



Limbpower Way of the Roses

Limbpower Bike Adventure



FAST FACTS			
Country:	England	Fundraising Target:	£900
Registration Fee:	£100	Max Age:	
Min Age:	18	Total Ascent (approx.):	2300
Max Altitude:	400 metres	Fitness Level:	
Total Distance:	170	Duration:	3
Next Departure:	23/06/2016		

Alternatively to the £900 fundraising target, you may pay the £100 registration fee to secure your place, and self-fund the £450 tour costs. **The deposit and the tour costs should be paid to LimbPower.**

About Limbpower

LimbPower offer relief to the ambulant disabled by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts. Registered charity number 1132829.

Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity sport and the arts to improve their quality of life and aid physical, social and psychological rehabilitation.



Join Limbpower on this fantastic UK coast 2 Coast ride, cycling from Morecambe on the west coast we will ride across the Yorkshire dales, through the city of York ending our journey at the seaside town of Bridlington. Crossing the historic counties of Lancaster and Yorkshire, this ride is sure to inspire you. Riding through villages and towns once walked by the Tudor Kings, cresting the hills of the Yorkshire dales and enjoying the seaside delights of both East and West Coast, makes this a really rewarding challenge. Arriving at our accommodation in Morecambe on Thursday evening, we will have a nice evening meal before the event briefing and an early night.

This Classic UK ride will begin with an evening in Morecambe on Thursday. Sampling the delights of this classic seaside town, fish & chips for dinner? before an early night in preparation for a Fresh Start on Friday morning. Following cycle route 69 we head east out of the town towards Malham across the picturesque Yorkshire Dales. We will be staying in YHA accommodation with Ground level bunks. We will arrange a meal before evening relaxation, maybe a chance to see the stars in the dark night. The following morning we will continue our ride towards the Historic City of York, exiting the Yorkshire Dales and entering the Nidderdale area of outstanding natural beauty before heading into York itself. We will enjoy a pleasant meal in the City itself before heading back to our accommodation for a final nights rest.

A bright start to begin our final day, we will head through picturesque Yorkshire villages before reaching our final destination of Bridlington on the Eastern Coast. After celebrations, we will be taking a coach from Bridlington back to Morecambe where you will be able to collect your vehicles. Adventure Cafe will transport your bikes.

For those travelling by train, trains to York and Scarborough can be taken from Bridlington then further transfers made from these hubs.

Notes on Charity Fundraising Challenges

For this event, you are required to make a registration fee payment of £100. This should be paid directly to the charity, please confirm this with Limbpower on 07834968075. You may then start your charity fundraising. You will not be required to pay anything further to participate in this challenge – provided you reach your fundraising target of £900. Normally, most charities will insist that 50% of fundraising monies are paid by 6 weeks before the challenge departure date.

Limbpower Account Details

Account: The British Ambulant Disabled Sports and Arts Foundation - LimbPower
HSBC
Sort Code: 40 35 40
Account Number: 61459023

Limbpower Address:

LimbPower
Whitcroft
Tandridge Lane
Lingfield
Surrey
Rh7 6LL

Charity No. 1132829



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Thursday

18:00: Participants begin to arrive at the hotel in Morecambe

20:30: Event Briefing

22:00: Lights Out

Friday

07:30: Breakfast

08:30: Depart on Ride

10:30: Morning Break

12:30: Lunch Stop

15:30: Afternoon Break

17:00 Arrive Malham

19:00: Dinner

22:00: Lights Out

Saturday

07:30: Breakfast

08:30: Depart on Ride

10:30: Morning Break

12:30: Lunch Stop

15:30: Afternoon Break

17:00 Arrive York

19:00: Dinner

22:00: Lights Out

Sunday

07:30: Breakfast

08:30: Depart on Ride

10:30: Morning Break

12:30: Lunch Stop

15:30: Arrive Bridlington

16:00: Coach return to Morecambe

18:30: Arrive Morecambe

19:00: Adventure Cafe Farewell



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Route Map



Accommodation

We will be staying in 2/3* comfortable hotel / bunkhouse accommodation.

What is a Level 3.0 Cycling Challenge Like?

These rides are typically multi day rides, with medium distances and sometimes undulating terrain. In the case of single day events, you can expect up to 9 hours cycling. In the case of a multi day ride, you can expect slightly lower daily durations - but of course - the effort is sustained over a longer period. You need to be keen on physical exercise for these events, to enjoy taking exercise, and to do it regularly. A 10 week training programme is available for our 3 star rides.

How Fit Do I need to be to join a Level 3.0 'Bike Ride'?

You need to have good endurance for these events. You must be used to doing long bike rides in the countryside of 4-5 hours and around 40-50 miles per day. You should be doing regular exercise - with some serious cycle training (at least twice per week). You may also be concentrating on other types of exercise - but for longer periods of time (ie sessions in excess of 1.5 hrs.) - however cycling is the best preparation.

Medical Issues

Please note, it is extremely important for this physical challenge that you are in good health. If you have any pre-existing medical conditions, please consider carefully whether you should be joining the challenge. Please ensure you fill in the booking form accurately and honestly, this is important. In the case of serious conditions (epilepsy, diabetes, heart conditions, recent illness or operations), please discuss the challenge with your GP. Please also ensure you notify us of any allergies or similar.

It requires stamina and good aerobic fitness - but good willpower will also come in handy! Failure to disclose medical conditions is a serious omission - that could have serious repercussions on any of our challenges.



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Special Notes

Alternatively to the £900 fundraising target. You may pay a £100 deposit to secure your place, and self fund £450 tour costs. This should be paid to Limbpower.

Included In Trip

Experienced cycle leader, Vehicle with support driver and mechanical backup, first aiders. 3 nights 2/3* hotel accommodation / Bunkhouse accommodation. Coach Transfer from Bridlington to Morecambe, Breakfasts, Luggage transfer through event, Lunches, Spare Bike.

Excluded From Trip

Evening Meals, Transport to / from Morecambe.

Equipment Required

Bike Items

Road Bike / Hybrid Bike / Mountain Bike (with Touring Tyres) - please call us for guidance on type of bike on a trip by trip basis
Water Bottles (bladder system/cycle water bottles)
Cycling Gloves, Bike Lock, Neck Scarf
Small Rucksack (or small pannier)
Small Holdall (for overnight gear)
Lamps (front and rear, head torch can be worn)
Under Saddle Pouch (recommended - can be used to carry asterik* items)
Duck Tape (small folded piece off the reel)*
Puncture Repair Kit*
2 x Inner Tubes*
Multi-Tool (with allen keys)*
Oil/Lube*
Pump (suitable for your valve type)
Helmet (compulsory)

Medikit

Suncream, Plasters
Vaseline, Painkillers, Sunbloc

Washkit

Pack Towel (lifesystems recommended), Soap (small bar)
Toothbrush, Toothpaste

Warm Clothing

Medium Weight Fleece, Lightweight Gloves, Fleece Hat

Cycle / Overnight Clothing

Lyra Cycling Shorts, Cotton Shorts
Long Cycling Trousers (Tights/Tracksuit Bottoms)
Cotton T-Shirts for evening
Short Sleeve Cycling T-Shirts (Dryflo type material) or Cycle Top with rear pockets
Cycling Shoes (approach shoes suitable)
Sandals / Spare Shoes for after ride
Underwear
1 Set Casual Evening Wear
1 Pair Cotton Trousers

Waterproof Clothing

1 Outer Fully Waterproof Jacket (gore-tex, e-vent) - comfortable to cycle in
1 Pair Outer Waterproof Bottoms

Other

Camera, Memory Card
Wallet, Credit Card, Cash
Sunglasses, Mobile Phone
Penknife, Snacks for Cycling Days (dried fruits, nuts, flapjacks, cereal bars etc)

Important

Make sure you do not 'over pack' - bring only what is essential for the trip

A final kit list will be provided in your 'Final Joining Instructions' pre-departure

Safety Information

Your leader and support driver will do their very best to keep you safe and well on this trip. But you should listen carefully to their briefings. It is their role to identify to you the safest way to get through this ride, and to keep an eye on you and your wellbeing. Please take seriously any suggestions or comments they may make to you - it is for your wellbeing! The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

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Charity No. 1132829

LimbPower
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Surrey



adventurecafe

Please contact Adventure Café on 01460 249191 to arrange your own departure dates, exclusive trip, or your own corporate event. We shall be delighted to develop something specifically for you.

T - 01460 249191
E - info@adventure-cafe.com
Frogmary Green Farm, West Street,
South Petherton, Somerset, TA13 5DJ.

