



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

THE BIG BARNARDO'S HOLYHEAD
TO BARNARDO'S VILLAGE BIKE
RIDE
UK

Fri 14 Oct - Tue 18 Oct 2016





In aid of Barnardo's

14 Oct - 18 Oct 2016



5 DAYS | UK | CHALLENGING

The journey commemorates the one Thomas Barnardo took when he arrived from Dublin in Holyhead in April 1866 on his way to London, where he discovered children in desperate need of his help. From that moment his work started and from this point your challenge begins.

You will cycle up to 362 miles through the beautiful Welsh and English countryside going through highlights such as the Cotswold and the Chilterns. Over the next 5 days you will ride through classic quaint villages, past ancient castles and churches, and take in stunning vistas.

- Raise funds to help support the UK's most vulnerable children
- Commemorate Thomas Barnardo's route from 1866
- Cycle from Holyhead to Barnardo's Village through picturesque Welsh and English countryside
- Fundraise for Barnardo's during its 150th year
- Cycle up to 362 miles over 5 days

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 14 Oct*

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Holyhead to Chester

Start this fantastic bike ride from the spot where Thomas Barnardo arrived from Dublin and jump in your saddle for the start of the journey!

On day 1 the ride will stop at 65 miles at Colwyn Bay, the rest of the route to Chester will then be by car. Experienced riders may choose to do the full 100 miles by bike, should they wish.

Keep your eyes peeled as you will be going through some stunning scenery including the medieval Conway Castle.

DAY 2 *Sat 15 Oct*

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Chester to Telford

After yesterday's big day you will further step out of your comfort zone cycling from Chester to Telford.

Today is 64 miles long with 530m ascent and 380m descent.

DAY 3 *Sun 16 Oct*

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Telford to Worcester

Recharged, your third day of riding brings you from Telford to Worcester.

This is the shortest day of the ride at just 49 miles with 450m ascent and 580m descent.

DAY 4 *Mon 17 Oct*

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Worcester to Oxford

The penultimate day brings you from Worcester to Oxford.

On this ride, the first half of the ride you will tackle some hills on this 72 mile ride with 600m ascent and 560 descent. A beautiful ride, you will go through some beautiful parts of the Cotswolds.

DAY 5 *Tue 18 Oct*

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Oxford to London

You've made it to the last day completing Thomas Barnardo's original journey!

On this triumphant ride you will cycle 79 miles with 490m ascent and 530m descent from Oxford into the capital city of London. You will pass through the evergreen Chilterns on your way to the bustling capital city finishing at Barnardo's Village in East London where you will be cheered home and have a celebratory drink.

NB

There is no accommodation included for this final evening, so you may wish to consider booking an extra night in London.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £145.00 when you book

Raise a minimum of £2150.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- 16 and 20 week trek/bike training schedule
- Fundraising advice

On your challenge

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

WHAT'S NOT INCLUDED

Before you go

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- Access to UK based training weekends (optional and at additional expense)
- Travel to and from the challenge start/finish point
- Access to training weekends (optional and at additional expense)
- Clothing and equipment listed on your Kit List

On your challenge

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- Bike and helmet
- Specialist comprehensive travel insurance
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	<p>You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 05/08/2016), and the remaining 20% within 4 weeks of completing the challenge (by 15/11/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.</p>
Typical group size	The typical group size is 20 - 30 participants
Small group supplement	<p>The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 10-19 people, but there will be a small group supplement of £30. 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.</p>
Optional extras	<p>Travel insurance Single room supplements* Trek/bike training weekends* (*subject to availability)</p>

Level of Difficulty

This bike ride 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 bike ride you will be:

- Cycling for around 6 - 8 hours each day.
- Covering 362 miles of undulating terrain, crossing Wales over the width of the England to London.

Clothing and Equipment

You will need to bring your own bike. The whole ride is on roads and cycle paths so a road bike would be the best option.

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.

Money

Cash: During this trip you will not need a large amount of money. We suggest you bring a cash card for ATMs and you will only need money for tips and any additional food and drink. Approximately £20 a day should be sufficient.

Tips: We recommend approximately £15-£20pp for tipping, which will be given to the challenge leader at the end of the challenge and split between all of the leaders and drivers fairly.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is any cancellation. You can read our cancellation policy through 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 20 and 30 people. It can run from 10-19 people with a small group supplement of £30 per person.

Leadership

There will be a first aid qualified challenge leader, plus a fully qualified cycling guide for every 10 participants. There will

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.

Climate

As you know, the weather in the UK can be highly unpredictable and at times, so being prepared is the key! October can be a mixture of all seasons so 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.

Terrain

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, but you will always be on roads and cycle paths. For this is reason it is important to train properly, on a variety of different terrains if possible.

Typical Day

Other than the first day, each day will start around 8 in the morning (this may change daily but the leader will notify you each night). You will cycle up to a lunch spot and there will be a snack/water/rest stop for everyone mid-morning.

After lunch you will head to the final destination where there will be another drink/snack/rest stop on the way.

Once you get to the hotel for the night you will have time to freshen up before dinner.

Getting There

The group will convene in the park by the Holyhead Maritime Museum at 7am where you will meet the rest of the group on the first day. We will confirm the exact location of your starting point at no later than 1 month prior to the start of the challenge. Please ensure that you have breakfast beforehand, because breakfast is not provided for on the first day.

Accommodation

All accommodation will be in good quality hotels or B&Bs of 2-3 star rating. Rooms will be used on a twin share basis & all rooms will have their own bathroom. If you are travelling with a friend or partner who you wish to share with, please indicate this where appropriate during the registration process or email bookings@charitychallenge.com well in advance of the challenge.

Food and Drink

The hotels or B&B's in which you will be staying have a continental breakfast buffet. At lunch times you will stop and have a light yet energy filled meals. Dinner will be at the hotels each night. Water will be provided throughout. Please

let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

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.

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 it may sometimes be 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.

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.

Training

This challenge is suitable for all levels as it is guided. If you have never cycled before, this ride is still achievable but only with the correct ride preparation. We advise that you start at least 5 months ahead of the ride with some short distances at weekends and whenever you can during the week. 5-10miles is not a great distance and will help your bottom and legs get used to it all. By 3 months prior to departure, you should be able to take on some long rides, up to 30-40miles 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 2-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 8 miles 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.



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Any more questions?

Contact us:

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