

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

Coast to Coast

Cycle



Cycle 136 miles C2C from the Irish Sea to the North Sea!



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www.globaladventurechallenges.com



C2C - 136 miles of seaside vistas, stunning mountains, tranquil lakes and rolling moors...

Your cycling challenge...

Conquer the breadth of Britain by bike! Starting with back tyres dipped in the Irish Sea in the seaside town of Whitehaven, our cycle challenge encompasses some of the best scenery Britain has to offer as we tackle the tough 136 mile ride to Tynemouth.

Our route takes 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. We will pass woodland and pine forests, lakes and streams and moorland quilted with purple heather.

From the stunning mountains of the Lake District to the beautiful open moors of the Northern Pennines - our UK Coast to Coast Cycle will leave you wanting more!

To leave your tyre tracks across the North of England 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.**





Your itinerary...

Day 1 Whitehaven to Penrith

We meet early morning on the waterfront in Whitehaven for event registration. 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, before the climb up and over Whinlatter Pass.

We descend and pass through Keswick before another climb up past Blencathra and continue east to Penrith.

Cycling distance – approx. 50 miles

Day 2 Penrith to Allenheads

After breakfast we continue on our challenge. This is a tough day that involves a long, steep climb over Hartside (580m) but also a great descent down towards Garrigill! More steep climbs await us 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. 40 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. From here we cycle along Derwent Walk, an old railway line. The route becomes more built up as it passes into Newcastle and follows the River Tyne to our finish line at Tynemouth, where we dip our front wheels in the North Sea! There will be a celebratory meal in the evening. A late night may be had by all we suspect!

Cycling distance – approx. 50 miles

Day 4

After a hearty breakfast at the hotel, we take the transfer back to Whitehaven for farewell and goodbyes.

(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 140 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.

Where will we stay?

We will stay at either hostels/bunkhouses or local campsites en-route, remember this is a challenge! All accommodation has washing facilities available. If we are camping it will be 2 people to a tent in comfortable and spacious 3 man tents.

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. If we are camping you will need to bring your own sleeping bag and mat but we will inform you of this beforehand.

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 from lunch on day 1 through to breakfast on day 4 - whilst cycling we will have packed lunches, carried in the support vehicle. 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?

All accommodation starting at Penrith, all meals from lunch on day 1 to breakfast on day 4, water/refreshment stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers, mechanic and first aid support, transfer of bicycles and participants back to start venue.

What's not included?

Alcoholic drinks and tips, bicycle, bicycle insurance, private travel insurance.

What sort of back-up is there?

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 with first aider 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 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! Fill in the enclosed registration form / 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, we will write to you with 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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