



## Land's End to Bristol Cycle Challenge

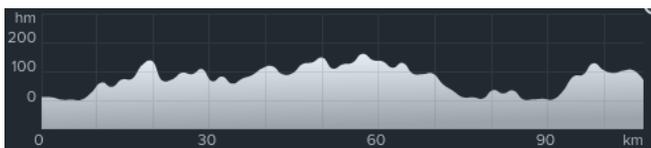
Test your pedal power and take part in this unique cycling challenge from Land's End to Bristol. Starting at Land's End, on the south westerly tip of England, we pedal our way through Cornwall, over Exmoor, passing Cheddar Gorge and all the way to the stunning coastal city of Bristol. You will cover nearly 260 miles in just 4 days, passing through some of the most stunning and remote English countryside. This fully supported challenge allows you to lap up some of the best cycling the British Isles have to offer.



### DAY 1 - Lands End to Wadebridge

Land's End is situated on the most south-western tip of England. It's rocky cliffs and pounding seas make a fabulous backdrop for the obligatory photos before we start! Your journey starts along the dramatic coastline from Land's End to Penzance, continuing along the West Coast we pass Newquay before arriving at the famous fishing port of Padstow. You will overnight in Wadebridge. Today is mainly undulating but with a few longer climbs and some shorter steep ones!

Approximate mileage: 60 miles

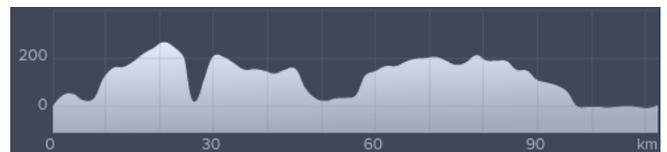


NB: We will start early from Land's End, so you will find it more practical to arrive the night before. We can arrange transport from the nearest mainline railway station, Penzance, the night before as well as hostel accommodation in St Just if you require.



### DAY 2 - WADEBRIDGE to Barnstaple

Following a hearty breakfast, today will be our most challenging section of the ride. You will cycle over rolling hills following the coastline to the village of Bude in time for lunch. The views today are fabulous if it's a clear day, though it can often be foggy in this wild part of Southwest England. There are still a few short sharp hills as the road winds its way to Hartland. You will then be rewarded with a decent all the way to Barnstaple where you will stay overnight. Approximate mileage: 70 miles





### Day 3 - Barnstable to Bridgwater

After another hearty breakfast you will be leaving the coast and cycling inland. Your legs will receive an early morning workout this morning with a steep climb into the stunning Exmoor National Park. The climb is worth the effort as you pedal through a picturesque landscape of moorlands, woodlands and rivers. The route then descends from the national park through scenic English countryside and charming villages. You will then make your approach into the market town of Bridgwater, settled on the side of the River Parrett and steeped in history, where you will overnight.

Approximate mileage: 58 miles



### Day 4 - Bridgwater to Bristol

Leaving Bridgwater, you will cycle towards Cheddar conquering a few short hills however your legs will be pleased to avoid the steep Gorge itself. As you near the Severn Estuary on the approach to the outskirts of Bristol, you will cycle along the River Avon cycle path. This path follows the river into Bristol passing the famous Clifton Suspension Bridge. On reaching the finish line at the Bristol Children's Hospital, you will be able to celebrate your cycle achievements together with your team-mates.

Approximate mileage: 45 miles



### Included in the price of the trip

- 3\* Hotel or B&B accommodation
- Transfer from Penzance to Land's End
- Experienced Cycle Leaders who are first aid qualified
- Bike Mechanic
- Fully equipped support vehicle
- GPX files of the route

### Not included in the price of the trip

- Transport to Penzance or from Bristol
- Personal drinks and snacks
- Personal spending money
- Tipping (optional)

### Weather & Safety

The weather in the UK can change very quickly especially along the coast and mountainous terrain. The prevailing wind direction will have more of an impact on the cycling difficulty than rain. It is very important to be well equipped and prepared for all conditions. A good level of fitness is required.

### Health

All our Cycling Leaders are first aid qualified and carry fully equipped medical kits for medical emergencies.

### Accommodation

Our accommodation is generally in larger hotels, though there may be some B&Bs. Due to the route we take, some nights are in Premier Inn -style accommodation to minimise unnecessary extra mileage. Please be prepared accordingly as the essence of this challenge is about the cycling and raising money for charity. Accommodation is comfortable and well situated but not luxurious. Rooms are usually twin-share and have en-suite facilities. Due to accommodation restrictions in certain areas, the night-stops as shown in the itinerary may change in order to accommodate different-sized groups.

### INSURANCE

We recommend you have bike insurance.

## How to Register

The easiest way to register your challenge is online via the Adventurous Ewe website at

[www.adventurousewe.co.uk](http://www.adventurousewe.co.uk).

You will need to pay a non-refundable deposit of £75.00 at the time of booking. It is possible to reserve a place on this challenge by email to [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk), however you will need to pay your deposit of £75.00 to confirm your place on this cycling challenge together with completing a booking form.

The full balance is required to be paid no less than 4 weeks prior to departure.

<b>Deposit:</b>	<b>£ 75.00</b>
<b>Minimum Fundraising</b>	<b>£1000.00</b>

## Cycling Information

The cycling is mainly undulating over rolling countryside, though there are some longer, tougher climbs primarily Exmoor. Distances are fairly long, averaging 45 - 70 miles per day, with a shorter day at the end. Overall you will cycle approximately 260 miles on this trip. Participants should make sure they are fit enough to manage these distances over 3 consecutive days. Traffic is light on most of the roads but when we pass through large towns we usually go through as a group.

## Bikes

We strongly recommend that you use a road bike or hybrid rather than a mountain bike for this trip due to the long distances involved on well-surfaced roads. It is important that you ride the bike you have been training on so you are used to it. Although training in the gym is useful, there is no substitute for getting out into all weathers and getting to know your bike, the range of your gears and continuous days in the saddle.

## Bike Repairs

Our support vehicles will carry a range of spares along with a full tool kit. However, it is impossible for us to carry spares for every eventuality so it is vital that you check your own bike is in good working order before departure. It is a condition of travel that you supply your own helmet and wear it at all times while cycling, with the straps done up!

**If you have any further questions, please get in touch with us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588069.**





## Land's End to Bristol Q&A's

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### **How big is the group?**

The minimum size group is 20 with a maximum of 45.

### **What's the luggage allowance?**

Two items of luggage are required for this trip; one large duffle type bag or back pack of approximately 60-80 litres in size (no wheels), which will contain all your kit and casual clothes. For the second bag we recommend a day pack of approximately 10-15 litres to carry all your personal belongings such as water proofs and snacks and mobile phone.

### **What will the accommodation be like?**

Our accommodation will be a mix of hotels and B&Bs. Be prepared for variety! Accommodation is comfortable and well situated but not luxurious. Rooms are usually twin-share and have en-suite facilities. Due to accommodation restrictions in certain areas, the night-stops as shown in the itinerary may change in order to accommodate different-sized groups. If you are travelling with a friend or partner who you wish to share with, please let us know in advance.

### **Will my valuables be safe?**

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery. We recommend your bike is also insured.

### **Who will be leading the group?**

We employ experienced cycle leaders. The leaders are first aid qualified and have extensive experience in leading cycling expeditions throughout the world. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment including first aid kits at all times.

### **What about other equipment/clothing?**

You will need to bring your own helmet so that the fit will be perfect. You will not be allowed to ride unless you wear a helmet. We recommend you bring your own gloves too. They are an essential piece of kit that will relieve strain and abrasions in the event of a fall. You must also bring your own padded cycle shorts and stiff soled sports shoes are recommended if you are not wearing SPDs. Please refer to the kit list for more details.

### **How fit do I need to be?**

This challenge is suitable for all levels. If you have never cycled before, this ride is still achievable with the correct ride preparation. Start at least 5 months ahead of the ride with some short distances at weekends and whenever you can during the week. 5-10miles 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 30-40miles in a day, and if you live in a flat area it is well worth getting out and finding some hills. They may hurt, but the more of these you do the easier you will find the ride and the rest of your training. If you cannot maintain a steady average speed of 9 miles per hour you are unlikely to be able to complete each days 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.

### **What is the terrain likely to be?**

The cycling is a mixture of steep climbs and sharp descents as the route undulates across the country. Distances are challenging for the terrain, varying between 80 to 45 miles per day, you should make fit enough to manage these distances and climbs in all weathers. Traffic is light on most of the roads but when we pass through large towns we usually go through as a group.

### **What if I can't keep up?**

The ride is not run as a race and there is always a large discrepancy in people's cycling ability. This is allowed for. If we find somebody is unable to cycle at all due to illness or injury, then we can transport him/her from one location to the next in the support vehicle.

### **General wellbeing**

The cycle leader will always keep the group together for maximum safety and set a sensible pace to help everyone complete this ride.

Please find below a few tips to remember while cycling:

- Hydration is important so please ensure you drink plenty of water. The natural glacial water is fantastic
- Eat plenty to keep your energy levels high
- Be a team player. Support your team-mates and look out for them as well.
- Honesty, if you feeling unwell at any point please let someone know, we want to make sure everyone remains fit and healthy whilst cycling.

### **What do I need to carry on my bike and with me during the ride?**

It is recommended that you carry the following items on you whilst riding (these can be attached to the bike, carried in a small day sack, bum bag or in a handle bar bag):

- Mobile phone
- Water bottles
- 2 x inner tubes
- Mini-puncture repair kit
- Waterproof/windproof lightweight jacket
- Snack bars
- Money

### **Do I need spares for my bike?**

You should take 2 spare inner tubes and your own puncture repair kit. All of our guides are will also be able to look after repairs with the equipment from the support vehicles. On some of our events we carry spare bikes. If your bike requires any spare parts, you will need to pay for these at the end of the ride. We recommend having your bike checked and serviced at your local bike shop before departure.

### **Not included in the cost of the challenge?**

The following items are not included in your challenge and will be at your own expense: activities or meals not mentioned in the itinerary, flights, personal spending money, snacks, and any drinks you may want over and above what is provided.

### **Weather conditions**

The Weather in the U.K. even during the summer months can change very quickly, it is worth being prepared for 4 seasons in one day.

### **What do you do to protect the environment?**

All Adventurous Ewe rides operate in a small group style which means you'll stay under the radar, travel the local way and eat the local food. You'll have the unsurpassed knowledge of your local leader, taking you out of the guidebooks and into a world of incredible landscapes and wildlife you're waiting to discover. You can also play your part by ensuring all rubbish is disposed of responsibly and you leave no trace during your cycle challenge.

Adventurous Ewe follow the local guidelines on cultural and environmental protection and respect.



## Land's End to Bristol KIT LIST

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Below are the items which are essential to pack for this challenge. Please note, the climate in the U.K. is ever changing on a daily basis so please ensure you are well prepared for all weather conditions including the heat, the cold, the wet and very windy conditions. Failure to have suitable clothing may seriously jeopardise your health and safety during this challenge.

- Cycling shoes/trainers
- Padded cycling gloves – recommended Padded cycling shorts/leggings
- Thermal/windproof top for cycling
- Waterproof/windproof jacket/cycling cape
- Cycling tops/breathable tops
- Sun block/Cream and lip salve
- Sunglasses (wraparound recommended)
- Vaseline/talcum powder/chamois cream (for saddle sore/rashes)
- Extra snacks/energy bars
- Rehydration salts/powders and energy drinks
- Hat/cap for sun protection Small first aid kit
- Hi-Visibility jacket/top - compulsory
- Small towel
- Clothes and shoes for when not cycling including shorts just in case it's sunny!
- Daypack for waterproofs/camera/first aid kit, etc.
- Camera, we recommend small digital cameras however the scenery is spectacular so if you use a SLR style camera if you are happy to carry this
- Go-Pro, If you have a Go-Pro or similar, again this is a film-makers dream ride, so feel free to bring this along as well

### Your bike

- Front and rear lights
- 2 Water Bottles or camelback
- Bike Lock
- Pump Puncture repair kit
- Full tool kit including inner tubes
- Bike insurance
- Bicycle bell
- Front and rear reflectors

### You're Daypack

- Mobile phone
- Camera
- Waterproofs
- Snacks or energy bars
- Rehydration sachets (e.g. Dioralyte, or sports powders) Recommended for replacing lost fluids
- Medication you regularly take while exercising
- Plasters
- Paracetamol/Nurofen

## You're Bike

Ideally you will already be familiar with your bike by the time you take part in the challenge. We recommend that you choose a road or hybrid bike. We strongly advise against a mountain bike, although the final decision is yours and you must be comfortable riding for long distances on it. In preparation for the event, and for your training, you must ensure that your bike is roadworthy. Have the bike serviced when you start training and again prior to the event. This will ensure that the bike is good enough to get you through your training and the challenge.

## Nice to Have

- Ear plugs
- Favourite snacks, both sweet and savoury
- Something to flavour your drinking water ie. Robinson's squash (mini 66ml size), Zero tablets etc.

## Kit Hire

If you're happy to purchase kit, Adventurous Ewe have a 15% discount code for the Cotswolds Outdoor Shop. There are stores located throughout the UK plus this code may be used online at [www.cotswoldoutdoor.com/](http://www.cotswoldoutdoor.com/).



15% Discount Voucher with Cotswold Outdoor



For more information or to book, please contact Adventurous Ewe  
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