BELIEVE
ACHIEVE
INSPIRE

COAST TO COAST CYCLING CHALLENGE
UK

Thu 31 Aug - Sun 03 Sep 2017
In aid of End Youth Homelessness
31 Aug - 03 Sep 2017

4 DAYS | UK | TOUGH

Be inspired by some of the most dramatic scenery England has to offer on this classic cycling challenge from west to east. Departing from the coast of West Cumbria, this challenging itinerary stretches for 140 miles until reaching the North Sea. 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.

- A fantastic 2 day cycling challenge in the North of England for Taylor Wimpey employees
- Dip your wheels into both the Irish and North Seas
- Conquer undulating terrain in the Lake District and North Pennines
- Follow the ancient fringes of Hadrian’s Wall and a historic Roman Fort
- Celebrate your achievement of crossing the UK by bike
YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 31 Aug

- Arrival and preparation
  A warm welcome awaits you in ancient market town of Cockermouth. You will be met by the Charity Challenge representatives, as well as your fellow cyclists. The evening will be spent enjoying your first team dinner, followed by a full briefing about the coming days.

DAY 2 Fri 01 Sep

- Whitehaven to Alston (approximately 65 miles)
  After a very early breakfast, we transfer towards Whitehaven shore where we dip our bikes in the Irish Sea. It’s then time to get pedalling as we 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 our main concern this morning are the daunting hills that we need to cross in order to reach Loweswater and then Braithwaite and Keswick. We 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 we reach Alston: our home for the night. Dinner will be followed by another briefing and the chance to reflect on the day’s events.

DAY 3 Sat 02 Sep

- Alston to Whitley Bay (approximately 75 miles)
  Recharged and ready for action, we 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 our final destination. Bypassing Newcastle-upon-Tyne, we head for our final destination: St Mary’s Lighthouse in Whitley Bay. Exhausted but triumphant, we complete the ride by dipping our wheels in the North Sea. There will be plenty of time for group photos and celebrations at the end of this spectacular ride.

Tonight you will stay in Whitley Bay and have a celebratory meal

DAY 4 Sun 03 Sep

- Transfer back to Cockermouth
  After breakfast you will be transferred back to Cockermouth (3 hrs).

The bus will depart at 9am.
HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

SELF FUNDER

Taylor Wimpey have pre-paid your registration fee of £75.00 for employees only

Taylor Wimpey will pay the final balance for employees only

You need to fundraise a minimum of £750 for End Youth Homelessness.

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

ON YOUR CHALLENGE

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)
Accommodation during the challenge (usually in twin share)
All challenge management before, during and post event

WHAT’S NOT INCLUDED?

BEFORE YOU GO

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

ON YOUR CHALLENGE

Bike and helmet
Personal spending money
Any other specific items listed as not included in your Trip Notes

THE DETAILS

FUNDRAISING DEADLINES

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 30/06/2017), and the remaining 20% within 4 weeks of completing the challenge (by 08/10/2017). 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.

TYPICAL GROUP SIZE

The typical group size is 22 - 30 participants

SMALL GROUP SUPPLEMENT

The costs and sponsorship levels on our website are based on a minimum of 22 participants. We can run this trip with 16-21 people, but there will be a small group supplement of £30.00. 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)

TRAVEL INSURANCE

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £15.00.
**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 140 miles 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.

**Clothing and Equipment**

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

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**

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.

**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 40 people. It can run from 10-20 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! 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.

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. There will also be terrain on this challenge that is potholed, with loose gravel and occasional stints off the road. For this is reason it is important to train properly, on a variety of different terrains if possible.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care 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 cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. 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.

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

Challenge Timings
Your group will convene the evening prior to the challenge in time for dinner and briefing. The challenge commences the next morning with a very early start and 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.

**Getting there**

You should arrive in Cockermouth Premier Inn by 5pm. We will confirm the exact location of your starting point at no later than 1 month prior to the start of the challenge.

**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 & Drink**

The hotels in which you will be staying include a continental breakfast buffet. At lunch times you will stop and have a light yet energy filled picnic. Dinner will be either at the hotel or at a local restaurant. 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 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 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. 5-10 miles 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 30-40 miles 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.
Any more questions?

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