



Glasgow to London Bike Ride, Q&A

Is this trip for me?

Absolutely! This trip offers an unforgettable challenge for anyone who wants to experience something truly unique whilst affording them an opportunity to fundraise in an amazing way for a great cause that is important to them.

You'll be joined by lots of like minded people who are all taking part and looking for the challenge of a lifetime – a great way to meet new friends. Some riders will come with friends, but most people join the ride on their own – so what are you waiting for?! Sign up online today to confirm your place for a fantastic experience and the opportunity to make life long friends.

How much do I have to fundraise?

Your fundraising target for the event is £500 – a very achievable target.

Will I be able to raise the sponsorship level?

Probably the number one concern for riders signing up to the challenge and its natural, you're definitely not alone thinking this. However the answer is a resounding YES!

The important thing is to take a big gulp and get started on your fundraising, no matter how small a start, because once you've got the wheels in motion, so to speak, your fundraising will gather pace, becoming easier and easier. Before you know it the target of £500 you are aiming for will be very quickly met and you will have had a lot of fun in the process.

We will provide you a fundraising pack with interesting ways and plenty of ideas to reach your fundraising target and do bear in mind the charity you will be supporting will also be on hand to help you with fundraising as well.

Remember you are attempting something truly amazing so don't be shy in telling friends and family about your challenge for a cause that is important to you. Not only that, but those around you will no doubt roll up their sleeves and give you a hand with your fundraising – it needn't be the scary prospect you imagine it to be! (we speak from experience!)

How big is the group?

This is a small dedicated event and there will be between 8 and 12 riders

What will the accommodation be like?

You will have bed and breakfast accommodation on a twin sharing basis.

What will happen to my luggage whilst I am cycling?

Your luggage will be transported in one of our support vehicles from the start point to the end point each day for you – we'd be a bit cruel to make you carry that too! All you will need on the ride is a water bottle and a bum bag with things like a camera and some suntan lotion.

Will my valuables be safe?

We will do everything to provide you with adequate safety 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 sticking to this rule you will minimise the kit that you are carrying over the course of the challenge, which will make it easier to complete the challenge.

What is the food and drink like?

Due to the physical nature of this challenge you will be using up more energy than a normal day of activity. This means that you will have to eat well to meet these increased energy needs. You will have snacks provided throughout the day at breaks to keep you going.

You will also have three meals a day to keep your energy up!

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. The lead instructor 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 by any stretch of the imagination. 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 you in shape. We will provide you with a detailed training plan which we recommend you stick to. We'll 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 registration pack that will look at everything from the itinerary, equipment, fundraising and tips for succeeding on the challenge. Not to mention that we will be on the end of the phone or email in the lead up to the event to give you all the expert advice you can handle to take the hassle away from you and make your experience even more enjoyable.

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

What do I need to bring?

You won't need any specialist equipment for this challenge. Although we do recommend that for training and for the event itself you use your own bike so that you are comfortable with being on the saddle for five days. However in the event that you do not have a bicycle for the ride they can be hired for the trip at a cost of £75. You will also need to bring your own cycle helmet for your safety.

Once you have registered for the trip you will receive a full kit list to help you with what equipment you will and won't need to pack!

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:

- Information Pack
- Support right up to and on the event

You will also have the following included:

- 4 nights accommodation on a twin sharing basis
- Fully catered event including energy snacks
- 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 it is advisable to 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 get in contact at info@gbcharityevents.co.uk