



Coast to Coast Bike Ride, Q&A

How big is the group?

There will normally be a minimum of 20 people and a maximum of 70 people taking part in the event.

What will the accommodation be like?

The accommodation we use during the challenge mostly consist of hostels and outdoor activity centres within the Lake District and Northumberland.

What will happen to my luggage whilst I am cycling?

Your luggage will be transported in one of our support vehicles from hostel to hostel each day for you – it would be a bit cruel to make you carry that too, although if you really fancy a challenge you are welcome to try.

All you will need on the ride is a small day sack or pouch with things like a camera and some suntan lotion.

Will my valuables be safe?

We will do what we can to provide you with adequate safe storage for the group and security of your possessions. Although, we do believe in the rule if you don't need it, don't bring it. By adhering to this rule you will minimise the kit that you are carrying over the course of the challenge, which in turn will make it easier to complete the challenge.

What is the food and drink like?

The event is catered and you will have breakfast and dinner provided. The meals will be wholesome food to cater for your energy needs throughout the challenge. You will need to arrange your own lunch, but our lunch stops are in Keswick and Hartside where you will have the ability to buy lunch if you wish.

We can cater for special dietary requirements as long as we are informed of your needs in advance of the trip.

Who will be leading the group?

You and your team mates will navigate your way along the routes with route cards that we provide you.

However there will be bike guides who will ride with the group to offer direction, guidance and encouragement when you need it at different junctions along the route. They are all qualified guides. The lead guide will be responsible for everyone on the ride and will have the final decision on the itinerary.

How fit do I need to be?

The majority of people who take on this ride have never done anything else like this before and wouldn't classify themselves as super fit. However it is a challenge and to get the most from the ride and enjoy the whole experience it is important that you do some pre-event training to get in shape. We will provide you with a general training plan which we recommend you use as a guide and take additional professional advice that is specific to your abilities. We will also be on hand every step of the way to provide you with training advice.

Will you help me prepare for the ride?

Of course! When you sign up to the challenge you will receive our detailed Coast to Coast registration pack that will give details on everything from the itinerary and equipment to fundraising and tips for succeeding on the challenge. We are always available either by phone or email, especially during the lead up to the event. We are here to provide all the expert advice you need and to remove any difficulties or concerns you may have to make your experience as enjoyable as possible.

There will also be an opportunity to meet your fellow riders at an information gathering prior to the event.

Is a road bike suitable?

The challenge is 50% off-road and 50% on minor roads and paths. This means that a road bike is not



suitable for the challenge and you will need to use a mountain or hybrid bike.

Do I need my own bike?

If you have your own bike and wish to use it, then you are welcome to. Alternatively, we do offer the hire of a new and suitable mountain bike for the challenge for an extra cost.

What happens if I fall ill, can't keep up or there is an emergency?

We have qualified first aid guides on the ride to attend to any emergency. We have satellite phones which give us permanent telephone cover to allow us to deal with emergencies should the need arise.

What is included in the cost of the event?

Your registration fee includes:

- Coast to Coast Bike Ride t-shirt
- Information Pack
- Support right up to and on the event

You will also have the following included:

- 3 nights accommodation in hostels
- Fully catered event except for your lunches
- Bike guides and bike mechanic
- Logistical support

What is not included in the cost of the event?

Your essential kit list, which include bike, helmet are personal to each individual so we ask that you provide these yourself.

Personal Travel Insurance is not included for you on the event.

What about Travel Insurance?

To take part in the challenge you must have personal travel insurance cover. You can choose to arrange this yourself with your own insurer (however they must be aware of the nature of your trip and that it is a charity event) or alternatively we can help you with this.

Do I need spending money?

You will need some spending money for any incidentals that you wish to buy throughout the duration of the event.

What do you do to protect the environment?

All our events are carbon offset so that you know the even is carbon neutral.

We keep groups to a minimum to reduce the affects that our challenges have on the land whilst also being considerate to the local communities.

How do I book my place?

Easy! As soon as you are ready then you can register online with us to secure your place. Places are limited and to avoid disappointment we would encourage you to sign up as soon as possible!

We're sure not every question you might have has been answered here – if you have any questions not covered please contact us on info@gbcharityevents.co.uk

