

# Cycling 10,000 miles to help save the rainforests

A COUPLE from Daventry have given up their jobs to cycle 10,000 miles to raise money for a conservation charity.

Music researcher Daniel Coward and Greenpeace magazine editor Krista Bernard, of Cowper Road on the Headlands, will be setting off from London on Saturday to cycle to Lhasa, Tibet.

Their journey will take them through Europe before they spend the winter resting in Turkey.

From February they will travel through Asia experiencing temperatures of 50 degrees in Uzbekistan and sub-zero conditions in neighbouring Tajikistan and are expected to reach Lhasa at the end of next year.

They are doing the marathon challenge to raise money and awareness for Rainforest Rescue – a charity that is close to both their hearts.

Mr Coward said: "The main reason is they work to protect the rainforests, an area we can realistically target to help



■ Pedal power: Daniel Coward and Krista Bernard from Daventry will be cycling 10,000 miles from London to Tibet to raise money for Rainforest Rescue. (Pic supplied)

combat climate change.

"We partially chose Tibet because it's not the sort of place that you would expect to

go by bicycle, so this highlights our dedication to sustainable travel."

For more information on

the journey they are undertaking or to sponsor them, visit their website [www.ridehimalaya.com](http://www.ridehimalaya.com).