

BIKE
TOURING

inspiration





We're Friedel & Andrew Grant - two Canadians who've travelled over 60,000km by bicycle. Our two-wheeled journeys have taken us all around the world, including a 3-year trip through Europe, the Middle East, Asia, Australia and North America from 2006-2009. Now we live in the Netherlands with our young son Luke, and we continue to tour as a family.

This book brings together a few photos with lessons that we've learned about bike touring. We were asked to make it by Santos Bikes - the company that made two of our 6 touring bikes. We hope it inspires you to go cycling as well.

www.TravellingTwo.com

What follows are the little tidbits of bike touring wisdom that we've picked up during our travels.

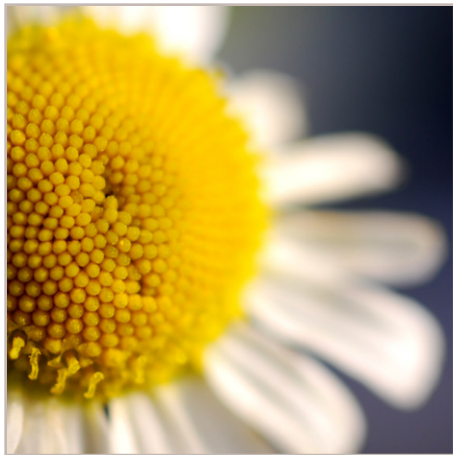
We hope they inspire you to go bike touring.



If you're wondering how to get started, it's simple.
Go slowly on the quietest roads you can find.







Stop often to
appreciate the
small details and
moments of life
that normally
pass you by.





Have lunch by a lake.



Play with the local kids.



Cook a great
meal at the
end of the day.
Savour every last
bite.





Find a beautiful spot to pitch your tent.



Get up early the next day. Morning is the best time to ride.

Know that it's not about
counting the miles or how
fast you go.

It's about
finding your passion.

And discovering the world at your own pace...



Travel happily
and peacefully
with the
knowledge that
the world is a
good place.

People are
kind.







Don't worry about getting lost,
as you cycle down small and unmarked paths.

The best adventures are unplanned.

When the
going gets
tough,
smile
and push
forward.



Nothing good ever happens without a little effort
and the difficult days have the most to teach you.

In the end, you always get there.



Embrace the hills.
The view from the
top will make you
feel alive.



And remember that
what goes up...



...must come down.



One last thing: you don't have to go far to have fun.



Some of life's best adventures are found close to home.







Just go out and ride.



Life is too short to stay home.