

UK COAST TO COAST CYCLE

JOIN US AS WE CONQUER THE BREADTH OF BRITAIN BY BIKE!



**GLOBAL
ADVENTURE
CHALLENGES**

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KEY INFO

Duration: 3 days

Distance: 143 miles approx.

Challenge Grade: Tough 2

Location: UK

CHALLENGE HIGHLIGHTS

- Cycle the breadth of Britain
- Take on one of the UK's best-known cycling challenges
- Witness stunning views of the Lake District and the Northern Pennines
- Discover breathtaking views across mountains and lakes along your journey

THE CHALLENGE

The goal of our challenge is to conquer the breadth of Britain by bike! We'll start our adventure by the Irish Sea in the seaside town of Whitehaven, before we tackle the tough 143 mile ride to Tynemouth. Our fully-supported route encompasses some of the best scenery Britain has to offer, as we take in long, steep climbs over some of the highest passes in the Lake District and some equally impressive descents that will really blow the cobwebs away. From the stunning mountains of the Lake District to the beautiful open moors of the Northern Pennines – all you need to do is hop on your bike and enjoy the ride!



What's Included?

- All accommodation
- All meals from dinner on day 1 to lunch on Day 3
- Refreshment/water stops
- Vehicles for back up and support
- Cycle guides
- Global Adventure Challenges Event Crew
- Mechanic support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike
- Transfers back to Whitehaven

What's Not Included?

- Alcoholic drinks
- Bicycle hire – each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Tips and gratuities





SEASIDE VISTAS, STUNNING MOUNTAINS, TRANQUIL LAKES AND ROLLING MOORS - ALL YOU NEED TO DO IS CYCLE!

Day 1

Meet in Whitehaven

We meet in Whitehaven and check in to our accommodation, before an evening meal and a challenge briefing. We then get an early night ready for the adventure ahead!



Day 2

Whitehaven to Allenheads

Following breakfast at the hotel, we set off early morning from the waterfront in Whitehaven. The C2C sculpture marks the start of our epic challenge across Britain! We begin the ride taking local back-roads which will then lead us into the Lake District National Park, past Ennerdale Water and Loweswater. We then begin the climb up and over Whinlatter Pass, before continuing east to Penrith. A long, steep climb over Hartside (580m) awaits, but there is also a great descent down towards Garrigill. More steep climbs lie ahead out of Nenthead up to the highest point on the National Cycle Network (609m) before we descend down to Allenheads where the friendly staff at the local Inn will be happy to serve you a well-earned pint!

Cycling distance – approx. 88 miles

Day 3

Allenheads to Tynemouth

After breakfast there are more steep climbs to Rookhope and Parkhead, but once they are behind us we descend towards the North Sea, with our route crossing some beautiful open moors along the Waskerley Way down to Consett - our support crew will be on hand to give you an energy boost and lift your spirits. The route becomes more built up as it passes into Newcastle, and follows the River Tyne to our finish line at Tynemouth. We then enjoy a well-earned rest as we transfer back to Whitehaven for farewell and goodbyes.

Cycling distance – approx. 55 miles

Please note, this is a complex itinerary and subject to change.

YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This challenge is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This cycle ride is graded as Tough (2) on our challenge grading scheme and has been designed to push your boundaries, but as long as you fitness train beforehand it is achievable for anyone. Remember, you are cycling for 2 consecutive days, covering approximately 143 miles over very hilly terrain so expect to be in the saddle for about 7 - 8 hrs per day – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to put you in the right direction.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1=Challenging, 2=Tough and 3=Extreme).

Where will we stay?

We will stay in hotels on a twin-share basis.

Do I have to carry my own luggage?

No. All luggage will be transported between accommodations by our support vehicles. You will need a small saddle bag/bum bag/hydration bladder while cycling, to carry items such as sunscreen, tissues, personal First Aid kit etc.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required such as cycling shorts, cycling helmet and cycling gloves - other than this you do not need any specialist kit.

Food Matters...

All meals will be provided from dinner on day 1 through to lunch on day 3 - whilst cycling we will have packed lunches, carried in the support vehicle. We cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken and we are never too far away from hospitals if needed. A support vehicle will follow the group providing full support for the entire challenge.

What happens if I get tired?

There will be regular rest stops for drinks and snacks, after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. Remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

Places are limited and allocated on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com – all costs and payment options are explained on the information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

REGISTER ONLINE TODAY!