CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TOUR DE CORNWALL
UK

Thu 02 Jun - Sun 05 Jun 2022

In aid of your choice of charity

02 Jun - 05 Jun 2022

4 DAYS | UK | TOUGH

New challenge for 2021!

Join us and cycle over 320km's from Penzance, via Land's End, to Plymouth. This epic three-day cycle ride traverses the entire Cornish peninsula, from west to east and from north to south and all the while you will be surrounded by picturesque countryside, stunning villages and historic harbour towns.

After leaving Penzance you will descend down into Land's End for the opportunity to get a photo at this famous landmark - the most westerly point of mainland England. Follow the coastline around to the picturesque harbour village of St Mawes and witness the impressive 16th century castle overlooking the coast. The journey continues through the old tin mining area of St Austell and passing by the iconic domes of the Eden Project before arriving into historic Plymouth Hoe, overlooked by the distinctive red and white lighthouse.

With fully qualified cycle leaders, support vehicle, qualified cycle mechanics and full luggage transfers you'll have all the support you need to complete this incredible challenge.

- Incredible three-day cycling itinerary through stunning Cornwall
- Spectacular views of one of the most beautiful coastlines in the world
- Visit iconic locations such as Penzance, Land's End and Plymouth
- Fully supported by cycle leaders and support crew

YOUR CHALLENGE DAY BY DAY

DAY 1 *Thu 02 Jun*

-

Arrival and safety briefing

You will need to aim to be at the Premier Inn hotel in Penzance for 8pm in order to meet the rest of the team and for the important safety briefing from your cycle leaders. Dinner is not included, so please make plans to have dinner before arriving.

Accommodation: 3 star hotel, twin share
Meals: n/a

DAY 2 *Fri 03 Jun*

-

Penzance to Falmouth, via Land's End (Approx 127kms, 1819m of ascent)

Approx timings: Start at 8am; Finish at 5pm

After a hearty breakfast your epic cycle journey will begin. You will start with an uphill challenge heading west from Penzance. Before long you will descend down into Land's End for the opportunity to get a photo at this famous landmark.

The route then winds its way eastwards along quiet country lanes, following the coast line as you head towards Lizard Point. The Lizard peninsula is one of the best locations in the country for wildlife, so keep your eyes peeled for chough, peregrine and ravens soaring above the cliffs! From this southerly point you head inland before rejoing the coastline for the final section into Falmouth.

After all your hard work on this first day of cycling it will be time to kick back and relax at your hotel in Falmouth with the option to enjoy the spa facilities on offer at the hotel (click here for details of the hotel).

Accommodation: 4 star hotel, twin share
Meals: Breakfast, Lunch

Please note: Dinner is not included on this, or any nights of this itinerary.

DAY 3 *Sat 04 Jun*

-

Falmouth to Treyarnon Bay, near Padstow. (Approx 111kms, 2165m of ascent)

Approx timings: Start at 8am; Finish at 4pm.

You will be back in the saddle early this morning to continue following the coastline around to the picturesque harbour village of St Mawes. From here the route heads across the peninsula towards the north coast, again following quiet country lanes. You will skirt around Newquay before finally reaching your destination at Treyarnon Bay.

Here you will check-in to your accommodation at the YHA Treyarnon Bay hostel, an idyllically situated hostel right

next to the bay with the sound of the sea your background as you sit outside and enjoy a well deserved drink before taxi's are organised to take you into the world renowned foodie town of Padstow for dinner.

Accommodation: Hostel, twin share
Meals: Breakfast, Lunch

Please note: Dinner is not included on this, or any other night of this itinerary.

DAY 4 *Sun 05 Jun*

-

Treyarnon Bay to Plymouth, via the Eden Project. (Approx. 101kms, 1915m of ascent)

Approx timings: Start at 7.30am; Finish at 2pm.

The final day will begin a little earlier than the other days to ensure we reach Plymouth in the early afternoon. The route again crosses back to the south coast, through the old tin mining area of St Austell and passing by the iconic domes of the Eden Project. The final stretch of the route follows the coastline before you get a short ferry across the bay to reach Plymouth. Your finish line will be the historic Plymouth Hoe, overlooked by the distinctive red and white lighthouse. After celebratory group photos there will be a pub booked down in the harbour where you'll be able to celebrate your achievements!

Accommodation: n/a
Meals: Breakfast, Lunch

Please note: Accommodation and dinner is not included on the final day.

NB

Please note: Charity Challenge reserve the right to make any ammendments necessary to this itinerary. The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £255.00 when you book
Then a balance of £845.00
(5 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £255.00 when you book
Raise a minimum of £1750.00 for your charity.

WHAT'S INCLUDED

Before you go

-

- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Risk assessment and emergency management planning
- Public liability insurance
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

-

- Drinks and snacks available throughout the day
- Accommodation during the challenge
- Checkpoint snacks and drinks

WHAT'S NOT INCLUDED

Before you go

-

- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

-

- Bike and helmet
- Evening Meals

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 7 weeks before departure (by 14/04/2022), and the remaining 20% within 4 weeks of completing the challenge (by 03/07/2022). 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 20 - 50 participants

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, & 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

How do we follow the route

Each day the route will be clearly marked by Charity Challenge route arrows. Each participant will also be provided with a GPX file that can be used on google maps, garmin devices etc.

We always encourage all of our participants to see our challenges as a team event, and this challenge is not set up as a race.

All participants will be responsible for following the route. If you are not comfortable with this then our cycle leaders will be onhand to help you navigate.

All participants will be given the 'event contact number' to call in case they do become lost.

Getting to and from the challenge

You will need to arrange your own transport to and from the start/finish of the challenge.

Getting to Penzance

Penzance is on the main train line from London Paddington. If you are driving, then Penzance is just off the main A30 road that runs through Cornwall.

The precise address of the hotel will be sent to you one month prior to the challenge.

You should plan to arrive in Penzance by 8pm, in time for the evening's welcome and safety briefing.

Getting back from Plymouth

Plymouth is on the main train line to London Paddington.

We expect to finish the cycle by 3pm on the final day.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return

tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

What bike equipment do I need bring?

All bike equipment is listed as part of your kit list and you should ensure you read this carefully.

All participants must bring with them a helmet, and wear it at all stages of the ride. Failure to wear a helmet will result in you being unable to take part in the challenge.

Accommodation

In order to maximise the number of people who are able to take part in this challenge and to raise as much money for the NHS as possible we have had to use a variety of accommodation options.

Please note: If you wish to ensure that you are allocated to share a room with a certain person then please make sure that you state the name of this person on your booking form.

Day 1 - Premier Inn, Penzance.

Upon arrival in Penzance you will meet the team at the Premier Inn, Penzance. Accommodation is on a twin share basis.

Day 2 - St Michael's Resort Hotel, Falmouth.

In Falmouth your accommodation will be at the St Michael's Resort. Accommodation is on a twin share basis. Complimentary use of the spa facilities is included in your stay.

Day 3 - YHA Treyarnon Bay, near Padstow.

See this as part of the challenge! One night in a hostel accommodation, set right down by the beach in beautiful Treyarnon Bay. We like to think of this as more of a guesthouse than a hostel! Accommodation is in same-sex dormitories of between 4 and 6 beds. The location is stunning, and dinner is down the road in Padstow.

Food

The following food is provided on the challenge:

Day 1

No dinner is provided on the first evening when you arrive in Penzance.

Day 2

Breakfast is provided at the Premier Inn. A packed lunch will be available to you at a checkpoint during the ride and will consist of a sandwich, crisps, fruit, and snack bars. Dinner is not provided.

Day 3

Breakfast is provided at the hotel. A packed lunch will be available to you at a checkpoint during the ride and will consist of a sandwich, crisps, fruit, and snack bars. Dinner is not provided.

Day 4

Breakfast is provided at the hostel. A packed lunch will be available to you at a checkpoint during the ride and will consist of a sandwich, crisps, fruit, and snack bars. Dinner is not provided.

Checkpoints and water

The support crew will setup checkpoints throughout the day. Each checkpoint will be approximately every 2 hours. At the checkpoints there will be the opportunity to refill water bottles and take on board some snacks. You will be provided with a variety of fruit and snack bars to maintain energy levels.

We would advise that everyone bring with them some additional snacks that they can carry with them during the ride. Energy gels can be an excellent way of maintaining your endurance.

At lunchtime one of these checkpoints will supply you with your packed lunch which you will be able to stop and eat.

How is the group managed

You will be accompanied by our experienced team of cycle leaders and support crew.

There will always be a cycle leader at the front and back of the group, and depending on the number of participants other cycle leaders may be with the group.

There will always be a support vehicle trailing behind the group that will be on hand to deal with any difficulties that riders may experience. A trained bike mechanic will be on hand throughout the ride.

A support crew will also be ahead of the group to service the checkpoints.

It is important that everyone listens carefully to the instructions from the cycle leaders. They are their for your safety, and to ensure the smooth running of the challenge. At times it may be necessary for them to ask you to wait ata checkpoint so that the group can reform. This is particualrly important when cycling the few sections along busy main roads, and when entering built up areas.

The role of the bike mechanic

The support vehicle will also contain a fully qualified bike mechanic.

The role of the bike mechanic is to ensure that your bikes are all fit for purpose, and set up correctly each day. If you develop any mechanical issues during the ride then you should contact the mechanic and ask for their assistance.

It is important to understand that the mechanic is on hand to make only basic repairs that can be performed at the roadside. For any more complicated repairs you will need to have your bike repaired at a bike shop. The bike mechanic will not be able to drive individual participants to a bike shop, to have their bike repaired during the challenge. If the repair requires being taken to a bike shop then this will need to be done after the challenge.

A spare bike will be carried in the support vehicle and be available to be used. Only one spare bike will be carried on this challenge.

Toilets

Public toilets will be available at various points along the route. Your leaders and support crew will be able to inform you of the next available toilet.

Safety

All of Charity Challenge's events are organised according to our own in-house safety management system, 'Challenge Safe'.

The route will have been fully checked and risk assessed by our cycling team.

On the challenge your safety will be the number one priority of our cycle leaders and event crew. All leaders are also first aid trained.

We ask everyone who takes part in a Charity Challenge event to respect the advice and decisions made by our event leaders and crew. At times these decisions can be difficult, and contradictory to what individuals may wish to happen. Our leaders and crew will always have your best interests, and that of the whole group, at heart when making their decisions, so please help them by respecting these decisions.

Spending money

During the ride we will pass through numerous local villages where there will be the opportunity for you to purchase snacks and drinks. We would recommend that you carry cash with you as credit cards are not always accepted in small, rural shops.

In the evenings you will be required to purchase your own dinner and drinks.

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.

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

CH>RITY
CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall