

Armchair Adventures - A Magical Mystery Cycling Adventure

Part 1.

Connie: Welcome to the Armchair Adventures Travel Agency, journeys of the imagination. I'm Head Travel Agent and Host, Connie!

Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,
On an armchair adventure imaginations fly.*

Connie: Good morning, good evening, good afternoon wherever you're listening from adventurers!

The voices of today's join-in-at-home-adventurers are:

Children: All say their names

Connie: Hi everyone!

Children: Hi Connie!

Connie: I'm glad you could all join us. And on this week's episode we're going on an adventure with... drum roll please!

SFX drum roll

liiiiiiiiiit's Christine!

Connie: Hello Christine. How are you?

Christine: Very well, thank you, Connie. I'm excited for my adventure.

Connie: Me too. Any ideas where you'd like to go?

Christine: Oh, I don't know.

Connie: I feel like it should be somewhere extra super special. Glamorous. High-end. And totally Instagrammable.

Christine: Oh, I'm not sure about that Connie – I've never really needed things to be fancy.

Connie: But the thing is Christine, my Mum and Dad have finally caved and let me join all the photo-sharing apps and you should see some of my friend's feeds.

Christine: Connie, you know those photos aren't all real-life...

Connie: Yeah, yeah I know - but my life just looks so boring and low-budget in comparison. If today's adventure could have the wow factor, then that would give me something to share.

Christine: Well, I don't know about the wow factor but I was planning to take my old bike to the Bike Kitchen later...

Connie: The Bike Kitchen?

Christine: They clean, service and repair donated bikes.

Connie: Cool.

Christine: My cycling days are over, but I'd love someone else to get the use of my old bike.

Connie: I mean – servicing old bikes sounds brilliant, but it's not exactly glamorous or photogenic, is it?

Christine: No - but I've had some really special adventures on my bike over the years...

Connie: And you think a bike ride could make a good Armchair Adventure?

Christine: Exactly. One last hurrah for me and my bike!

Connie: That does sound special. Let's get all my customers on a group telephone chat. Because adventurers with an Armchair Adventure, we can go anywhere we like from the comfort of where we are right now, so they're perfect for everyone, no matter what age you are. Start. Call. Now.

SFX dialling in the customers and Armchair Adventure theme tune (instrumental only)

Everybody: Hello, hi etc.

Connie: Hello everyone, how are you doing?

Everybody: Great, thanks. Can't complain. Excited for our next adventure etc.

Hazel: Where are we going on our adventure today, Connie?

Connie: Well, we thought we'd go on a cycling adventure.

Christine: My cycling days are almost over, but I will miss my old bike. I'd like one last adventure on it.

Cyril: Fantastic – I've always loved my bike. The freedom of leaving the cobbles and terraces where I lived and getting out into the countryside.

Pat: The wind in your hair.

Carla: The sun on your back.

John O'G: Losing yourself, on your own, in your own thoughts.

Cyril: Playing out with your mates.

Pauline: Racing around together.

Anne: When I was a teenager, I used to love going cycling with this gang of lads. One time, we were cycling around the back of Saxon Mill in Droylsden, they'd all stopped but I didn't realise – I kept pedalling and I went right over this one lad's back...left tyre marks on his clean white shirt!

SFX screeching brakes

SFX children playing, cycling sounds to underscore Christine's next block of dialogue

Christine: When I moved to the country from the town when I was a kid, all the children on our estate shared just one bike. We all had to queue up and take it in turns. It was so much fun and we just made do, but I always secretly wanted one of my very own.

Lily: Only one problem – I haven't got a bike...

Cyril: Do you remember that cycling holiday we went on, Lily? You had to get off every time we came to a corner because you only like to cycle in straight lines...

Lily: A motorbike sidecar is more my style.

Connie: That's not a problem. We're going on an Armchair Adventure, remember? All we need is our imaginations. Before we set off, why don't we all imagine our dream bikes?

Carla: Mine would have streamers on the handle.

Pauline: A beautiful bright red bike with an enormous basket.

Keith: I'd like to ride a tandem with you, Anne.

Anne: That sounds good to me.

Steven: My dream bike is a racing green chopper, you know the ones, with the gear stick in the middle. Everyone envious as they watch me cycle by.

Connie: Cool. What about you adventurers at home? If you could ride any bike at all for this adventure, what would it look like?

Child: A blue mountain bike with rocket powered jets and a switch at the front.

Child: A blue bike with chocolate seats, leather handles and LED lights.

Child: I'd like a proper BMX bike.

Child: I want a bike that tastes like cake!

Child: My bike will be covered in stickers.

Child: An electric bike because I don't have to pedal!

Connie: Those are great ideas.

Christine: What about you, Connie? What bike will you ride?
Connie: For once I'm going to be the one with the best of the best. Aerodynamic with a carbon frame, 7 gears, no 12 gears, no no no... 24 gears.
Christine: Connie, are you sure you really need all those gears and gadgets?
Connie: Of course, I do. Now, everyone ready? If I can just work out how to get it into gear...

SFX Gears grinding

Connie: Now, imagine the starting pistol at the beginning of a big bike race.

SFX Starting pistol.

Music – Armchair Adventures Theme (instrumental only) slowly fades in.

Connie: A journey of the imagination here we come. It's time to go on a cycling adventure.

Music - Armchair Adventures Theme Tune

Scene 2.

SFX of people cycling, bells ringing etc.

SFX Car horns beeping – a cityscape.

Pauline: I haven't ridden a bike in years...
Lynda: I'd forgotten how much fun this is.
John R: Come on, keep up.
Connie: Which way?
Hazel: I like the sound of leaving the city streets behind.
John O'G: Definitely, I can't be doing with all these car fumes.
Pat: We'll have to get through the town first...

Music - The gang start to sing/ chant their travelling song (town).

Keith: Come on, Anne, put your back into it.
Anne: You're the one who said you wanted to ride a tandem.
Keith: You're supposed to pedal with me, though!

SFX Juddering along the cobbled streets

Pauline: These cobbled streets are a bit bumpy.

Kenny: You're telling me!
Pat: Juddering along.
John O'G: I'm shaking like a milkshake.
Connie: Adventurers at home, what does it feel like riding along the cobbled streets of a busy town?

SFX DING

Child: The roads are so bumpy
Child: Like I'm going to fall off!
Child: My head was bouncing up and down
Child: I thought I was going to fall off my bike and crack my head open
Child: Traffic honking their horns
Child: Pooey! Car fumes!
Connie: Those are great descriptions. Maybe I should change gears for city cycling...
Wait one minute...

SFX to describe bikes coming to a stop

SFX Grinding gears

Lynda: Come on Connie.
Connie: Oops, sorry – I just can't figure out these gears.
Carla: I wouldn't mind a pit stop myself, to be fair.
Cyril: Thirsty work this.
Connie: It really is, I'm gasping – adventurers at home, why don't you imagine you're glugging a long thirst-quenching drink after all that exercise?

SFX DING

SFX Glugging/opening bottle, cans etc.

Keith: I wish I'd brought myself a drink.
Christine: Here, I have a water bottle on my bike – you can have it.
Keith: Are you sure?
Christine: Absolutely, I don't need it. I'm donating my bike to the Bike Kitchen after today's trip, remember?
Keith: Well, if you're certain. Thanks very much.

SFX Glugging.

Keith: That's better.
Hazel: Back on the road everyone!
Lynda: Are you ready yet, Connie?
Connie: I think so... These gears are a bit fiddly, that's all.

SFX Gears grinding

Anne: Ready? Let's go.
Connie: Wait – actually, before we go, can someone please take my picture for the grid?
Christine: The what?
Connie: The grid, you know - where you share all your photos on the app. Make sure you get the bike's logo in. I want people to see how expensive it is.
Pauline: Say cheese.
Connie: Hey, adventurers why don't you pose for a picture with your bike as well?

SFX DING

Children: Cheese!

SFX Camera click.

Connie: Let me see... Maybe we should retake that... Could do with an edgier background...
Christine: Connie, come on – we're supposed to be enjoying our adventure.

SFX Connie tapping on her phone

Connie: Okay, okay, just let me post it.
Pat: Do you have to do that right now?
Hazel: Yeah, come on.
Jan: Let's go.

SFX uploaded ping

Connie: All right. I'm ready. Let's go. Just let me get back into gear. Which one was it again?

SFX Gears grinding.

Christine: Finally, let's go.

SFX cycling sounds

Carla: This is a smoother ride.

Music - The gang start to sing/chant their travelling song (countryside).

SFX Birds tweeting – wholesome countryside sounds

Cyril: We're coming into the open countryside now.

Pauline: Oh, that's better.

Carla: Breathe the fresh air.

Pat: Smell the fields and the flowers.

John O'G: And the cows! Pooey.

Connie: And you adventurers at home, big deep breaths, taking in the country air.

SFX DING

Everyone takes deep breaths in and out.

Child: The country air!

Child: I can hear music at the summer fair.

Child: I can hear the bees buzzing.

Child: The air is so refreshing.

Child: Oh cow pat – poooo!

Jan: This is the life.

John R: I feel so free gliding along, the sun on my back.

Steven: Oh, look a pick your own farm.

Pauline: Fresh strawberries

Carla: They smell delicious.

Ada: When I was a little girl, I had a little three-wheeler bike with a trailer for all my toys. I wish I had something like that now – I could fill it to the brim with fresh fruit and veg.

Christine: Here, you can have the basket from my bike.

Ada: Don't you need it?

Christine: I'm taking my bike to be re-used and recycled remember? You're welcome to the basket – I don't need it anymore.

Ada: Oh, lovely – thank you. I'm going to choose myself a whole basket full of delicious fruit.

Kenny: All this fresh fruit, is making me think of picnics.

Connie: Well, why don't we pick our own picnic? Adventurers at home, while we choose ourselves a feast, Let's pause our journey of the imagination as there's something I'd like you to listen to. It's another podcast I think you'd enjoy....

Promo swap ad plays

Christine: Now, everyone ready to set off again?

Connie: All right, let's get this thing in the right gear....

SFX Gears grinding

Connie: One sec... Oops no...

Christine: Isn't it driving you mad, having to mess with the gears all the time...

SFX cycling sounds

Connie: I'll get the hang of it... There we go... Now... Which way?

John R: This way...

Jan: Look I think I can see the sea, just there on the horizon.

Anne: Who fancies a beach picnic?

Lynda: Oh, yes, me please.

Lily: Lovely idea.

Cyril: We just have to get up this hill first.

Kenny: Come on, put your backs into it....

Connie: Adventurers at home, we need to pedal really, really, really hard now to make it up this massive hill.

SFX DING

SFX Huffing and Puffing sounds

Connie: How does it feel adventurers? Imagine you're pumping your legs as hard as you can, cycling up a steep, steep hill.

SFX DING

Child: Ooh this is really tough!

Child: I feel like my pedals are going to come off!

Child: I wish my bike wasn't made out of cake now!

Child: Faster, faster – come on!

Child: I'm going as fast as I can!

Child: I'm getting breathless!
Child: I can feel my cheeks burning!
Child: This is more exercise than P.E!

SFX bikes come to a stop

Anne: I thought we'd never make it to the top.
Keith: You weren't even the one pedalling! I'm starting to think this tandem wasn't my best idea...
Jan: But look at that view.
Hazel: It feels so satisfying to have made it to the top.
Pauline: I can see the sea sparkling in the distance.
Carla: And now the fun part.
Kenny: Down we go...
Connie: Ready adventurers at home? Imagine we're whizzing down a big hill! Let's go.

SFX DING

SFX Whooshing, speeding/cycling sounds

ALL: Wheeee!

Music - The gang start to sing/ chant their travelling song (beach).

SFX Sea and beach sounds.

Christine: We've made it, the beach!
Pauline: Smell the sea air
Hazel: Look at those sandcastles...
Pat: Feel the sea breeze.
John R: It's hard work cycling along this sand, mind you.
Kenny: Put your backs into it.
Pat: Our wheels are leaving tracks in the sand.
Jan: Look out for that sandcastle.
Pauline: I've always loved the beach, donkey rides and Punch and Judy.
Carla: Rock-pooling.
John O'G: There are rockpools over there.
Hazel: Can we cycle to them?

Christine: I don't see why not – that's the thing with riding your bike, you're not on anyone else's timetable, you're free to explore.

SFX as the gang cycle over to the rock pool

Steven: Look at all the little creatures, scurrying about in the rock pools.

Ada: Sea anemones.

Lily: Starfish.

Lynda: Crabs.

SFX Clicking pincers.

Pauline: Hey there little guy. Hello Mr. Crab!

SFX Air leaving a tyre.

Pauline: Oh no, that crab popped my tyre with his pincers.

Christine: Don't worry, you can have my tyre.

Connie: Are you sure about that, Christine?

Christine: Might be a bit bumpy for the rest of the ride but I'll manage, here...

SFX Christine takes her tyre off her bike

Christine: Now, onwards!

SFX cycling sounds

John R: If we cycle on the wet sand, it might be a smoother ride.

Jan: My wheels are getting wet.

SFX Sea and waves lapping the shore

Lynda: That water feels so nice.

Pat: Softly splashing on our toes.

Jan: Is that a mermaid? She's waving from the rocks.

Hazel: Shall we all wave?

Connie: You too adventurers!

SFX DING

They all call and wave.

Pauline: Look she's waving back!

Carla: Can we cycle out to her?

Jan: Right out to sea you mean?

Christine: Why not?
Lynda: I haven't got my cossie!
Pauline: And I wasn't planning on getting my hair wet.
Connie: That's true – we'll look a right state in the pictures...'
Christine: Where's your spirit of adventure? We're off-roading, come on.

SFX Splashing and glugging

Music - The gang start to sing/ chant their travelling song (under water).

Music - as they enter the water

Cyril: Hey, I didn't know these bikes could travel underwater.
Connie: This is an armchair adventure, remember? Of course they can...
Pat: Down we go.
John O'G: Cycling underwater.
Lynda: This feels so strange.
Pauline: Look at the shoals of shimmering fish
Carla: Coral reefs.
John R: This is magical.
Hazel: Our friend the mermaid is swimming over to say hello!
Cyril: Can't ride a bike with no legs, poor thing...
Pauline: Here, hop on my handlebars and you can have a ride.
Connie: Can you imagine riding a bike underwater, what can you see?

SFX DING

Child: I can see so many starfish
Child: I can see an octopus
Child: There's seaweed in my wheels
Child: I can see a stingray!
Child: I can see a whale!
Child: There's bubbles when I breathe!
Child: I found Nemo!
Child: I can see a baby seahorse

Child: I can see a dolphin and a fish playing tag!

Connie: I love it down here! A twenty-four-gear underwater bike, now that's something to shout about...My camera doesn't work underwater though – how can I capture it for the grid?

Christine: Just enjoy it in the moment, Connie.

John R: Look an octopus!

Music - Shark music

Hazel: Uh-oh.

John R: What? Don't you like squid?

Hazel: It's not the octopus... It's... It's...

ALL: Shark!

John O'G: Pedal faster...

Music – Shark music louder

SFX fast cycling, splashing sounds

Keith: I can't go fast enough - he's coming right for us.

Cyril: Look at his mouth open wide.

Christine: Wait, I have an idea... I'll use my mudguard as a shark guard, stop his mouth wide open...

Carla: Great idea, but you'll have to be quick...

Christine: Open wide, sharky!

SFX A crunching metal sound

Connie: Now everyone, fast as you can, let's get out of here!

Pat: Pedal!

Lynda: We're making quite a splash.

Connie: And you adventurers at home, the splashiest fastest pedalling you can manage!

SFX DING

SFX Frantic splashing.

Shark music stops, and crossfades back into Underwater music.

Jan: That was a close one.

Pat: I think we should come up for air.

John O'G: We don't know what other frights are lurking down there in the depths.

Hazel: Hopefully, we'll have pedalled right across to the Caribbean.

Lynda: Oh yes, I just fancy a spot of sunbathing after all that cycling.

SFX splashing as if the gang have come out of the ocean

Underwater music stops

SFX Howling snow and winds

Pauline: This doesn't feel like the Caribbean.

Kenny: It's fr-fr-fr-freezing.

Lily: Where are we?

Cyril: There's an arctic wind blowing.

Linda: Snow howling.

Ada: Can we pedal through the snow?

Steve: Freezing wind in our faces.

Music - The gang start to sing/ chant their travelling song (snow).

Connie: I can barely see anything through the snow. Adventurers at home, how does it feel cycling through a snowstorm in the frozen arctic?

SFX DING

Child: It's so cold, I can barely feel my toes!

Child: Wet snow drips on my nose.

Child: Icy cold.

Child: It's hard to see in the snow!

Child: I hope there isn't a yeti!

Hazel: Tracks in the snow.

Pauline: Those aren't tracks, they're footprints.

Carla: Giant footprints.

John R: What's that up ahead?

Christine: Has someone left a snowman?

Steven: Imagine stopping still long enough to build a snowman, I'm freezing even on my bike.

SFX giant, slow booming steps

Ada: That's not a snowman, it's moving.
ALL: YETI!
Connie: A yeti, what's a yeti?
Hazel: You know, the abominable snowman.
Carla: Otherwise known as 'Big Foot'.
Jan: Not someone you want to bump into in the middle of a snowstorm.
Anne: Pedal, quick. Go on Keith put your back into it!
Keith: This is scarier than the shark.
Pauline: Wait.
Hazel: That Yeti looks sad.
Carla: Is it – crying?

SFX giant yeti footsteps stop

Yeti: I only want to be friends.
Connie: I'm so sorry – it was just such a shock, seeing you rising up out of the snow like that.
Ada: Your white fur makes you difficult to spot.
Steve: Maybe you should have called out, let us know you were there.
Hazel: And that you were a friendly yeti. Not abominable at all.
Yeti: All Yetis are friendly. Just misunderstood.
Christine: I've got an idea, here. You can have the bell from my bike.
Yeti: What for?
John R: Put it around your neck.
Pat: Then you can ding it to let people know you're there and they might not be so frightened.

SFX the Yeti rings the bicycle bell

Yeti: Aw, thank you. Now, how can I repay you?
Hazel: Maybe you can give us a bit of a push?
Keith: It's hard work cycling through this deep snow.
Yeti: Yeti push!

SFX whoosh

Lynda: Whoah, maybe not that hard!
Cyril: We're flying over the edge of the world.
Pat: Soaring through the air.
Kenny: Keep pedalling.
Hazel: We're cycling up and into space.

SFX Arctic wind fades out

Music - The gang sing/chant their travelling song (space).

SFX Outer space

Music – Space

Jan: This is amazing!
John R: Up past the stars.
Keith: Hurtling through space.
Connie: Adventurers, you're cycling through space, zero gravity, how does it feel?

SFX DING

Child: I feel like I'm flying!
Child: I'm surrounded by twinkling stars!
Child: Floating along.
Child: We're all light as feathers!
Steve: I wonder if there's anyone else out here.
Hazel: How do you mean?
Lily: Aliens maybe.
Steve: Hello? Is there anybody out there?
Lynda: They probably don't speak our language.
Cyril: They might not have seen flying bikes before.
Pauline: They might not understand us.
Carla: Does anyone speak alien?
Connie: Adventurers at home, can you try speaking in a made-up alien language?

SFX DING - children pretending to be aliens

Christine: I know – if you want to communicate with the aliens, you could use the reflector from my bike to send a message in Morse Code.

SFX of clanging, as Christine is screwing the reflector off the bike

Christine: Here...

Connie: Don't you need your reflector?

Christine: Not as much as I need to find out if there really are aliens out here...

SFX Morse Code

Steve: Is there anybody out there...?

SFX Alien voices

Pauline: Did you hear that?

Kenny: The stars are flashing in response!

Hazel: Woah, they really did answer back.

Ada: I wonder if they're friendly aliens...

Steven: I don't fancy staying up here to find out.

Keith: Come on - time to get back to Earth.

Connie: But how?

Christine: The Yeti gave us a push up here...

Carla: So, how do we get back down?

Pat: We can't cycle without gravity...

Hazel: We're just floating around out here...

Christine: This is a disaster – we have to get home. I promised Andy at the Bike Kitchen that I'd get my bike to him... He'll be expecting me...

Cyril: Never mind that, I was having fish and chips for tea!

Music – Space music fades out as Armchair Adventures theme tune beings to fade in

Connie: How are we going to get home? Adventurers, you'll have to join us next week to find out...

Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,
On an armchair adventure imaginations fly.*

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