Save the Children

MITSUBISHI ELECTRIC
LIVING ENVIRONMENTAL SYSTEMS

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

COAST TO COAST CYCLE CHALLENGE UK

Fri 12 Sep - Mon 15 Sep 2014

In aid of Save the Children

12 Sep - 15 Sep 2014

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4 DAYS | UK | TOUGH

Be inspired by some of the most dramatic scenery England has to offer on this classic bike ride from west to east. Departing from the coast of West Cumbria at Whitehaven, this challenging itinerary stretches for 225 km until reaching the North Sea at Whitley Bay. The picturesque route crosses the northern edge of the Lake District, then climbs into the dramatic landscapes of the northern Pennines. Following the ancient fringes of Hadrian's Wall, it then heads down to the coastline of Whitley Bay.

You'll need all your pedal power to tackle big ascents and descents in the Eden Valley and Northumberland National Park. The aches and pains will be long forgotten, however, while the memory of this remarkable journey past former mining towns and Roman forts will endure for years to come.

- Test yourself against this iconic British cycling challenge
- Dip your wheels into both the Irish and North Seas
- Stunning route through Hadrian's Wall country
- Experience the beauty of the Northumbrian scenery
- Fully supported cycling challenge

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 12 Sep*

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Whitehaven to Alston (approx 120 km)

And you're off! After an early morning safety briefing, you head towards the shore where you have the opportunity to dip your bikes wheel in the Irish Sea. It's then time to get pedalling as you venture towards the village of Cleator Moor and into the stirring landscape of the Lake District National Park.

Home to England's highest mountains and deepest lakes, the region has inspired writers, artists and poets for generations. But your main focus this morning are the challenging hill climbs that you need to cross in order to reach Loweswater and then Braithwaite and Keswick. You stop in Threkeld for a hard-earned lunch, before pushing on across Cumbria's rolling hills and past Greystoke and the historic market town of Penrith. Finally you reach Alston: your home for the night. Dinner will be followed by another briefing and the chance to reflect on the day's events.

DAY 2 *Sat 13 Sep*

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Alston to Whitley Bay (approx 120 km)

Recharged and ready for action, you start the day by heading towards Northumberland National Park and the ancient ramparts of Hadrian's Wall. The route ventures upwards through Halfwhistle and on to Homestead's Fort, dramatically located on a high escarpment of the Hadrian's Wall World Heritage Site. The fort, which offers spectacular panoramas, once housed about 800 men and is supposedly the site of Britain's oldest toilets!

It's then time to head east towards your final destination. Bypassing Newcastle-upon-Tyne, we head for our final destination: St Mary's Lighthouse in Whitley Bay. Exhausted but triumphant, you complete the ride by dipping your wheels in the North Sea. There will be plenty of time for group photos and celebrations at the end of this spectacular ride. Participants can either make their own way home or be transferred back to Whitehaven if they wish to book the additional transfer.

NB

There is no accommodation included for this final evening, so you may wish to consider booking an extra night either in Whitehaven or Whitley Bay.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £125.00 when you book
Then a balance of £399.00
(8 weeks before your challenge)
Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- 16 and 20 week trek/bike training schedule

On your challenge

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- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Raising the sponsorship	Thank you for choosing to support Save the Children. The money you raise will help children get the food, healthcare and education they need. With children's endless energy and the determination of supporters like you, we're helping create a fairer world. In the UK and around the world, we make sure children keep safe, healthy and learning. With children, for children, we change the future for good. **Together we power possible. Discover more about what we do here.**
Typical group size	The typical group size is 20 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 16-19 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Travel insurance (*subject to availability)

Why Choose Charity Challenge

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- Fully supported multi-day UK cycling challenge
- Thorough safety management systems in place (Challenge Safe)
- The very best leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Breakfast, packed lunches, dinner, & drinks included
- Baggage transfer between accommodation
- Checkpoints will be set up throughout the day to support you
- Support vehicle and qualified cycle mechanics available throughout the challenge
- Celebratory drink and medal at the end of the challenge

Level of Difficulty

The Coast to Coast Challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a multi-day cycling challenge before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Coast to Coast Challenge you will be:

- Cycling for around 8 hours each day
- Covering 225 kms of undulating terrain, crossing the entire width of the UK
- Cycling through some of the most stunning scenery that the British isles has to offer

What kind of bike do I need?

A road bike with perhaps thicker 28mm tyres would be best as you are on a mixture of roads and some trails.

A hybrid would work, but you would be slower as a result due to the extra weight and you aren't on major off-roads.

A mountain bike is not really suitable for this challenge as you will be considerably slower than those people using a road bike.

How will I follow the route?

Charity Challenge runs all of its challenges as 'team' events. The emphasis is very much placed on encouraging you all to work together to support each other. To this aim you will also be accompanied on the ride by cycle leaders.

However, we fully recognise that people cycle at very different speeds and so the route will be marked by 'challenge event' arrows. these are put up the day before, and removed immediately after, the challenge. Should you have any problems following the route then you will be supplied with a list of the leaders contact details and they will help you get back on route.

You will be followed by a support vehicle should you have any mechanical problems.

Checkpoints will be set up throughout the day to support you.

Clothing and Equipment

Bike hire is not included in the challenge cost.

This is a road cycling challenge and so a road, or hybrid bike is most suitable. A mountain bike is not really suitable.

Along with your own bike you will need to bring your own helmet, which is compulsory for you to be able to ride. Gloves are also an essential piece of kit that will relieve strain and abrasions in the event of a fall. You should also bring your own padded cycle shorts, and if you are not wearing SPDs then stiff soled sports shoes are recommended in order to give you just that little extra power! You can see the full kit list here, and when you have booked you will have access to kit discounts through our partners at the Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Training

This challenge is suitable for all levels as it is guided. If you have never cycled before, this ride is still achievable with the correct ride preparation. We advise that you start at least five months ahead of the ride with some short distances at weekends and whenever you can during the week, aim for around 10-20 km. By three months prior to departure, you should be able to take on some long rides, up to 50-60 km in a day. If you live in a flat area it is well worth getting out and finding some hills, and whilst this may hurt, the more of these you do the easier you will find the ride and the rest of your training. Within a month of the ride we recommend that you have done at least one two-day ride. This will be the best indication of how well you are doing and mentally prepare you for your challenge. If you cannot maintain a steady average speed of 12 - 15 km per hour you are unlikely to be able to complete each day of cycling. You may therefore be asked to get in the van and not be able to complete the challenge. If possible, try to train with a group as it will make it much easier to get motivated.

Challenge Timings

Your group will convene on Saturday morning at approximately 7.30am for a full safety briefing and bike check. The challenge will commences shortly afterwards and the aim for the first day is to cover 105km being covered over the day, with a break for lunch. The group will stop that evening in Alston for your evening's meal and a well-deserved sleep.

You will have another early morning start on the final day, in order to complete approximately 120km before you finally reach your destination in Whitley Bay, Newcastle, at approximately 4pm.

After you reach the finish you are free to depart.

Transfers can be arranged to the train station in Newcastle but must be requested in advance.

Terrain

This is a road cycling challenge and so a road bike is the most appropriate type of bike. A hybrid bike is also suitable, but a mountain bike is not recommended.

This cycle challenge will put you up against a whole host of different terrain across the UK. From great lengths of flat ground, to hours spent on hilly land, be prepared for all types of environments. There will also be terrain on this challenge that is potholed, with loose gravel and potentially stints off the road. For this is reason it is important to train properly, on a variety of different terrains if possible.

Climate

As you know, the weather in the UK can be highly unpredictable and at times, so being prepared is the key! We run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for all weathers, from warm and sunny temperatures to wind and sudden downpours.

Leadership

There will be a first aid qualified challenge leader, plus a fully qualified cycling guide for every 10 participants. There wil also be a qualified cycle mechanic to help with any bike problems. The leader & the guides will ultimately be responsible for the running of the itinerary and the safety of your group, so please listen to their instructions.

Accommodation

Accommodation on the Saturday night is provided in same-sex dormitories at a local hostel (see it as part of the challenge!)

Accommodation is not provided the night before the challenge, but there are plenty of options in and around Whitehaven.

Food & Drink

The hostel in which you will be staying include a breakfast buffet. At lunch times you will stop and have a light yet energy filled packed lunch. Dinner will be either at the hostel or at a local restaurant depending on group size.

Water and snacks will be provided throughout at checkpoints but we would recommend that you also bring some of your own snacks.

Money

During this trip you will not need a large amount of money. We suggest you bring a cash card for ATMs, as you are unlikely to have access to a bank during its opening hours. You will only need money for tips and any additional food and drink. Approximately £50 should be sufficient.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- Although quiet, the roads are frequented by car users and when cycling around country bends it is difficult to see oncoming traffic. It is important to pay attention to everything around you and stick with your fellow cyclists as much as possible.
- The weather during the challenge may be unpredictable and as such you should pack for all weathers. In extreme circumstances your challenge leader may ask you to return to the vehicle and curtail the day's ride.
- The UK does have a Highway Code for cyclists and we expect you to adhere to this guidance. This includes regulations such as not cycling on pavements and fitting your bike with a rear reflector. You can read the cycle rules here.
- 8 hours of cycling is a long day for many cyclists. Even if you don't feel like it, you should drink plenty of water throughout and refuel properly at all the water and lunch stops.

Getting there

You should arrive in Whitehaven by 7.30am on Saturday morning. We will confirm the exact location of your starting point at no later than 1 month prior to the date of the challenge. If you are taking public transport you can arrive at Whitehaven railway station.

Toilets

There will be bathroom facilities both at the start and end of each day of the challenge; however during the challenge such facilities will be limited to passing service stations and public restrooms.

Responsible Tourism

At Charity Challenge we are committed to responsible tourism. We try to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on environmental protection, we aim to limit our impact on the natural environment.

For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking here. Any medical emergencies would be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation.

You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Group Size

The group is intended to be between 15 and 30 people.

Emergencies

The back up support vehicle will never be far away from participants and can be used in the event of an emergency. Contact will be maintained between challenge leader, guides and support team throughout the challenge. Mobile phones have good general cover and all guides carry one. You will always be given an emergency card with your leader's number on it and those of the guides.

Keeping Safe post-Covid

This challenge is planned to start running in 2021 when we hope that we will live in a 'post-Covid' world. Please rest assured that Charity Challenge will continue to monitor all of the latest advice from both the government and local authorities and will ensure that all of our safety systems are up to date. Our safety advice for our UK challenge's running in the autumn of 2020 can be viewed here. This document will be amended as and when the advice changes

Booking with Confidence

We understand that there may be a little uncertainty around booking in the current climate so we have created a 'Booking With Confidence' policy to help you book your next Charity Challenge with absolute confidence.

Book with the knowledge that:

- We are putting significant measures in place to make your challenge Covid Safe
- We have flexible payment options
- We have ATOL and International Passenger Protection financial cover for your peace of mind*

We will offer you a number of options if we cannot operate your challenge due to Covid-19 :

- postpone your challenge to a later departure
- join any other challenge
- transfer your place to another person
- receive a refund of monies paid for the challenge

Full info and T&C's on our Booking With Confidence policy

CHARITY CHALLENGE

Any more questions?

Contact us:

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