



## ❶ Ride to Himalaya

**WHERE:** London to Lhasa  
**WHEN:** June 2008–Dec 2009

SERIAL adventurer Krista Barnard (below) recently finished her latest epic cycling trip: a 15,000 km pedal, over 19 months, from London to the Himalaya via Turkey, Kazakhstan and Pakistan. As well as some big days in the saddle in terms of distance – including a 195 km day from Nukus to Khiva in Uzbekistan – Krista and fellow cyclist Dan Coward pedalled at altitudes of more than 3000 m. “Reaching the top of high-altitude passes, knowing that it was just pedal power that got us there, felt like a great achievement,” she said.

“Highlights included crossing the 4733 m Khunjerab Pass into Pakistan, and visiting the summer pastures (jailoos) in Kyrgyzstan’s mountains and meeting the families living there.”

Between 1996 and 2000, the AG Society sponsored Krista’s 15,000 km bicycle expedition from Indonesia to Egypt, for which she received the Society’s Young Adventurer of the Year Award in 2000.



## ❷ Steppe by Steppe

**WHERE:** Central Asia and Mongolia  
**WHEN:** Now

TWO young Aussie adventurers are pedalling their custom-designed “quike” – which can be used on land, water, ice or snow – across central Asia and Mongolia. Roger Chao (above, at right) and Megan Kerr, both in their early 20s, are currently in the midst of their 15-month odyssey from Kazakhstan through Turkmenistan, west China, Mongolia and Siberia. Across the AG Society supported trip, temperatures will range from  $-50^{\circ}\text{C}$  to  $50^{\circ}\text{C}$  and they will cover an estimated 12,000 km, much of it in extremely remote places.

They’ve faced debilitating illnesses, angry dogs, faulty directions and ferocious thorns on the Kazakhstan Steppe – on one day copping 28 punctures in a 4 km stretch. “The good thing for us was that there is no such thing as being late,” Roger said. “We have no deadlines, so had all the time in the world.”

Roger, the 2006 winner of the AG Society’s Young Adventurer of the Year Award, said meeting the people was a major attraction. “We are not just tourists – we want to immerse ourselves in the local cultures.”

## ❸ From Sea to See

**WHERE:** Adelaide to Alice Springs  
**WHEN:** July–Aug 2009

IMAGINE walking 1500 km from Adelaide to Alice Springs. Blindfolded.

Two legally blind adventurers, Neil Massey and Lee Cox, recently took six weeks to walk the distance.

“Psychologically and mentally it’s been more challenging than we expected,” Neil said. “The open road plays tricks with you – you think you’re further ahead than you are.”

Neil and Lee walked for a minimum of seven hours each day along the sides of the roads, accompanied by a support vehicle.

“People would be beeping all the time because they’d read the banner on the back of the van, and a lot of people would stop and want to talk to us about what we were doing,” Neil said. “But often we didn’t want to stop – the second you stopped you’d start seizing up.”

The two have extremely limited vision, but an increased sense of hearing, so they enjoyed hearing camels in the distance and dingoes at night. “Lee and I pick up a lot of things that other people don’t hear – birds, crickets, insects. We can hear trucks from 3 or 4 km back.”