

Cycle touring with children can be great fun. The key thing to remember is that distances and challenges need scaling down to their size. When the limits of your own independent world are the end of the road, or a friend's house half a mile away, you don't have to go far beyond that for adventure - especially if you're staying in a tent, which for children is an adventure in itself.

Years ago I was cycle-camping with the family one summer weekend in North Yorkshire when I realised I'd forgotten something important, like the pasta we were meant to be eating for tea. 'I'll just go home and get it,' I said, as the boys wondered what we'd do. Ninety minutes later I was back and the camping stove was boiling.

They were amazed. We were only 10 miles from home, but our outward journey was off-road, slightly uphill, and with stops here and there it had taken us well over three hours. I hadn't travelled far; they had been on a journey.

If you've never been cycle-camping with children but have thought about it, my main piece of advice would be: distance doesn't matter. Just go somewhere nice, where the kids have the freedom to explore.

More in this vein starting on page 24.



Dan Joyce

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