

UK COAST TO COAST CYCLE

FREQUENTLY ASKED QUESTIONS

How fit do I need to be?

This trip is a good endurance test and it is therefore essential that you put in the training for this challenge! It is important to make time to keep your fitness levels up and remember that while any exercise helps, the best form of preparation is to get cycling up and down hills, for good periods of time. Wherever possible, try to follow up a good day's cycling with another ride the next day. You will enjoy the challenge far more if you have a good level of fitness! This ride is achievable for most people provided they train well in advance.

Keep in mind that this is a challenging cycle and many people will find elements of the trip difficult at times, whether it is the physical cycling, changing weather, missing home comforts or something else. It is great if you can work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from achieving this epic challenge are unforgettable.**

What will the cycling be like?

The cycling is mainly undulating over rolling countryside, though there are some longer, tougher climbs. Distances are fairly steady, averaging approx. 55-60 miles per day, but the multiple climbs each day make them feel longer. You will need to make sure you're 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 may go through as a group. This is not a ride which any cyclist should attempt without specific training.

How accurate is the mileage?

Distances quoted are approximate and may vary depending on hotel location and any deviations. Please be aware that all measuring devices vary slightly and even tiny variations are amplified over long distances, so please do not feel cheated if your mileage does not agree with ours!

How will I know the route and what happens if I get lost?

The routes will not be route marked with arrows, but we will supply you with the GPX and TCX files for mobile navigation and all routes will start and finish at hotel accommodation. You will also have access to an app which will enable you to see where you are on the route. You will be provided with the contact telephone numbers for the leader in case you go off route and happen to get lost. Where possible, it's good to buddy up and try to cycle together in small groups.

Will there be GPX and TCX files provided for the route?

GPX and TCX files of the route will be sent to you prior to the trip departure for each individual day. It is important that you are able to confidently navigate whilst riding using a Garmin or mobile phone app prior to entering this cycle.

Can I hire a Garmin Bike Computer?

Discover Adventure have a limited quantity of Garmin 810 GPS Bike Computers which are available for hire on a first come, first served basis. These will be pre-loaded with the relevant route files ready for your trip. Please contact your Challenge Coordinator for a quote and information. The cost of hire will also include a security deposit, which will be refunded once the computer has been returned in its original condition following the trip.



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How busy are the roads that we cycle on?

We ride mainly on small country roads, but there are busier sections. You should be used to cycling in some traffic, as you will feel more confident.

What type of bike is most appropriate for this cycle?

Road bikes are the most suitable on this trip and it is imperative that you train on the bike that you intend to use. You need to be comfortable on your own bike and well accustomed to it.

What if I have a problem with my bike?

There will always be crew on your trip who are very handy mechanics, and a range of spares in the vehicle (please note the spares are chargeable) along with a full tool kit. There are also good bike shops en-route if need be. We can usually deal with most problems that come up.

It is vital that your bike is in good order before departure. If you're not sure, ask a bike shop to service it for you. The crew are there to help with unforeseen incidents affecting your bike, not to sort out general wear and tear. If you turn up with a bike which needs attention straightaway you may end up missing some of the ride, which is obviously not how you want to start your challenge.

What about cycle safety?

We know that not everyone chooses to wear a cycling helmet all of the time, but would like to point out that on this ride it is obligatory. Please do bring a **helmet** with you and have it fastened at all times whilst you are cycling. We also highly recommend that you wear a high visibility cycling jersey or jacket and that you bring lights for your bike when in poor light conditions (a lightweight, flashing bike light is sufficient). You are encouraged to cycle at a pace that you are comfortable with throughout the trip. It is always safer and good for company as well to cycle in small groups with others of a similar pace to you. There is usually always someone else cycling at a similar speed!

What are the travel arrangements?

You will be responsible for your own travel arrangements to/from the start point of the cycle at Workington. At the end of the ride we will arrange a transfer back to Workington if you need to return to your car. If you decide to opt for the pre-trip accommodation, you will need to make your own way to Workington the day before the cycle is due to begin. You will be responsible for any parking fees if you choose to leave your car in Workington for the duration of the trip.

What are the transport arrangements for my bike?

You will be responsible for the transport arrangements of your bike to the start of the cycle and at the end also. At the end of the cycle, we offer a bike courier service if you would prefer not to travel home with your bike.

Can you help me to courier my bike home?

We offer an optional bike courier service for your bike to be returned to your home at the end of the challenge at an additional cost. The crew will take your bike from you in Whitby; it will then be packaged up at our offices and returned to you within 5-7 days. Please note that someone will need to be available at the delivery address to sign for the bike, otherwise it will be taken to your nearest depot. Bike boxes are included with the courier service. A Bike Courier Service Request Form will be sent to you in the run up to your trip departure. Please ask for details if you would like to know the current cost of this service.

What is the pre-trip accommodation?

For this cycle, we offer a limited number of rooms in a hotel in Workington at an additional cost, should you wish to travel down and stay the day before the cycle starts. Booking forms for this will be sent to you prior to the trip departure. Please note that this is dealt with on a first come and first served basis and that there is a strict deadline for returning your forms.

What is the accommodation like?

Our accommodation is generally in larger hotels, though there may be some B&Bs. Due to the route we take, some hotels are not in town centres to minimise unnecessary extra mileage. Accommodation is comfortable and well situated but not luxurious. Rooms are usually twin-share and have en-suite facilities. Be prepared for variety! 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 alone, you will be paired up with someone of the same sex and similar age – please let us know if you wish to share with a particular person, if you have not already done so.



Can I request single accommodation?

There may be a limited number of single rooms available, however these are subject to request and at an additional cost (on a first-come, first-served basis). Please contact us if this is important to you, but remember sharing a room is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it! Note that it is not always possible to guarantee a single room for the entire duration of the trip, due to the nature of some night stops.

Who accompanies us on the cycle from Discover Adventure?

Your trip will be led by **experienced Discover Adventure leaders**. They are chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader. The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well managed, making you lunch and sorting out any mechanical problems. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

What if the weather is bad?

We carry on cycling! We carry gazebos so that we can provide some shelter at water-stops, but if it's raining you'll get wet – it's all part of the challenge! Because of this, it's vital that you follow the kit recommendations in our kitlist and are prepared, whether it's very hot, chilly, or wet. You don't have to spend a fortune on the best kit by any means, but you should be comfortable in all conditions – it makes a huge difference to your enjoyment on the day and may even make the difference between succeeding and not.



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What will I be eating?

You will have breakfast and dinner in your hotels each day and lunch will be provided for you mid-way through the day. The food at the buffet style lunch stops is varied and plentiful so do make sure you eat enough to give you the energy you will need for your exertions. It's really important that we know your dietary requirements before the challenge so if you do have any specific requests or allergies to certain foodstuffs, please let us know as soon as possible.

The water stops will have Tracker and cereal style bars, bananas, water and cordials giving you plenty of energy. It may be a good idea to bring along some of your favourite snacks and sweets from home as well to give you a bit more variety and to supplement the food provided.



I have a specific dietary need; will there be enough for me to eat?

Being vegetarian, gluten free, dairy free or having other dietary requirements is usually not a problem provided you **let us know well in advance**. If you feel you aren't getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can't help unless they know there's a problem. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Do I need to bring snacks?

You may wish to bring some of your own favourite treats and snacks with you for the ride. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important.

How much do I need to drink?

Drink, drink, drink! There will be plenty of water provided for you throughout the trip and at the snack stops so please ensure you stay well hydrated.

What is the celebration meal?

At the end of your challenge, there will be a final meal together as a group to celebrate your achievements.

What about toilets?

You may be getting used to being out on your bike for long periods of time and noticed that toilet facilities are not always in the most convenient of places. This is also true of the ride itself. There may be occasions where you may need to discretely stop in a natural area at the side of the road. You will need to take baby wipes, nappy sacks and paper in order to make sure you leave no trace. These can then be discarded in the nearest bin. You can also quickly stop and ask at a local café and buy something small to keep the owner happy!



What can I do to prevent illness during the challenge?

Illness can spread through the group very quickly when you are living closely together so it's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful.



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What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip **please talk to the crew and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!

What will happen in the case of an emergency on this challenge?

Your leaders will be equipped with mobile phones, first-aid kits and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate. If you are feeling unwell on this trip, tell your leaders and listen to their advice as your health and safety is our top priority.

How much money will I need to bring with me?

You won't need a great deal of money whilst on the ride, but do bring enough for any extra snacks or drinks you may like to buy en route and in the evenings.

If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs – for example, extra hotel accommodation or meals. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.

Will there be Wi-Fi, phone reception and charging points?

The Wi-Fi in the hotels may not be as fast as you're used to at home and the phone reception may be limited in some locations. You will only have access to power for charging devices when in the hotels. Treat this challenge like a '**Digital Detox**' and tell your relatives that no news is good news.

Do I need travel insurance?

Many people assume that travel insurance is an unnecessary expense for a trip in the UK. Of course, as a British citizen you won't need insurance for medical treatment because you can rely on the NHS. However, travel insurance is about more than medical cover, as it can protect you from a multitude of unfortunate circumstances. Definitely something worth considering.

When will we know the meeting details?

Discover Adventure will usually confirm the exact meeting arrangements and pre-trip accommodation options, at around 5 months prior to the trip departure so that you can make your travel arrangements in good time. Nearer the time, you will be given our out-of-hours number so you can contact us if you have any difficulties getting there on the day.

What do I need to bring?

Refer to the **Kit List** sent to you to ensure that you have all the essentials for a comfortable trip. It is best to wear cycle tops with a wicking property as cotton t-shirts tend to retain water and can be uncomfortable. Don't forget your charity tops too! If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants 15% off any purchases you make with them. Please ask us for the code if you do not have this already.



What do I need to carry?

You'll need to carry whatever you want with you when you're cycling as you won't have access to your main luggage. You can stow items such as a jacket in one of the vehicles if you no longer want it, but bear in mind that vehicle could be sorting out a problem some distance away when you may want it again! Many people try to ride light and fit whatever they need in their back pockets, but it depends on the weather and your personal preference – many ride with a small backpack or waist-pack.



What happens to my luggage during the cycle?

Our vehicles take your luggage to the hotel each day. Space in the vehicles is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft rucksack or expedition-style kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss options with you.



Passenger Portal

We have a **Passenger Portal** which will enable you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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