



Coast to Coast Cycle Challenge

ActionAid Challenge Adventure

FAST FACTS			
Country:	UK		
Registration Fee	£99 pp	Duration:	4 Days
Min. Sponsorship*	£700 pp		
Min Age:	18	Max Age:	N/A
Max Altitude:	2000ft	Endurance Factor:	Hard
Total Distance:	140 miles	Total Ascent (approx.):	na
Strength Factor:	Moderate Specific Strength	Next Departure:	21/08/2008



ActionAid

ActionAid (Registered charity number 274467) is a unique partnership of people who are fighting for a world without poverty, in which every person can exercise their right to a life of dignity. We work with poor and marginalised people to help eradicate poverty by overcoming the injustice and inequity that cause it. ActionAid works in Africa, Asia and the Americas, listening to, learning from and working in partnership with over ten million of the world's poorest people. At ActionAid we take advantage of over 30 years of knowledge and experience in fighting poverty. We don't impose solutions, but work with communities over many years to strengthen their own efforts to throw off poverty.

Travel the breadth of Britain by bike! Starting at the Irish Sea you will cross some of the country's most beautiful countryside and National Parks before rolling our way down to the North Sea! Traverse the Lake District, the Eden Valley, and across the Pennines and Durham Dales before dropping down into Tyneside.

Our trip begins as we dip our rear wheel in to the Irish Sea. We then pass in to the stunning scenery of the Northern Lake District, and down in to the lush Eden Valley. From here we climb up on to the 'Roof of England' - the Northern Pennines. Next we pass through the Durham dales and from here it's all down hill on to our final destination of Sunderland where we dip our front wheel in to the North Sea!

Our route takes in approximately 50% on road and 50% off road along some good tracks and cycle routes. This trip doesn't favour road cyclists or mountain bikers and can be completed by experienced riders as well as the recreational cyclist with some training and determination!



Itinerary

All of our days have a fairly even combination of on and off road riding. Average distances per day are 50 miles/80km. Please note Itineraries are approximate.

Thursday

Arrive at the accommodation in Whitehaven Thursday evening for briefing and dinner

Friday

Our first ride heads out across the northern Lake District and through Keswick before reaching our accommodation at Penrith.

Saturday

This is the shortest day, but may well be the hardest with some good leg burning climbs. Through the Eden valley and on to the 'roof of England' - The Northern Pennines!

Sunday

Once we finish off the last few hills of the Pennines it's all down hill as we catch a glimpse of the Coast. Here we really get going on nice easy trails, as we follow the Tyne around the outskirts of Newcastle to arrive at our final destination - The North Sea!



Accommodation

We'll be staying in comfortable bunkhouse/B&B style accommodation, with bedding provided. We'll provide breakfast, but you need to bring towel, and wash kit.

Medical Issues

You need to be a proficient rider for this trip, and have good stamina, and be in good all round health with a few practice rides under your belt. Also you should be sure to disclose any medical conditions you have.... We cannot be held responsible for anyone's wellbeing if you haven't filled in the medical forms correctly and accurately.

Special Notes

This is designed to be sustained riding for 3 days - you should have put some training into the preparation for this event you'll get much more out of it! You will have a leader cycling with you and full vehicle /mechanical support. If you have any mechanical problems your leader will do his utmost - using his skills, his tools and any spares available - to get you back on the road as soon as possible. This cannot however be guaranteed! NOTE - your overnight baggages are transferred in the support vehicle for this trip. Meaning you just need to carry your snacks, camera bike pump and waterproof jacket. Bike Info: We recommend a Mountain Bike, or a hybrid bike for this ride. They are highly reliable, and ideal for this type of ride. Please call us to discuss the bike you are planning to use.

Included In Trip

Qualified mountain bike leader, outdoor first aider. Comfortable Bunkhouse/B&B style accommodation. Buffet style breakfasts. Vehicle with driver support and mechanical backup.

Excluded From Trip

Lunches and dinners. Transport to and from the event.

Equipment Required

Personal

Medikit; to include suncream, blister repair kit, plasters, Vaseline, rehydration salts, painkillers, sunbloc

Washkit; to include pack towel (lifesystems recommended), small towel/flannel, soap, toothbrush, toothpaste

Other; toilet roll, spare lace, camera, travel insurance (not compulsory), wallet, credit cards, cash, sunglasses, spare comfortable shoes, penknife, emergency rations from home (energy foods – for the tough days cycling). You will need lunches on all biking days—time may be available before setting out, but a good idea to bring certain items from home (dried fruits, nuts, flapjacks, etc.

Trail Items; water bottles (bladder system/exercise bottle/Nalgene bottle), sun hat, neck scarf

Bike Items; small rucksack (or small pannier), small holdall, bike rack for rear pannier, lamps (front and rear, head torch can be worn), under saddle pouch (recommended - can be used to carry asterisk* items) duck tape*, puncture repair kit*, cable ties*, 2 x inner tubes*, brake blocks*, multi-tool (with allen keys)*, cleaning rag*, oil/lube*, oil/lube brush (tooth brush)*, pump (suitable for your valve type), helmet (compulsory)

Bike; simple good quality bike (MTB / Hybrid) - please be aware of basic workings and mechanics of your bike

PLEASE NOTE; your leader will bring basic/limited universal tools and spares (tyres, spokes) for the team. If you have any of the following items you will need to bring your own spares - disc brakes (disc and pads), suspension (fluid and parts), hydraulic brakes (fluid and parts), 700c wheels (spokes and folding tyre) - you will also be expected to understand the workings of these items and how to repair them

Clothing

Warm Clothing; medium weight fleece, lightweight gloves, fleece hat, balaclava

Cycle Clothing; lycra cycling shorts, cotton shorts, cotton t-shirts for evening, short sleeve cycling t-shirts (Dryflo type material), long sleeve t-shirt—preferably white for hot sunny destinations, cycling shoes (approach shoes suitable), sandals, underwear, 1 set casual evening wear, 1 pair cotton trousers, neckscarf / buff to protect neck from sun.

Waterproofs; 1 outer fully waterproof jacket (gore-tex, e-vent) - comfortable to cycle in, 1 pair outer waterproof bottoms

Important

Make sure you do not 'over pack' - bring only that which is essential for the ride

A finalised kit list will be provided in your 'Final Joining Instructions' pre-departure

Transport / Transfer

We will meet at our accomodation in Whitehaven. You will be responsible for making your own way to and from the event. You will have vehicle transfer for your baggage in the evenings.

Safety Information

By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

Weather

This event will take place in the middle of summer hence warm weather is the most likely scenario, however we will be crossing the Lake District and the Penines where we may encounter any sort of weather, therefore appropriate clothing as set out in the equipment list is essential.

ADVENTURE DATES AVAILABLE		
START DATE	END DATE	DURATION
21/08/2008	24/08/2008	4 days

*Payment System:

To participate in this event you will need to make a registration fee payment to the charity of £99.

This will secure your place on the challenge. You will then need to fundraise the further amount to allow you to participate in the event. For this challenge you need to raise a further £700 in sponsorship monies. Both amounts should be made payable directly to the Charity. A significant proportion of your fundraising will be directed straight to the Charity and will assist in the good cause for which your charity works. Adventure Café will be operating this Adventure Challenge but is not responsible for collection of payments from participants. If you have any questions about this system of payment and participation please call us to discuss further.



Please contact Adventure Café on 01935 822200 to arrange your own departure dates, exclusive trip, or your own corporate event. We shall be delighted to develop something specifically for you.

T - 01935 822200
E - info@adventure-cafe.com
3 Vincent Way Martock Somerset TA12 6DG

