

The challenge of a lifetime...
...for the charity of your choice

Cycle California

Yosemite to San Francisco



400km of the Golden State to the Golden Gate Bridge



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**GLOBAL
ADVENTURE
CHALLENGES®**

An epic cycling adventure from the mountains of Yosemite to the Golden Gate Bridge...

Your cycle challenge...

...is to cycle 400km and conquer California, as we ride for 5 days from the mountains of the Golden State to the spectacular city of San Francisco. We kick off this epic adventure in the monumental Yosemite National Park, with massive granite peaks, towering forests, roaring waterfalls and sparkling lakes and head to the Pacific Coast Road, high above the crashing surf and golden sandy beaches. With a breathtaking finish over the Golden Gate Bridge and one of the coolest cities on earth, get ready for a night of partying 'San Fran' style!

Your itinerary...

Day 1

We depart the UK for our flight to San Francisco. Upon arrival we will be met by our guides and then transfer to our overnight hotel. We will have a briefing about the following day's activities and then we are free to go out and enjoy dinner.

Day 2

Transfer to Yosemite National Park

After an early breakfast we will continue the transfer to Yosemite National Park. Our camp will be based in Yosemite Valley, which is divided by the Merced River and hemmed in by some of the most spectacular chunks of granite - the most famous being El Capitan at 1,000m and Half Dome at 1,444m.

Once our camp is pitched, the afternoon will be spent exploring this mighty playground and we will also have a full briefing about our Californian challenge.

Day 3

Yosemite to Turlock Lake

After breakfast we take a short transfer to our start point at the edge of Yosemite. We begin riding on the quiet Route 120 West where we start with a big ascent. The road is then undulating for most of the morning. Throughout the day, the scenery begins to change as we pass farmland and small communities. After lunch our route offers us great views over Lake McClure with beautiful pine and oak woodland backgrounds. We continue on a fairly flat road past agricultural land to our overnight camp on the banks of Tuolumne River.

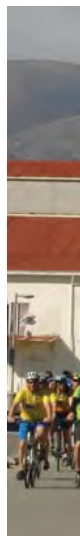
Cycling distance – approx. 98km

Day 4

Turlock Lake to Lake Camanche

Our longest day in the saddle so an early start. We head west out of camp, passing Turlock Lake and over Robert Ferry's Bridge and a number of canals. Today's route is a combination of long flat straight sections with some undulations thrown in, as we pass small villages and ranches with white picket fences. After lunch we remain on quiet country lanes for the rest of the afternoon. Our ride finishes at the popular fishing lake of Camanche.

Cycling distance – approx. 106km





Day 5
Camanche Lake to Walnut Grove to Rohnert Park

After breakfast, we are back on our bikes for the ride through San Joaquin Valley. Our route begins uphill and continues undulating until Clements Town with vineyards on either side. From here we pass over lots of waterways and the Sacramento River. The road hugs the river all the way to Walnut Grove where we will stop for an early dinner at a local vineyard and have the chance to sample some of the local wine and produce. From here we transfer for approximately 1½ hours to Rohnert Park.

Cycling distance – approx. 82km

Day 6
Rohnert Park to Olema

The first section today will be a little busy as we leave town and head towards the Californian coast. The scenery changes as we approach our lunch stop in Tomales Bay, near a local oyster farm (tasting available!). From our lunch spot, the undulating coastline takes us through the quaint town of Point Reyes and all the way to Olema, our finishing point for today.

Cycling distance – approx. 59km

Day 7
Olema to San Francisco

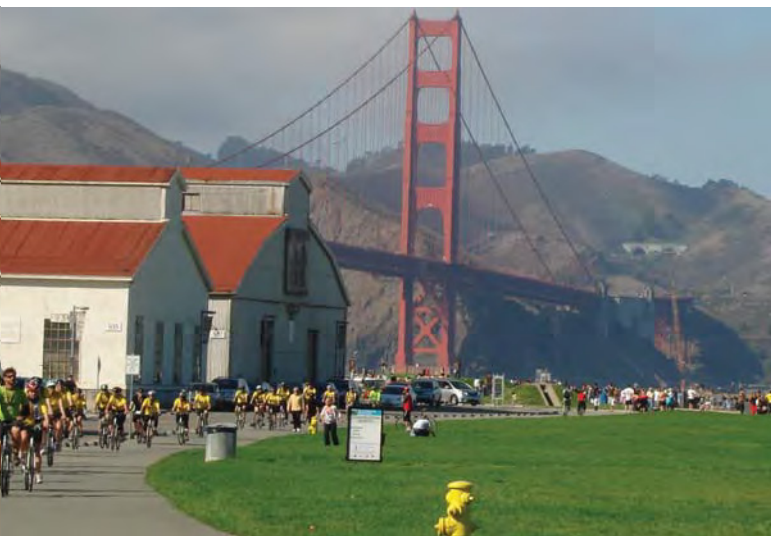
The last day of our cycling adventure! After a tough, undulating section, it's not long before we reach Bolinas lagoon and reserve. The road continues along the coastline until we reach Stinson Beach, where we will have a well earned rest stop. Next are steep undulations and hairpins as we hug this beautiful rugged coastline. We have our final ascent through John Muir Woods and then excitement will mount, as we get closer views of the iconic Golden Gate Bridge. We ride across the bridge as a team and down to our finish line at Crissy Fields (Golden Gate National Parks Conservancy). We have a short journey to our overnight hotel in the heart of San Francisco, where we will have a special dinner to celebrate our achievements!

Cycling distance – approx. 57km

Day 8
 We take the transfer to San Francisco Airport for our flight back to the UK.

Day 9
 Arrive UK.

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



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning that you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 5 consecutive days and in hot temperatures, over hilly terrain, with some climbs and descents – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and fellow participants!

Where will we stay?

Accommodation will be twin sharing in tents apart from Days 1, 5 and 7 when we will stay in a hotel, twin share with en-suite washing facilities.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from a cycling helmet and some cycling shorts and gloves you do not need any specialist kit. Participants can bring their own pedals, bar-ends and any other personal cycling equipment they see fit to modify the bikes supplied, although it is not compulsory. You may wish to consider bringing a hydration backpack, although all bikes have 1 water bottle cage and some have 2.

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/hydration backpack while cycling, to carry items such as a camera, sun-screen etc.

Food matters...

All meals and snacks will be provided on the trip. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. Food will be varied and nutritious.

What's included?

Return flights from London to San Francisco, local English speaking guides and crew, all transfers, all meals starting with breakfast on day 2 through to breakfast on day 8, all accommodation – twin share, all camping equipment – tents, mattresses and kitchen, all permits and local national park fees, bike hire and spares, bike mechanic, air-conditioned vehicles for backup, support and transfers, drinking water, snacks and fruit for cycling days, Global Adventure Challenges leader from the UK and a comprehensive first aid kit.

What's not included?

Airport taxes and fuel surcharges - these are approximately £250 per person, ESTA or visa if applicable, tips, alcoholic drinks and drinks during meals and personal travel insurance – it is strongly advised to take this through Global Adventure Challenges.

Can I stay in San Francisco after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at customer.care@globaladventurechallenges.com as soon as possible. There is a minimum £60 + VAT charge for having your return airline ticket extended.

What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. A comprehensive first aid kit will be taken and we are never too far away from hospitals if needed. An air-conditioned vehicle will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on the cycle ride 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 your 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 go 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 medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

Have you got what it takes to conquer California by bike?

Register online today!

www.globaladventurechallenges.com

