

Edinburgh to Dublin

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

Cycle



Edinburgh



Dublin

**Pedal 230 miles from the home of the Thistle to the
land of the Shamrock...**



01244 676 454



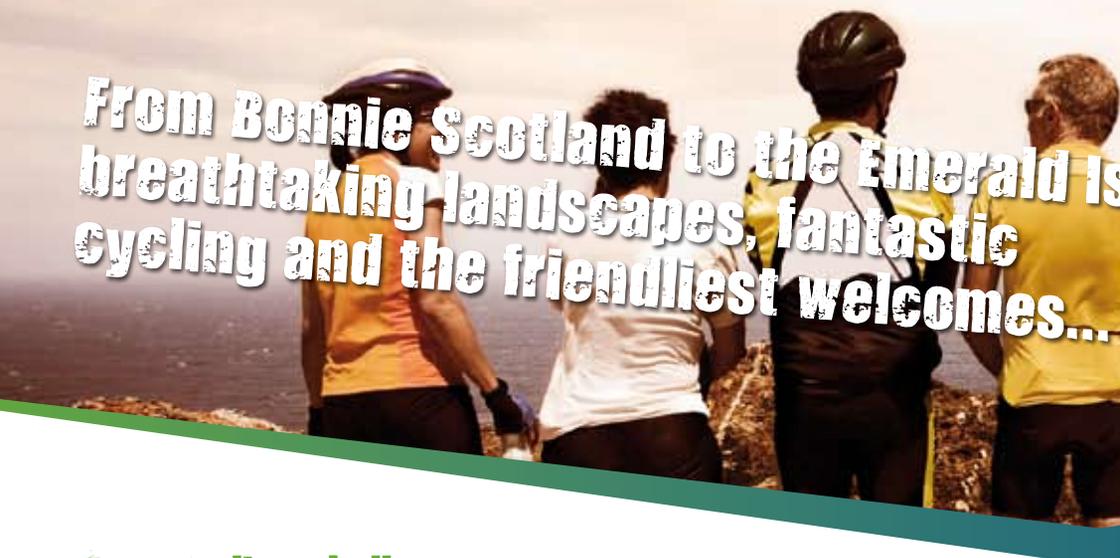
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**GLOBAL
ADVENTURE
CHALLENGES**
UK SERIES



**From Bonnie Scotland to the Emerald Isle
breathtaking landscapes, fantastic
cycling and the friendliest welcomes...**

Your cycling challenge...

This long weekend cycle challenge sees us cover just over 230 miles in 3 days as we cycle from the capital of Scotland, to the capital of Ireland!

Starting in Edinburgh, our ride takes us through quiet country lanes as we cycle south west towards Troon where we catch our ferry to Larne. Now we can savour the beauty of the east coast of Ireland as we cruise the tarmac and absorb the stunning landscapes. The cycling will be a challenge, but as we reach Dublin, the sense of achievement will never be forgotten as we soak up the electric atmosphere and hustle and bustle of the Republic of Ireland's capital city.

Two breathtaking capital cities, 230 miles, 3 days - join us today and conquer the Edinburgh to Dublin Bike Ride!

To leave your tyre tracks across Scotland, Northern Ireland and the Republic of Ireland 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, Saltney, Chester, Cheshire, CH4 8BU.**



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Your itinerary...

Day 1 Edinburgh to Troon, then ferry to Larne

The Thistle section of our challenge begins! Following registration at our start venue in Edinburgh, we set off early to avoid the majority of the morning traffic. It is not too long until we are on the quiet country roads cycling towards Lanark.

We push on towards Troon where we catch our ferry to Larne. It's then just a short cycle to our hotel where we overnight and get some rest.

**Cycling distance –
approx. 85 miles**

Day 2 Larne to Newry

We start cycling south out of Larne towards the east coast of Belfast and skirt round the city to avoid the heavy traffic, ensuring superb cycling!

After a hearty lunch, we continue south toward Banbridge, finally stopping at Newry where we overnight.

**Cycling distance –
approx. 77 miles**

Day 3 Newry to Dublin

The final day of our Edinburgh to Dublin Bike Ride! Heading south out of Newry, today is considered the most breathtaking as we cycle along the stunning east coast of Ireland. We ride through Dundalk and keep to the coast as we head further south towards Dublin.

We complete our challenge in one of the main parks in Dublin, where we'll be greeted with a champagne finish! This evening we celebrate our achievements over dinner.

**Cycling distance –
approx. 70 miles**

Day 4

Today we have some free time to enjoy the hustle and bustle of Dublin. In the afternoon, we will transfer to Dublin airport for our flights back to Edinburgh. Your bikes will be transported back to Edinburgh in the support vehicle.

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



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 3 consecutive days, covering approximately 230 miles 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.

Where will we stay?

We will stay in local hotels en-route, which range from 2* to 3* – remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

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.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling, to carry items such as camera, sun-screen, energy snacks etc.

Food matters...

All meals will be provided with the exception of breakfast on day 1, dinner on day 1 (participants are expected to purchase their own dinner on the ferry crossing from Troon to Larne) lunch and dinner on day 4. Whilst cycling, we will either stop at local cafes/restaurants or eat open air buffets – this depends on the size of our group. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed.

What's included?

One way ferry crossing from Troon to Larne, all accommodation (with the exception of the evening prior to the start of the challenge) lunch on day 1, breakfast, lunch and dinner on days 2 and 3, breakfast on day 4, water/refreshment/snack stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers, mechanic and medical support, transfer of bicycles back to starting venue in Edinburgh, transfer back to starting venue.

What's not included?

Accommodation on the night prior to the start of challenge, breakfast on day 1, evening meal on ferry crossing from Troon to Larne, lunch and dinner on day 4, alcoholic drinks and tips, bicycle hire (it is requested that all participants bring their own bike – road / racing bikes are highly recommended), bicycle insurance, travel insurance.

Can I stay in Ireland after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at enquiries@globaladventurechallenges.com as soon as possible.

What sort of back-up is there?

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

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. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – 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 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, or register online at www.globaladventurechallenges.com – all payment options and costs are explained on the enclosed 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 touch with you to discuss your fundraising.

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Register online today!

www.globaladventurechallenges.com



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