LAURA BINGHAM
SPIRIT OF ADVENTURE

ONE GIRL AND HER BICYCLE

Oceans of Kindness



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Illustrated by
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ONE GIRL AND HER BICYCLE

Oceans of Kindness

Laura loves adventure and has set herself a huge challenge. Cycling 7,000 kilometres across South America without using money or taking any food with her – relying only on the kindness of the people she meets – will test her courage and determination more than anything she's ever done before.

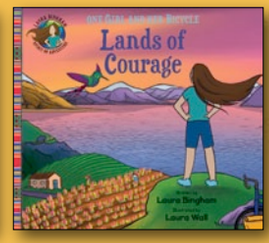
Laura's incredible journey continues across Argentina, and the belief that she is close to achieving her dream has an amazing effect on her, but will it be enough for her to reach the Atlantic Ocean?

"Laura Bingham is a very brave person."
Sir Ranulph Fiennes

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The rain **splashed** Laura's face as she sat at the border of Paraguay and Argentina.

She was keen to begin the final leg of her amazing **adventure,** but she was waiting for her sister Sarah to arrive and join her. So many buses had come and gone that Laura began to worry: Sarah should have been there by now.





But Laura realised this was part of any journey – sometimes she'd be cycling, covering ground easily, and other times it was best just to be **patient,** and not let her worries overwhelm her.



Another bus groaned to a halt and Laura looked up hopefully.
"I'm here!" grinned Sarah as she leapt off the bus.
Laura was so **relieved** that her sister was there.

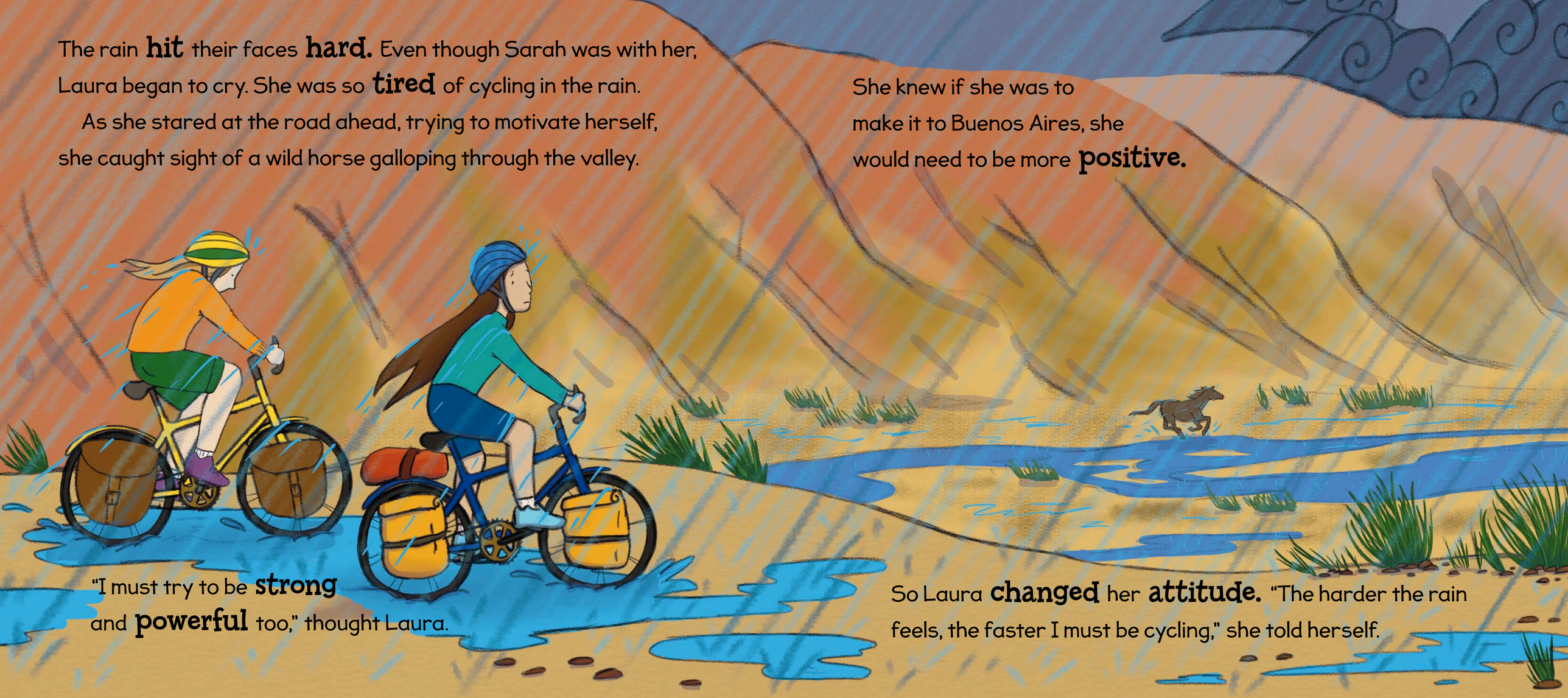
Sarah gave Laura a **huge hug** and... **sweets!**
What a **gift!** It was the first time in months that
Laura had tasted anything like this.

They were both **excited** to start their journey
together, despite the miserable weather.

The rain **hit** their faces **hard.** Even though Sarah was with her, Laura began to cry. She was so **tired** of cycling in the rain.

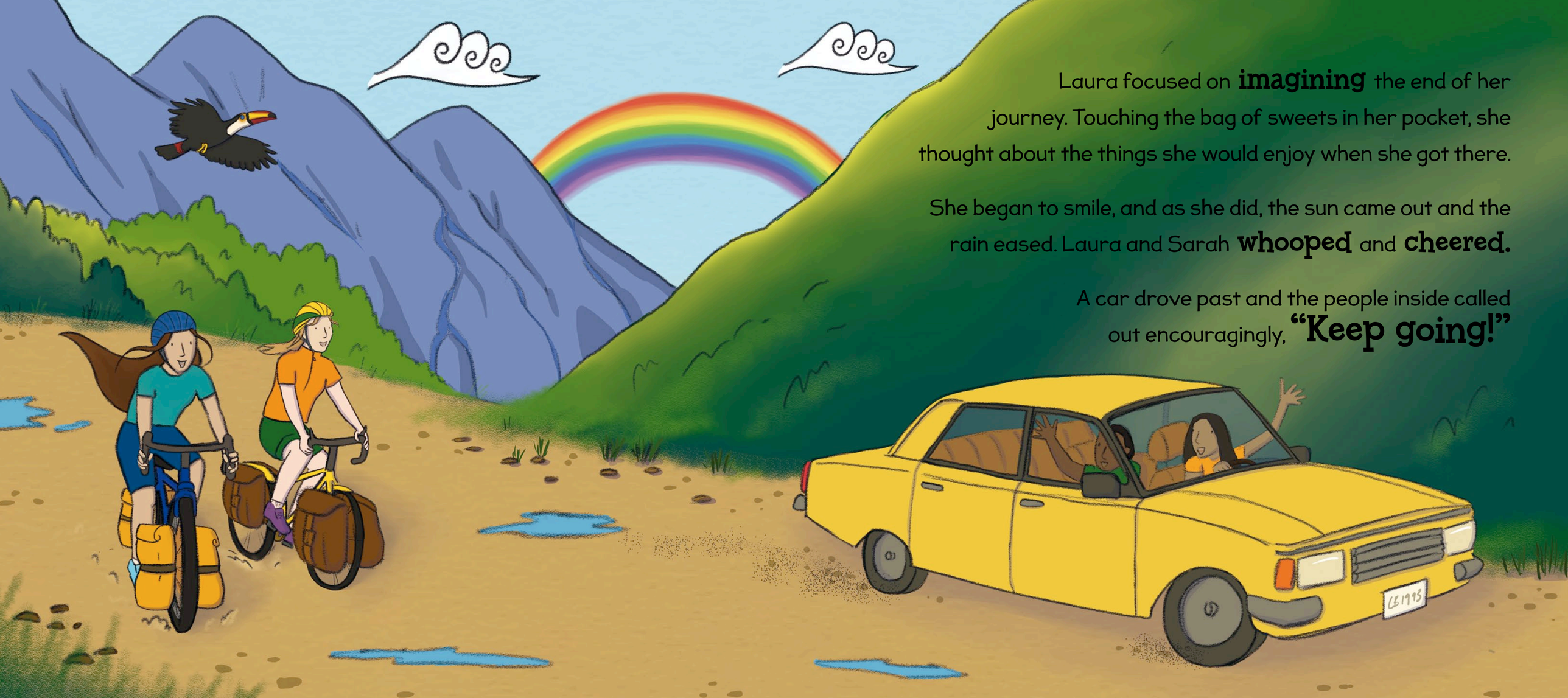
As she stared at the road ahead, trying to motivate herself, she caught sight of a wild horse galloping through the valley.

She knew if she was to make it to Buenos Aires, she would need to be more **positive.**



"I must try to be **strong** and **powerful** too," thought Laura.

So Laura **changed** her **attitude.** "The harder the rain feels, the faster I must be cycling," she told herself.



Laura focused on **imagining** the end of her journey. Touching the bag of sweets in her pocket, she thought about the things she would enjoy when she got there.

She began to smile, and as she did, the sun came out and the rain eased. Laura and Sarah **whooped** and **cheered.**

A car drove past and the people inside called out encouragingly, **"Keep going!"**

Did you spot these animals in the story?



Criollo horse

Criollo horses are native to the Pampas, a huge area of grassland that spreads across Argentina, Uruguay, Paraguay and Brazil. They are strong and smart and can endure harsh conditions as they travel long distances across the wide-open plains.



Iguana

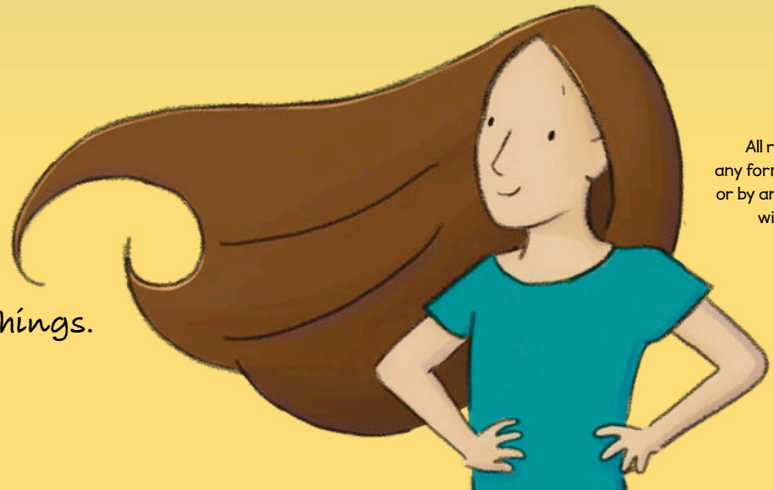
Iguanas are large lizards that are mosty herbivorous, usually eating fruit and vegetables. They have a sort of third 'eye' on the top of their head to look out for predators, but if they get caught they can shed their tail to allow them to escape!



Pampas fox

Pampas foxes often make their dens near farmland, sometimes in caves, hollow trees or other animals' burrows. They are mostly nocturnal, leaving their dens at dusk to hunt. Their pups, called kits, stay in the den until they are 3 months old.

For my children.
You remind me that the
simplest things are the best things.
LB



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