

Coaching Podcast – All Things Wilderness Expeditions with Richard Harpham – Transcript

Georgina Maxwell: 00:12

Today I'm joined by Richard Harpham and we're going to talk all things wilderness expeditions in sea kayaks to canoes to other examples right across his big long sphere of experience that we've got in front of me here

How about we get Richard himself to introduce himself and we'll take it from there. Hi, Richard.

Richard Harpham: 0.37

Hi, how you doing? Really delighted to be here and hopefully share a few pearls of wisdom from quite a few adventures. Literally earlier this year was the 15th,000th mile of human powered endeavour. So, a lot of stuff, but I never count all the other bits where I just get to go out and paddle, which is what I love doing.

Georgina Maxwell: 1:01

That sounds awesome. Give me some examples of what you've been up to and in particular if we're going to go down the wilderness side of things. what wild experiences have you had in the past?

Richard Harpham:1:13

There's so many to choose from, but I think one that's really relevant was in 2010, I sea kayaked an area of Canada into Alaska called the Inside Passage with a team of people from my Viking Kayak Club. And that was really the genesis of deciding that I could spend more time outdoors and live a life less ordinary. And I can really refine that to one moment where we were sat on a beach just south of Juno in Alaska. And I always reference this point as my awakening. And there were orcas just patrolling up and down this straight. And in my head I had the sort of soundtrack from Star Wars as Darth Vader would appear, d as these orcas were patrolling.

And we were on an island called Admiral Ty Island and there's one bear per square kilometer there which is enough bears for everyone. And I had a little fire and I had one little bit of bar left on my iPod listening to music and I thought it. Life does not get much better than this. And I think that was one of these moments that really defined me to say let's do more. And I think a really good reference point for that was before those five kayaking challenges I did that year for charity, I didn't own a sea kayak. So, there I am doing a thousand-mile sea journey and now I can definitely say I'm fairly salty and I'm quite a sea kayaker.

Georgina Maxwell: 2:54

So that trip that was a part of equals. You were equals on that trip were you

Richard Harpham:3:01

So, it was interesting. through various life mishaps got to a point in my life where I thought what I need to do something for me and something that maybe resets me and I think a lot of people go through that particularly in the pace of modern life and I thought I just need to do something a bit different and we set up at the time it was called the big five kayak challenge and we would kayak the

Channel kayak the length of the tempames kayak Lands End to the Isles of Scilly round the Isle of White and none of that prepared us for a thousand-mile wilderness expedition and we were doing 1,000 miles in about 27 days so rain, sun, storm, wind, we were paddling and...

We always remember that as when they were moving the fishing boats in, we were going out, there was always that are we doing the right thing?

Georgina Maxwell: 4:03

Good. So fast forward to now you're leading these expeditions. Is that correct?

Richard Harpham:4:10

Yeah. I mean I think then I was very fortunate that and it does make me think about this idea that we can kind of borrow from other sports like rugby. this idea of the coaching chain and although that's a kind of formal who coached you to make you the paddler you are or the rugby player you are I think I was very fortunate on that

trip was a guy who'd competed at the world was on the British team for sprint and he was an absolute machine he still is a machine a guy called Jeff Tilford and you could literally wind him up he was like a clockwork machine and once he was going in fact you had to shout after, slow down. and he was brilliant. and there was also Ashling who was an Irish paddler who had competed in two international disciplines. So, there's me, a reasonable paddler with two that were much better.

And that taught me a lot about for example how to regulate pace, how to change your cadence, how to change your stroke pattern on a thousand-mile journey because some part of you is aching more than another part. how to punctuate a thousand miles into something that your brain can cope with. We're going to paddle for three hours, then we're going to have a rest break. we're going to have a pee break. we're going, how do we get the hydration and this is the same stuff that I've subsequently learned on things like the devices to Westminster race 125 miles.

How do you feed the machine that you can keep going but at the same time not need to stop for a pee every two seconds and have a freedom week?

Georgina Maxwell: 5:54

So, all of these personal experiences must really pay off when it comes to actually teaching people and helping them on their journey or preparing them for these expeditions as well. Right. would you say it's quite important to go out and have these expeditions and trips in your own time?

Richard Harpham: 6:16

I think there's two sides to that statement and that question but one part is it's definitely different when you are out there doing it for yourself just for the joy of it and that joy of journeying. And of course, if we went back a few hundred years ago, maybe less, that was how people got around. voyagers were going into the interior of Canada and North America to trade using giant canoes and that would, famous for setting very high cadence and stroke rates. But nowadays, I think it's this antidote to the modern life. we will know that if we spend time in the outdoors, it's good for our mental health and our well-being. So, there's the personal side of it.

And then I think taking other people and going back to say Adel UK's this paddle centric philosophy if I can take someone on an expedition and awaken them in the same way I was awakened then they get that joy and there's a really brilliant stat that sport England produced.

If you get a teenager interested in the outdoors, I mean, this is a game changer, 75% of them will do it for life.

Georgina Maxwell:7:35

That was me.

Richard Harpham:7:36

75%. and...

Georgina Maxwell: 7:37

Yeah. Yeah.

Richard Harpham:7:38

And I think what's incredible is we know that because we've lived it. But if you say we're to go into a school and go, "Right, everyone Put your pens down, tablets, whatever." 75% of you will do this for life if we give you a high-quality experience in the outdoors. Walking. That is a natural green remedy for all the other ailments that we know are there. ...

Georgina Maxwell: 08:11

Yeah. Yeah.

Richard Harpham:08:12

High sugar diets, lot of processed food. No. Go outdoors. Go do these things. 75%. What's a stat?

Georgina Maxwell: 08:22

That's a great one. Good. Okay.

So, you talk about you, have tools in your toolkit about when you're out on these expeditions and what you use. Do you want to give me some examples of what tools you've taken or what tools you use from wilderness expeditions?

Richard Harpham:8:37

So, I think going back to the sort of two sides of the coin...

Me versus clients, I think we're always very aware of the coaching model of challenge, support, and inspire. So maybe I might inspire them by making a fantastic eddy or teaching them a trad skill in a lining or we get a go at sailing somewhere or something that is a takeaway for them. We've just inspired them that bit. Challenge is usually and we'll all have tried this where we're just getting them to do that bit more.

And they suddenly realize that they've achieved something they didn't think was possible. And then of course support is a huge part of coaching in most of our coaching lives where they're not quite getting it and we maybe have a little life hack or a tool that helps them. When you take that to the wilderness then maybe you've got some questions that help you. We definitely spend a lot of time profiling, who's on this trip and how are they going to cope with the environment we're in? And sometimes it's amazing how that can blindside you. So, because I've been leading expeditions for over 15 years, what happens if you think of risk management, probability times impact.

If you do it long enough, the probability increases that something's going to happen. And that has been all sorts of things. We've had people extracted from expeditions. And one of those that's really interesting they were extracted because they were struggling through personal issues at home. They just had a new born baby and guilt and why am I here? And they'd had other issues in conceiving. And, so this huge guilt thing erupted into I can't sleep.

And if you'd have profiled it, this was a guy who was mid-30s, had done other expeditions and yet the 70-year olds that you're like, I wonder how the 70-year-olds are going to be on this trip. They were fine. And the one that you least expected was the one that we had to make other arrangements for so I think part of it is profiling and then I believe that also helping people with some simple gating systems. So you

may have had it I'm sure when you're leading stuff you look at it and think right I've profiled them. Are they ready for this rapid? is this a challenge or is this going to be a fright night?

Are we embedding some form of deeply scarring psychological fear? And so, we have simple questions. are you up for paddling this? And that might be because we've walked it, scouted it. Are you up for paddling this? And we usually ask, are you up for swimming it? Because, it's easy to be gung-ho and go, yeah, I'm definitely going to paddle this. okay, but you might be swimming it, too. and looking at maybe some stages that help them.

And we tend to use things like we'll often ask people how you doing and they'll go yeah I'm okay and then we'll say how you doing out of 10 because that out of 10 scale might be I'm super hungry I'm hangry I'm nervous I'm exhausted and we begin to create a narrative around where are they on their own personal dashboard and then we can take that to if somebody and We did this on the thousand mile sea Hold on a minute. I'm three lights on the dashboard. my head space is not quite right. And we had that from different participants at different times...

Because a thousand miles, you're there for a month. You're paddling for a month. We all have ups and downs and good and bad days. So there's some of the tools that we have we use as I guess practical things to help us manage and lead expeditions.

Georgina Maxwell: 12:51

Yeah, good. And they sound like tried and tested things that have created a formula for you to be able to cope in these wild and remote places. So, the risk management topic is quite interesting, isn't it? and quite a lot of the things you alluded to there seem to be more psychological that had a long longer-term impact because quite often you think, okay, what's the medical issues that might be a problem? and that's might be where you have the focus.

So the question I've got for you here is in the practice are you doing anything different because you're more remote than you would do if you were less remote So take the same rapid put one two days away from any sort of help put one 20 minutes from any sort of help.

Are you doing anything different with your people?

Richard Harpham:13:48

100% 100%.

And I think we are sometimes in danger that we fall into the kind of social media chess beating. Yeah, look at this. we've run this, we've done this. dare I say the kind of bear grills back flips and you're like nope we're not doing that. and the difference between TV land and the Land Rover just offset and the extraction to one of the trips we did on the North Seal River with some Canadian friends of ours was 300 miles from the next living soul. an extraction. We're in the boreal forest south of Churchill in northern Canada and on one stretch of that was a 15mile set of rapids, grade three.

And in that sense, you're definitely making decisions that are different to I'm playing in a play spot, I'm coaching, I'm, having fun for a day on a shorter river. You're 300 miles and actually extraction would be very difficult. You couldn't land a float plane anywhere near that. and there's probably not a helicopter there, so, you would be talking about extracting in a canoe in this instance. and having to make very different decisions. I think and we go to Canada next week. So, this is all very pertinent for me. when we were on our last Canadian trip, it turned out as always happens something goes wrong.

And in this case, the battery charge on our sat phone turned out to not be as reliable as we wanted. And, so we've ordered a second battery, but we also have a Garmin

InReach system. So, one thing I've learned over time is contingency is really important. having some form of backup system whether it's e-erb and sat phone some form of marine flare if it could be that it might be fire lighting great I've got a box of matches or a lighter yeah something's happened they got soggy or they stopped working and I think if you do these things often enough you will always find that there will be some failure of some bit of kit and in my world, I've repaired canoes on the hoof. we had se kayak rudders that broke. we've had it all. And therefore, if you don't pack some form of repair kit, that when you're doing an assessment and the assessor goes, so have you got a repair kit and you get out some soggy bag that you've probably never used? In reality, you need to think ahead. And I think I referenced it to you this idea of almost scenario mapping. What could go wrong in

the sense of an individual? And I know we sort of do that in risk assessments, but I think it's almost from the personal dimension of right, so if someone has an injury, what is our plan?

If someone just has had enough, what is our plan, where would they go? How would we deal with this? And I think that scenario mapping is really helpful. And that could be on your local river, yeah, we're heading out from our club and we're going to paddle 500 meters downstream through, rural countryside. Great. Let's go do it. But you're now no longer in a place that the ambulance is going to come to if you had an injury. And it might be a random thing. It could be a heart attack. It could be nothing to do with your group. And so...

If you use those scenario maps to kind of think, what might happen? I find that really helpful. And I think our customers do. They find it part of their learning journey as well.

Georgina Maxwell: 17:55

That's a good point. Do you involve them in that mapping? Or is that a discussion you have once is there a planning phase where you go, "Right, guys, this is where we're going and this is what could happen. Are you still up for this?"

Richard Harpham:18:10

The answer is and of course for most of us and I'm sure you've had it the same because I know through vicariously living some of the things that we were talking about the coolins and you being on top of mountains that I've been on. I think in the end we might be giving their Everest experience. I don't mean bouncing up Everest, in the death zone, but what I mean is for them that psychologically feels like you're taking them definitely out of their comfort zone. And sometimes on my personal expeditions, I will definitely be operating in the discomfort zone. And I'm sure you've been there.

And that's a fine line with a customer, with someone I'm guiding, how Lake Labage on the Yukon, we run a Yukon trip every year. Lake Labage is 32 miles long. If it gets stormy, it whips up. It's a very shallow bit of water and so you're saying to people, right, you're going to paddle psychologically all day as far as you can see. and just

taking that point all day. As far as I can say, you never get that biking or walking very often, it's quite a psychological stretch. Just keep paddling, and we break it down for the reasons we said earlier, but with that, you're then trying to look at so we do things like we'll often do a Zoom call beforehand. Hey, how you doing? We're no longer an ogre. we're not a faceless individual.

We've hopefully had a giggle before we've got anywhere near being in country. they will have been sent some joining information, but of course depends on the person. They may not be the person to read those instructions. What do you mean I need a head net? And that's a really good example if we can separate between need I really want a cappuccino right now, but I need that head net costs me two dollars, two pounds whatever but the difference between my unhappiness ratio if I'm getting eaten alive by nos will change and so I think taking people on that I keep using the word journey but taking people on that journey of okay where do we need to be if I'm going to take someone up the coolins they're going to need to hydrate they're going to need to think about

Maybe snacks, maybe I need to do that profiling long before I've got anywhere near the hill. And it's the same, I think, when we're talking about the wilderness locations.

Georgina Maxwell: 20:54

Do you ever get nervous taking people into these really wild locations...where I mean presumably there's more than one staff is there when you're there, so you do have another individual to bounce off or is it just I don't know?

Richard Harpham:21:09

Yeah. my wife who doesn't love being on the media, she is definitely one of our expedition guides and leaders, too. So, that's nice. Husband and wife team. Callum, who is our centre manager. At Canoe Trail, he for his degree paddled around Scotland. So, he is another one who's very happy in that wilder environment. But I think for me whilst you might say well, on paper, I could lead that I much prefer being in a team where you have got that opportunity to bounce a leadership decision off someone other than just the customer. I'm not saying there aren't occasions where I'm the one making the decision but it's in our case it's normally a couple of us.

And I think with the customers, although they may have pre-existing skills and experience, often it's an asymmetric information piece. We know way more than they know about the conditions, the environment, whatever it is. So yeah. It's interesting and I think that decision-making bit becomes really important when you're referencing risk management. Of course, as a general sense, nobody goes out to have an accident. That's not what they're doing. They're going out to have fun and maybe they either make a mistake or they overcommit. And a lot of things I say when we're paddle sport instructors or paddlesport leaders or touring leaders as a provider is I like to remind people that most of the rescues I've done are nothing to do with my group. They're random people. On one of them, I did London to Marrakesh and a guy waved at me. I was like, "Hi." So, I wave back. He's in a sailing dingy. He waves.

I wave and it goes on this. And then I realized that he's waving more frantically. And it turned out that he was in I can't remember it was a two-hander sailing craft that had lost the hatch cover and was filling with water. And his next stop, if I don't help him, is He's on the southern coast and heading away to Africa.

And I'm like, I had a deck pump and I had a tow rope and I towed them back in and we became friends. But I wasn't expecting to see a sailing boat drifting away to Africa really, if I'm honest.

Georgina Maxwell: 23:41

Yeah, it sounds like you've seen some crazy things in your time.

That's for that whole part of the decision-making I think is quite important especially recent events that have happened with the sup disaster and being able to document that but also being able to have that conversation with another professional. I think it's quite important to be able to do that. Good.

So, I've got another question for you, and this one's going to look a bit more into sort of leadership versus guide. What might be the difference and what are the good qualities do you think that a leader is having on these types of expeditions? Or do you call yourself a guide or, expand on that topic if you can?

Richard Harpham:24:28

I think I can probably find something to say on that. I think guiding for me feels like it's the complete package and by that I mean I've paddled the Yukon River now 10 times. I've paddled it. I know it better than probably a lot of local guides there. And so for me, guiding means I'm managing the whole wraparound of my customers and the group.

But that might include being super vigilant on spotting the wildlife that's there because I used to be the editor of the bushcraft magazine and with that you had people that are amazing at tracking. I'm not that but I am good at spotting wildlife because that gives the customer something. Gives that person again awakening this inspiration to this wonderful place that we're in. But also on the Yukon, it was the gold rush, 1896. 30,000 people went to find gold in Dorson City. And there's all these incredible old paddle steamers, cabins. as a guide, I can show them and know that history and also right back to First Nation Aboriginal people because I'm always aware that however much people chess beat, this is the toughest thing we've ever done.

And it's like hold on people live there or nomadic people live there long before we got there. so knowing that history I think is and the nature and managing the needs of the group for me is more towards the guiding end of that scale and I think leadership a lot more of that is about the tactical decisions, the stuff like clap line of sight avoidance and of course with that you begin to learn the more you do these things. take for example nonverbal communication. We can provide a fantastic learning experience for our customers where they'll learn all of those things in a stealth mode.

We'll teach that a bit on the first day a bit more and then we'll maybe make it part of a game at the start as a warm up before because as an example, if we're taking people on the Yukon, they're paddling 15 days when we're profiling them, maybe 15 days normally for them is sat behind a desk. And so if we make a really good warm-up game each day, we do little dances, we do kenogga. that to me fits into the leadership of managing the group to achieve whatever the goal is in the conditions on the day. And I think the guiding bits, the wraparound that makes sure they really have the best experience that I can give them that they see the little kid in me that's living the best day ever.

To quote Henry Curtsy... "living that best day ever, feeling in the moment", not distracted by phones and emails and all the other things that we know are there when we get back.

Georgina Maxwell: 27:40

Yeah, that's a really nice summary that you've come up with there.

Yeah. Okay. Thank you. how about we move on a little bit now and you mentioned a theory about one 1, 2, 3 mentoring when we just had our little overview chat at the start there and it's really pricked my ears and it's quite relatable to me as well. So I want you to explain to our listen listeners...

Georgina Maxwell: 28:14

This theory is where it comes from and how it's beneficial to anybody. So two three mentoring

Richard Harpham:

Here we go. It's like mentoring 101. so, in a former life, I created a social enterprise called Inspired Life, which has loads of life coaching models. And we wrote three books around life coaching and a lot of people that listeners may know from the world of paddling had also been involved in inspired life. So Olympians Pringle James Beington trying to think who else was James Reeves lots of float boers and Etienne Sto and all sorts of people have been involved with it.

But with that, we unlocked lots of different models that would help you develop the best version of yourself. And one of the ones we came across was the three of mentoring. And I really like this because I think mentoring is a super powerful tool to develop and grow our mindset and just approach things with a kind of growth perspective. how can I be the best version of myself? So three of mentoring in a nutshell is one identify and agree with someone that they're going to help informally mentor and so that would be an interesting who would you pick? I'll leave that for listeners. and the two part is two running mates, two people that are in a similar space or place to you.

So that could be other paddlers that are going through the same kind of qualifications or at the same level and they're running mates, people you can bounce stuff off. And then the bit I really love is the level three is three people you can pay it forward to. Could be a young paddler in a club situation, could be someone that you're being helped coaching or just someone else that you can pay it forward to.

And I just think I certainly never heard anything like that when I was at school, but I think what a great model to help people collectively share learning and share knowledge.

Georgina Maxwell:

I feel like the number two phase kind of can go on forever and...

So this is once you've got your running mates to me it feels like okay we might outgrow each other or we might outclimb each other somebody maybe I've got left behind and my friends outclimb paddled me. That certainly happened when I was really young in Norway, felt that my male friends were getting much better than me and I was kind of staying in the same place. and then you go, I'm not going to go out with them anymore...

Because I'm going to hold them back or I'm not going to be as good as them whatever. so then you find another clan and another group of people to be part of.

And then yeah, I feel like the number two bit just keeps going because if we're going to keep developing our skills, we're going to keep growing who we are, that's just going to be there forever, isn't it?

Richard Harpham:

Definitely. And I think for me that's a lovely part of it as well...

Because I definitely believe one of the greatest things about our sport is Why am I saying almost delete almost from this? It's infinite. we have 16 different disciplines. 17 depends how you want to class them all. But from paddle boarding to surf kayaking to pack rafting to whatever slalom white water canoe racing and I just think if we can that one two three of mentoring may also be another way of developing this coaching

chain idea where maybe you've only ever done whitewater rafting on holiday but suddenly I know the rafting

The GB rafting committee are running more of these young gun type events where young people can have a go but also then the masters they do so well at the worlds in the masters and there are a load of people probably out there now latent demand for doing whitewater rafting that suddenly opens up a whole new sphere or conversely loads of flatwater racers who are amazing at balancing a K1

Admin Canoe: or a K2 that would just love sea kayaking and going to a 3D environment where puffins, gilamotts, dolphins are doing back flips over your boat, seals are following you and it's a whole new experience waiting for them and I can't think of many other sports or past that have our breadth and depth of opportunity and...

Of course so much transferable skill that if you learn one It helps the other Yeah,...

Georgina Maxwell:

Yeah. Amazing.

Should we move it on to how you review things then? so yeah, do you want to talk a little bit about reviewing because you did mention that early on as well. what tactics do you use there or how do you go about reviewing and maybe not just your own personal performance but about expeditions? How do you view review for change to improve? yeah, do you want to talk about that?

Richard Harpham:

Isn't it interesting? there's that thing there's a cartoon I think who wants change and everyone puts their hands up and the next bit of the cartoon is who wants to change and no one puts their hands up. I mean, I think as a coach, interestingly, I was emailing in to Daryl saying, I think I'm really keen to do my next providership because I think I've got a lot to offer. And that comes with a whole load of gates and things you got to do.

But I think as you do these things, every time I've been to one of I forgot what they're called, but the national sign off, where you have to be observed and be national trainers train you ready. you just come away with a whole load of new ideas and new learning and it might this coaching chain idea maybe because someone's told you something in a different way or they've added an enthusiasm or they've inspired you. I remember doing my touring leader provider bit and Darren was on a sub and just took off like a ninja and watching him walk the board. I was like, I need some of that." And then he was like, "Right, we're going to do prone paddle rescues. We'll just do 500 meters." And I was like, "Yeah, 500 meters, game on." and it just grows your sort of environment.

So I think from a review point of view it does go back into one of the sort of simple coaching models of building a self check thing. So, as a personal note, I find it helpful that I'm self-checking, but of course, when I'm going and being assessed somewhere else, which is always wracking, of course, it's giving you some form of benchmark of if I'm going to do another thousand mile expedition, where am I on my fitness? Where am I on my skills? has there been skill fade?

How much time have I spent in a sea kayak recently versus how much time have I spent in a canoe or a kayak or on a sub? So, I think there's that simple level of review and then I think I always remember when I was doing my level two with Leo w**** who he's going right don't forget you're boring and you're ugly. I was fair point but a bit harsh. And of course what he means by that or what he meant by that is if we remember back to experiential learning I know we need to front and frontload theory but actually are we really giving people a chance for discovery guided discovery if I'm reviewing my own performance did I equip people to go away and be better than when they arrived and did I inspire

Did support Let's use the coaching model. Did I support them better to go away and be better? Did I inspire them to want to even progress beyond what that program was? And maybe did I challenge them? And the challenge could be as simple. I remember again, I think it was on a touring leader provider thing where Chris's brain got on the water and he just paddled past and tapped the back of my board and went, "You're it." And then I was like, because I'm super competitive, I was like, what

do you mean I someone else is getting it. But it was so simple and so brilliant that it organically allowed everyone to experience that game straight off the bat.

And of course going back to experiential learning of course that's a memory that sticks with me as opposed to how many hours we spent in a classroom at school or university or whatever where it was a yawnathon and it wasn't really experiential learning in the way in which I believe it should be delivered. So I think the review bit is just super important. Keep ask for feedback. It's hard training training people to give feedback, accepting the rough edges that may get given. That can be hard.

Georgina Maxwell : 37:35

Yeah, I wonder what the difference between reviewing and reflecting is actually now I'm thinking about it. feels like reviewing might be a bit more of a formal process in your mind whereas reflecting you just see certain bits. I know I'm really bad for focusing on the things I didn't do well and I know it's right to be focusing on the things that you did do well.

So, I'm in a process of trying to reprogram my way of reflecting on my own performance. Yeah.

Richard Harpham: 38:06

I could send you this inspired life little booklet... because on that this week we're working with lots of teens and one of the things we talk about so this book that we wrote was more successful than counseling as an intervention for. But one of the key tasks, and I'm going to give you this as a gift, is Put on your success sunglasses. And every day or every week or what are my successes? And from that, you build a PMA, positive mental attitude, as opposed to SMW, severe mental weakness.

My goodness, I didn't hit that Eddie quite right or my role wasn't quite as I wanted it or whatever. and of course for me, as I've got older, I'm now older than I wanted to be. I'm still luckily like Peter Pan, but as I get older, I think, hold on, is my strength profile changed? am I haven't been a sea kayak. What's my timing like for that gap or that pour over or whatever I'm doing?

And those things can easily become doubts.

And I think one thing about that that I've learned is allowing yourself time to get back into the groove.

Georgina Maxwell:

Yeah, absolutely.

Richard Harpham

Not rushing and going "we're going now".

Georgina Maxwell:

And as a woman sometimes during your cycle you have more self-doubt than you should have. So yeah, it's overcoming that as we're drawing to a close, but before we do, I want you to plug your book a little bit. Go ahead. you're doing all this for free. So, you've told me you've written a book. What's that all about? And what can the listener pick that up anywhere yet? Oh.

Richard Harpham:39:50

I've actually written a couple, but the first one was literally about sewage treatment, so I wouldn't buy that if I were the book we've just published is called the Great British Paddling Adventure Guide Book and most things available on Amazon, but we've tried to write it from almost a novice perspective up to paddling some moving water. We've tried to make it that canoe, kayak, paddle board, anyone can go out and embrace an adventure. And to give you an example, things like the Great Glenn are in there, parts of the Tempames. And some of those are multi-day trips. Although it's 50 paddling adventures, if you took each one and if you did it days paddling, it's probably over a hundred paddling adventures that are captured in there.

And we've tried to also break it down into super helpful things like a tube map. So if you imagine right kilometer three from the start kilometer 10 there's a coffee shop there's this point of interest at this place there's a portage just to make it as well as the maps super handy with all the usual...

What three words and grid references. I'm told that people can't navigate anymore. So, you have to use what three words. But I'm disappointed because I love grid references.

Georgina Maxwell: 41:15

Yeah, I think it's quite good that you're keeping in touch with the new modern technology there.

So that sounds awesome. So, I guess that's it really. Do you want to say anything else? Are you happy?

Richard Harpham: 41:28

I think I'm totally happy. I think one thing just hopefully if anyone's taken anything from today and listening to this, I think there's so much out there that's in our DNA from journeying and being nomadic. and I would really encourage people to just go a little bit further off the beaten track. Do it within safe, safety kind of conscious. Don't paddle outside of the conditions you can cope with, but just that little bit more journeying, I think it's part of our DNA and it just makes us feel good. And go and explore some of this world.

Georgina Maxwell: 42:08

Amazing. Thank you very much, Richard. So, I've never met you before so it's been so nice to get to know you and thank you for coming on the podcast.

Richard Harpham:42:20

Thank you. I feel like we were waiting to know each other so that's good. There you go.

Georgina Maxwell: 42:25

Our paths finally crossed. Okay. Bye.

Richard Harpham:42:26

Bye.

END.