

FURTHER INFORMATION

COAST TO COAST

Our route takes in long, steep climbs over some of the highest passes in the Lake District and some equally impressive descents that will really blow the cobwebs away. We will pass woodland and pine forests, lakes, streams and moorland quilted with purple heather.

From the stunning mountains of the Lake District to the beautiful open moors of the Northern Pennines – all you have to do is hop on your bike and enjoy! Two coastlines, one objective.

This is a very tough challenge, but with our magnificent support crew coupled with the camaraderie within the team, the miles will fly by as we enjoy this iconic cycle.

“BELIEVE YOU CAN”



COAST TO COAST



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INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of GAC. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH 13 8BP. Company registration number: 08444204. Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are authorised and regulated by the Financial Conduct Authority registration number: 203120).



COAST TO COAST

ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the Challenge with less than the minimum number, however a small supplement will be applicable. In this instance we will communicate this to you no later than 11 weeks before departure.



RESPONSIBLE TOURISM

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and as a participant of Global Adventure Challenges it is expected that you share our passion and follow the guidelines below:

Respect other people

- Be courteous to the local community and other people enjoying the outdoors.
- Keep noise to a minimum, especially in areas near dwellings.
- Keep to the marked route and do not stray onto private property.
- Leave gates and property as you find them.

Protect the natural environment

- Leave no trace of your visit.
- Take your litter home including fruit peelings.
- Pick up any litter that you see along the route and dispose of it at the next checkpoint.
- Do not disturb wildlife or livestock.

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INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

Bike Insurance

It may be worth considering bike insurance for whilst you are on the challenge. Please be aware that the travel insurance through Global Adventure Challenges does not cover your bike.

OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Travel insurance	£11.02*
Spending money	£50 - £100

*if you take out the single trip policy through Global Adventure Challenges

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!



COAST TO COAST

CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

TOUGH

A 'Tough' cycle features more demanding activities and the days are generally longer and harder than a challenge graded as 'challenging'!

It may also be classed as 'Tough' due to the weather conditions. The weather can be more unpredictable on these challenges, and the temperature can be very cold, very hot or anywhere in between!

Hostels and bunk houses are used during the challenge and these are basic.

DIFFICULTY & TERRAIN

You will be cycling for 3 consecutive days covering a total distance of approx. 143 miles. We will cycle on varied terrain which is mostly tarmacked roads but at times will be testing with gravel and loose stone cycle paths and narrow country lanes.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a race and one top tip you should follow is to cycle at a steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.



WEATHER

Although it is impossible to predict in advance what the weather will be like for any particular day, it is hoped that you are prepared for all types of conditions. In the welcome pack you will find a detailed kit list, please ensure that you bring all of the items marked as 'Mandatory'.

Before the start of the challenge the Event Manager will check the weather forecast and make a final decision about the appropriateness of the route to be taken.

Month	Average Sunlight Hours	Average Temp °C		Average Wind Speed (mph)
		Min	Max	
July	6	14	22	8
Aug	6	13	21	8
Sept	5	11	19	9

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.



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PERSONAL CARE

First Aid

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we also require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

Health and Hygiene

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.

BIKE CARE DURING YOUR CHALLENGE

Although there will be bike mechanics on the challenge, there can sometimes be a long wait for them to get to you, so here are some really simple tasks that you ideally need to know how to complete before you start the challenge:

- Change an inner tube/tyre
- Inflate your tyres to the correct pressure
- Grease your gears and chain

These will ensure you can fix your own bike and get back on the road much faster. The best way to learn is either to be taught by someone or look up the task on the internet; there are some great tutorials available. Please ensure you take your bike for a full service before the challenge!

MECHANICAL SUPPORT

The skills of our bike mechanics are usually in high demand during our challenges. As mentioned in the Bike Care section being able to complete basic repairs or punctures yourself really makes a difference to how quickly you can get going again.

During the challenge, bike mechanics are on call to assist you and they will also be available, time



permitting, to fine tune your bike each evening at the accommodation.

We do carry bike spares however these are not high specification parts and are supplied to allow you to be able to complete the challenge. If you do require specialist components for your bike then you will need to bring them with you. If you cannot carry them with you on your bike then they will need to remain in your luggage and can be accessed on arrival at each night's hotel.

Any spares which we supply you with will be on a cost basis which is payable to the mechanic. Please ensure you carry sufficient funds with you for this eventuality.

If the mechanic is unable to fix your bike on the side of the road (i.e. if it is a serious problem) we will provide you with a spare bike, that we carry, to enable you to get to the accommodation. When the bike mechanic is back at the accommodation, they will try to get your own bike fixed for the following day.

COAST TO COAST



NAVIGATION

When you register on the day, you will be supplied with a Sea to Sea Sustrans Cycle Route Map in your cycling pack and this will help you navigate along the cycle networks. It is important that you carry this with you each day so you can regularly check it whilst on the route. The Sustrans Cycle Route Map will need to be returned to the event crew at the end of the challenge.

In conjunction with the Sustrans Cycle Route Map, we will also be following the sign posted C2C cycle route.

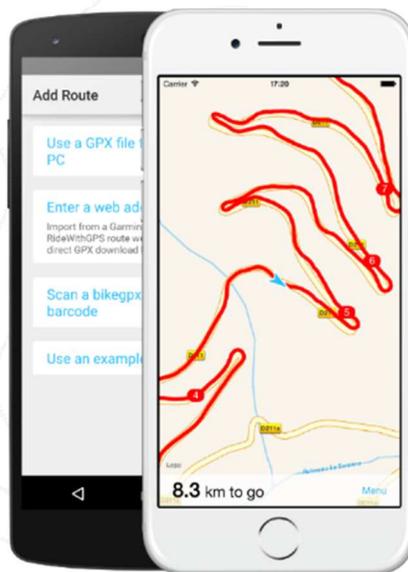
We will also have a support cyclist with the group to assist with navigation and provide guidance.



GPX'S

If you have a Garmin, bike computer or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX's will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.



TRAFFIC

The Highway Code applies to vehicles, cyclists, horses, pedestrians etc. But there are some rules that are dedicated to cyclists. Please read these rules as they will help you to be safe on the road.

Visit <https://www.gov.uk/rules-for-cyclists-59-to-82/overview-59-to-71> to find the rules that are for cyclists.



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CHALLENGE INFORMATION

- There is mobile signal throughout the route but it can be weak.
- There is Wi-Fi available on nights 1 and 3.
- Some sections of the route involve riding through exposed, isolated, upland areas, so be prepared.
- During the challenge you will encounter a variety of terrain including gravel cycle paths. Tyre choice will make a difference to how comfortable you are on the challenge; so avoid super skinny tyres.
- Opened in 1994 the Coast to Coast is claimed to be Great Britain's most popular long-distance cycle route and is completed by an average of between 12,800 and 15,000 cyclists every year.
- The Coast to Coast is best ridden from west to east to take advantage of the prevailing winds from the west and the more favourable gradients.
- Tradition dictates that the ride starts by dipping your back wheel in the Irish Sea and only ends when your front wheel gets a dip in the North Sea at the finish.
- The record for completing Coast to Coast is currently held by Joel Toombs and Matt Shorrock at 7 hours 53 minutes and 3 seconds.

START VENUE

Registration

Registration takes place on the morning of day 1 and will be **between 9:00am and 9:30am**.

There will be an event registration desk located at the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your cycling pack which contains route information and emergency procedures along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start cycling.

Car Parking

Details of any car parking facilities will be provided to you in the lead up to your challenge.

TRANSFERS

On arrival at the accommodation at the end of day 3 your bike will be carefully loaded into our vehicle using a large amount of packing blankets for protection, ready to be transported back to the start venue. On day 4 you will get a coach around mid-morning back to the start venue to be reunited with your bike and make your onward journey home.

Please note, that whilst the utmost care and attention is taken, Global Adventure Challenges cannot be held responsible for any damage incurred whilst bikes are being transported.

COAST TO COAST

ACCOMMODATION

We will stay in a mixture of bunkhouses and hostels during our challenge. On some occasions these may be mixed sex dorms, however where ever possible we will endeavour to have single sex dorms only.

On the final night you will be staying at a local hotel and rooms will usually be on a twin sharing basis.

Single rooms can be secured subject to availability and an additional fee. If you would like further information, please email the Customer Care team customer.care@globaladventurechallenges.com

Please note, if there are more than 20 people on the challenge we may be required to use multiple hotels in one location to ensure we can secure the number of rooms required.

Approximately 6 weeks before the challenge, we put together rooming lists for every accommodation. For hotels we will partner you up with someone of the same sex and approximately the same age where we can.

If you would like to share with someone you know on the challenge please let us know no later than 7 weeks prior to the departure date and we will endeavour to partner you up with that person for the

duration of the challenge. If you have chosen to do this challenge with a group of friends or work colleagues please let us know who is in your group and we will try to get you all in the same hotel. Due to the complex nature of the challenge and group sizes, requests cannot be guaranteed, and once they have been finalised, cannot be changed.

Names of the hotels you will be staying in and who you will be sharing with will be supplied to you during event registration.

Overnight, bikes will either be locked in secure rooms in the accommodation, locked in your own room or loaded into the luggage vans.



TELEPHONE & WI-FI

Generally the phone signal at the bunkhouses, hostels and hotels we use is good, but can vary depending on location. When cycling the signal will vary with the terrain.

Wi-Fi is likely to be limited at hostels and bunkhouses, but will be available at hotels however there may be a small fee for this.

LUGGAGE

You will need a large holdall/rucksack for your main luggage which will be transported by vehicle between our accommodations each day. We strongly recommend that your main piece of luggage weighs no more than 20kgs. Our ground crew and porters will be lifting and transporting your luggage whilst you are on the challenge so please keep this in mind when packing.

You may also wish to bring a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

COAST TO COAST

FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the Customer Care team.

Plenty of food and snacks will be available to you during the trip, however, we suggest you bring along plenty of your own favourite snacks to give you an extra boost when you find the going tough.

Breakfast

A hot breakfast will be served in the accommodation prior to setting off, which will most likely consist of: a sausage/egg sandwich, beans on toast or a full english breakfast.

Lunch

Lunch will be a picnic lunch and will consist of: Premade sandwiches, crisps, fruit, nuts and cake.

Dinner

Dinner will either be in the accommodation or in a local restaurant. An example menu is:

Main: Beef burger and chips, lasagne or sausage and mash.

Dessert: Sticky toffee pudding, chocolate cake or cheese cake.

Water

Water is provided to fill up your bottles each morning before cycling. We will have a couple of water stops throughout the day, where we will re-group and have drinks and snacks. Stops are scheduled approximately every 15 - 20 miles cycled. There will be one scheduled stop in the morning and one in the afternoon. Water, cordial, cereal bars, fruit and other tasty treats will be available.

EVENT CREW

A support team from Global Adventure Challenges will be in attendance throughout the challenge. At least one support vehicle 'floating' to provide support as and when required. The following roles will be covered on your challenge, with smaller numbers some crew will fulfil multiple roles:

Event Manager – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This includes organising refreshment stops in towns or villages along route and arriving ahead of the group at the hotel to ensure that when you arrive you can get to your room promptly and have a restful evening. The Event Manager will be the first one awake and the



last one to sleep to ensure you have the best possible time on your challenge.

Cycle Support – This person is the one you will see the most as they will be supporting you along the route. The cycle support will also offer essential route guidance when it gets a bit tricky to navigate, so make sure you are close by!

Bike Mechanic – This role is fulfilled by both the Event Manager and the Cycle Support, who will be on hand throughout the challenge to assist you with any mechanical repairs.

TIPPING

Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.



COAST TO COAST



WHITEHAVEN TO GREYSTOKE

Route Highlights

- Cycle along dedicated paths following old railway lines built in the 1850's.
- Pedal up and over Whinlatter Pass, the toughest climb of the day.
- Overnight in the village of Greystoke, home of 'The Legend of Tarzan, Lord of the Apes'.

Distances

Total distance: 48 miles

Timings

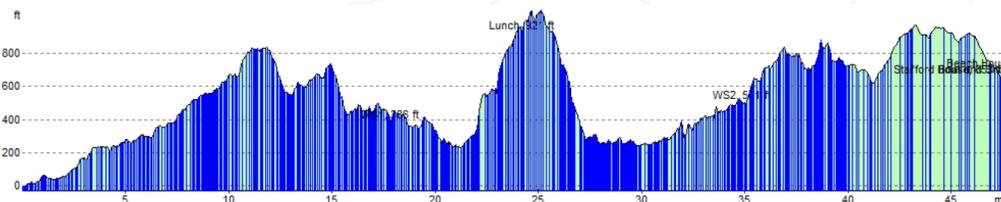
Departure time: 10:00am

Arrival at accommodation: 2:30pm – 4:30pm

Minimum cycling speed required: 9 mph

Total rest time allocated: 60 mins

Elevation Profile



Total ascent: 4,913 ft.

Total descent: 4,263 ft.

GREYSTOKE TO ALLENHEADS

Route Highlights

- Cycle up to the top of Hartside, approximately 1,903 ft.
- Work your way through the peaceful Eastern Fells.
- Summit Black Hill, approximately 1,998 ft.

Distances

Total distance: 40 miles

Timings

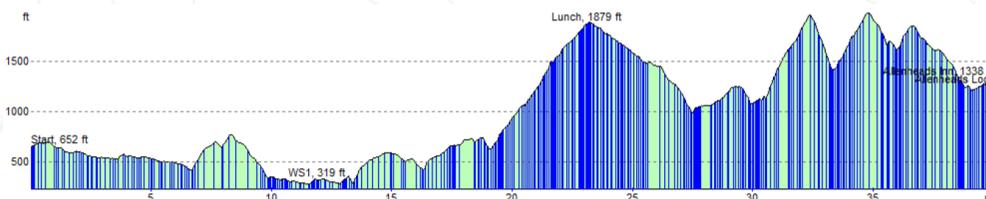
Departure time: 10:00am – 10:30am

Arrival at accommodation: 2:30pm – 4:00pm

Minimum cycling speed required: 7 mph

Total rest time allocated: 60 mins

Elevation Profile



Total ascent: 5,046 ft.

Total descent: 4,360 ft.





ALLENHEADS TO TYNEMOUTH

Route Highlights

- Follow cycle paths along the old railway of County Durham.
- Cycle through the centre of Newcastle and along the River Tyne.
- Finish in Tynemouth.
- Get the water taxi from Tynemouth to South Shields.

Distances

Total distance: 55 miles

Timings

Departure time: 9:00am – 9:30am

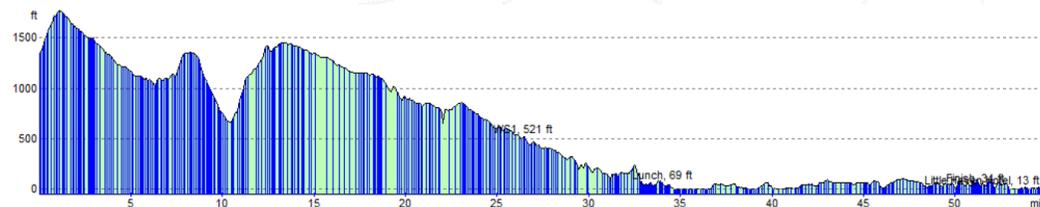
Arrival at finish: 3:00pm

Arrival at accommodation: 4:00pm

Minimum cycling speed required: 10 mph

Total rest time allocated: 60 mins

Elevation Profile



Total ascent: 4,170 ft.

Total descent: 5,497 ft.

