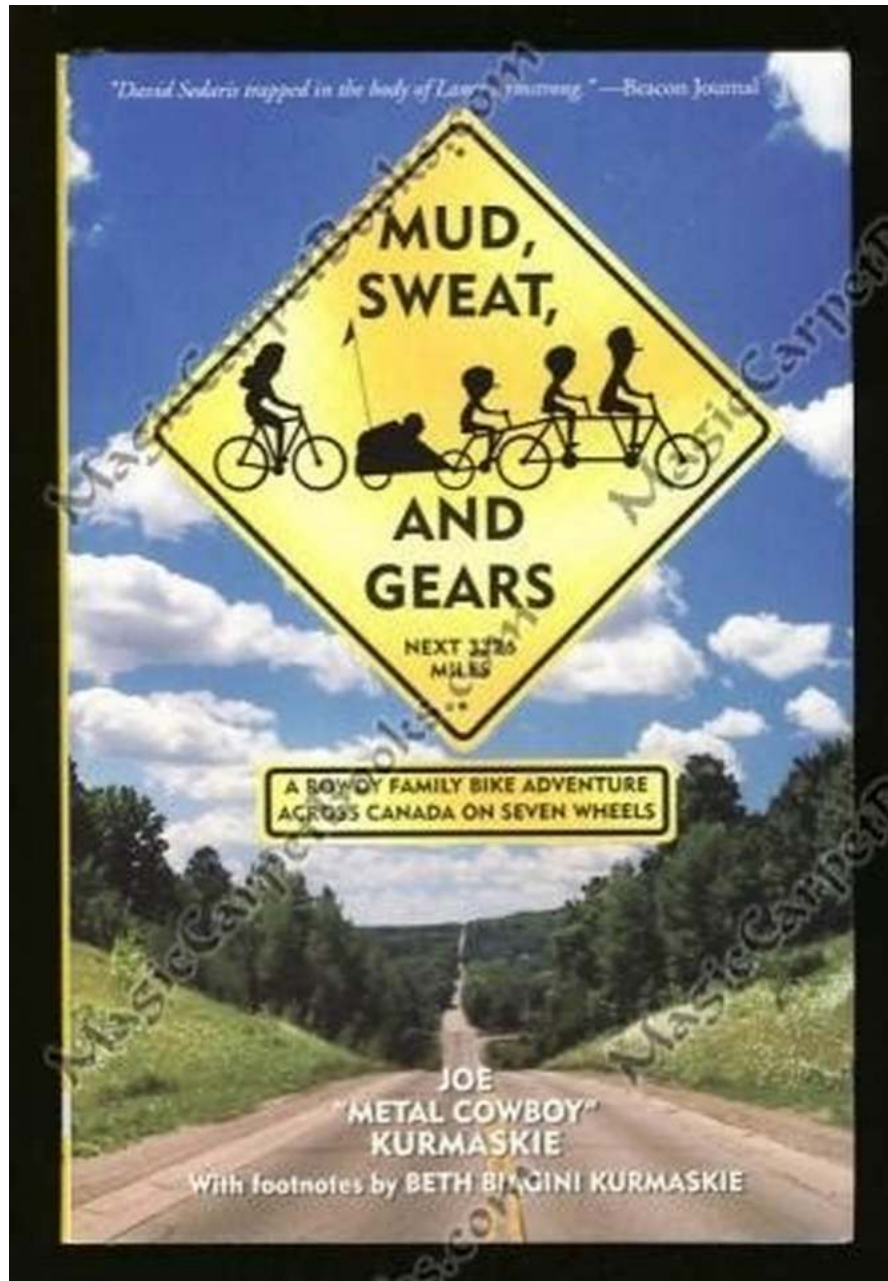


Rowdy Family Bike Adventure Across Canada On Seven Wheels

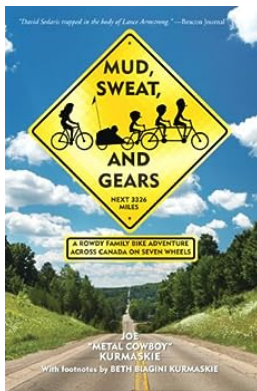


Imagine embarking on a daring journey with your loved ones, pedaling your way through the vast landscapes, challenging terrains, and picturesque scenery of Canada. This is exactly what the rowdy family did as they embarked on their

unforgettable bike adventure across Canada on seven wheels, aiming for the ultimate experience of freedom, joy, and exploration.

The Beginning of an Epic Journey

With enthusiasm and a sense of adventure in their hearts, the rowdy family prepared for their epic bike adventure across Canada. Their story began at the westernmost part of the country, in beautiful Vancouver, British Columbia. Equipped with their trusty bicycles, they were ready to brave the unknown, facing both the wonders and challenges that lay ahead.



Mud, Sweat, and Gears: A Rowdy Family Bike Adventure Across Canada on Seven Wheels

by Joe Kurmaskie (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2379 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 304 pages
Lending	: Enabled





As they bid farewell to the urban landscape of Vancouver, the rowdy family embraced the stunning beauty of the Pacific coastline. The salty breeze, crashing waves, and endless stretches of sandy beaches accompanied them during the initial part of their journey, setting the tone for the adventures to come.

Conquering the Canadian Rockies

As the rowdy family pedaled further into the heartland of Canada, they faced their most daunting challenge yet - the majestic Rocky Mountains. With determination in their eyes, they embarked on a grueling climb, conquering steep slopes and enduring harsh weather conditions.



Their perseverance paid off as they reached the summit, where they were greeted with breathtaking panoramic views of awe-inspiring peaks, crystal-clear lakes, and verdant valleys. The challenging ascent was now rewarded with a truly unforgettable experience that would forever be etched in their memories.

Encountering Wildlife Along the Way

Canada is renowned for its incredible wildlife, and the rowdy family had the chance to witness it up close and personal. As they cycled through remote areas and national parks, they encountered a diverse array of animals and birds that call Canada their home.



A majestic moose grazing by the roadside, a bear and her cubs patiently foraging for food, and the graceful flight of an eagle soaring above - these encounters left the rowdy family in awe of the natural wonders that Canada has to offer.

Experiencing Local Hospitality

One of the greatest joys of the rowdy family's bike adventure across Canada was the warm hospitality they encountered along the way. From small towns to bustling cities, Canadians opened their hearts and homes to this adventurous family, providing them with much-needed respite and a glimpse into their way of life.



Whether it was a cozy bed and breakfast, a friendly campsite, or a spontaneous invitation to dinner, the rowdy family experienced the true spirit of Canadian generosity and kindness. These interactions with locals added a unique dimension to their journey, forging lasting connections and leaving the family with cherished memories.

A Sense of Achievement and Fond Farewells

After several months of pedaling, overcoming challenges, and creating unforgettable memories, the rowdy family reached their final destination on the Atlantic coast of Canada. As they stood there, looking at the vast ocean before them, the sense of achievement was overwhelming.

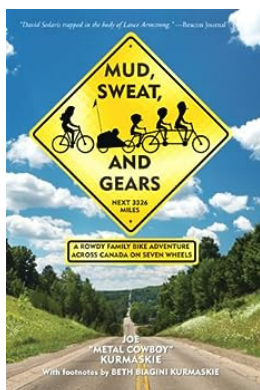


Their epic bike adventure across Canada had come to an end, but the experiences gained and the bonds formed would last a lifetime. The rowdy family bid farewell to the road that had become their home, cherishing the lessons learned and the joy of conquering boundaries together.

: Embracing Adventure and Togetherness

The rowdy family's bike adventure across Canada on seven wheels was not just a physical journey; it was a testament to the enduring human spirit, the power of family bonds, and the beauty of embracing adventure. Their story encourages us all to step out of our comfort zones, explore the unknown, and create unforgettable memories with our loved ones.

So, why wait? Grab your bicycles, gather your family, and embark on your own rowdy bike adventure across Canada!



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“Mud, Sweat, and Gears is not only an incredible human-powered journey, but it’s also about the intricate, poignant and often hilarious family dynamics that result. The Metal Cowboy’s most compelling book yet.”

—Heidi Swift, The Oregonian

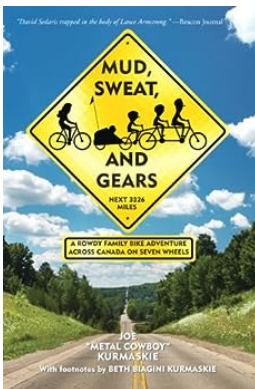
After seventeen years, who would road test a perfectly good marriage by putting it on a summer-long, self-contained bicycle adventure across Canada?

Only the Metal Cowboy, of course. Beth Biagini Kurmaskie, the woman behind the manchild, has finally saddled up on her own volition, if only to bring a bit of parental supervision to the mix. She struggles a bit at first, while celebrating summer, speed, the simple pleasures of a road trip powered by one’s own muscles, and family—what it means to be part of one stripped of the “comforts and noise” of the modern world, riding sixteen feet of bicycle train. With three sons

aboard, one celebrating his first birthday, a nursing mother finds her inner Xena Warrior Cyclist and all the reasons why she's stayed married to a whirling dervish of a husband. And Beth's progression from newbie cyclist to totally ripped veteran will be an inspiration to anyone considering taking to the road on a bike.

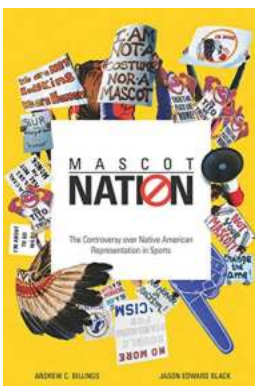
Mud, Sweat, and Gears brings together absurd and sublime moments, introduces an American family to the wilds of Canada, uncovers choice characters (man and animal), and finds all the humor and pathos a Metal Cowboy adventure is famous for.

If Momentum Is Your Friend was about fathers, sons, and hometown heroes, Mud, Sweat, and Gears is about mothers, wives, family, and the glue that holds the world together. With a extra twist: revealing and outrageous footnotes from Beth throughout, filling in the backstories to many previous Metal Cowboy tales and seventeen years of marriage.



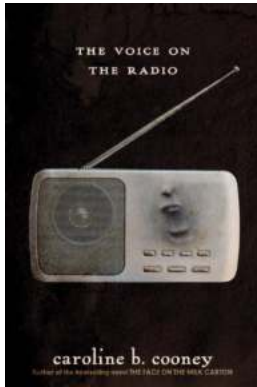
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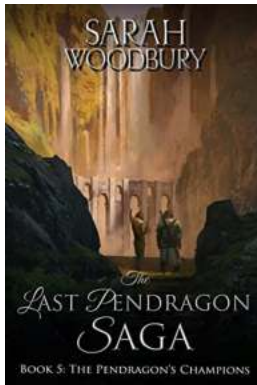
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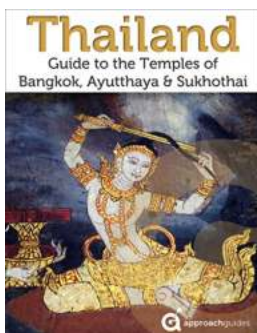
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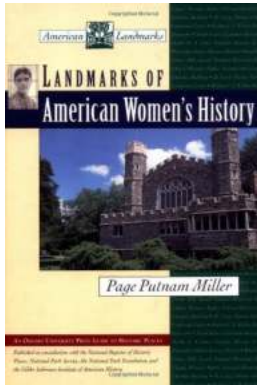
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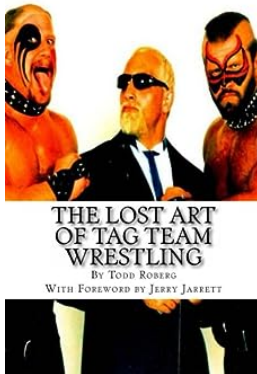
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