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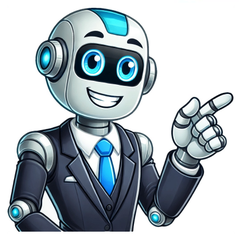

The soundtrack of an epic motorbike adventure from John O'Groats to Cape TownReal World Records has been working closely with the Long Way Down production to provide the soundtrack to the journey. You can hear Real World music on the BBC 2 television series and this new double CD (as well as the accompanying DVD to be released on December 3rd by EMI). Drawing from the catalogue of outstanding artists - Geoffrey Oryema, Ayub Ogada, Joseph Arthur, Sheila Chandra, Adrian Sherwood to name but a few and introducing new tracks from Big Blue Ball and Sasha and BT, Ben Onono and The Boxer Rebellion and the specially recorded theme tune by Stereophonics, this is also an amazing musical journey.Long Way Down: Created & executive produced by David Alexanian, Charley Boorman, Russ Malkin and Ewan McGregorLong Way Down soundtrack produced by Jimmy Simak CD soundtrack compiled by Amanda Jones.Buy Album From Our ShopBuy Album From iTunesAlso available from December 3 is the 2 disc DVD containing the complete 6 part BBC series and numerous extras including unseen and extended footage, map of route, exclusive photo gallery and much more. EMI - catalogue number VTDVD874.Buy DVD From Long Way Down StoreBuy DVD From Amazon In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. The soundtrack of an epic motorbike adventure from John O'Groats to Cape TownReal World Records has been working closely with the Long Way Down production to provide the soundtrack to the journey. You can hear Real World music on the BBC 2 television series and this new double CD (as well as the accompanying DVD to be released on December 3rd by EMI). 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The track was only bundled with the Limited Edition of the game, and cannot be purchased separately. Lyrics[] Find myself withinDarkness twisting me aroundThere is nothing I can do This world doesn't spinIt just turns itself aroundAnd around The night chokes tightIn the nerves Can't breathe to screamLong way downSuffocating in this dreamLong way down [x3] Losing all I knowHope is dreamt and lostWalking a tightrope bound to slip Sound is a twisted lullabyTouch is the slice before the bloodSoon something's got to give in Can't lose controlRemember to focus (focus)So I can findMy way out Can't breathe to screamLong way downSuffocating in this dreamLong way down [x3] Don't give up the lifeUsing every last breathEscaping the long way down Trivia[] The song can be found as an Easter Egg in The Evil Within 2, being played from the jukebox when the player returns to the Juke Diner in Chapter 13. Written on 11 December 2018. INTERVIEW - December, 2018 Author Jason Reynolds talks about writing and life's challenges (and writing about life's challenges) WRITERS: Kylar Flynn,Sammie Dostart-Meers, Eve Sloan, Lilah Richman, Eliza Gould, Jane Merkle, Kylie Sebastian (FROM: Marin Academy, Menlo School, St.Ignatius Preparatory, Davidson Middle, Marin Catholic and San Domenico Schools) The novel Long Way Down, is written in verse. Taking place over a period of 60 seconds, it details the story of a teenage boy named Will whose brother has been murdered. As he rides an elevator to the ground floor, the site of the crime, he must decide whether to follow the rules of his neighborhood and avenge the murder using his brother's gun. The story jolted us. It made us feel. It made us think. It made us question. "My job isn't to give you any answer," Reynolds said. "My job is to lead you all the way up to the point and challenge you to activate your critical-thinking skills and your imaginations. Then, you couple those with your empathy and your own experiences and that's how you draw up a conclusion. "Long Way Down is very close to my life and what I went through as a young person." In Reynolds' The Boy in the Black Suit the main character must contend with the death of his mother, a detail mirroring Reynolds own experiences as a child—living through the deaths of many individuals close to him and attending many funerals. "I think (Black Suit is) my favorite book because I experienced a lot of loss early in life," Reynolds said. "My job is to present a story that's going to cause you, the reader, to struggle. I want you to wrestle with it because life isn't tied up in a bow. In real life, we have to wrestle with our every day. When you guys walk out of the house, you've got to wrestle with whatever the world has for you. When you get to school or when you're hanging with your friends or whatever it is, you have to wrestle with those relationships. I try to present stories that are about the struggle of our lives. The struggle doesn't always mean bad, because there are good things that happen in all these stories. There's laughter, there's friendships, there's relationships, there's jokes and all the other things that our lives are filled with. But we're struggling. "When I say struggling, I mean we're struggling with 'How do I laugh in times of pain? How do I deal with my pain when there's so many other good things happening to my life?' We're always struggling with something, and that's all I want my readers to do. I don't want to teach you lessons. I'm not your teacher. I'm not your parent. I just want you to wrestle with the reality of all of our lives." "I don't want to teach you lessons. I'm not your teacher. I'm not your parent. I just want you to wrestle with the reality of all of our lives.." For him, and indeed, for many others, life is no cakewalk. As soon as one steps out the door, one must grapple with the world and the challenges it presents. Reynolds talked with us about another challenge—the reluctance in the world's youth towards reading, an issue that is becoming increasingly widespread. However, Reynolds doesn't believe that people don't like to read. Instead, he attributes this apparent aversion towards literature to simple boredom. "Don't nobody like to be bored, and I understand that," he said. "So I would just challenge that person and say read the first five pages of Long Way Down or read the first five pages of Ghost or read the first five pages of When I Was the Greatest. All those books have instant hooks." This suggestion was derived from a college experience, in which he was told by a professor that he would fail out of school if he continued to not read. The professor then gave Reynolds a book called Black Boy; he was told to read the first five pages, and that if he didn't enjoy it, he could stop. On the second page, the main character sets fire to his mother's house. Reynolds was hooked. Despite this experience, Reynolds did not foresee himself becoming an author. "I grew up in a neighborhood where you had ball players, you had teachers, you had people who worked with the government, you had hustlers," he said. "You didn't know anybody who was an author. "I was working in a clothing store in downtown Manhattan, New York City, selling clothes. And if I'd never made it, I'd probably still be in that clothing store selling clothes. ... I didn't think this would happen to me, but I'm glad it did." Reynolds' stories are deeply rooted in reality, and he is under no illusion that daily life is an easy endeavor. It seems, ultimately, that Reynolds, author extraordinaire, simply seeks to remind us that despite everything it holds, "Life ain't ALWAYS no happy ending, but it's always a great story." "The first thing you've got to do is to ask yourself a really hard question—do you want to be a writer or do you want to be famous?—because those two things are not the same. And we have to be clear about that, first and foremost. You can be a writer. You can be an author. But that doesn't guarantee you that you're going to be famous. You've got to remember that. Ask yourself honestly what you want. If you want fame, then do something to make you famous. The second thing is you've got to read and write. That sounds super simple but the hardest part about being a writer is writing. That's the hard part. This is the easy part. I get to talk to you all, sign books, travel around, do all the fun stuff. But the hard part is me sitting at the computer every day and figuring out how to tell the story. You see, the average person is lucky if they have one brilliant idea in the lifetime. The job of the author is to have hundreds of brilliant ideas over and over again. And then, lastly, it's about work. It's about understanding that you're always going to be insecure about everything you make. I am. Most of my friends are. We're always going to be—it's never going to be good enough and it's always going to be difficult. And if you're cool with those things, then I say jump in and make it happen. Because I promise you, on the other end of that rainbow, on the other end of that book when you finish it up, there is no greater feeling than to look at something you made, knowing how difficult it was, and say yo, this is mine. I did this. It's a special, special thing, bro—a special thing. And there ain't no cheating. You can't cheat being a writer. You can cheat being a photographer. You can cheat being a dancer, a painter, a musician. There's so many ways to cheat. I can throw a filter on anything. But when you're writing a novel, when you're a writer, there's no cheating, there's no cutting corners, there's no skipping steps. One word after the next, one sentence after the next, one paragraph after the next, one page after the next, one chapter after the next. That's it. We've got our hands on the official track list of the soundtrack of A Long Way Down, the latest drama comedy movie directed by Pascal Chaumeil and starring Pierce Brosnan, Aaron Paul, Toni Collette, Imogen Poots, and Rosamund Pike: A Long Way Down Original Motion Picture Soundtrack Music by Dario Marianelli. 1. Let Me Tell You – Dario Marianelli 2. I Found You – Alabama Shakes 3. Do You Need A Lift – Dario Marianelli 4. I Will Remain – Matthew and the Atlas 5. I Follow Them Everywhere – Dario Marianelli 6. I Will Survive (Album Version) – Cake 7. Tragedy – Dario Marianelli 8. In This Shirt – The Irrepressibles 9. Naked Angel – Dario Marianelli 10. The Birdwatcher – Dario Marianelli 11. Mentira – Manu Chao 12. Maureen – Dario Marianelli 13. Youth – Daughter 14. Five Seconds – Dario Marianelli 15. No More Running – Michael Kiwanuka Official music videos are available for some of the songs: A Long Way Down – I Will Remain – Matthew and the Atlas A Long Way Down – I Found You – Alabama Shakes A Long Way Down – Youth – Daughter Plot Synopsis: Four people meet on New Year's Eve and form a surrogate family to help one another weather the difficulties of their lives. The soundtrack of A Long Way Down is already available on Amazon UK. :) Television series and book This article is about the TV documentary series. For other uses, see Long Way Down (disambiguation). Long Way DownOpening title shot for Long Way DownGenreDocumentaryCreated byEwan McGregorCharley BoormanDavid AlexanianRuss MalkinStarringEwan McGregorCharley BoormanCountry of originUnited KingdomOriginal languageEnglishNo. of episodes6 (10 ep. extended broadcast)ProductionProducersDavid AlexanianRuss MalkinCinematographyClaudio von PlantaJimmy SimakRunning time60 minutesOriginal releaseNetworkBBC TwoRelease28 October (2007-10-28) –2 December 2007 (2007-12-02)RelatedLong Way RoundRace to DakarBy Any MeansLong Way Up Long Way Down AuthorEwan McGregor and Charley BoormanLanguageEnglishGenreTraveloguePublisherSphere BooksPublication date11 October 2007Media typeHardbackPages352AwardsGalaxy British Book Award 2008- Best Popular Non FictionISBN1-847-44053-3Preceded byLong Way Round Long Way Down is a television series and book documenting a motorcycle journey undertaken in 2007 by Ewan McGregor and Charley Boorman, from John o' Groats in Scotland through eighteen countries in Europe and Africa to Cape Town in South Africa. It is a follow-up to the Long Way Round of 2004, when the pair rode east from London to New York via Eurasia and North America. The journey started on 12 May and finished on 4 August 2007.[1] They were accompanied by the same key team members from Long Way Round, including cameraman and director of photography Claudio Von Planta and cameraman Jimmy Simak (who also oversaw music supervision and soundtrack production), and producers Russ Malkin and David Alexanian. They also decided to travel with medic Dai Jones, cameraman and security officer Jim Foster, and various "fixers"—local guides and interpreters. They rode the BMW R1200GS Adventure, the successor to the R1150GS Adventure bikes in Long Way Round.[2] As with their previous trip, and Boorman's Race to Dakar, Russ Malkin's company Big Earth produced the series. The television series began broadcast on BBC Two on 28 October 2007,[3] with clips also shown online. The series was added to Apple TV+ on 18 September 2020 along with the first iteration Long Way Round (2004) and sequel Long Way Up (2020). The team travelled from their base in Shepherd's Bush, London, to John o' Groats at the northern tip of Scotland to begin their journey. The start was nearly delayed after Boorman, frustrated by an official at Gatwick Airport, made an off-the-cuff comment regarding bombs and was detained for questioning. After being released without charge, he took a later flight to Inverness, and the journey began as scheduled. The team took four days to ride from John o' Groats back to London, via the McGregor family home in Crieff and the Silverstone racetrack, where they camped in the middle of the circuit. They took the Channel Tunnel to France and rode south to Italy. The European leg ended in Sicily, where they caught a ferry to Tunisia. In Tunisia, McGregor and Boorman visited the set of Star Wars and then rode into Libya. American producer David Alexanian and cameraman Jimmy Simak were unable to obtain the necessary entry visas and were forced to fly from Tunisia to Egypt. After visiting the pyramids, they boarded a ferry to Sudan, continued into Ethiopia and then into Kenya, where they crossed the equator. From Kenya, they rode to Uganda and then Rwanda, where they had an audience with President Paul Kagame. They went from there to Tanzania and then into Malawi, where they were joined by Ewan McGregor's wife Eve. The final leg took them through Zambia, Namibia, Botswana and into South Africa. The journey ended at Cape Agulhas, the southernmost point of the continent, from where they were accompanied to Cape Town by a phalanx of bikers, similar to their arrival in New York on the Long Way Round. The team anticipated problems at the various borders crossings, particularly in Africa. Given their experiences on the Long Way Round, which included problems with Russian visas, a "fine" for a missing stamp in their carnet exiting the Czech Republic, and delays of up to twelve hours, major preparation and planning went into the transit between countries. Although the American crew members were barred from entering Libya, this was anticipated ahead of their arrival. Upon arrival in Tunisia, the team bribed the local authorities with a few bottles of vodka to aid their passage into the country. It was assumed this would become a regular occurrence while travelling through Africa. Although delays of a few hours were common, there were few significant problems at crossing points as they travelled further south. The quality of road surfaces throughout east Africa were surprisingly smooth, but sections were rough, bumpy or had sandy terrain, with some travel through a small river and mud wallow. The shock absorbers bore the brunt, with both McGregor's and von Planta's bikes suffering broken springs. As the only spare had been fitted to McGregor's bike, von Planta rode in a support vehicle while his bike was sent ahead for repair. McGregor and von Planta also came off and damaged their bikes' bodywork, with von Planta involved in the more serious incident on a motorway in South Africa. Boorman admitted he had been "putting on a show" for a roadside garage and braked sharply as part of a maneuver. Von Planta says he was riding too closely and fell while avoiding a collision; he was shaken but uninjured. His motorcycle was substantially damaged, and the footage of the rest of the journey to Cape Agulhas appears only to include support vehicle and helmet cam footage, suggesting that Von Planta's motorcycle was no longer used. McGregor's wife, Eve, who learned to ride only for the journey, joined them partway and took several falls on sandy terrain in Malawi and Zambia, apparently without injury. Ewan McGregor's motorbike from "Long Way Down", now in the Riverside Museum, Glasgow During the trip, the pair visited three UNICEF facilities to promote the work done by the organisation.[4] In Ethiopia, they visited a land mine awareness project and met children injured by mines. In Uganda, they met former child soldiers of the Lord's Resistance Army and saw the work being done to rehabilitate them. In Malawi, they visited care centres for children orphaned by AIDS. Both McGregor and Boorman had visited such centres in Africa previously. The title song was performed by Welsh group Stereophonics and is identical to the Long Way Round theme, with the lyric "round" replaced with "down". The soundtrack features music drawn substantially from the catalogue of Real World Records, which produced the accompanying album. Co-director of photography Jimmy Simak also acted as music supervisor and soundtrack producer for the series. Boorman's BMW R1200GS motorcycle The original broadcast dates in the United Kingdom were: Episode Original airdate 1 28 October 2007 2 4 November 2007 3 11 November 2007 4 18 November 2007 5 25 November 2007 6 2 December 2007 The final pages of the Long Way Down mention a "Long Way To Go"; this is not the intended title for a third series but a reference to the continual support that UNICEF needs for its work. In the DVD extras, while preparing the bikes for cargo, Ewan McGregor refers to a possible future trip in South America, perhaps called Long Way Up. On the Late Show with David Letterman (17 February 2010), McGregor said he was not planning another trip, because he found it difficult to be away from his family for such a long time, but he also mentioned wanting to do a trip from South to North America. In June 2015, McGregor indicated that the long-discussed South American trip was still at the planning stage, but he expected that an excursion through Baja California Peninsula would take place first.[5] In March 2017, during a Reddit AMA, Ewan said there were "no plans at the moment" to do a third installment of the series. On 6 August 2018, Boorman tweeted a tease that the Long Way Up, a trip from Tierra del Fuego to Alaska, would happen "if all goes well".[6] In June 2019, it was reported that Boorman confirmed that the filming of a third installment would begin "in a few months".[7][8] On 27 May 2020, it was announced that the series Long Way Up would premiere on Apple TV+.[9] List of long-distance motorcycle riders ^ "Actors complete 'Long Way' ride". BBC News. 4 August 2007. Retrieved 4 August 2007. ^ Mat Oxley (24 April 2007). "Long Way Down, The Bikes". BBC. Retrieved 24 September 2007. ^ "Long Way Down is almost here!". Archived from the original on 16 October 2007. Retrieved 19 October 2007. ^ "Long Way Down". UNICEF UK. Archived from the original on 17 December 2007. Retrieved 4 January 2008. ^ "Ewan McGregor secures sponsorship deal for South American road trip". The Herald. Glasgow. 7 June 2015. Retrieved 7 June 2015. ^ "Charley Boorman on Twitter". Twitter. Retrieved 9 September 2018. ^ "Long Way Up is go! Ewan McGregor and Charley Boorman will film in coming months". Motorcycle News. 18 June 2019. Retrieved 25 June 2019. ^ "Charley Boorman confirms the Long Way Up will take place within months". Adventure Bike Rider. 20 June 2019. Retrieved 25 June 2019. ^ Mayo, Benjamin (27 May 2020). "Apple TV+ now includes all classic Fraggle Rock episodes, orders full season reboot [update: official]". 9to5Mac. Retrieved 28 May 2020. Long Way Down (DVD), EMI / Elixir Productions, 2007. Boorman, Charley; McGregor, Ewan (October 2007). Long Way Down. Sphere Publishing. ISBN 978-1-84744-053-2. Official website Long Way Down at BBC Online Long Way Down at IMDb Retrieved from " Cake10 SongsDaughter19 Songs A Long Way Down Soundtrack List (2014) – Complete tracklist, movie score details, the entire OST playlist, all songs played in the movie and in the trailer, who sings them. Have a look below to see the official score list for the 2014 comedy movie, A Long Way Down. Film's original score composed by Dario Marianelli and music by various artists. Score album tracklist:1. Let Me Tell You 2. I Found You – Alabama Shakes 3. Do You Need A Lift 4. I Will Remain – Matthew and the Atlas 5. I Follow Them Everywhere 6. I Will Survive (Album Version) – Cake 7. Tragedy 8. In This Shirt – The Irrepressibles 9. Naked Angel 10. The Birdwatcher 11. Mentira – Manu Chao 12. Maureen 13. Youth – Daughter 14. Five Seconds 15. No More Running – Michael Kiwanuka Additional film music – songs that are not included in the official soundtrack list, but are playing in the movie. 1. The Inchworm – Toni Collette 2. Journey – R.L. Wilson and Prince Leftfoot 3. Discovery – R.L. Wilson and Prince Leftfoot 4. Turtles – James Bellamy 5. 212 – Azealia Banks feat. Lazy Jay 6. All of Me – Tanlines 7. Delusional Waste – SPC ECO 8. Beach Rumba – R.L. Wilson and Prince Leftfoot 9. Tenerife Bang Bang – James BellamyA Long Way Down Soundtrack (Score) release date: March 23, 2014 A Long Way Down Movie release date: July 11, 2014Trailer songs (full tracks): Bonfire Heart – James Blunt (Playing in the trailer, starting at 1:32) Watch the trailer for A Long Way Down Cast & crewUser reviewsTriviaFAQTwo guys take a trip of several months on motorcycles. They travel from the North of Scotland, down through Europe, into Africa, finally winding up in Cape Town, South Africa.Two guys take a trip of several months on motorcycles. They travel from the North of Scotland, down through Europe, into Africa, finally winding up in Cape Town, South Africa.Two guys take a trip of several months on motorcycles. They travel from the North of Scotland, down through Europe, into Africa, finally winding up in Cape Town, South Africa.Sign in to rate and Watchlist for personalized recommendationsSign inSuggest an edit or add missing contentBy what name was Long Way Down (2007) officially released in India in English? AnswerYou have no recently viewed pages

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