

Going Full Circle

Jason Lewis is bent on circumnavigating the globe just using 'human power'

For eleven years, Jason Lewis has been following in the footsteps of Magellan and others who have circumnavigated the world. The catch is that the Briton has been doing it by 'human power', ie, no motors or sails. In 1992, the musician began his globe-trotting project called *Expedition 360*. Since then, he has travelled 41,800km by cycling through Europe, traversing the Atlantic on pedal-powered boat, rollerblading and cycling across the US, then crossing the Pacific en route to Australia before kayaking to Indonesia and Singapore. With no regular sponsors, Lewis has often had to go back to the US to work in order to finance a subsequent leg of the trip. In the course of his adventure, he has been run over by a car; got caught in a seastorm, was attacked by a crocodile; and unwittingly camped on an island infested with poisonous sea snakes. How—and why—does he do it?

"In the harsh environments that I enter, it's a matter of endurance," Lewis explains. "You could be out there paddling for ten hours against a very strong current, and if you're not super fit, the ocean's going to crush you." Cardiovascular fitness is important, he says, and for the kayaking leg of his trip, he trained for four hours a day for three weeks. Diet-wise, the vegetarian relies on slow-energy release food such as nuts, raisins, energy bars, as well as powdered Gatorade to guard against dehydration.

Despite the strain and loneliness, what keeps Lewis going is the fact that he's using the expedition as an educational tool to get kids interested in learning about geography. His journey is chronicled on www.expedition360.com via satellite phone and an internet-ready laptop he's carries. A documentary series is also slated for Discovery Education Channel. Lewis says he will be next pedalling across Thailand to China, then going to either East Africa or up the Persian Gulf in a pedal-powered boat. Hopefully, he says, *Expedition 360* will wrap up in two years' time. After that? "Maybe I'll get to take kids out on their own expeditions!" **MM**

Jason Lewis
38
1.8m
79kg
'Expeditioner'