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Click here to watch the Hairy Bikers talk about their new cookbook, *Meat Feasts*. (See page 6 for details.)

The Hairy Bikers are Dave Myers (left) and Simon “Si” King.

too, so the memoir is crammed with entertaining anecdotes, especially from their exploits as the Hairy Bikers.

“Our very first time as Hairy Bikers was when we were in Porto, [Portugal,] and when we set out, we thought it was going to be fantastically rock and roll, but the reality was pretty grim. We got there at about 12 o’clock at night and the luggage had been lost. You’ll have to read the book to get the full story, but it wasn’t a good start!” quips Myers.

Of course, no memoir would be complete without a mention of Myers’ time tripping the light fantastic in the ballroom of *Strictly Come Dancing* back in 2013.

“*Strictly* is a great story; I really did have one of the best times of my life,” he enthuses. “I made some good friends, and I lasted for seven weeks, which, as Kevin from Grimsby said, ‘wasn’t bad for a man with six left feet!’”

Having just finished their latest series in the Baltic, the boys are showing no signs of putting on the brakes just yet and have already started filming new adventures, including a series about British pubs, scheduled for the new year. More to the point, they still have a wish list of places where they’d like to delve into new culinary quests, including Russia, France, Ireland, Australia and New Zealand.

With so many adventures to embark on, the main thing for them is to keep sharing their travels with fans of their shows. “That’s always our benchmark and absolute intent, to take people with us,” King sums up. 📺

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The Costco Connection

Blood, Sweat & Tyres and *Meat Feasts*, by the Hairy Bikers, are available in most Costco warehouses.



ANDREW HAYES-WATKINS

Blood, Sweat & Tyres

The Hairy Bikers share their life stories in a new book

By Alison Thompson

WITH MORE THAN 20 television shows and 15 best-selling cookbooks under their belts, national treasures Si King and Dave Myers—the Hairy Bikers—have been heading full throttle into culinary travel adventures for more than a decade now.

They became firm friends after their paths crossed for the first time in 1993 on the set of a Catherine Cookson drama, when Myers was a make-up designer and King was a location manager. In 2004 they teamed up as the Hairy Bikers to make their first food and travel series. Since then, they’ve become the nation’s favourite foodie duo, capturing hearts with their down-to-earth approach and infectious sense of fun.

The duo’s latest book, an autobiographical memoir titled *Blood, Sweat & Tyres*, uncovers the highs and lows of their lives from birth to bikers.

“I think we felt the time was right, we had a story to tell because we both had different lives until we met and as the Hairy Bikers the last 10 years have been interesting, to say the least. We’ve had some remarkable adventures,” says Myers.

They spent six months writing the book, working independently on sections about their respective childhoods and early careers, followed by a period of co-writing, kicked off by what they fondly describe as “a week of hibernation” in a house on the shores of Loch Lomond in darkest February.

Some of the most poignant memories they share are episodes from their early lives, and despite being familiar with each other’s stories, this, more than anything, made it an emotional journey for each of them. Amongst other things, Myers was a child carer when his mum became ill with multiple sclerosis, and King’s father died when King was very young, so reading about the stark realities of each other’s childhood touched both their hearts.

“Dave and I are more like family than friends,” reflects King. “It was a cathartic process and very emotional, reading about someone you love and care about being in that situation. It was odd, because you felt a bit powerless to help, in a way.”

That said, they’re not the type to dwell on melancholy, and as King points out, they’ve had endless fun and excitement in their lives