

WHEN WE'RE NOT AFRAID

MY 12,000 KM BIKE-PACKING RIDE THROUGH SOUTH AMERICA

Leonie Katekar with Gregory Hill

Leonie Katekar left behind her past and confronted her fears by immersing herself in a foreign world and embarking on a 12,000 km solo bike-packing expedition through South America.

Leonie undertook her journey during a difficult time in what had been a difficult life. Her story is about being brave, stepping out, and finding out how to pursue a deeper happiness. On her journey she overcomes almost overwhelming physical challenges and internal anguish while experiencing a world of beauty and inspiration.

Leonie rides more than 12,000 km through nine countries. She conquers the Andes at an altitude of more than 4,000 metres, explores and thrives in and among unique towns and cities, lakes and forests, deserts and ancient ruins, while pushing through extreme physical demands on her body and overcoming the weather and her own doubts.

When We're Not Afraid – is told with an insight that enthral and inspires on the way to confronting fears that many of us have. Yet it is a story not just for women who are seeking more, but for anyone disillusioned with their life and wanting to be brave enough to face the question – What would I do if I was not afraid?

Returning to Australia at age 56, just days before the pandemic, she is changed, and now faces a new world from a unique perspective.



The Author

Leonie worked for 15 years in indigenous health in the Northern Territory and was a national leader in the use of technology to support rural and remote delivery of health care. Leonie's work brought her into professional public speaking for many years. Cycling became part of life in Darwin for Leonie and her four children where it was easy and safe as a means of transport. Leonie lost her mother to cancer and was divorced. Alone and afraid of the future, the impossibility of a solo bike ride across quarter of the globe became the way she forced herself to step out of her fears and redefine who she was and was going to be. The ride became a successful fund raiser for children with cancer through blogging on Facebook and Instagram. This is Leonie's first writing adventure and proceeds from the book will support her charity of children with cancer. She now lives in Melbourne, near her four grown up children.