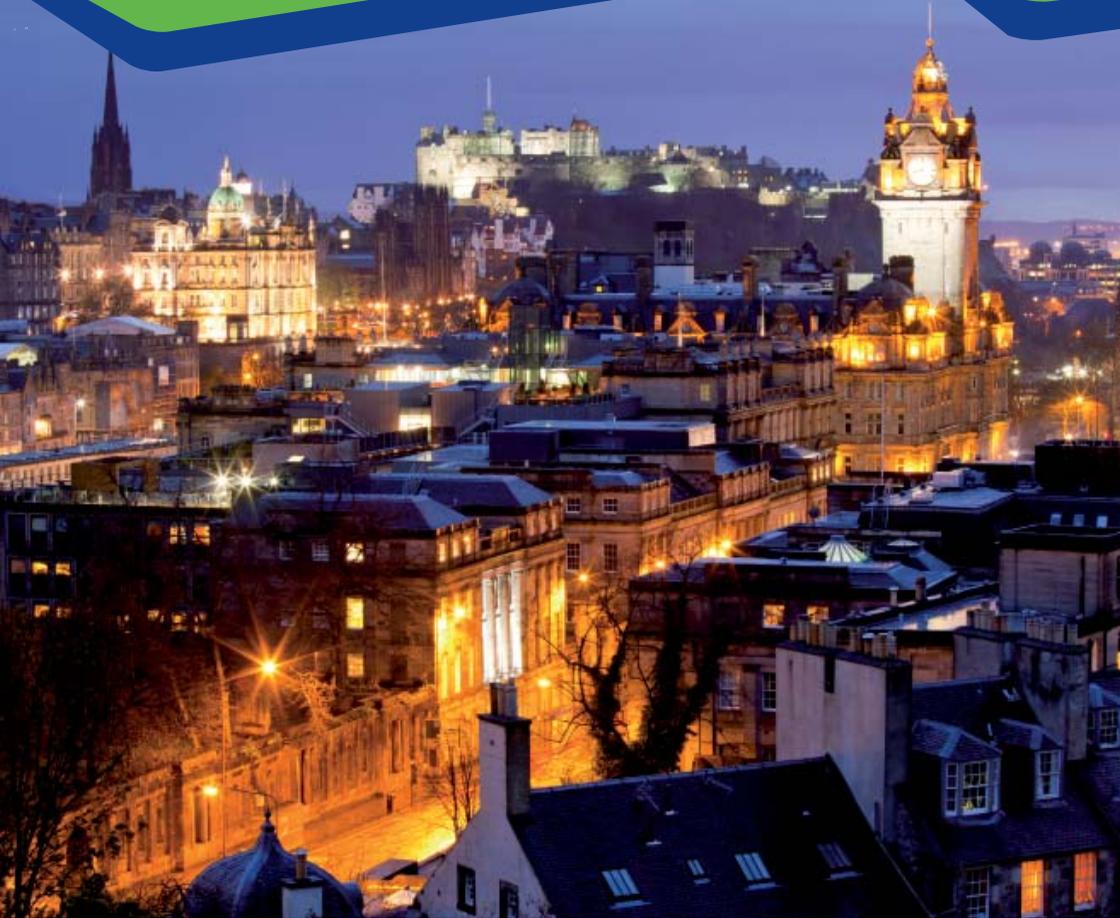


The challenge of a lifetime...
...for the charity of your choice

Edinburgh Night Ride

Cycle 



A Magical Moonlight Cycle!



01244 676 454



enquiries@globaladventurechallenges.com



www.globaladventurechallenges.com

**GLOBAL
ADVENTURE
CHALLENGES**
UK SERIES

A 50 mile Night Ride through the streets of Edinburgh - see the sights of this stunning city like never before...

Your cycling challenge...

...is to cycle 50 miles with a throng of like-minded cyclists, along the twists and turns of the streets of Edinburgh on our 50 mile Night Ride - lit by the moon and lights of the city.

Taking in the iconic sights of this beautiful city - the Royal Mile, the castle, the Scott Monument - our route goes past Arthur's Seat with stunning night views of the city from the Royal Observatory and past the Scottish Parliament and Holyrood Palace.

This is a rare chance to explore the nooks and crannies of the Scottish capital at a time when much of the traffic has abated - enjoy the merriment of night life at Grassmarket and Cowgate and the tranquillity of the Georgian crescents and cobbled streets of New Town as we pass through in the moonlight.

Jump on your bike and let's get cycling!

To leave your tyre tracks on the streets of Edinburgh simply visit our website at www.globaladventurechallenges.com and register online or complete the enclosed registration form and send it back to us along with your registration fee at the following address:

Global Adventure Challenges,
Red Hill House, Hope Street, Chester, Cheshire, CH4 8BU.



ts



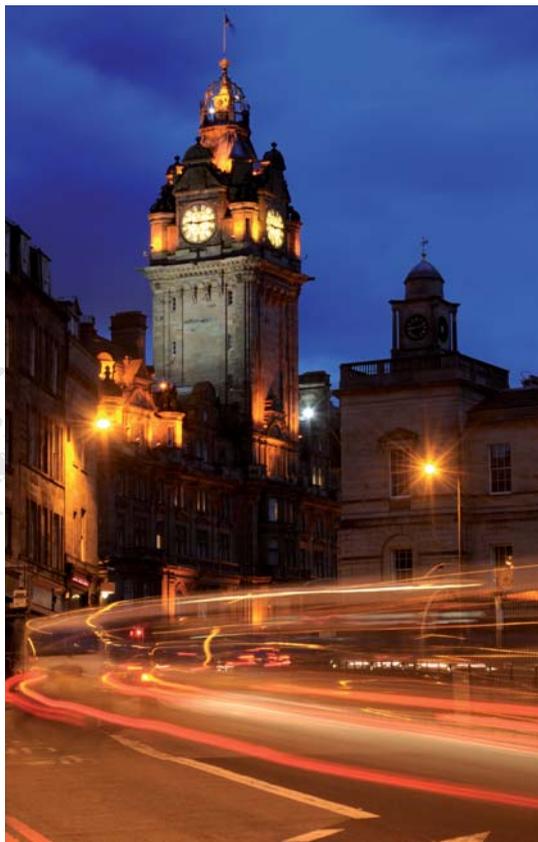
Your itinerary...

We start our epic bike ride next to Holyrood Palace in Holyrood Park and then cycle along Queen's Drive towards Holyrood Lodge. We continue on to Carlton Hill with fantastic cityscape views from the top. Next we head to Musselburgh and down to our first water stop, just over 17 miles in at Newhaven Harbour.

Feeling refreshed, we push on for a ride along Promenade before heading to the Royal Observatory. This is a steep climb but leads to a great view of the city. We continue on through the tranquil streets until we reach our meal stop approximately 36 miles in at Liberton Primary School.

Our second water stop will be just before the Royal Commonwealth Pool at approximately 46 miles, to give you that extra boost of energy for the last few miles of this fantastic route.

We finish our challenge by cycling along Princes Street with a great view of the Scott Monument. We then pedal triumphantly on to Grassmarket and Cowgate through the night life of the city, before arriving at the Royal Mile and our finish line next to Holyrood Palace!



Your questions answered...

Is this trip for me?

ABSOLUTELY! This exciting bike ride is suitable for people of all ages (minimum 18 years old, 14–17 year olds can take part if accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. We expect a lot of people to sign up as individuals, so it will be a great opportunity to meet like minded people. We also accept registrations from groups – contact us for group bookings.

How fit do I need to be?

This night ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. You are cycling for 75 km (approx. 50 miles) through the night so some previous cycle training will put you in good stead for the challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Do I need specialist kit?

We will send you a kit list of what to bring. We will supply each rider with a high-vis vest. On the night, each participant will need to bring their own bike, helmet and bike lights for this challenge.

Food and water

There will be regular water stops in order for riders to re-fill their water bottles. Complimentary fruit, tea, coffee and cereal bars will also be available. In addition to a hot snack stop at the half way point, we will also be serving each rider with a hot breakfast as they cross over the finish line. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section when you register.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges Event Crew. Full, comprehensive medical kits will be taken. A vehicle with a medic and mechanic will follow the group providing assistance if needed, in addition to 'floating' vehicles providing support along the route.

What's included?

Fully waymarked route, water and refreshment stops offering complimentary snacks, hot snacks at the half way point and hot breakfast at the finish, high vis vest, cycle numbers, medal and certificate, mechanics, first aid support, full Project Management, sweep and support vehicles en route and a whole lot of night-time fun!

What's not included?

Bicycle hire (bring your own bike), cycling helmet and personal insurance.

What does it cost to enter?

There are two payment options for this challenge:

Payment Option A – Raising the Minimum Sponsorship

Registration Fee = £39 +
Minimum Sponsorship = £160

You will be required to send 80% (£128) of the minimum sponsorship to your chosen charity at least 6 weeks before the event date. The remaining 20% must be sent to your charity within 4 weeks of completing the challenge.

Payment Option B

Registration Fee = £39 +
Challenge Balance = £60

An invoice will be sent to you for the challenge balance 6 weeks before the event. This must be paid no later than 4 weeks prior to departure. Although there is no minimum sponsorship required, we ask you to raise as much as you can for your charity.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 15 miles of cycling – there is no problem if you need to take more rest stops. Remember, 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 chosen 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 go on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to us along with the registration fee. THE EASIEST AND BEST WAY TO REGISTER IS ONLINE AT www.globaladventurechallenges.com

Take in the iconic sights of Edinburgh on this 50 mile Night Ride!

Register online today!

www.globaladventurechallenges.com



www.globaladventurechallenges.com