

# WAY OF THE ROSES BIKE RIDE 2016

MORECAMBE TO BRIDLINGTON

**24th – 26th JUNE**

170 MILES OVER 3 DAYS

FOR MORE INFORMATION  
CALL SHARON NOW ON

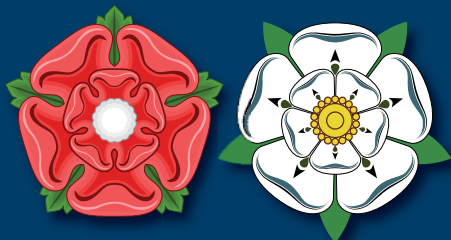
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**Limb  
POWER**

*Living life without limbs*





# WAY OF THE ROSES BIKE RIDE 2016

## MORECAMBE TO BRIDLINGTON

### 24th – 26th JUNE

### 170 MILES OVER 3 DAYS

#### THIS IS A THREE DAY BIKE RIDE

**Day 1.** Depart from Morecambe following cycle route 69 heading east towards Malham across the picturesque Yorkshire Dales. This first day of the route starts by taking you up the River Lune valley, we ride on cycleways all the way into the hills. Soon you join the quiet backroads heading towards the Yorkshire Dales and their many bustling market towns.

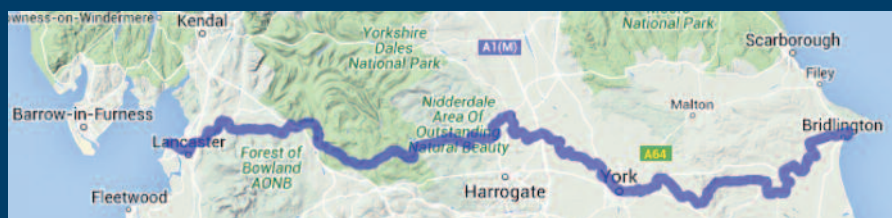
**Day 2.** Leaving Malham we continue our ride towards the Historic City Of York, we make our way through rolling hills of the Nidderdale moorland, an Area of Outstanding Natural Beauty, dropping into the River Ouse valley, which leads you on to the outskirts of the City of York.

**Day 3.** We leave the rolling hills with only the climb onto the Yorkshire Wolds to tackle before heading to the east coast town of Bridlington and it's promenade finish. Approximately 60 miles is covered, but with the going considerably easier than the previous days along quiet lanes and occasional traffic free cycleways. If you're a fish and chips fan the day's finest catch can be sampled in one of the many restaurants situated on the harbour front before we transfer you back to Morecambe.

Anyone one can join us to take on this exciting, but challenging ride. Contact Sharron to find out more.

Cycle 170 miles between Morecambe and Bridlington, this highly popular route passes through historic cities York and Lancaster, and lesser known gems such as Settle, Pateley Bridge and Ripon.

From coast to coast, you'll cycle across beautiful, varied landscape including the Lune Valley, Yorkshire Dales, Nidderdale and the Yorkshire Wolds and use traffic-free paths, on-road cycle lanes, country lanes and quieter roads. It's a challenge but rewarding cycling adventure for all.



#### What's Involved

- 170 miles in three days
- Pay a £100 non-refundable deposit
- Raise a minimum sponsorship of £900 or pay £450 to self fund
- This event is ideal for beginners taking their first challenge

#### Itinerary

- **Friday 24th June**  
Morecambe – Malham
- **Saturday 25th June**  
Malham – York
- **Sunday 26th June**  
York – Bridlington

#### What you Get

- The experience of a lifetime
- New friends
- Event Joining instructions
- Cycle Leader(s)
- Cycle Guides and Training Plan
- Route & Navigational Planning
- Accommodation and luggage transfers
- Breakfast and food whilst cycling
- Bike support
- Full Vehicle Support (inc bike mechanic)
- Qualified First Aiders



#### How to Register

Complete the registration form and medical form and return it with your registration fee to LimbPower at the address below:

**FOR MORE INFORMATION  
CALL SHARRON NOW ON**

**T: 07834 968075**

**E: sharron.manders@yahoo.com**

**The LimbPower Bank details are:**

*HSBC Account name:*

The British Ambulant Disabled Sports and Arts Foundation – LimbPower

*HSBC Sort Code:* 40-35-40

*Account Number:* 61459023

**LimbPower** is the National Disability Sports Organisation helping amputees and the limb impaired reach their sporting potential. Our objective is to increase the number of physically disabled people playing sport and to address the impairment needs of amputees and those with limb difference.

**LimbPower**  
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**www.limbpower.com**

Registered charity number: 1132829