



St Ives to St Ives Cycle Challenge key info

Please remember this is a challenge ride and not a race!!

Please do	Please don't
<ul style="list-style-type: none">• Enjoy the ride and scenery• Challenge yourself• Lookout for other riders• Wear a helmet at all times• Follow the highway code and ride safely• Warn others of hazards	<ul style="list-style-type: none">• Wear head phones• Drop litter• Ride in a manor dangerous to yourself or others• Impede traffic flow• Challenge yourself

The main hazards

- Riders hitting each other
 - Pot holes
- Some steep descents
- Some long descents
 - Loose gravel
 - Narrow roads
- Busy traffic around larger towns
- Fatigue and loss of concentration

Before the ride

- Keep training
- Please download the free mobile phone tracking app called [Life360](#).
- Ensure your bike is in great condition

Registration and the start

Registration will be between 07:00 and 07:30 on Friday 11th September at:

Zest café and Bar

[St Ives One Leisure INDOOR centre](#)

Westwood Rd, Saint Ives PE27 6WU

You will be able to park or be dropped off but I would not recommend leaving your car here for the whole weekend. There are changing rooms if needed. At registration please sign in, we will check your contact info, give you your event number, please hand over your overnight bag and we will do a short briefing.

After a quick photo we will be leaving at 08:00.





Navigating the route

The route is not sign posted so you will need to navigate the route. The routes will be confirmed 1-2 weeks before the ride and will be emailed over to everyone as a Strava link that can be downloaded.

I can't recommend enough a cycling computer with navigation like a Garmin. You really don't want to be stopping at every junction to check which way to go. If you do purchase or borrow a cycling computer for this event please ensure you are familiar with it and can follow routes.

The routes

Day one – St Ives to Swindon, approx. 124 miles with around 6700ft of elevation, start time 08:00

Day two – Swindon to Barnstable, approx. 137 miles with around 9300ft of elevation, start time from 07:00

Day three – Barnstable to St Ives, approx. 120 miles with around 800ft of elevation, start time from 07:00

Each day we will be providing snacks and drinks at our lunch stop, this will also be a check point so please ensure you check in at each stop. You should be able to access your bags at these stop, these stops will be a good opportunity to charge phones and cycling computers.

Along the route is a number of shops, garages and cafes that could be used as stopping points.

Problems on the ride (your event number will have a support phone number on)

First aid

- In an emergency please contact the emergency services as you would normally. Please advise us also as soon as you can.
- All of our support vehicles will have first aid kits in

Mechanical

- One of our support staff will be cycle mechanic and will hopefully be able to sort any problems. It's a good idea to get your bike serviced before the ride but do a few training rides afterwards to ensure everything is working as it should. Check tyres, and even remove bits of flint from your tyres this can help prevent punctures.
- If you get a puncture you will need to change your own tubes, please ensure you bring along, spare tubes, tyre levers and a pump, and please ensure you can change a tube. We will of course help if nearby.





Just can't ride any further

- If for one reason or another you can't or don't want to ride anymore we can pick you up and take you to the lunch stop or to the hotel.
- If you require a morning or afternoon off, again we can transport you to either the lunch stop or to the hotel.
- We can only transport a total of 12 people at any one time
- If you decide this challenge is not for you and you want to finish the challenge and go home we will be able to drop you and your bike off at a railway station, you will need to make your own way back at your own cost.

Our Hotels

Breakfast is include each morning but you will need to purchase your own evening meal on day one and day two. Bikes can be stored in rooms or dedicated meeting rooms.

Coach transfer back to Cambridgeshire

We will be traveling back from Cornwall on a luxury coach, each seat has seat belts and USB charging points. The coach will be towing a bike trailer.

- Departing 09:00 on Monday
- Loading will commence from 08:00
- We will stop twice on the way back
- The drop off point will be the same as the start point St Ives One Leisure indoor centre

Kit list

Below is a list of suggested items for this ride but it's not an extensive list

- Bike – your bike [set up](#) is really import for this ride
- Helmet
- Drink bottles
- Gels and snacks
- Inner tubes, pump & tyre levers
- Good quality lights
- Cycle computer with routes loaded
- Mobile phone
- Some money
- Power bank and cables!!
- Base layer
- Bib shorts or tights
- Cycling jerseys
- Cycling shoes
- Rain jacket
- Gilet or similar
- Gloves
- Sun glasses, glasses or contact lenses
- Arm/leg warmers





Overnight bag

- Clothes and shoes for evening meals
- Any medication
- Toiletries
- Please keep to a minimum approx. 10Kg
- Please label your bag

Important timings

- Friday 07:00-07:30-registration
- Friday start 08:00
- Sunday evening meal 20:00
- Monday coach loading 08:00
- Monday coach depart 09:00

Reminder of what's not included

- Rider's third party liability insurance, I would really recommend this it's not expensive and is designed to pay out if you are involved in a incidents causing injury or damage to property
- Cycle loss or damage insurance this can often be added to house insurance for only a small cost
- Evening meal night 1 & 2
- Drinks at the hotels
- Additional food and drink along the route.

If you require info more info please email info@longlegtours.co.uk or call 07989 593822

