



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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JDRF ISLAND 66  
UK

Sat 06 May - Sat 06 May 2017





## In aid of JDRF

06 May - 06 May 2017



### 1 DAYS | UK | CHALLENGING

Beginning in Ryde, the route circumnavigates the island in a clockwise direction taking in the full stunning beauty of this majestic, yet deceptively rugged, island. As the route heads inland we face several climbs as we cross the central downs of the island before heading back to the coast for stunning views across the cliffs. This epic cycle will finish back in Ryde where it will be time to celebrate.

- Cycle an epic 105km route, circumnavigating the entire island
- Fully marshalled event with designated support riders, bike mechanics and checkpoints
- Stunning coastal scenery
- Over 1400m of total ascent

**YOUR CHALLENGE DAY BY DAY****DAY 1** *Sat 06 May*

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**Challenge Day!**

Our day begins with registration and a safety briefing in the port town of Ryde. From Ryde the route circumnavigates the island in a clockwise direction. Heading south through the town of Shanklin before reaching the southern point of the island. From here we head inland and over the central downs of the island before heading back to the coast and continuing westwards to Yarmouth. The views out across the cliffs are stunning throughout, and the climbs of the central downs will test our endurance to the max. This epic cycle will finish back in Ryde where it will be time to celebrate before we depart.

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Self funder

Pay a registration fee of £37.50 when you book.

Then a balance of £157.50  
(5 weeks before your challenge).

Raise as much as you can for JDRF.

### Minimum sponsorship

Registration fee of £37.50 when you book.

Raise a minimum of £450.00 for JDRF.

Self funder option

The full cost of this challenge is £195.00. You will be required to pay the registration fee of £37.50 at the time of booking and the final balance of £157.50 which is due 5 weeks before departure (01/04/2017). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for JDRF. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by JDRF.

### Minimum sponsorship option

You will be required to pay the registration fee of £37.50 at the time of booking and raise a minimum amount of sponsorship, £450.00 for JDRF. You should send your sponsorship money to JDRF as you raise it. If you have raised the necessary funds, JDRF will then pay the balance of your expedition costs (which will not exceed 35% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### This is a ground only challenge

This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

### What's included?

#### Before you go

- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores in the UK
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and

### What's not included?

#### Before you go

- Clothing and equipment listed on your Kit List

#### On your challenge

- travel to the Isle of Wight
- Accommodation during the challenge
- Bike and helmet
- Personal spending money

### The details

#### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it.

guidance)

- Fundraising advice
- A-Z of fundraising ideas

#### On your challenge

- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- All challenge management before, during and post event

### Why book with Charity Challenge?

Everything included from the moment you arrive. A breakfast snack, lunch and snacks at checkpoints throughout the day and then a glass of champagne and food to celebrate at the end.

- Fully route-marked event.
- High quality waterproof maps and electronic route details provided.
- Support riders roaming the entire route to help and support you.
- Roaming bike mechanics in support vehicles
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The usual high quality Charity Challenge event experience

### Difficulty

The JDRF Isle of Wight Tour is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking and running challenges and now wish to test themselves in a slightly more extreme environment. You can tell your supporters that on your JDRF Isle of Wight Tour you will be:

- Covering a distance of over 100km (105km in total).
- Completing an entire loop of the island.
- Ascending over 1400m across the whole route.

### Money

During the challenge there are limited opportunities to spend any money. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### How will I follow the route?

The route will be fully waymarked with very easy to follow route markings. On top of this you will also be provided with a high quality, waterproof Ordnance Survey map of the route. We will also provide written route directions in an electronic form alongside pdf copies of the route and gpx files for those wishing to use GPS technology.

Additional to this, the route will also be monitored by our support riders and all participants will be required to sign in at each checkpoint.

As well as the support riders there will be support vehicles with qualified bike mechanics roaming the route.

We employ experienced and fully qualified cycle leaders to work as support riders. The leaders are first aid qualified and have extensive experience in leading rides throughout Britain and overseas. They will be carrying full safety equipment and first aid kits with them at all times.

### Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will 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 warm sunny walking weather and also sudden wind and downpours should they occur.

### Challenge Timings

Your challenge begins early in the morning and you will need to arrive at the registration point for 9.00am in order to maximise the time available to complete the challenge (precise arrival times and instructions will be sent out 1 month prior to the challenge) When you arrive you will be able to register and then enjoy a breakfast snack whilst meeting your support team and listening to the safety briefing.

We expect the final people to arrive back at the finish at around 18.00. Delays can happen, and the return time will all depend on the speed that you cycle, so please do try and book flexible return arrangements. At each checkpoint we will be imposing cut-off times so that we can safely manage the event. At the finish there will be food available before you depart.

### Getting there

The ferry transfer is not included in the cost of this challenge and you will be responsible for arranging your own ferry booking. Ferry times can be seen via the [Wight Links website](#).

We will send across all details, plus the address of the registration point, at no later than 1 month prior to the event.

### Accommodation

No accommodation is provided for this challenge. We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local communities. There is an abundance of accommodation options to suit all budgets on the island. Please book early as these can book up quickly. Please visit [visitisleofwight.co.uk](http://visitisleofwight.co.uk) for more suggestions and to book somewhere.

Ferries go from Southampton

### Food & Drink

A simple breakfast will be available at registration, however we would encourage you to see this as an added breakfast and to make sure that you have had a full breakfast before arriving. Lunch will be available at each checkpoint in the form of a packed lunch and pasta salads. Food will also be available at the finish point. The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge

### Toilets

There will be toilet facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

### Clothing and equipment

You will need to bring your own bike. We would recommend a road or hybrid 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.

### 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.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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