Wales End to End

Join our team and ride Wales End to End for a truly inspirational experience; you’ll make friends for life, push yourself beyond your limits but most of all make memories you’ll cherish for a lifetime.

Pedalling from the most northern point of Wales down to the vibrant capital of Cardiff, we’ll experience diverse beautiful landscapes of majestic woodlands; rural lanes and distinct mountain ranges.

This is a very tough challenge, but with our magnificent support crew coupled with the camaraderie within the team, the miles will fly by as we enjoy this iconic cycling challenge.
INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of GAC. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH13 8BP. Company registration number: 08444204. Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are authorised and regulated by the Financial Conduct Authority registration number: 203120).

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.
**ABOUT GLOBAL ADVENTURE CHALLENGES**

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing…” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year… join them… join us!

**MINIMUM NUMBERS**

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 20.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the Challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally between 20 - 25 participants.

**RESPONSIBLE TOURISM**

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and as a participant of Global Adventure Challenges it is expected that you share our passion and follow the guidelines below:

**Respect other people**
- Be courteous to the local community and other people enjoying the outdoors.
- Keep noise to a minimum, especially in areas near dwellings.
- Keep to the marked route and do not stray onto private property.
- Leave gates and property as you find them.

**Protect the natural environment**
- Leave no trace of your visit.
- Take your litter home including fruit peelings.
- Pick up any litter that you see along the route and dispose of it at the next checkpoint.
- Do not disturb wildlife or livestock.
**INSURANCE**

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

**Bike Insurance**

It may be worth considering bike insurance for whilst you are on the challenge. Please be aware that the travel insurance through Global Adventure Challenges does not cover your bike.

**TRANSFERS**

On arrival at the accommodation at the end of day 3 your bike will be carefully loaded into our vehicle using a large amount of packing blankets for protection, ready to be transported back to the start venue. On day 4 you will get a coach around mid-morning back to the start venue to be reunited with your bike and make your onward journey home.

Please note, that whilst the utmost care and attention is taken, Global Adventure Challenges cannot be held responsible for any damage incurred whilst bikes are being transported.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.

**CHALLENGE INFORMATION**

- The population in Wales is approx. 3,113,150 and only 361,468 of those live in the capital, Cardiff.
- The size of Wales is 8,024m2.
- The longest word in Welsh is ‘Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch' which translates roughly to "St Mary's Church in the Hollow of the White Hazel near a Rapid Whirlpool and the Church of St. Tysilio near the Red Cave".
- The original lights in South Stack light house were 21 oil lamps backed by large reflectors.
- Snowdonia is home to Wales’ highest mountain, Snowdon (3,560 ft.).
- Lake Bala is the largest lake in Wales, sitting at 872 sq. miles.
- The Brecon Beacons National Park covers a staggering 520 square miles.
- Pen y Fan is the highest peak in the Brecon Beacons at 2,907 ft.
- Cardiff Bay Barrage was one of the largest civil engineering projects in Europe during its construction in the 1990s and cost around £220 million to build.
WALES END TO END

CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 3 (Extreme).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or ‘super fit’, however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated ‘Challenging’, could have a ‘Tough’ section, or we may find that a ‘Tough’ challenge, may have a ‘Challenging’ section.

Extreme
A ‘Extreme’ cycle requires a very high level of fitness and usually involves long days cycling with plenty of steep ascents and descents.

It may also be classed as ‘Extreme’ due to the weather conditions. The weather can be more unpredictable on these challenges.

Hostels and bunk houses are used during the challenge and these are basic.

DIFFICULTY & TERRAIN

You will be cycling for 3 consecutive days covering a total distance of approx. 251 miles. We will cycle on varied terrain which is mostly tarmacked roads but at times will be testing with gravel and loose stone cycle paths and narrow country lanes.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a race and one top tip you should follow is to cycle at a steady pace.

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.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

WEATHER

Although it is impossible to predict in advance what the weather will be like for any particular day, it is hoped that you are prepared for all types of conditions. In the welcome pack you will find a detailed kit list, please ensure that you bring all of the items marked as ‘Mandatory’.

Before the start of the challenge the Event Manager will check the weather forecast and make a final decision about the appropriateness of the route to be taken.

<table>
<thead>
<tr>
<th>Month</th>
<th>Average Sunlight Hours</th>
<th>Average Temp °C</th>
<th>Average Wind Speed (mph)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Min</td>
<td>Max</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>6</td>
<td>14</td>
<td>22</td>
</tr>
<tr>
<td>Aug</td>
<td>6</td>
<td>13</td>
<td>21</td>
</tr>
<tr>
<td>Sept</td>
<td>5</td>
<td>11</td>
<td>19</td>
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</tbody>
</table>

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.
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**Personal Care**

**First Aid**

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we also require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

**Health and Hygiene**

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.

**Bike Care During Your Challenge**

Although there will be bike mechanics on the challenge, there can sometimes be a long wait for them to get to you, so here are some really simple tasks that you ideally need to know how to complete before you start the challenge:

- Change an inner tube/tyre
- Inflate your tyres to the correct pressure
- Grease your gears and chain

These will ensure you can fix your own bike and get back on the road much faster. The best way to learn is either to be taught by someone or look up the task on the internet; there are some great tutorials available. Please ensure you take your bike for a full service before the challenge!

**Mechanical Support**

The skills of our bike mechanics are usually in high demand during our challenges. As mentioned in the Bike Care section being able to complete basic repairs or punctures yourself really makes a difference to how quickly you can get going again.

During the challenge, bike mechanics are on call to assist you and they will also be available to fine tune your bike each evening at the accommodation, time permitting.

We do carry bike spares however these are not high specification parts and are supplied to allow you to be able to complete the challenge. If you do require specialist components for your bike then you will need to bring them with you. If you cannot carry them with you on your bike then they will need to remain in your luggage and can be accessed on arrival at each night’s hotel.

Any spares which we supply you with will be on a cost basis which is payable to the mechanic. Please ensure you carry sufficient funds with you for this eventuality.

If the mechanic is unable to fix your bike on the side of the road (i.e. if it is a serious problem) we will provide you with a spare bike, that we carry, to enable you to get to the accommodation. When the bike mechanic is back at the accommodation, they will try to get your own bike fixed for the following day.
When you register on the day, you will be supplied with a route guide in your cycling pack. It is important that you carry this with you each day so you can regularly check it whilst on the route.

**Route Marking**
The route will be clearly marked with florescent arrows. These and your route guide will help you to navigate your way along the route.

If you have a Garmin, bike computer or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX’s will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.

Traffic in cities can be a little daunting to the uninitiated; so stick together and go with the flow!

The Highway Code applies to vehicles, cyclists, horses, pedestrians etc. But there are some rules that are dedicated to cyclists. Please read these rules as they will help you to be safe on the road.

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START VENUE

Registration
Registration takes place the night prior to and on the morning of the challenge. Registration opening times are as follows:

Night prior: 6:00pm to 6:30pm
Morning of challenge: 6:30am to 7:00am

There will be an event registration desk located at the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your cycling pack which contains route information and emergency procedures along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start cycling.

Car Parking
Details of any car parking facilities will be provided to you in the lead up to your challenge.

ACCOMMODATION

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.

Single rooms can be secured subject to availability and an additional fee. If you would like further information, please email the Customer Care team customer.care@globaladventurechallenges.com

Please note, if there are more than 30 people on the challenge we may be required to use multiple hotels in one location to ensure we can secure the number of rooms required.

Approximately 6 weeks before the challenge, we put together rooming lists for every accommodation. For hotels we will partner you up with someone of the same sex and approximately the same age where we can. If you would like to share with someone you know on the challenge please let us know no later than 7 weeks prior to the departure date and we will endeavour to partner you up with that person for the duration of the challenge. If you have chosen to do this challenge with a group of friends or work colleagues please let us know who is in your group and we will try to get you all in the same hotel. Due to the complex nature of the challenge and group sizes, requests cannot be guaranteed, and once they have been finalised, cannot be changed.

Names of the hotels you will be staying in and who you will be sharing with will be supplied to you during event registration.

Overnight, bikes will either be locked in secure rooms in the accommodation, locked in your own room or loaded into the luggage vans.

TELEPHONE & WI-FI

Generally the phone signal at the bunkhouses, hostels and hotels we use is good, but can vary depending on location. When cycling the signal will vary with the terrain.

Wi-Fi is likely to be limited at hostels and bunkhouses, but will be available at hotels however there may be a small fee for this.
**LUGGAGE**

You will need a large holdall/rucksack for your main luggage which will be transported by vehicle between our accommodations each day. We strongly recommend that your main piece of luggage weighs no more than 20kgs. Our ground crew and porters will be lifting and transporting your luggage whilst you are on the challenge so please keep this in mind when packing.

You may also wish to bring a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

**FOOD, WATER & REFRESHMENT STOPS**

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the Customer Care team.

Plenty of food and snacks will be available to you during the trip, however, we suggest you bring along plenty of your own favourite snacks to give you an extra boost when you find the going tough.

**Breakfast**

A continental style breakfast will be served in the accommodation prior to setting off, which will most likely consist of: Croissants, breads, spreads and cereal.

**Lunch**

Lunch will either be open air buffets or a packed lunch, but if the group is small we may eat in local cafés/restaurants en-route.

Open air buffet lunch: A selection of meats, cheeses, breads, salads and crisps and cakes/tarts.

Packed lunch: Sandwiches, fruit, crisps and a sweet snack.

**Cafés:** Pasta or rice dish.

**Dinner**

Dinner will either be in the accommodation or in a local restaurant. An example menu is:

**Starter:** Salad, soup or nachos.

**Main:** Beef burger and chips, lasagne or sausage and mash.

**Dessert:** Sticky toffee pudding, chocolate cake or cheese cake.

**Water**

Water is provided to fill up your bottles each morning before cycling. We will have a couple of water stops throughout the day, where we will regroup and have drinks and snacks. Stops are scheduled approximately every 20 miles cycled. There will be one scheduled stop in the morning and one in the afternoon. Water, cordial, cereal bars, fruit and other tasty treats will be available.

**OTHER COSTS THAT YOU NEED TO BUDGET FOR**

Below are some approximate costs for other expenditure you may incur for the challenge:

<table>
<thead>
<tr>
<th>Item</th>
<th>Approx. cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel insurance</td>
<td>£11.02*</td>
</tr>
<tr>
<td>Spending money</td>
<td>£50 - £100</td>
</tr>
</tbody>
</table>

*if you take out the single trip policy through Global Adventure Challenges

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!
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**EVENT CREW**
A support team from Global Adventure Challenges will be in attendance throughout the challenge. At least one support vehicle ‘floating’ to provide support as and when required. The following roles will be covered on your challenge, with smaller numbers some crew will fulfil multiple roles:

**Event Manager** – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This person will be the first one awake and the last one to sleep to ensure you have the best possible time on your challenge.

**Bike Mechanic** – This role is fulfilled by highly talented, skilled crew. Make sure you have the bike mechanic’s number with you at all times, this will be supplied to you on the back of your route guide. The bike mechanic will be travelling with the group in a support vehicle, providing help and expertise if needed on more serious repairs.

**Caterer** – This person/team will become one of your favourite people on the challenge! They will be one of the first to leave in the morning to go ahead to the lunch stop and prepare food for the group.

**Route Markers** – They will be out marking the route a day in advance. You may not see these people as they leave the hotel early in the morning to drive the route they marked the day before and mark the route for the next day. You will definitely see the route markers at the finish as they will arrive there first and get it ready for the group’s arrival.

**Water stop** – The role of the water stop person is to drive ahead of the group and set up planned water stops in towns or villages along route. The water stops are essential for you to replenish your water supplies and also top up on energy with fruit, cereal bars and other treats.

**Cycle Guide** – If the group is small we will use cycle guides instead of route marking. These people will lead the group along the route in one or more pelotons.

**TIPPING**
Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.
TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary, get their GP’s signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal ‘flop and drop’ trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don’t feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com
# WALES END TO END

<table>
<thead>
<tr>
<th>DAY</th>
<th>TRANSFERS</th>
<th>DIFFICULTY RATING</th>
<th>CYCLE STATS (APPROX.)</th>
<th>TIMINGS (APPROX.)</th>
<th>ITINERARY NOTES</th>
</tr>
</thead>
</table>
| Day 1: South Stack to Bala | N/A | Extreme | Total distance: 85 miles  
Total ascent: 8,351 ft.  
Total desent: 8,089 ft. | Departure time: 7:30am  
Arrival at accommodation: 3:30pm – 5:00pm | • Pedal through the village with the longest Welsh name, Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch.  
• Cycle through Snowdonia National Park.  
• Overnight in the quaint village of Bala. |
| Day 2: Bala to Brecon | N/A | Extreme | Total distance: 106 miles  
Total ascent: 12,387 ft.  
Total desent: 12,437 ft. | Departure time: 7:00am – 9:30am  
Arrival at accommodation: 4:45pm – 5:30pm | • Cycle along the shores of Lake Bala.  
• Take on the largest climb of the challenge and cycle over Bwlch y Groes standing at 1,771 ft., which is the second highest public road mountain pass in Wales.  
• Pedal through the beautiful Welsh countryside. |
| Day 3: Brecon to Cardiff | N/A | Tough | Total distance: 60 miles  
Total ascent: 6,060 ft.  
Total desent: 6,648 ft. | Departure time: 8:00am – 9:30am  
Arrival at finish: 4:30pm  
Arrival at accommodation: 5:30pm | • Take on the hills of the Brecon Beacons.  
• Pedal through 'The Valleys'.  
• Cycle along Cardiff Barrage to the finish. |
| Day 4: Cardiff to South Stack | Transfer from Cardiff to start venue (5 hrs 30 mins) | N/A | N/A | Transfer departs: 10:00am  
Arrival at start venue: 3:30pm | • We take a mid-morning transfer back to the start venue to be reunited with our bikes and make our onward journey home. |