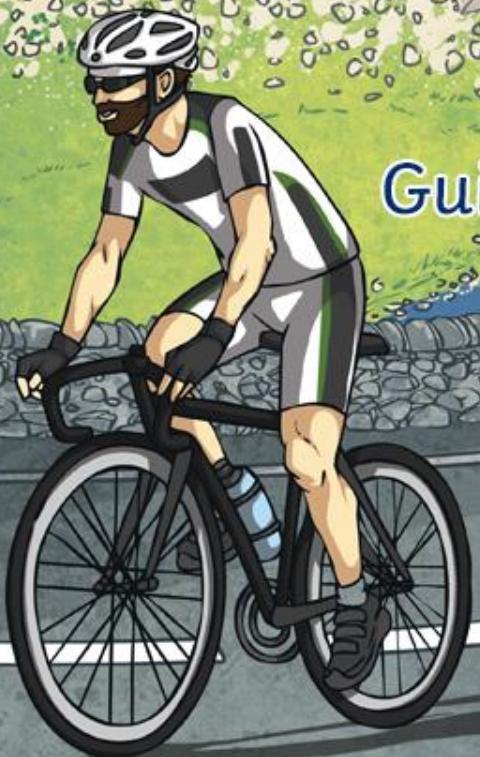


# Around the World in 80 Days

Guinness World Record Attempt  
Mark Beaumont



# Around the World in 80 Days



Cyclist, adventurer and documentary-maker, Mark Beaumont is planning a world record breaking expedition, riding all the way around the world on his bicycle.

His aim is to complete 18 000 miles in 80 days.

That's an average of around 240 miles per day, travelling through 15 different countries.

He will need to ride his bike for about 16 hours each day to stick to his target. The entire challenge lasts for over 11 weeks!

# Who Is Mark Beaumont?

Mark Beaumont was born in Scotland in 1983, making him 34 years old. He went to school in Dundee and university in Glasgow. Following his love of cycling and exploring, he has already broken records with some amazing challenges, becoming famous for his courageous travel adventures.

TV documentaries have been made of his previous challenges and he has helped to raise thousands of pounds for charities along the way.



# The Countries



Mark's brave adventure will push the limits of what one person can physically achieve.

Beginning in Paris (France), Mark will cycle east across Europe and Asia to reach Beijing (China).

He will then fly south to continue across Australia and New Zealand.

The next leg is to ride from Anchorage (Alaska), across North America to Halifax (Canada).

Finally, he arrives back in Europe in Lisbon (Portugal) for the last leg, returning to Paris.

# Previous Challenges



Mark has broken records before and has completed amazing endurance adventures all over the world.

His first Guinness World Record was in 2008 for cycling around the world.

Since then, he has cycled the Americas in 2010 and achieved another world record for riding the length of Africa in 2015.

You can see some documentaries of these challenges on the Internet.

He has also completed running, swimming, mountaineering and rowing challenges in places including Scotland, the Arctic and the Atlantic Ocean.

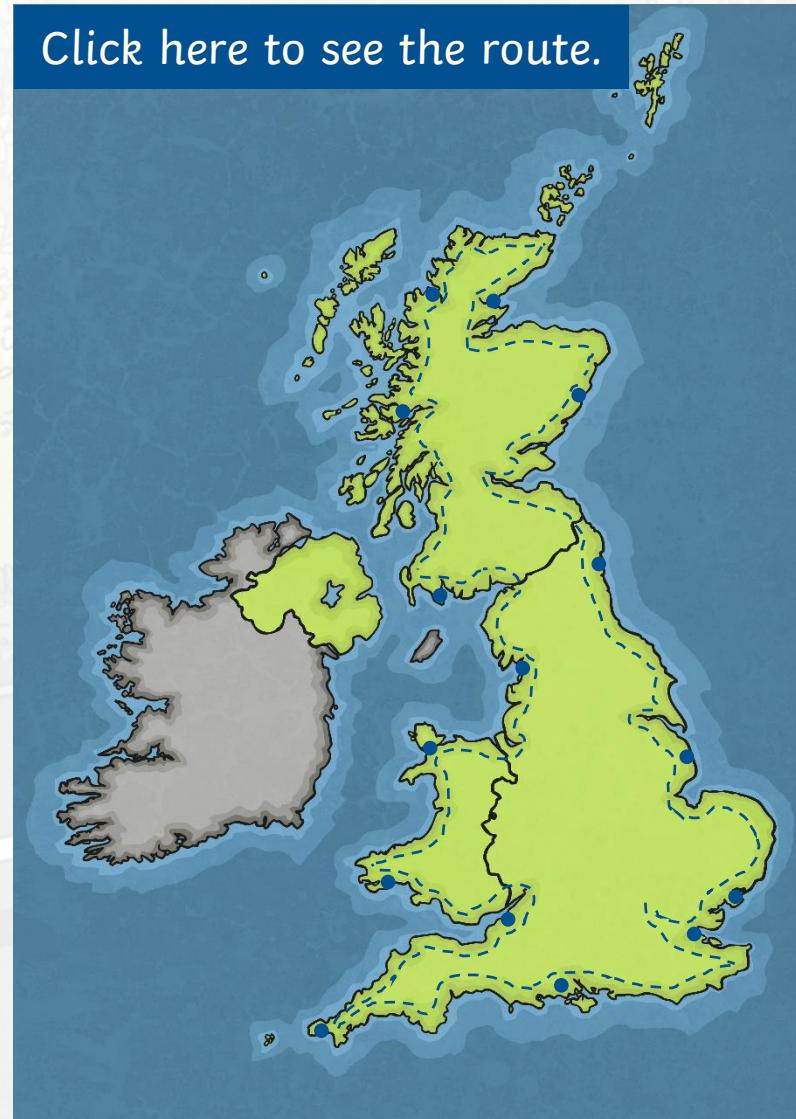
# The Practice Run

Yannick set a track for several days on his bicycle through the world challenge practice expedition around the coast of Britain in April 2017.

He rode approximately 3500 miles around the British coast in 14.5 days, testing both his equipment and physical preparation.

This helped him build up to peak fitness ahead of the real challenge, which begins on the 2<sup>nd</sup> July.

[Click here to see the route.](#)



# The Inspiration



Successfully completing this incredible challenge will break the previous world record by 43 days, with Mark completing the distance much faster than anyone else has ever done.

The aim is to inspire tens of millions of people around the world, like you, to imagine what they too can achieve and to have the confidence to try it.

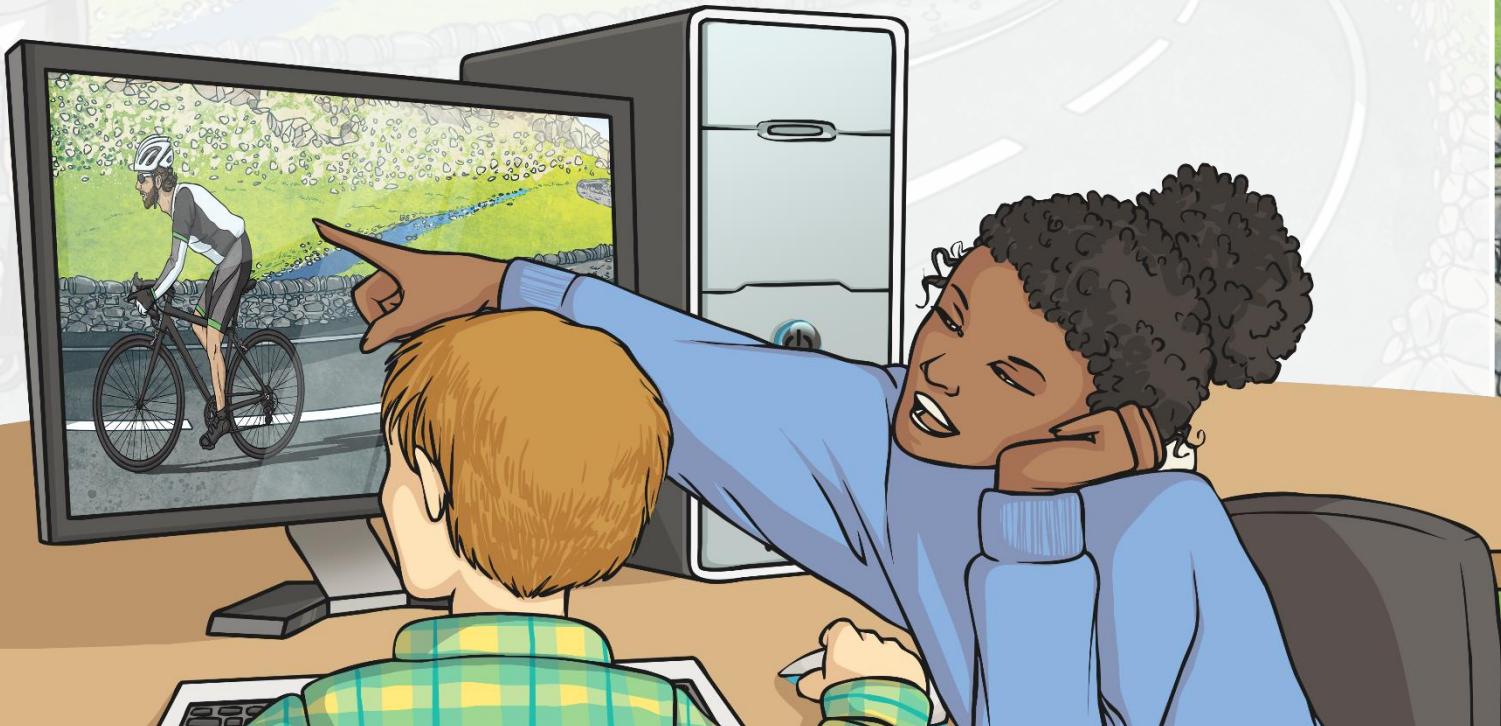
Although passing through 15 countries, Mark hopes that children in over 160 different countries will be inspired to set and achieve goals of their own.

What could your personal goal or challenge be?

# How Can You Get Involved?

You can get involved with Mark's 'Around the World in 80 Days' cycling challenge in a number of ways.

Want to get involved? This is just one of the challenges back page. There is lots more to do and distances to achieve. them.





80  
DAYS

