

In a bid to expose the admirable work of grassroots charities, the property developer-turned-philanthropist put his career in Hong Kong on hold to travel 25,000km in 125 days through Asia to Australia on a motorbike. We speak to the adventurous 38-year-old to get the details on his inspiring trip.

How did Wheel2Wheel come about?

In 2009, I started thinking about how I could ride for charity from Hong Kong, where I live, to Brisbane, where I came from. The idea then evolved to me riding through 10 countries, visiting 10 charities along the way.

You must have done a lot of preparation for this undertaking?

I lived in Asia for 16 years and spent two years organising the trip. It's really one big traffic jam between Hong Kong and Brisbane. Any romantic notion

plains is a fairytale. Even when I got outside of the cities, invariably I found myself staring at the back of a truck.

What was the biggest challenge?

It was maintaining a level of concentration for up to 15 hours a day. As you tear along a country track, you always had people and animals on and around the road. You had to be very, very alert.

Physically, how did you cope?

I'd spent 12 months preparing myself for the trip. I increased my body weight because I expected to lose weight - and I did. I lost over 10kg in the first three weeks through a combination of not having enough time to eat, a bit of sickness and also just physically exerting myself on a bike in demanding conditions.

of big sweeping roads through rolling

7.30PM, ABC<sub>2</sub>

The True Story: Close Encounters Of The Third Kind

Monday SEASON PREMIERE, 9.30PM.

American Horror Story



9.30PM, ABC1

**Next Stop** Hollywood



Nednesdav 9.30PM, ABC<sub>2</sub>

Cherry Healey: How To Get A Life



Thursday 5PM (AEDT). NICKELODEON

**Total Tori** Hour



8.30PM. NETWORK TEN

American Idol