

CORPORATE ADVENTURES

2022-23

Get out of the office and into the outdoors!





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GET OUT OF THE OFFICE AND INTO THE OUTDOORS.

Cycling is the new golf.

Except, to be honest, it's way more fun and inclusive.

At Brake the Cycle, we run eco-inspired cycling tours and weekend retreats for companies looking to enhance employee wellbeing, build community and camaraderie, inspire sustainable living and simply put, feel re-energised from spending time closer to nature, the environment and the great* outdoors.

It's not all about the cycling. We carefully curate our adventures to build community and belonging.

Cycling is simply the catalyst for new ideas, the spark for new connections and the seeds from which change can grow. In collaboration with you we tailor make weekend or week long cycling adventures for your employees.

Keen to invest in the health and wellbeing of your workforce?

Then look no further: cycle@adventureuncovered.com

*It's pretty great :)

**"THE PEOPLE WERE THE
BATTERY THAT TOOK THIS
GROUP OF CYCLISTS UP
THE COUNTRY. I FOUND
THE WHOLE EXPERIENCE
RE-ENERGISING AND IT
GIVES ME HOPE FOR THE
FUTURE."**

- PATRICK MCCOOL

We cater for all year round trips and all abilities.



Why do a corporate adventure?



Our ironclad guarantee

We've thought long and hard about what we can guarantee. Hand on heart, we guarantee a Brake the Cycle corporate adventure will:

- Build lasting community and a sense of belonging through a fantastic, shared, Brake the Cycle experience
- Inspire a commitment to more sustainable living and teach environmental education
- Forge genuine connections and a stronger team dynamic and through a collective cycling adventure

Need us to convince you more?

- Fundraise for a chosen charity or cause with one of our UK or European cycling tours (optional)
- Raise sustainable pledges to support the rider through our B-Corp partner, [Do Nation](#)
- Learn bike mechanics and build self-confidence on and off the bike
- Improve health and wellbeing by getting employees outside /in nature
- Unlock creativity and trigger new, innovative (and radical!) ideas out the office
- Reduce your environmental impact compared to other 'away days'
- Make memories, and friends, for life.

Sustainability is built into the heart of all our operations and logistics; we calculate our environmental footprint, and reduce it at every opportunity along the way.





Build a culture of action and impact.

We also provide the option for you to support your cycle ride with sustainable pledges from your employee community with Do Nation!

[Do Nation](#) is an inspiring pledge programme that helps engage your employees in sustainability at work, by supporting them to make sustainable behaviour changes at home.

Pledge programmes reduce carbon, water and waste whilst increasing employee pride, fitness and wellbeing.

"Do Nation is a really effective way of engaging people, helping them to have an immediate, achievable impact and giving them the encouragement and support to do more." Chris, UK



"Research shows that workers are happier in their jobs when they have friendships with co-workers. Employees report that **when they have friends at work, their job is more fun, enjoyable, worthwhile, and satisfying.**

Close work friendships boost employee satisfaction by 50% and people with a best friend at work are seven times more likely to engage fully in their work."

- GALLUP CONSULTING



“I feel hugely grateful to be able to do this cycle with so many exceptional citizens from all walks of life, business and place intent on showing up, going the distance and supporting each other.”

- MATT HOCKING, FOUNDER / CREATIVE SUSTAINABILITY OFFICER, LEAP.



WHAT GOES INTO A BRAKE THE CYCLE CORPORATE ADVENTURE?

The bread and butter

Pre-adventure

- Initial consultation to understand your needs, your company and to get creative juices flowing!
- Training, preparation, assistance and support if required

During the adventure

- Brilliant, beautiful cycling routes (80% of which avoid main roads) from challenging adventures to weekend retreats
- Our trusty van to carry all your stuff and pick up those in need of a ride
- Outstanding, friendly Brake the Cycle crew carefully hired for their professionalism and good vibes (especially adept at supporting and encouraging novice and unconfident cyclists)
- Delicious, fresh and healthy vegetarian and vegan food cooked by Brake the Cycle chefs
- High-end and sustainably-inspired accommodation (with optional event/meeting rooms for breakout sessions and workshops)
- First aid & mechanical support
- Bike and equipment hire
- Basic bike mechanics and cycling proficiency training

Some optional tasty ingredients to add on top

- Stop-offs and site visits to sustainability-inspired eco-projects (renewable energy projects, sustainable agricultural farm, sustainable microbreweries, smart transport hubs etc) and detours to company offices
- Workshops and talks on sustainable and adventurous living
- Other activities that complement cycling, eg. Yoga, mindfulness classes and spectacular swim 'dips' en route to cool off
- Preparation and fitness plans (if you choose a longer cycle)
- Evening film screenings (adventure + social/environmental short documentaries) carefully curated from our AUFF archive
- Connecting your teams through various activities, exercises and workshops.





WHAT TO EXPECT



Here's a sample itinerary...

07:00 Optional yoga and meditation

08:00 Healthy and hearty home-cooked breakfast (hot coffee, steaming bowls of porridge, seasonal compote etc)

09:00 Set off on morning ride

12:00 Lunch stop @ sustainability centre/project, local cycling cafe*

13:30 Afternoon ride

15:30 Afternoon tea and cake stop

17:00 Arrival and refreshments

18:30 Workshop on sustainable living**

19:30 Group dinner (delicious home-cooked dinner - cooked by the group!)

20:30 Adventure Uncovered Film Screening - all films with an environmental/social purpose

*Renewable energy project, agricultural/permaculture project, microbrewery, sustainable infrastructure project TBD with you.

**Workshop TBD with you e.g: team building / communication / filmmaking / photography / creative writing / sustainable design



Lake District



Outer Hebrides (and other Scottish Isles)



Northumberland

**A FEW OF THE STUNNING LOCATIONS
WE'VE TAKEN RIDERS BEFORE...**

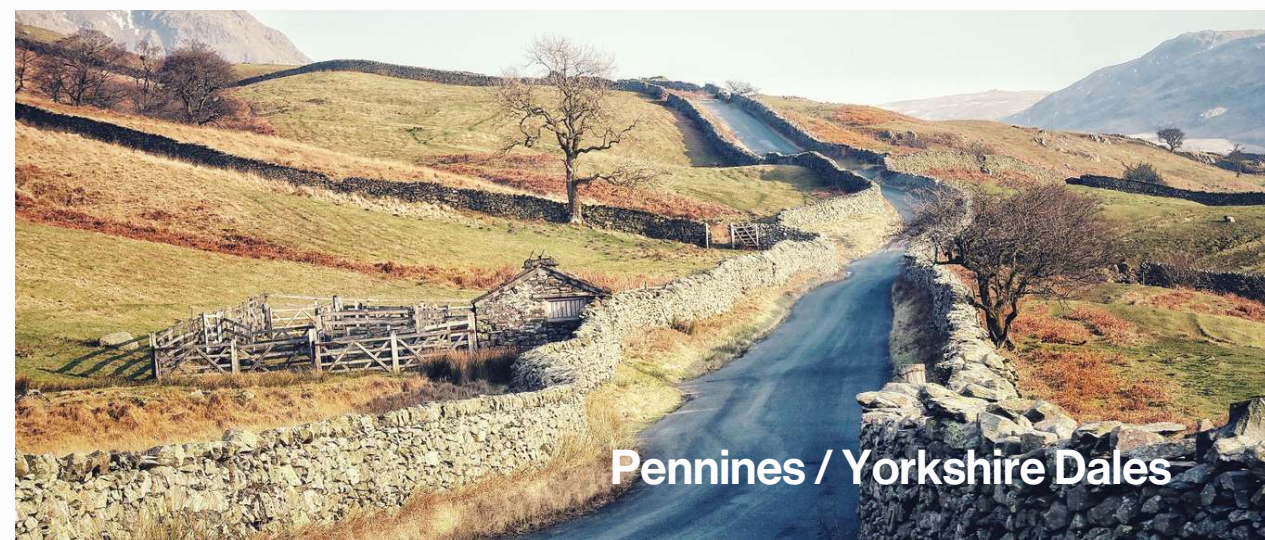


Tranquil Lulworth Cove, in the middle of Dorset's Jurassic Coast, a UNESCO world heritage site.



Wales

Plus: Surrey Hills, Essex, Kent, Chilterns



Pennines / Yorkshire Dales



Cotswolds

WHY US?

We're not a sausage factory. Nor do we harp on about 'teambuilding' from the 1980's. Our tours are different.

We don't exist to churn out miles on the road or robotically ship you from A-B. We mindfully build our trips to spark connection, nurture community and engage in conversations about sustainable living. We stay at sustainable accommodation, support local cycling cafés and eco-projects, and minimise our environmental footprint from start to finish.

There's a secret at the heart of Brake the Cycle. We're not actually about cycling. Speed is not our thing. We choose an easy gear. We exist to build community around sustainability and adventure and the road to sustainability is long, slow and beautiful. Plus we have 10+ years experience organising cycling tour and other events for 10-300 people, using our unique, carefully curated cycling routes, with all the support you require.

Our corporate offering is bespoke. It's based on our tailor made approach. We run trips in the UK and Europe, from single away-days, to long weekends to week-long adventures; all tailored to your company needs and cycling abilities. We can incorporate specific requests or routes that you like and are fully flexible on most elements for a successful trip!



Trips typically average 3-4 days cycling and 40-50 miles a day.



CHARLIE

"A brilliant organisation that run trips to change your life"



ENQUIRE NOW



**We're here to help organise
your corporate cycling tour,
with employee wellbeing,
community, sustainability
and creative outdoor
meetings at its heart.**

Recommended numbers and price:

We build these adventures to your budget, ranging from £150 a day pp (for a basic package) upwards. Cost will depend on accommodation, time of year, length of trip, number of people and amount of additional extras we build in.

Most tours consist of an average 3-4 days cycling and up to 40-50 miles in the saddle a day. But, we can run weekend retreats with longer rides and shorter rides that go out simultaneously.

ENQUIRE

You can get in touch with us directly at cycle@adventureuncovered.com

About Brake the Cycle

Brake the Cycle is a community for adventurous people looking to squeeze the most out of life in a way that doesn't harm the Earth.

A community for people who love adventuring and the outdoors so much they don't want to see it destroyed through climate change, plastic pollution and the loss of our wild spaces.

We ride through some of Europe's most epic landscapes and stay at inspirational eco-friendly places.



Pedalling with purpose



Joe Reid



Rosie Riley



Shalyn Wilkins

Why us?



We're experienced

We've been pedalling around since 2011.



We're recommended

We are trusted by our customers - [check our 5* reviews](#)



We're sustainable sourced

We sustainable sourced and provide organic, wholesome food & easily cater for various dietary requirements.



We go the extra mile

Community and customer service is the heart of what we're about.



www.adventureuncovered.com

About Adventure Uncovered

Brake the Cycle is an Adventure Uncovered brand. Adventure Uncovered is a platform promoting social and environmental change through responsible adventure. We inspire and motivate outdoor enthusiasts to take positive action towards the health of our planet and its people.

How are we doing that?



Storytelling

Compelling and thought-provoking industry-leading content; articles, news, opinions, films, features and video. Check out our latest [Edition](#).



Events

Inspirational, immersive, transformative experiences; outdoor excursions, live talks and [film festivals](#).