

# Around the World by Bike

an illustrated talk by Alastair Humphreys ([www.alastairhumphreys.com](http://www.alastairhumphreys.com))

60 countries

5 continents

4 years

46,000 miles

Also showing A Film by Bicycology



January 23rd, 7:30 pm

Gregson Centre, Moor Lane, Lancaster



celebrating cycling  
in our city, county & countryside