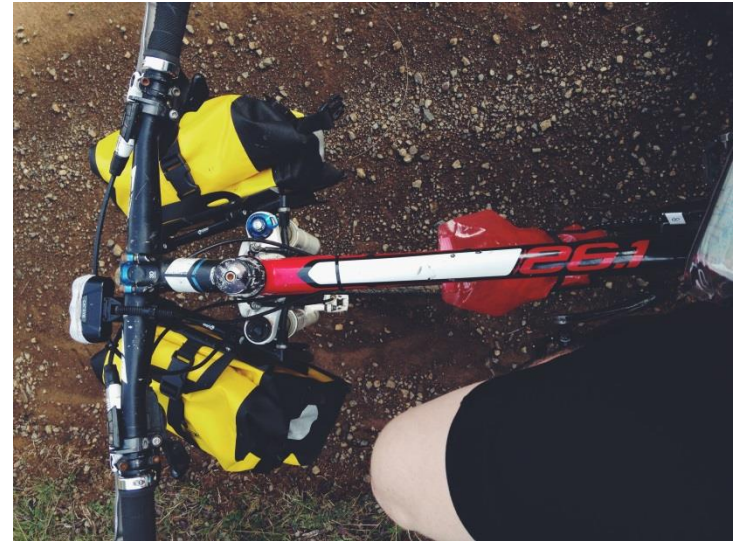
1. MORE HILLS!
2. FIRE ENGINE/CAMPGROUND

*21.5.2014 cont..*

turnaround. Derf took a couple of ibuprofens and strapped up her knee then we were off! With no destination in mind, and our only plan being to get as far as possible, both of us were secretly dreaming of getting to Hobart. The day started with some pretty big hills as we headed into New Norfolk, but both of us were feeling good and made it up them all (hurrah!) By 11.30, we realised we might make it all the way to Hobart after all, and so we took to the Lyell Highway for the final stretch. Turns out the A10 is not cycle friendly, and several of the huge logging trucks we'd been warned about were too close for comfort, until we eventually found the cycle path leading to Glenorchy. We stopped for a protein rich lunch (salmon, pate, salami and cheese) and re-energised attacked the final stretch. The cycle path seemed endless, and undulated along the mouth of the delta leading to the Tasman sea, but eventually we spotted signs to the Tourist Information Centre in central Hobart. We stopped there for a celebratory photoshoot and quickly found a boutique hotel in the centre of town for real beds and intense showering.

*22.5.2014*

Today we explored Hobart and the surrounding area by bike. We cycled out to MONA for our fix of modern art, before bumping into our trekking partners Gavin and James in the wine tasting room (such a small





*22.5.2014 cont..*

island!). An intoxicated Derf purchased a bottle of the finest Praxis Sauvignon, only realising later she'd have to carry an extra kilo or so round for the rest of the trip.

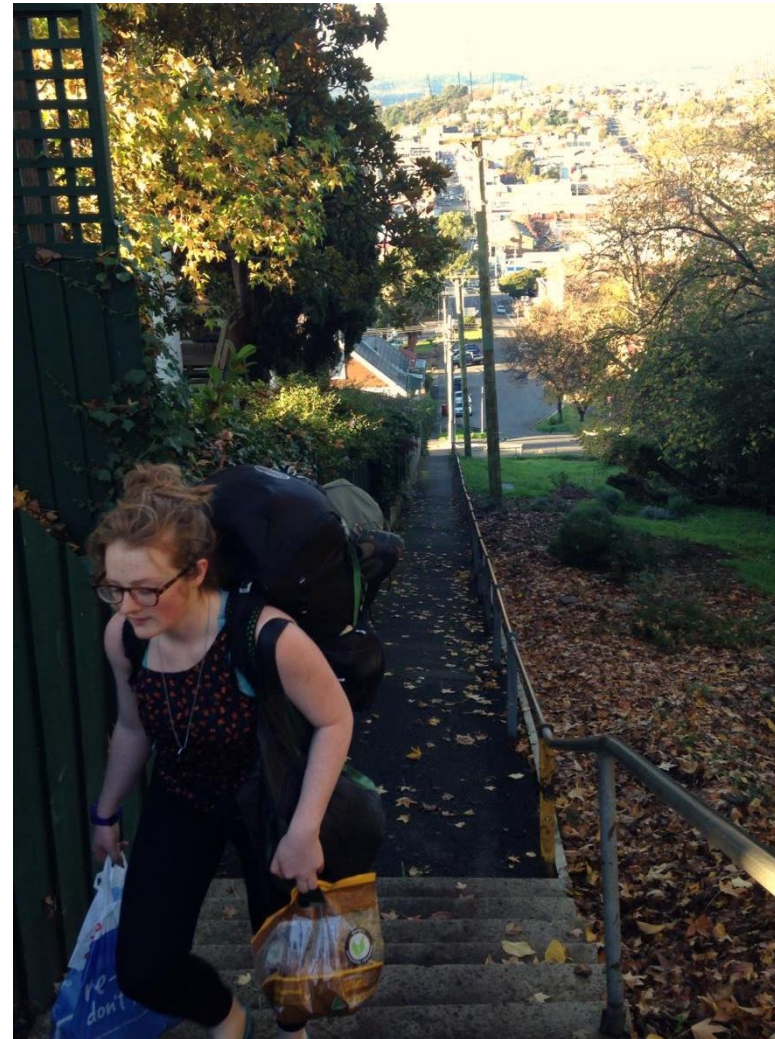
*23.5.13*

With the main roads a bit busier and the terrain a bit tougher than anticipated, the team decided to continue exploring the East Coast of the island on foot after dropping off the bikes in Launceston. This gave us a great chance to drive through the central highlands and see more of the islands. Eventually reunited with our rucksacks, we intended to explore Cataract Gorge but were distracted by the hot chicken on offer in store. Instead, we climbed all the hills in Inceston, admiring the colonial houses on very hilly streets before finding a local school bus to take us on to St Helen's in the East. Arriving after dark, Christian restocked at the local off licence before we found a bed-bug free wood panelled hostel offering free wifi for our blog updates. Sadly, free wifi was only available on Mondays for 45 mins between 6-6.45am at the local library...

### **REFLECTIONS**

DD- DESPITE FINDING THE CYCLE A CHALLENGE, GETTING TO HOBART FELT AMAZING. NEXT TIME- I'D PICK SOME SLIGHTLY EASIER TERRAIN!

CL- I LOVE PEANUT BUTTER



### **PHOTOS**

#### PREVIOUS PAGE

- 1,3. VICTORIOUS ARRIVAL IN HOBART
2. CHRISTIAN READY TO RIDE

#### THIS PAGE

1. SEARCHING FOR CATARACT GORGE + CHICKEN















### 24.5.14

Headed to the East Coast and Wineglass bay for a look around, we managed to hitch a lift with a wandering nomad to enjoy the view at Binalong Bay with an ice cream. Bought some extra water for the long dry trek along the beachfront and headed out into the sand. Spent the morning walking with backpacks (wine was pretty heavy...) and rock pooling- starfish, sea creatures and red lichen make this place deserve it's recognition of one of the best beaches in the world. Scenery was absolutely delicious but the bags were too heavy to walk on sand for long and so we set up camp near the waters edge. Lunch was followed by a very brief swim in the freezing water and baywatch style photoshoot. We headed out to the lagoon and across the fiery headlands before settling in for the night.

### 25.5.14 *FACING EAST*

Stunning sunrise as we ate breakfast on the beach. Packed it all up again only to discover that the Deet had inadvertently attracted all manner of insects. Strolled back down the beach, spotting several jellyfish on the way, for a disappointing milkshake and a ride back to St Helens. Made it as far as Bicheno in a rickety bus but got stranded at the Coles Bay turnoff just before dark. Many cars were seemingly oblivious to our plight, leading Derf to eat all her crackers in desperation. Eventually managed to hitch down to Coles bay and ready to start the kayaking.

## PHOTOS

### PREVIOUS PAGES

1,3. SCENERY AT OUR CAMPSITE IN BAY OF FIRES

### THIS PAGE

1. SUNRISE
2. HITCHHIKERS CORNER



26.5.14

Woke early by the unknown but suspected sound of either mice, termites or hot water pipes. Think we could have slept far longer but that's life. A short stroll to the kayak place tells us it's closed so with mild distress we head for the Freycinet Lodge instead striking on the Info Centre along the way. A quick call from the info assistant tells us that the kayak guys are on a course so we are stuck for the day. Anyway the lodge serves Devonshire tea. Fuelled we walk to Wineglass Bay lookout but after the Bay of Fires think we're both a little disappointed. Perhaps going up Atmos would have been better, but there was no time? Coles Bay seems creepily quiet (typical out of season vibe). Most of the walk is accompanied with a group of school children which is nice and their chatter amuses. We decided to camp in a 'NO CAMPING' area, which was next to a boisterous family of possums that really wanted our dinner. The Magi meatball sauce bought in St Helens is superb however. Later we head to the lodge for some drinks. Derf became strangely obsessed with hot chocolate though considering our diet that's not unusual.

27.5.14

We woke up extra early today to get to the Kayaks by 9:15. Decide on a tandem with Derf in the back for extra stability. On the water by 13:00 and a short dash to Cooks which we should make if we push (so they tell



#### PHOTOS

1. FREYCINET FROM THE OTHER SIDE
2. LUNCH ON THE BEACH











*27.5.14 cont..*

us). Luckily the sea is flat as a mirror and an easy 2.5 hours later we're there. A couple of the bays we crossed straight so ended up quite far out to sea but it was no problem and we enjoyed the good weather. There's a hut and initially it seemed like a great idea to pitch the tent inside in a curious attempt not to get flattened by the trees which apparently fall in the wind. At least so the signs say. Later we realise it's another possum retreat however. They cause havoc overnight.

*28.5.14*

Weather was initially good again today. We crossed straight to Schouten direct from the headland. Weather begins to get worse and we are up and down regularly on waves bobbing away. 1.5 hrs later and we are on dry land. Schouten is great, beach tropical and the hut interesting. A pigmy possum retreat! Finally a possum that probably can't make much noise. Quick lunch, stage a couple of photos and back across the passage. Weather worsens and wind + waves are directly on us but nothing to worry about yet so we press on. Round the headland past Bryans Beach and we are deciding on Cooks Beach or Hazards Bay for the night. Just before Cooks was in sight the wind whips up and a full storm comes in (later known as the squall). Wind and waves are now across the kayak and with barely enough control we keep it upright. Christian leaned the opposite way to Derf which was an act of some interest

## **PHOTOS**

### PREVIOUS PAGES

1. SETTING OFF IN THE KAYAK
2. CHRISTIAN PULLS US TO SHORE

### THIS PAGE

1. WINDY = BROKEN TREES
2. CROSSING THE SCHOUTEN PASSAGE







28.5.14 cont..

but doesn't end up killing us. There's a huge push now to beach the kayak ASAP and get off the water until the storm passes. F\*\*k that was scary. We manage to beach on a rocky inlet and wait 15 minutes while our hearts stops thumping. Having made an emergency landing on the beach we took on some water, used the bilge pump to dry out. The sea is pretty terrifying. Derf considers portaging to Cooks but it's beyond optimistic as the boat weighs 40-50 kg loaded. We call for a weather update but there's no response. Even on the emergency number. Lucky we aren't holding onto a capsized boat making that call... On inspection we've lost all maps and Derf's sunglasses. Only one arm remains on Christians spray deck. A quick check of the distance to Cooks by foot and then wait for storm to die down before heading to land, sprint by boat when it looks OK. We spend the rest of the evening thinking about the sea and the close encounter. Great camp on the beach though with stars and Milky Way in full view.

## REFLECTIONS

DD- DESPITE CHECKING FOR WEATHER UPDATES BEFORE SETTING OUT, THE STORM CAME OUT OF NOWHERE... GOOD JOB WE KNEW HOW TO HANDLE THE KAYAK AND EMERGENCY LAND

CL - I CAN ONLY THINK THAT THE EXTRA PEANUT BUTTER I HAD BEEN CARRYING THAT DAY SAVED US BY GIVING ME THE EXTRA ENERGY TO SAVE DD WHILE ALSO PERFECTLY BALANCING THE BOAT.

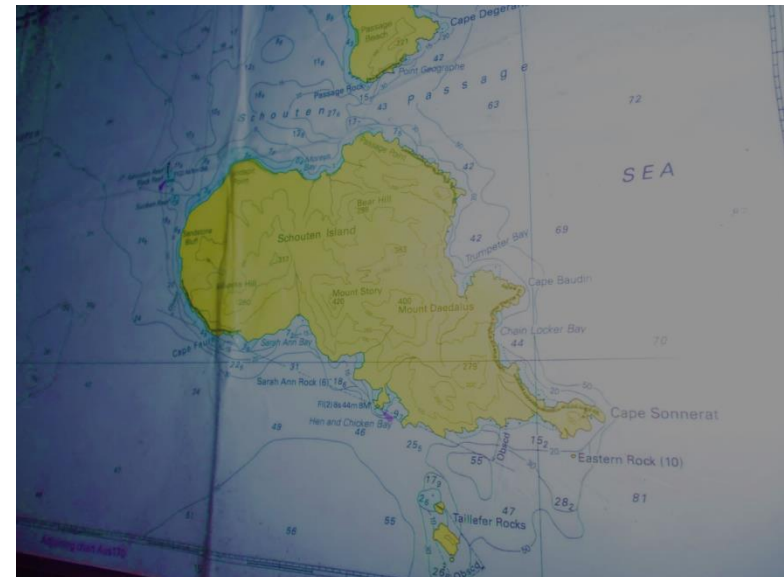
## PHOTOS

PREVIOUS PAGE

ON SCHOUTEN ISLAND

THIS PAGE

1. CHRISTIAN BAILS OUT THE BOAT
2. THE LOST MAPS







29.5.14

We're treated with a calm sea the today. Thankfully. Christian wants to keep close to the shore after yesterday but Derf is still on rudder and takes us round the headland and directly across Hazards- still close to the coast though (<-written by DD). Yesterday we had talked about Christian ruddering on the way back but luckily he was too lazy and that may have saved us a swim. There are only long sweeping swells today which you can see coming a mile off but Christian decides to paddle hard anyway. Once in Coles Bay everything is flat, that is super flat and Christian can relax. We skirted the shore and ate lunch under the keen inspection of two seagulls. A final sprint across the bay (thanks to a need for the bathroom) and the journey is complete. We are done! It is over. Crazy to think about at the time. We book back into the backpackers and Christian can't help but enjoy the rock solid feeling of land. We jumped straight into the shower to remove three days accumulation of sea crust. Later we redistribute the shared goods in preparation for each of us parting ways. Derfogail is headed to Hobart again and Christian fancies Melbourne. 6:15 start awaits for him.

## REFLECTIONS

DD- BOTH GLAD TO BE BACK ON DRY LAND, HAVING LOST OUR MAPS AND CONTACT DETAILS DECIDED TO UPDATE THE PEOPLE BACK HOME IN CASE THE MAPS ETC ARE FOUND FLOATING IN THE TASMAN SEA ... WE'RE SAFE!

## PHOTOS

PREVIOUS PAGE, NEXT PAGE

BACK ON DRY LAND, HOME AND DRY!

## THIS PAGE

1. EMERGENCY PHONE
2. UNDER THE HAZARDS







## CHRISTIAN'S DIARY (while apart)

30.5.14

Up and ready I catch the school bus with two students that were also in the hostel. I'm heading for 'Launy' as the two boys call it. We start chatting and turns out they are some really nice guys. Level headed and interesting. We talk about small town Tassie and what life's like here growing up and how everyone is connected on the island. The bus driver has already proven this as he knows all the kids by their first names and wishes them a good morning as he picks them up from their driveways. I'm catching three coaches and a ferry today so the plan is to read a shed load. Crime and Punishment is thankfully picking up, at least a little. Honestly it's the least it could do. Feels a bit strange travelling alone after so long in DD's pocket. I'm sure she is basking in glorius silence however. Ha. Arriving at Launy I head straight for a cafe and take up the position of free internet warrior. Seriously consider the laundry but it's miles out. Still

5 hours to burn so I go for it. Get there and cba. On he way back I get a whole roast chicken coupled with some humous and bread for dinner and breakfast tomorrow. Meet holistic Chiropracters which is a new one on me. Very nice couple.



### PHOTOS

1. ECHO HUT ADVENTURES
2. CHRISTIAN UNDER THE HAZARDS

## CHRISTIAN'S DIARY

*31.5.14*

It was a better night than our first crossing but still no fun sleeping on the Tassie Link. Another 20 degrees recline is all they need but I guess it wouldn't be 'cheap' if they did that. Your paying for discomfort after all. It's 5:45am so it's still too early to get the tram into Melbourne central. Coffee instead. Catch the first tram to Elizabeth St and use free wifi to download a map and hunt for the best hostel. I go for United Backpackers and head off, it's brand new of the popular sort and too busy for me. Contemptuous yuppie attitude everywhere. Gap yarrrrrrr. First thing on the list is some laundry. 10 AUD for detergent is a what the hell moment, but it's been too long. I meet a German girl and together we find the laundry room. I have to break it to her that I fully plan to wash everything but the underwear I've got on. She decides she can handle it and with superb eye control we have a long conversation despite the over zealously tight underwear. Turns out there are some people on drugs next door as well who aren't happy when I ask where the toilet is. Next job is a shower to complete my transformation. After this I finally head out to see Melbourne for real. Discovered China Town, which is nice but not drastically different from London and the Library by luck. I'm just wandering as it seems like a fine approach. There's no rush. Strike on a patisserie and go for three éclairs. It's so good I get another two



### **PHOTOS**

WET SHOES FOR CHRISTIAN



## CHRISTIAN'S DIARY

DD has to try them so back for another three after that. Melbourne is packed this time round, I've had lunch but pass a curry house which looks awful. This is generally a good sign and it's cheap so I'm in. Best chai tea I've ever had. Next stop Federation Sq where there's a Jazz Festival.

*01.6.14*

The final day in Australia, I decide to get out of the United Backpackers ASAP and wander the streets until everything opens. Go past a couple of clubs where it's still the night before for them. The only thing open is some coffee shops. the world seems to revolve around this stuff and no more so than Melbourne. Kinda repetitive so I choose a place based purely on a guy dancing outside. Melbourne is a strange place, It seems everyone is trying too hard to keep up the appearance of being cool. All I want is something authentic like the Indian yesterday. All that's left is for me to wonder around and hunt for some gifts for family. I also have not stopped eating and have two lunches again. Catch the bus to the airport and meet DD, apparently she's been having a rave time in Hobart. All that's left is to fly back.

## **REFLECTIONS**

CL- PERHAPS ONLY ONE DAY IN MELBOURNE WOULD HAVE BEEN ENOUGH.

## **PHOTOS**

FOOD CHANGE FROM THIS... TO THIS!



## DERFOGAIL's DIARY

30.5.14

Have decided to explore more of Tasmania as I'm not sure when I'll be back. Manage to hitch a lift with a freelance travel journalist so ride down the East coast on the other side of Great Oyster Bay. Fab to see the Freycinet Peninsular from the other side and look at how far we paddled. Have a very tasty apple strudel (local delicacy) and head to historic town of Port Arthur and bottom of island. Some touring around before making it back to Hobart.

31.5.14

Out to the Salamenco market to see the local arts and crafts before picking up some bits and pieces for souvenirs. Wildly distracted by all the beautiful driftwood- wonder what kind of storms brought it here! Almost tempted by a luxurious woollen cape but eventually settle for an antique spoon ring.

1.6.2014

Homeward bound! Pack up all my bits and pieces in the morning, enjoy a local seafood lunch (risky before a 2 day flight?!) then head to the airport for the long journey back. Excited to catch up with Christian and hear his adventures. Great trip.

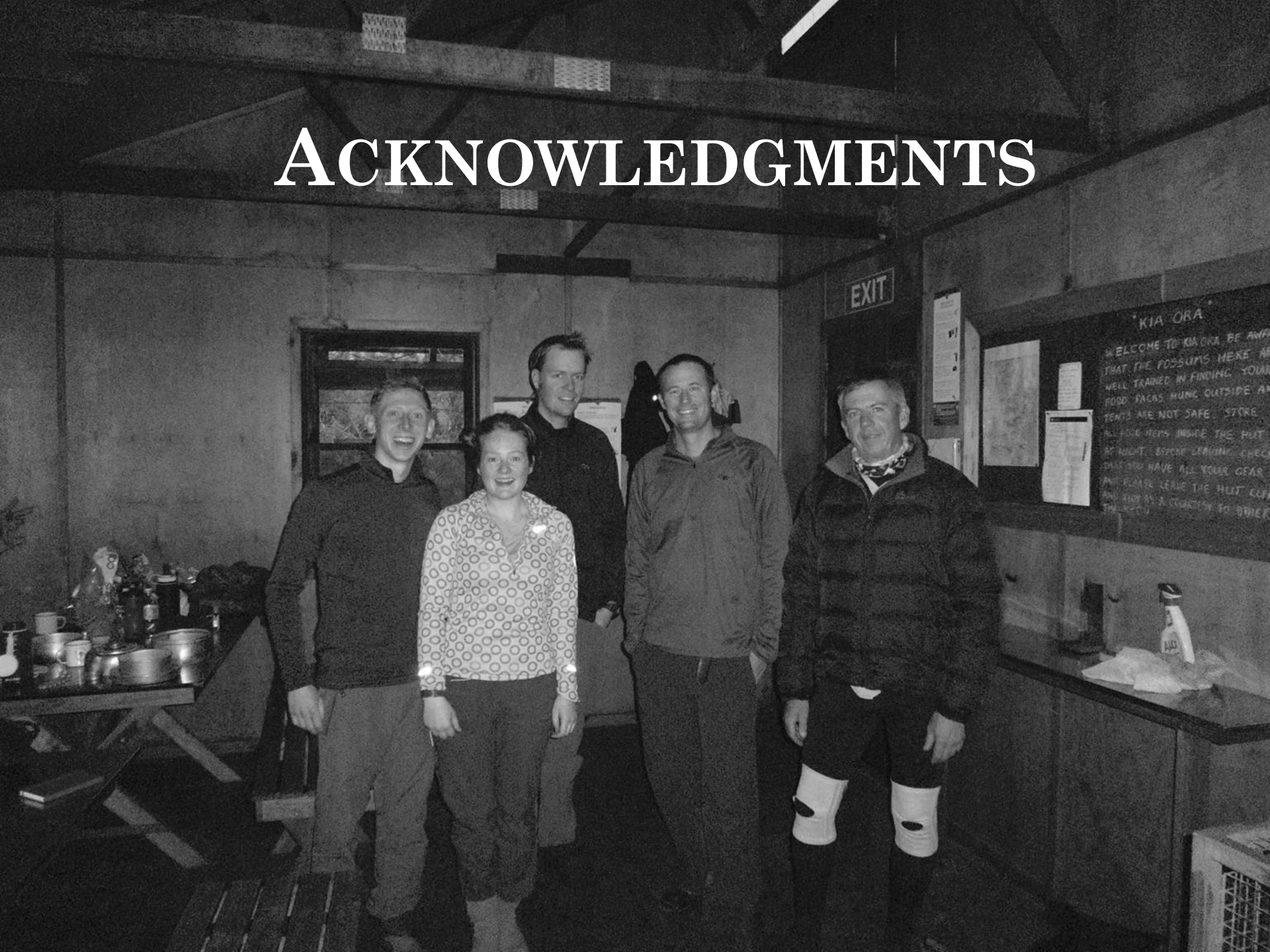
### PHOTOS

1. CYCLING IS MY NEW FAVOURITE SPORT
2. HITCHING THE EAST COAST WITH MELANIE





# ACKNOWLEDGMENTS



# ACKNOWLEDGEMENTS

Lots of people helped us get this project off the ground, and provided funding and support throughout the project. We are extremely grateful to them all.

- The IC Exploration Board not only provided a huge amount of financial support, but also First Aid training, equipment hire (the stove!), risk assessment evaluation and insurance cover without which we couldn't have gone.
- We also received financial support from the Lord Mayor's Trust, London, for which we're very grateful.

In addition, there were lots of individuals we met along the way that made our trip so much better! We'd like to thank;

- Mark, Gavin and James who took to the trail with us and kept the lonely nights bearable.
- The people of Ouse and Ellendale for their support on our cycle when times were tough.
- Melanie the travel journalist for providing such a great hitching partner in crime.

## PHOTOS

1. MARK AND GAVIN IN THE RAIN
2. GAVIN AND STACEY (JAMES!) HAVE LUNCH











