



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

RIDE TO PARADISE
UK

Sun 01 May - Sun 01 May 2022





In aid of Haven House Children's Hospice

01 May - 01 May 2022



1 DAYS | UK | CHALLENGING

Join Haven House on their Ride to Paradise on Sunday 01 May. Choose from a 40km, 80km or 120km route, finishing with the chance to view the incredible wildlife at Paradise Wildlife Park including white lions, tigers, snow leopards, tapirs, camels, lemurs, gibbons, marmosets and tamarins.

You will head out on an 80kms circular loop past Knebworth on quiet country roads and recognised cycle routes as you head south towards St Albans before riding back to Paradise Wildlife Park for lunch. The final part of the ride in the afternoon heads eastwards, away from the park, on a 40km circular loop through the Lea Valley over rolling hills and through the historic town of Harlow, before heading south through the quiet cycle lanes of the Lea Valley country park to Waltham Abbey.

The full ride of 120kms includes an ascent of over 1000m.

- Start and finish your ride at the incredible Paradise Wildlife Park
- Choose from 40kms, 80kms or 120kms distance
- Fully supported ride with experienced cycle leaders, support vehicles and mechanics
- The opportunity to explore the Wildlife Park at the end of your ride
- Raise vital funds for Haven House

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 01 May

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The Challenge - Ride to Paradise!

If you're taking on the 80km or the full 120km ride, you will start bright and early from Paradise Wildlife Park and cycle on a route out past Knebworth on quiet country roads and recognised cycle routes as you head south towards St Albans before completing the ride back to Paradise Wildlife Park for lunch.

The 40km riders will meet at the Wildlife Park for lunch and join all those completing the full 120km ride. You will head eastwards, away from the park, and complete a 40km circular loop through the Lea Valley over rolling hills and through the historic town of Harlow, before heading south through the quiet cycle lanes of the Lea Valley country park to Waltham Abbey. The ride ends at Paradise Wildlife Park where you can celebrate your achievements with the residents of the park, including white lions, tigers, snow leopards, tapirs, camels, lemurs, gibbons, marmosets and tamarins.

The full ride of 120kms includes an ascent of over 1000m.

You are required to pay a non refundable £50 registration fee to book your place on the challenge and are then asked to raise as much as you can for Haven House Children's Hospice, with a minimum per ride distance as follows:

£1000 for the 120km ride

£500 for the 80km ride

£250 for the 40km ride

If you raise the minimum target, the charity will pay the remaining challenge costs for your ride.

Why book with 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 UK cycling challenge
- Thorough safety management systems in place (Challenge Safe)
- The very best cycle 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.
- Lunch included
- 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

This challenge is graded as Challenging and so is suitable to anyone of an adventurous spirit who is willing to put in the necessary training to ensure that their fitness is of the necessary standard. On this cycle you can expect a days of riding for between 3 and 9 hours depending on the distance you choose. As with any cycle event, participants should be prepared for an undulating route with some steep hills in places.

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 overall 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 there 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 at a checkpoint so that the group can reform. This is particularly important when cycling the few sections along busy main roads, and when entering built up areas.

How do we follow the route?

We always encourage all of our participants to see our challenges as team events, and this challenge is not set up as a race. We encourage you all to cycle together in small teams at a pace that is appropriate for you all.

Everyone will also be provided with a GPX file that can be used on google maps, garmin devices etc.

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

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

What bike equipment do I need bring?

You will need to bring your own bike.

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

All participants are also asked to bring spare inner tubes that are suitable for their specific bike.

How do I get my bike to and from the challenge?

You will be responsible for getting your bike to and from the challenge at Paradise Wildlife Park. There is limited parking available at the Park.

Clothing and equipment

You will receive a full kit list, and when you have booked you will have access to kit discounts through our partners at Cotswold Outdoor and Cycle Surgery.

Checkpoints and water

The support crew will setup checkpoints throughout the day. Each checkpoint will be positioned approximately every two hours of riding. 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 that they like. Energy gels can be an excellent way of maintaining your endurance.

At lunchtime we will supply you with your packed lunch where you will be able to stop, relax, take in the views and refuel.

Group size

The group is intended to be around 30-40 cyclists.

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.

Getting to and from the challenge

The start point for the challenge is: Paradise Wildlife Park, EN10 7QA just off the A10, close to junction 25 of the M25.

Precise arrangements for drop-off, parking and collection at these locations will be provided in your Final Details document one month prior to the challenge.

Food and drink

A packed lunch is included in this itinerary, snacks and drink throughout the day and a celebratory drink at the end.

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, a thorough safety management system. 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.
- When we reach any towns, your cycle leaders may need to form smaller groups or go in a larger convoy. It is extremely important that you follow their instructions for this part of the route.
- The weather during the challenge may be unpredictable and as such you should pack for all weathers.
- 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.
- 7-9 hours of cycling (for the full ride) 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.

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 training immediately and aim for around 10-20 km. By one month prior to the event, you should ideally be able to take on some long rides, up to 50-60km in a day. If you live in a flat area it is well worth getting out and finding some hills, and whilst they may hurt, the more of these you do, the easier you will find the ride and the rest of your training. You should be aiming to maintain a steady average speed of 12 - 15km per hour in order to complete the ride. If you are falling behind, you may be asked to get in the support van to

enable the group to keep to the schedule. If possible, try to train with a group as it will make it much easier to get and stay motivated.

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. There is also a gift shop at Paradise Wildlife Park. Entrance to the Park itself is free to any riders.

The role of the bike mechanic

The support vehicle will also include 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. 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 you will need to make arrangements to do this.

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.

Weather

As you know, the weather in the UK can be highly unpredictable, so being prepared is the key! We hope being May, we will have good weather but please check the weather forecasts leading up to your challenge to ensure that you bring clothing suitable for all weathers, from warm and sunny temperatures to wind and sudden downpours.

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. From flat sections to rolling hills you should be prepared for all types of environments. There will also be terrain on this challenge that is potholed, with loose gravel and potentially short stints off the road. For this is reason it is important to train properly, on a variety of different terrains if possible.

Challenge timings

Precise timings will be given in your Final Details document one month prior to the challenge.

We anticipate an early start of 8am and will aim to finish by 3-4pm so that you have time to explore the park.

The majority of the route will be completed before lunch with a shorter ride in the afternoon.

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.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted.

The event is not run as a race and you will never be encouraged to cycle at a pace 'beyond your ability'. There will always be a wide variety in people's cycling abilities which will be carefully managed by the leadership team. This team will always keep the group together for maximum safety on each day and set a sensible pace for all to achieve this challenge within 9hrs. If we find that you are unable to cycle at all, then we will arrange for you to be collected and taken to the finish.

Keeping Safe post-Covid

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.

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Any more questions?

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