

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

WALES END-TO-END CYCLE

JOIN US AND CONQUER THE
LENGTH OF WALES BY BIKE!



**GLOBAL
ADVENTURE
CHALLENGES®**

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GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 4 days

Distance: 250 miles approx.

Challenge Grade: Extreme 3

Location: UK

CHALLENGE HIGHLIGHTS

- Bike the length of Wales!
- Start your adventure with stunning views of the island of Anglesey
- Pedal through the village with the longest Welsh name - Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch!
- Cycle through the hills of the Brecon Beacons

THE CHALLENGE

Pedalling from the most northern point of Wales down to the vibrant capital of Cardiff, we'll experience diverse and beautiful landscapes of majestic woodlands, rural lanes and distinct mountain ranges. This challenge is tough, but with our awesome support crew coupled with the camaraderie within the team, the miles will fly by as we enjoy this iconic cycling challenge! You'll make friends for life along the way, push yourself beyond your limits, but best of all you'll finish with memories to cherish for a lifetime. Join us and experience this incredible adventure for yourself!

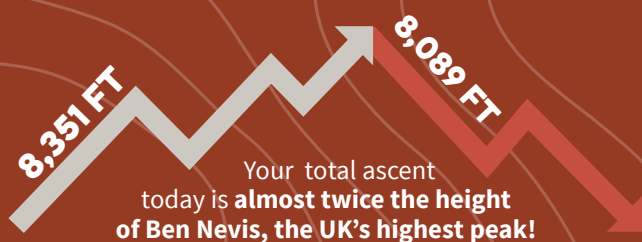
Day 1

South Stack to Bala

We meet early morning in South Stack, Anglesey for registration with views of the South Stack Light House. Following registration we'll set off on our voyage towards Four Mile Bridge and on to the famous Menai Suspension Bridge. Once across the bridge we will continue in a south easterly direction,

passing many lakes and reservoirs to Llanberis, where we will take on one of the largest climbs of the day in Snowdonia National Park. Once we have summited we'll cycle through beautiful Welsh country side until we reach Bala, where we will stay overnight.

Cycling distance - approx. 85 miles



Day 2

Bala to Brecon

After breakfast we begin our longest day in the saddle. We'll cycle along the stunning Lake Bala 'Llyn Tegid' and follow the River Dovey, before cycling over the biggest climbs of the day. We then continue down through the picturesque Welsh valleys to the beautiful Elan Valley where we will again take on

another big hill climb. Following this we cycle down to the idyllic Elan Village itself, which is known for being the only purpose built model village in Wales! From here on in, we are heading directly to our overnight stop in Brecon, passing through vast green farmland.

Cycling distance - approx. 106 miles





FROM THE ISLAND OF ANGLESEY ALL THE WAY TO CARDIFF, CONQUER THE LENGTH OF WALES BY BIKE!

Day 3

Brecon to Cardiff

From Brecon we will begin our final day by cycling around the stunning Talybont and Pontsticill Reservoirs. We will then continue our cycling adventure heading south through the valleys alongside Merthyr Tydfil and other small Welsh towns and villages. Our route today will take us along quiet Welsh country roads to

Penarth where we will soon reach the outskirts of Cardiff - for the final leg of our epic bike ride! We cycle over the Cardiff Bay Barrage to our finish line in Cardiff Bay. Tonight we toast our achievements with a celebratory meal as a group in the vibrant Welsh capital.

**Cycling distance -
approx. 60 miles**



Day 4

Cardiff to South Stack

After breakfast at our hotel we will jump into the transfer vehicles and head back to South Stack for farewells and goodbyes.

Please note, this is a complex itinerary and subject to change.

**"I'VE JUST COMPLETED THE WALES
END-TO-END CHALLENGE WITH 2
COLLEAGUES. IT DEFINITELY WAS
'EXTREME' FOR ME - VERY HILLY
BUT DEFINITELY WORTH THE EFFORT
- THE LOVELY VIEWS, SUPPORTIVE
STAFF AND NEW FRIENDS ALL
HELPED ME GET THROUGH IT. ALSO
RAISED FUNDS FOR OUR CHOSEN
CHARITY ACTION FOR CHILDREN."**

**WALES END-TO-END
2018 CONQUEROR**



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (those aged 14-17 years old must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge!

How fit do I need to be?

This cycle ride has been graded as Extreme (3) on our challenge grading scheme and is designed to push your boundaries - however it is achievable by anyone as long as you fitness train beforehand. Remember, you will be cycling for 3 consecutive days and you can expect to be in the saddle for an average of 7 - 8 hours per day - the fitter you are, the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to put you in the right direction.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will stay in a mixture of bunkhouses and hostels during our challenge. On some occasions these may be mixed sex dorms, however where ever possible we will endeavour to have single sex dorms only. On the final night you will be staying at a local hotel and rooms will usually be on a twin sharing basis.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves - other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food Matters...

All meals will be provided on the challenge starting from lunch on Day 1 through to breakfast on Day 4. We cater for most dietary requirements as long as we know in advance, just fill out the relevant section on your registration form.

What's included?

- All meals from lunch on Day 1 through to breakfast on Day 4
- Three nights' accommodation
- All transfers
- Water, snacks and fruit at rest stops
- Vehicles for backup and support
- A Global Adventure Challenges leader
- Route markers or cycle guides
- Comprehensive first aid/medical kit
- Mechanical support. Basic spare bike parts will be taken but please note we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike

What's not included?

- Breakfast on Day 1, lunch and dinner on Day 4
- Alcoholic drinks
- Bicycle hire - each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Travel insurance
- Tips and gratuities

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leaders from the UK. Full comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle will follow the group providing medical and mechanical support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling - there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the challenge ensuring no-one is left alone - remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

Places are limited and allocated on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee. Once your registration is received we will contact you with further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

#BELIEVEYOU CAN

REGISTER ONLINE TODAY!

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