

BIKE FOR HELP

A HUMANITARIAN ADVENTURE

Out now!

An inspiring Story of a young man's quest to give a voice to the voiceless. An expedition that will ignite the human(itarian) in you.

Bike for Help gives a vivid impression of an extraordinary adventure through the Orient, Middle East and Europe

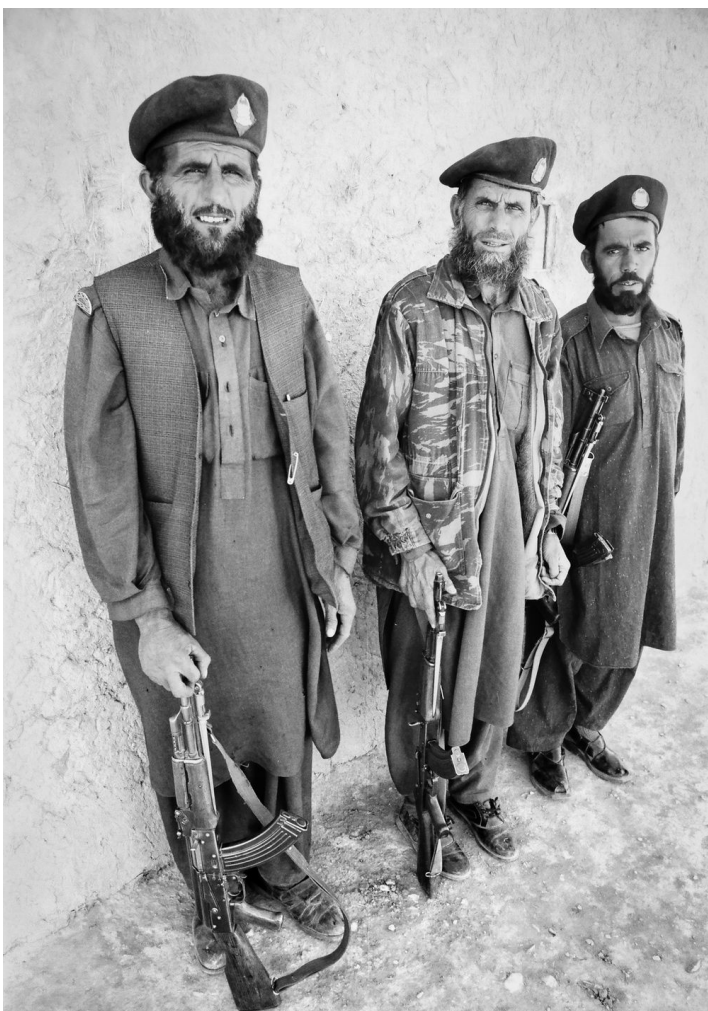
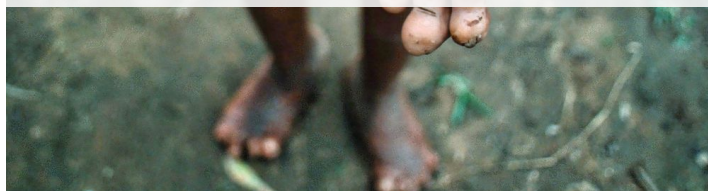
Neue Zürcher Zeitung,
Switzerland

Christoph lives after a simple philosophy: Everyone can change the world!

Times of India



In 2002, Christoph von Toggenburg set out to raise awareness about a disease that had been forgotten by many. It was a time when the world was in shock by the global impact of 9/11 and the rising political and military conflicts. Many people had cautioned Christoph against his upcoming expedition, knowing the risks. Still, nothing could stop him from capturing the world's attention on leprosy and helping those suffering from its devastating impact. A unique account of his epic adventure, Bike for Help takes us along Christoph's transcontinental quest. Cycling solo from India to Switzerland to raise funds and awareness for people affected by this terrible disease, Christoph faced obstacles he never envisioned and survived incidents he was sure should have claimed his life. Several months and 10'000 kilometres later, Christoph's mission had come to fruition, and here, his journey is retold, inspiring the human(itarian) within each of us.



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Christoph's first book 'Bike for Help - Ein Humanitäres Abenteuer' was published by Herbig in Germany in 2003 and presented the same year at the Frankfurt Book Fair. To mark the 20th Anniversary of Bike for Help, the book was now translated into English, re-edited by author Britt Collins, and enriched with original photos that have never been published (ISBN-13: 979-8847530002).

vontoggenburg.com