



# RIDE THE CHANGE

CYCLE TO COP26 | 24-31 OCTOBER, 2021

7 days | 475+- miles

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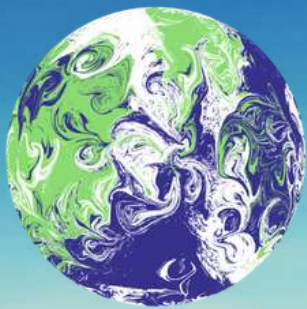
**ARUP**

**BRAKE THE  
370A3E**

**ADVENTURE  
UNCOVERED**







# UN CLIMATE CHANGE CONFERENCE UK 2020

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# ROUTE OVERVIEW

We've combed through google and maps of the National Cycle Network, combined it with our first hand experience of running countless UK cycling tours and altered our route, ever so slightly, for the better.

Our route takes 7.5 days (more below), with shorter days, avoids major urban centres (and therefore hours of cycling through suburbia and getting lost on roundabouts), takes in pretty UK towns and smaller cities and winds through quiet lanes through AONBs and rural landscapes.

We're excited, so you should be too

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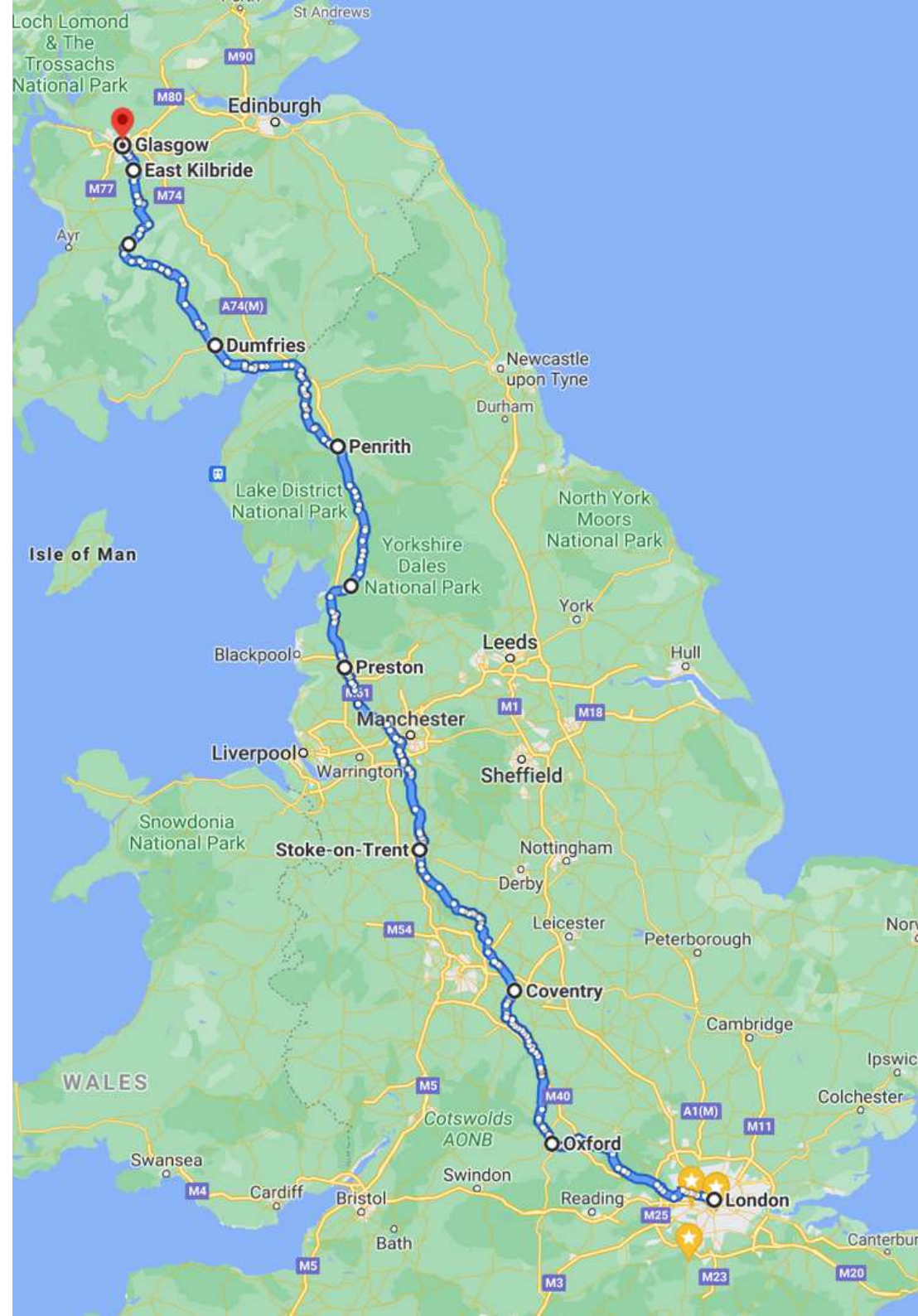
**Total distance:** 475 miles (ish)

**Total time in the saddle:** 45 hours

**Avg distance per day:** 65 miles

**Avg time in the saddle:** 5-6 hours/day

**Road surface:** Tarmac lanes (National Cycle Route where possible).



# ROUTE OVERVIEW CONT.

Day	Mileage	Ave riding time	Elevation gain
London - Oxford	70.3 miles	5.25 hours	+2,863 ft / 872m
Oxford - Coventry	65.1 miles	5 hours	+2,973 ft / 906m
Coventry - Stoke	65.7 miles	5 hours	+2,723 ft / 829m
Stoke - Preston	75 miles	6 hours	+2,815ft / 858m
Preston - Penrith	89.3 miles	7 hours	+5,654 ft / 1,723m
Penrith - Dumfries	61.7 miles	4.5 hours	+1,999 ft / 609m
Dumfries - East Kilbride	73.7 miles	5.25 hours	+4,443 ft / 1,354m
East Kilbride - Glasgow	7.3 miles	1.5 hours	+140 ft / 42m

# NAVIGATION

The route is self-guided. We will provide the GPX routes for you to use.

We suggest you use the [Komoot](#) or [Ride with GPS](#) app to navigate.

All you need to do is import the GPX routes we provide into the app on your phone or via the app web version.



# TRAINING PLAN AND SUGGESTIONS

We've put together a rough training plan you might like to use to guide your cycling movements over the next few weeks.

But don't let this bamboozle you, any riding you do between now and October 24th are miles in the legs (and good for the bum hardening!).

The long and short of it is just get out as much as you can and enjoy the riding! 😊

Here's the link: [https://adventureuncovered.com/media/ntwhoo3l/4-week-prep-cycling-schedule\\_.pdf](https://adventureuncovered.com/media/ntwhoo3l/4-week-prep-cycling-schedule_.pdf)



# REGISTRATION AND BAG DROP INFORMATION



Registration and bag drop each morning is from 8am-9am.

The first time you register you will be allocated your Rider Number. This stays the same throughout the ride. You will be given a wristband (welcome to the party), and stickers for your bag and your bike. You will need to attach these to the respective places. Should anything get lost, they will allow us to get them back to you. You will need to show your rider number on your wristband at the start location, on arrival into lunch and at the end destination each day. This will allow us to monitor how many people we have left out on the road.

Apart from the first day (when we leave The Tea House Theatre in Vauxhall all together at 8.45am, more info further below), you register and set off on your own time between 8am and 9am. This is to avoid lots of large groups on the road at the same time and to try and spread us out.

## LUNCH INFORMATION

Lunch is available at the designated location each day between 12pm and 3pm.

This will give you lots of time to get there, eat and head on your journey.

NOTE: Some of the community cafes we're stopping off at are quite small.

Once you've eaten and had a hot drink please move on to make space for others arriving after you. We advise a 30-45 minute lunch stop. Or it'll get dark out on the roads!

\*Note some of the lunch spots are outside (but covered). So try and remember to bring a light jumper and/or jacket for lunch stops so you don't get cold.





# CYCLE-WORKS

[cycle-works.com](http://cycle-works.com)

Cycle-Works have provided 'event' style cycle parking for use at the lunch stops, and to use this just lift the bike saddle over the horizontal pole. You are then strongly advised to lock your bike to this cycle-parking, as you would anywhere that you leave your bike.



**THANK YOU CYCLE-WORKS!**

## Secure

High quality tested products.

## Innovative

New ways to increase security.

## Stylish

Attractive and modern products.

**Cycle-Works are  
passionate about cycling.**

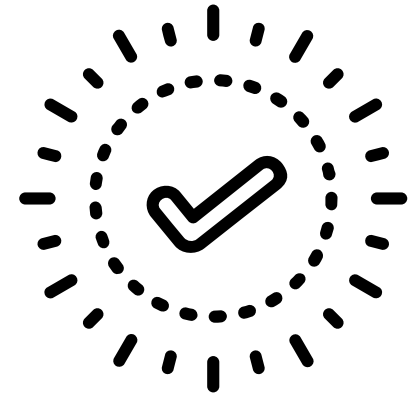
We are a specialist cycle parking company with over 20 years' of experience. Our speciality is the design, manufacture and installation of a wide range of bike parking and related products.

# END LOCATION INFORMATION

When you arrive into the final destination, please make sure you register your arrival with a Brake the Cycle crew member. Your bags will be ready for you to collect from this same location.

Each location will have hot tea and coffee, light refreshments and toilets. You can head to your accommodation as soon as you like.

Some of these end locations will double up as our evening event venue so you might wish to hang about and have a drink and food nearby.



## VERY IMPORTANT THINGS TO NOTE:

- Bag drop is at the registration venue. It opens at 8am and closes at 9am.
- You MUST REGISTER EACH MORNING, LUNCH AND EVENING. This means coming to the registration location between 8am and 9am and finding a crew member with an ipad.
- You must do this even if you don't have a bag to drop. This is so we know how many riders are on the road each day. It's super important.
- At 9am the vans head off so make sure you're registered by then.
- You must pass through the lunch spot (even if you don't want food) so we can register you and track our riders.
- You must also register on arrival into the end location. This is really important. Otherwise we won't know how many people are still on the road and we'll send out unnecessary search parties.



# EVENING SOIRÉES AND GRUB

We know the riding will be tough but we want to make sure there's time and space for everyone to meet each other, get connected, get chatting and forge friendships. We're beavering away behind the scenes (aka laptops) to deliver some lovely evening events, sensational soirees, rider 'touch points', community builders, shindigs or whatever you want to call them.

We've added details of evening soirees under the daily breakdowns so you can see what we're thinking and planning.. a welcome evening in Oxford, a Cycling Soap Box in Coventry, a sustainable travel discussion with our council hosts in Preston, a film festival in Dumfries and a knees-up in East Kilbride, not to mention the arrival plans in Glasgow.



## What about evening meals?

This is down to you to arrange, given people will be arriving at different times, have different budgets, food requirements etc. We also think this is a great way to get to know people on the ride.. However, to help you out we've added details on the daily breakdown of what we'll be doing..

Feel free to join



# BIKE MAINTENANCE AND MECHANICS

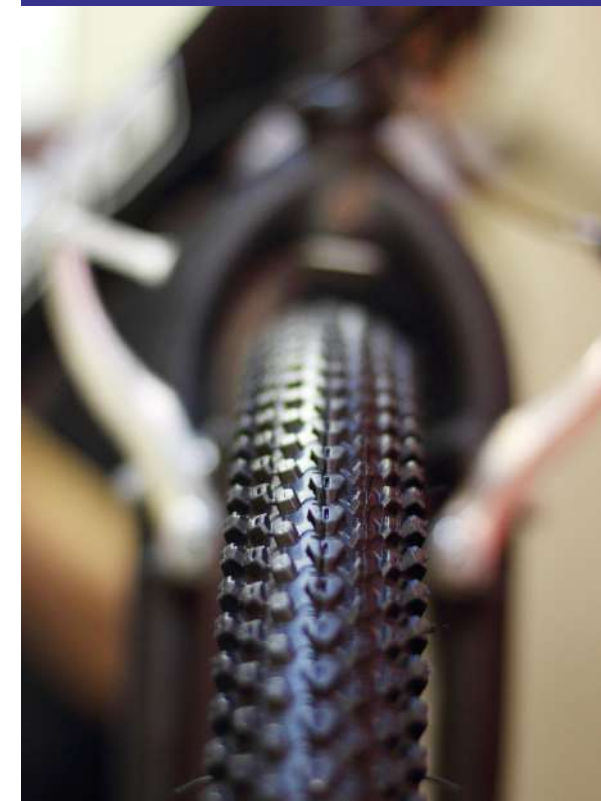
This is a self guided and self-supported ride. What does this mean? This means, you are responsible for your own bike and its maintenance. Please get your bike checked before October 24th. Please don't show up with a rusty, dusty, creaky, squeaky bicycle. It'll only cause problems for us all.

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Nonetheless, we will have a few bike mechanics on hand to provide support. They'll be on the road each day and at our end locations. They can help take a look at any issues and provide support and advice.

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Should you have a major mechanical on the road, we have a support vehicle that can pick you up. This doesn't mean we will be driving round fixing punctures. Our roadie mechanics are a last resort, but there's lots of keen and clued up cyclists ahead, around and behind you on the road so just flag over a fellow rider and ask for some help; we're a community after all!





# HEALTH AND SAFETY + MEDICAL & ROAD SAFETY + INSURANCE

## **Self-guided and Self-supported.**

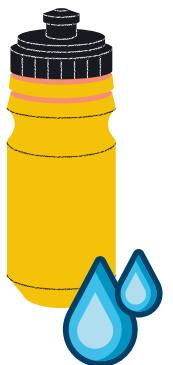
This is a self supported and self guided ride. There will not be crew actively guiding the ride, leading on the road and telling you to turn left or right. The roads will not be closed, the support vehicle won't be nudging you up the hills handing out Mars bars. There won't be signs on the roads or at junctions. It's down to you to guide yourself along the route. But don't worry, you're not alone. We'll provide the GPX routes, seeing you at the start, lunch and end locations. We will be tracking you to see where you are along the route. This is why it's also doubly important that you register in the mornings, lunch and evenings at the venues we give you. This is how we make sure everyone who starts also finishes. If you withdraw you must tell us via email or phone. Otherwise we'll start calling round trying to locate you.

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We suggest you use Kamoot or Ride With GPS apps. Others may be using Garmins or other similar devices, but whatever works for you. Download the GPX route into this app. Give it a go before October 24th so you get accustomed to how it works. Trust us when we say it's super simple! We also strongly recommend you bring a portable charger for your phone: these apps tend to drain battery.

There's an old cycling adage: 'eat when you're not hungry, drink when you're not thirsty'. Make sure you have enough water, food, layers to keep you going all day. You will need lots of food, make sure you're eating every hour! Don't just head out after breakfast and think you're all set until lunch. Some of the lunch spots aren't until 50+km or so, so you will need a second breakfast / elevenses / pitstop or whatever you like to call it Channel that inner hobbit.

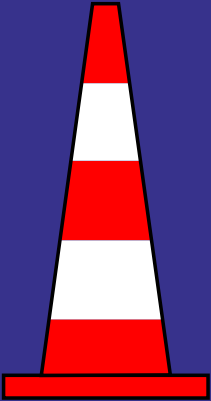
We suggest carrying two large water bottles on your frame with you, to keep hydrated.







# ROAD SAFETY & EMERGENCIES



Where possible we have tried to avoid main and busy roads. However, with such a big group, and with some long days on the road (long but beautiful!) we can't go on towpaths or along canals; it'll get too busy and take too long! Please note that some of the roads will be **busy**.

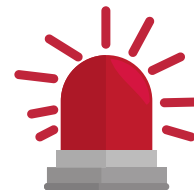
It's down to you to ride safely on the roads and follow the Highway Code. BE AWARE!  
Don't just stop randomly on the road or pull over without indicating or communicating.

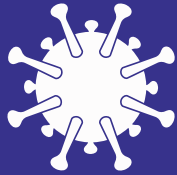
**Wear bright colours, a helmet, carry lights, signal when turning etc.**

**Please read this Cycle Safety information.**

We will have first aiders on the ride in a support vehicle and cycling on the road. Please note that we cannot guarantee our first aiders will be near you in the event of an incident.

Therefore, should anything serious happen, a fall or collision etc, please call 999 or 111 as appropriate and then call us on the emergency number we provide. This number is not the number to call with route questions, lunch questions or questions about evening events. It's to be used in the case of an emergency.





# COVID PROTOCOL



We are delighted that we're able to run Ride the Change this year and that venues are now open for those all important evening events! But please be aware that people are at different stages of their COVID journey. Please be respectful of this before you go in for any big hugs or sloppy kisses..

In order to be super careful, we're asking everyone to show us a photo of a negative LFT on the first morning you register. When you register, we ask you to either show us the test or a photo of the test. For those joining us on the entire ride from London to Glasgow we'll be doing two tests on our journey. So as well as showing us a photo on the first day, we're asking that you also submit a test halfway through the ride. That will be on the start of day 5 which is Preston to Penrith.

Should you get any COVID symptoms, please withdraw and let us know. In the event that you have to withdraw, we will be unable to refund you unfortunately.

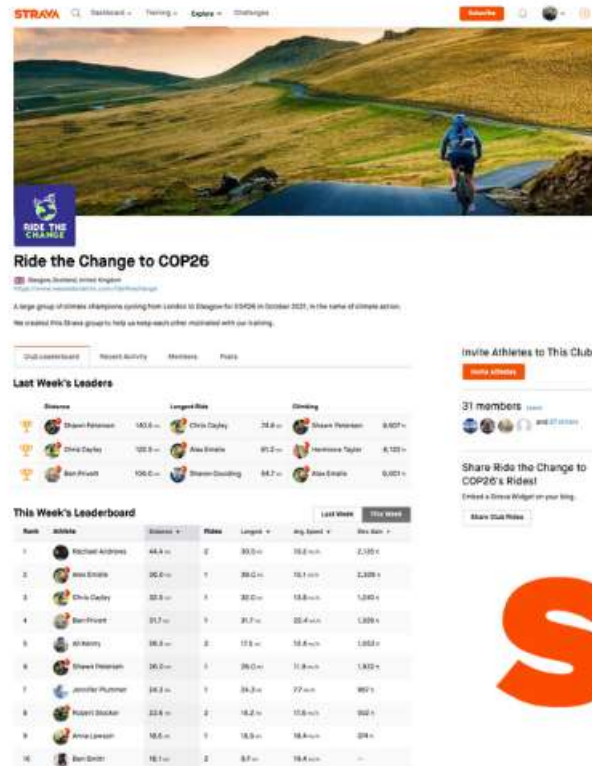


# COMMUNITY. GET TO KNOW YOUR RIDERS.



An open-access Google Photo album for you to share your photos, make sure you add your best snaps from each day, and are ok with them being used.

<https://photos.app.goo.gl/uwCriQyBqErjHFh7A>



**RIDE THE  
CHANGE**

**STRAVA™**

**JOIN THE CLUB**

Follow us on [Instagram](#) for daily updates

AND

[Sign up to our mailing list](#) for all other cycling trips and events!

[www.strava.com/clubs/ridethechange-cop26](http://www.strava.com/clubs/ridethechange-cop26)





**RIDE THE CHANGE**

**FACEBOOK GROUP**

[www.facebook.com/groups/320188209861913](https://www.facebook.com/groups/320188209861913)



**JOIN NOW!**

Search for:  
"Ride the Change COP26"

# (SOCIAL) MEDIA AND COMMUNICATIONS

- We'll be sending a daily update via Whatsapp, text message and email. The Whatsapp will be a broadcast message rather than a Whatsapp group.
- For people that want to follow our ride: Adventure Uncovered Website will be the main host for the comms. Share our webpage so friends and family can see how we're all doing. **[www.adventureuncovered.com](http://www.adventureuncovered.com)**
- Brake the Cycle Instagram will be updated daily with stories and posts too.
- If you're a cycling blogger, vlogger, journalist or the likes let us know!  
We can help promote, share, set up interviews etc :) Get in touch with us at [cycle@adventureuncovered.com](mailto:cycle@adventureuncovered.com)



**#ridetocop26**  
**#ridethechange**

# DAY 1: LONDON TO OXFORD - 24 OCT

**Approx Miles:** 70

**Approx time in the saddle:** 6 hours

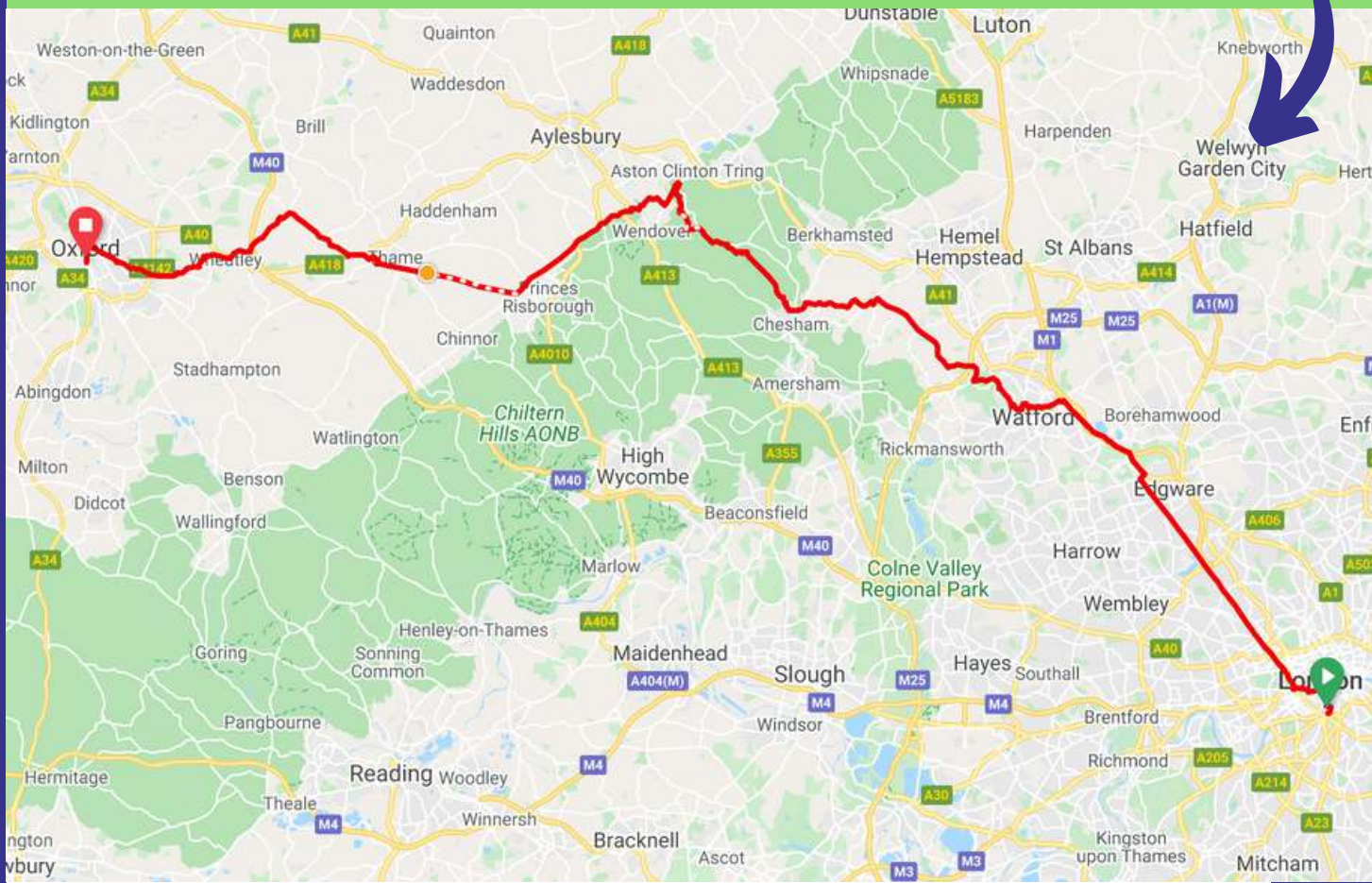


**Day 1 GPX route:**

<https://ridewithgps.com/routes/37694325>

**Summary:** We start at The Tea House Theatre, Vauxhall, London, SE11 5HL from 8am, departing 8:45am latest. We'll head North West through High Wycombe into Buckingham, rolling through the Chilterns AONB, through the Phoenix Trail into Oxford, where we'll end the day at the Bridge of Sighs.

**+ EVENING EVENT!**





# DAY 1: LONDON TO OXFORD – CONT.

## **Registration Location:**

Gather from 8am. Mass departure at 8.45am prompt. The Tea House Theatre, Vauxhall, London, SE11 5HL

## **Lunch Location:**

Wendover Woods Cafe. Forestry Commission, Upper Icknield Way, Aston Clinton, Aylesbury HP22 5NF

## **End Location:**

The White House by Tap Social, 38 Abingdon Rd, Oxford OX1 4PD

## **Evening Soirée:**

We've booked the White House by Tap Social for the full evening. We'll be there, at the bar, from 4pm. It's also the location you arrive into and collect your bags. So either come back and join us later on, or just stay there and head to your accommodation later on if you like. There'll be short, snappy, speeches from 8pm. Brewery closes at 22:30.

## **What about grub?**

Lunch: A 3 bean chilli con carne served with rice, potato wedges or tortillas. A cold drink and flapjack is included

## **Evening:**

You can order food to the Brewery from local take-aways.

## **Info about today:**

Today registration is at The lovely Tea House Theatre in Vauxhall Pleasure Gardens. Register and drop your bags from 8am with Brake the Cycle Crew and be ready to leave by 8.45am prompt. The Tea House Theatre makes insane homemade cakes to take with you (or just scoff right there and then) so make sure you arrive in good time for an early morning tea.

## **Remember:**

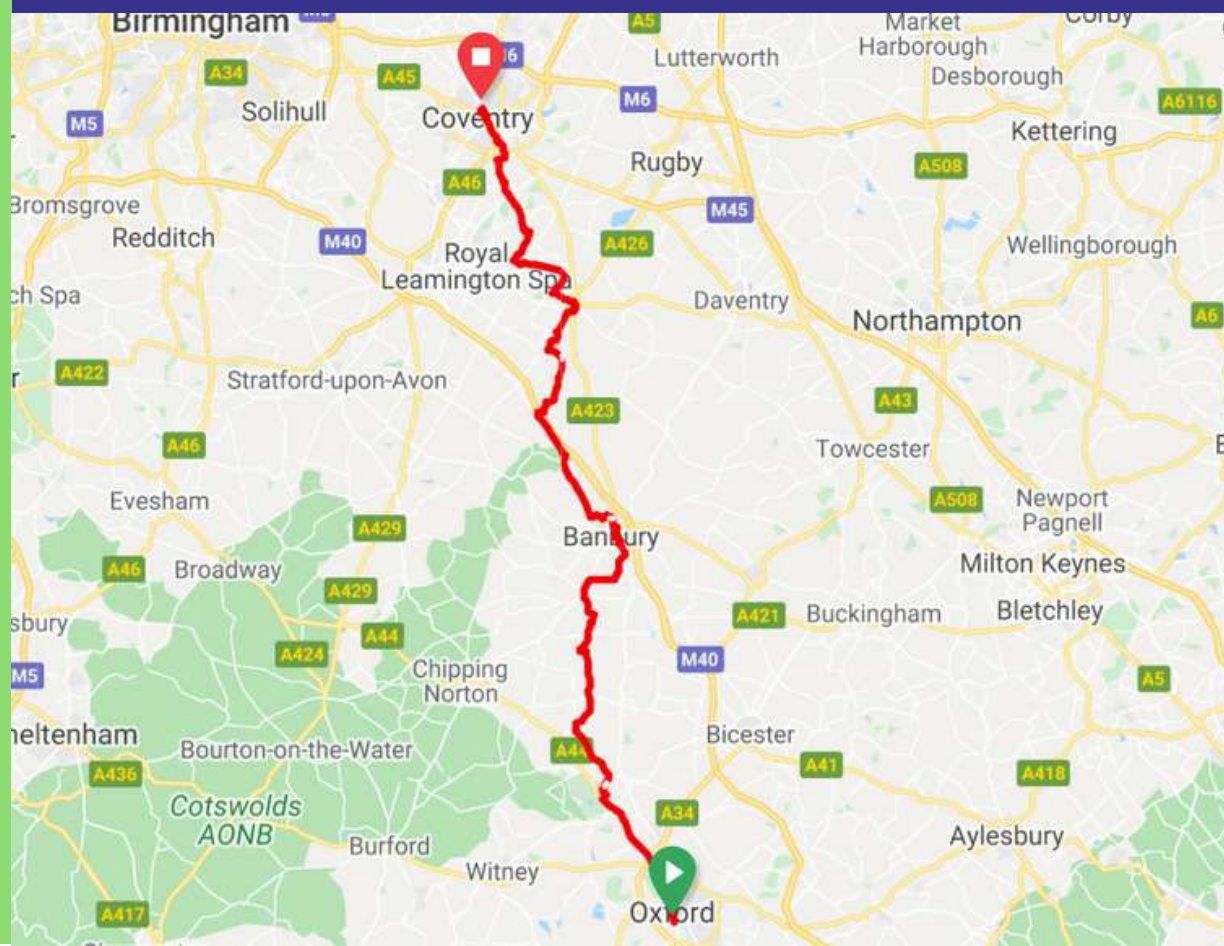
The Blue and Green Brigade. We want to roll out of London with a bang. Bring lights, music, costumes, flags and whatever else. We'll set off all together at 8.45am prompt. We'll head along the river, crossing Westminster Bridge and around Parliament Square. We'll gather for further photos in front of Parliament Square and then start heading off in small groups of up to 6 (self-organised) to Oxford.

# DAY 2: OXFORD TO COVENTRY - 25 OCT

**Approx Miles:** 65.1

**Approx time in the saddle:** 5.5 hours

**Summary:** Registration and departure from 8am. There will be teas and coffees available for purchase from the Tap Social. Last bag drop is at 9am. Continuing North out of Oxfordshire we skim the cotswolds and head into Warwickshire to Coventry, Capital of Culture 2021 where we celebrate new friendships formed.



**EVENING EVENT!**



# DAY 2: OXFORD TO COVENTRY – CONT.

## **Registration Location:**

The White House by Tap Social 8am-9am

## **Lunch Location:**

Lock 29, Pequeno Gringo Food stall. Castle Quay, Castle St, Banbury OX16 5UN

## **End Location**

The Tin Music and Arts Venue, Units 1-4, Coventry CV1 4LY

## **Evening Soirée:**

We're sticking in The Tin for the full evening. We'll be holding a Cycling Soap Box. This is an open mic night, soap box style, to give us the chance to share stories of cycling and newly formed friendships, and of our sustainability journeys, or those of people we've met on the ride. Doors open from 19:00 so join us for food and drinks. Pay what you feel with all money going to Possible! Soap Box starts at 19:30. We wrap up at 21:30.

## **What about grub?**

**Lunch:** Burritos from Pequeno Gringo food stall in Lock 29.



## **Day 2 GPX route:**

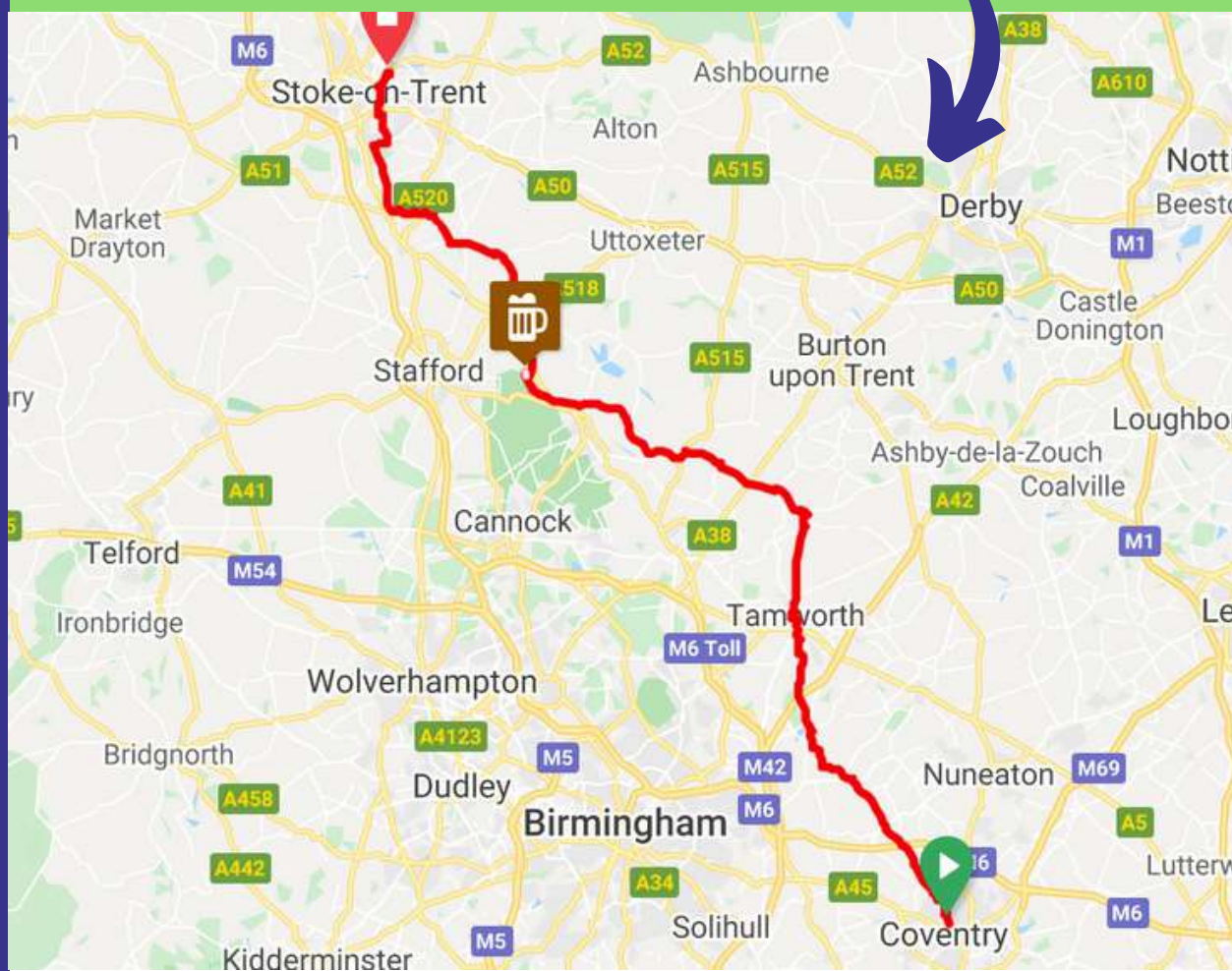
<https://ridewithgps.com/routes/37703767>



**Approx Miles** 65.7

**Approx time in the saddle: 6 hours**

**Summary:** From Coventry we wave across to our Brummy Neighbours, and take a northerly line east of Birmingham, cutting through Tamworth and into the Cannock Chase AONB arriving into Stoke on Trent.. we're getting North!



# DAY 3: COVENTRY TO STOKE ON TRENT - CONT.

**Registration Location: From 8am-9am [cut off]**

The Tin Music and Arts Venue, Units 1-4, Coventry CV1 4LY.

**Lunch Location:**

Canalside Farm, Shop & Cafe, Mill Ln, Great Haywood, Stafford ST18 0RQ

**Lunch:**

Picnic box with paninis, cake and a hot drink. (outside seating at this location)

**End Location:**

The Joiners Square Community Centre Cornes St, Stoke-on-Trent ST1 3JA

**Evening Soirée & Grub:**

Leaving you lot to mix and mingle across Stoke on Trent! Grab a friend and head to a cosy pub near you.



**Day 3 GPX route:**

**<https://ridewithgps.com/routes/37704047>**

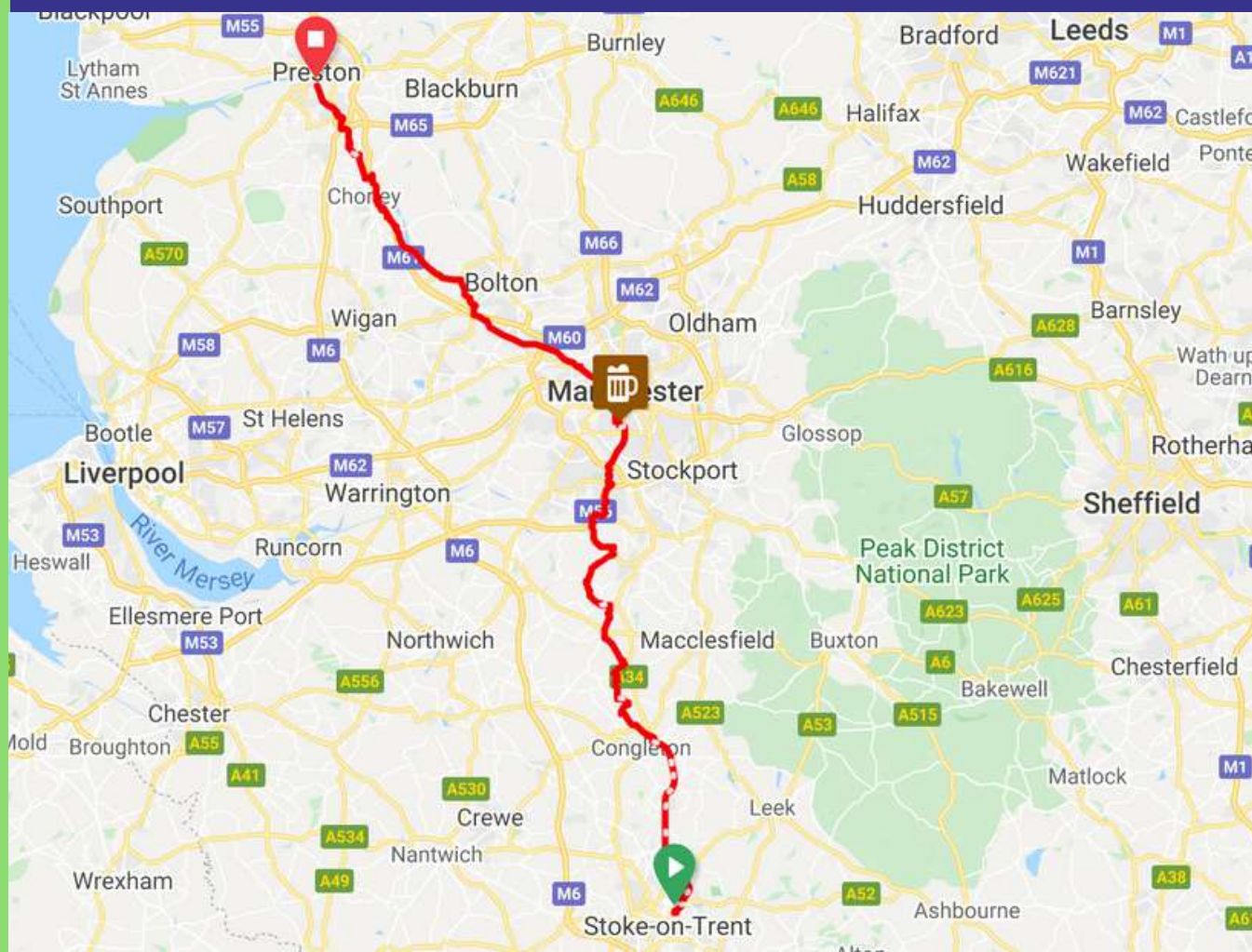


# DAY 4: STOKE ON TRENT TO PRESTON - 27 OCT

**Approx Miles:** 75

**Approx time in the saddle:** 6.5 hours

**Summary:** This is the North! Today we move through the heart of the North West, from Stoke we hit Congleton, Alderley Edge, bypassing Manchester to the West through Chorley and into Preston.





# DAY 4: STOKE ON TRENT TO PRESTON – CONT.

## **Registration Location: From 8am-9am [cut off]**

The Joiners Square Community Centre Cornes St, Stoke-on-Trent ST1 3JA

## **Lunch Location:**

Coffee Crank Co-Op. Coffee Cranks Co-op Cafe, Alexandra Park, Demesne Rd, Manchester M16 8PJ

## **Lunch:**

A veggie buffet spread: Cheese and Onion Quiches, Vegan Sausage rolls, Pasta Salad, Mixed Bean Salad, Lemon and Rosemary Potato Salad, Hummus Dip, Basket of Bread. (This will all be served as a help-yourself buffet spread, which includes options for vegan and gluten free diets.)

Added to this will be: Muffins and cakes, Cooler of soft drinks, Coffee and tea homemade cakes

## **End Location:**

The Preston Sports Club, South Meadow Lane, PR1 8JP.

## **Evening Soirée and Grub:**

Our friends at Preston Council are hosting us at The Sports Club. They want to hear about cycling in cities and share their plans for cycle networks.

Join us from 5pm onwards at the Club, where we arrive into. Talks from 7pm and food provided by local enterprise The Larder.



**Day 4 GPX route:**

**<https://ridewithgps.com/routes/37704311>**

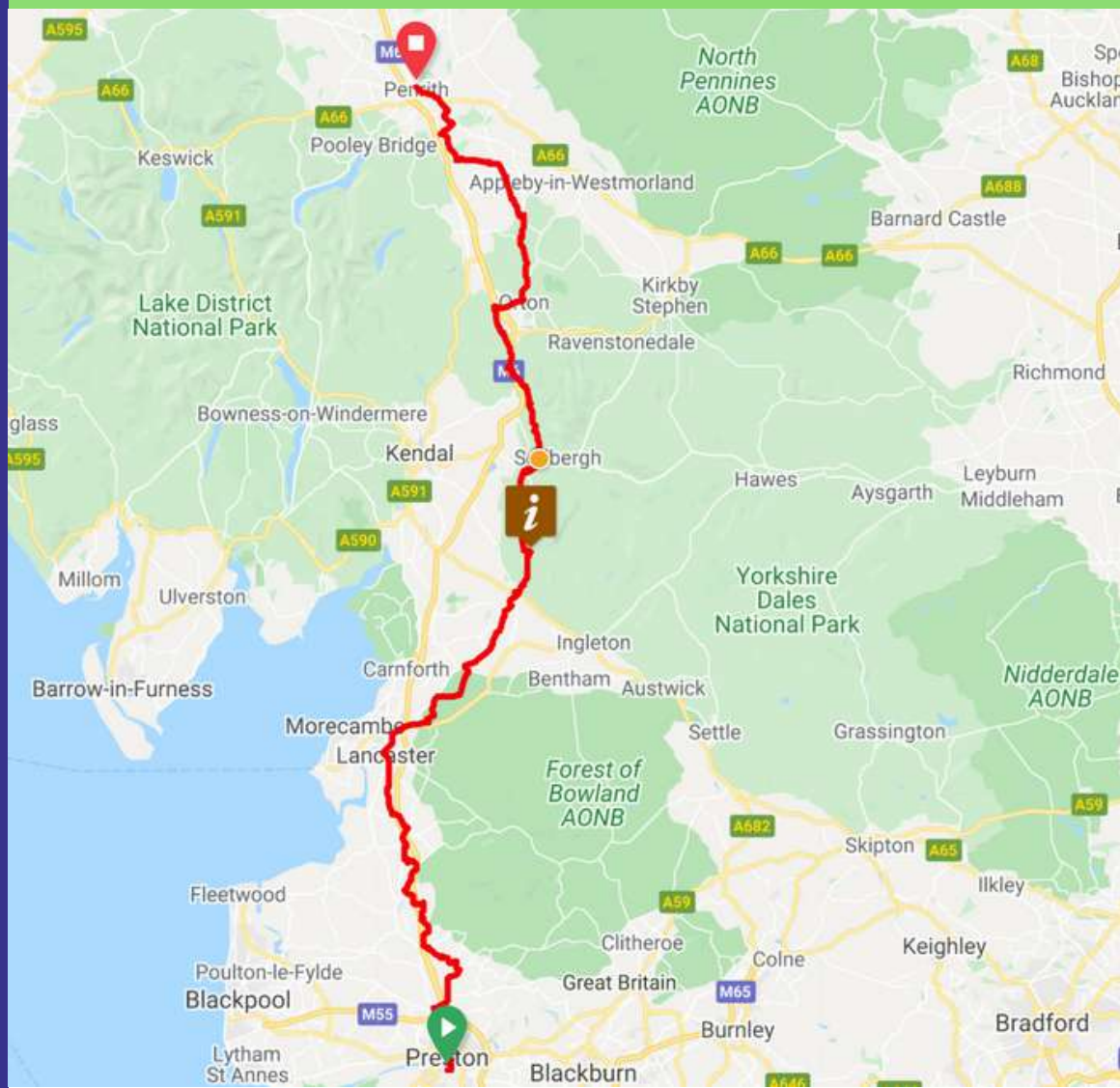
# DAY 5: PRESTON TO PENRITH - 28 OCT

**Approx Miles:** 89.3

**Approx time in the saddle:** 7 hours

## Summary:

This is where the real riding begins. We cycle north through Lancashire and cut east to follow the River Lune through North Yorkshire, passing Kirkby Lonsdale, Tebay and Shap as we reach the beautiful Lake District and roll into Penrith for the evening.



PENRITH CASTLE

# DAY 5: PRESTON TO PENRITH - CONT.

**Registration Location: From 8am-9am [cut off]**

The Preston Sports Club, South Meadow Lane, PR1 8JP.

**Lunch Location:**

The Churchmouse at Barbon. New Rd, Kirkby Lonsdale, Barbon, Carnforth LA6 2LL

**Lunch:**

Warm soup, ciabatta roll and a brownie or flapjack

**End Location:**

Quaker Meeting House, Meeting House Lane, Penrith, Cumbria, CA11 7TR

**Evening Soirée and Grub:**

This is a big day :) There will be cakes and hot drinks on arrival as usual but we're leaving you to sort dinner across the town. So pair up, find a date or a quiet booth in a warm pub and get your orders in.



**Day 5 GPX route:**

**<https://ridewithgps.com/routes/37704406>**

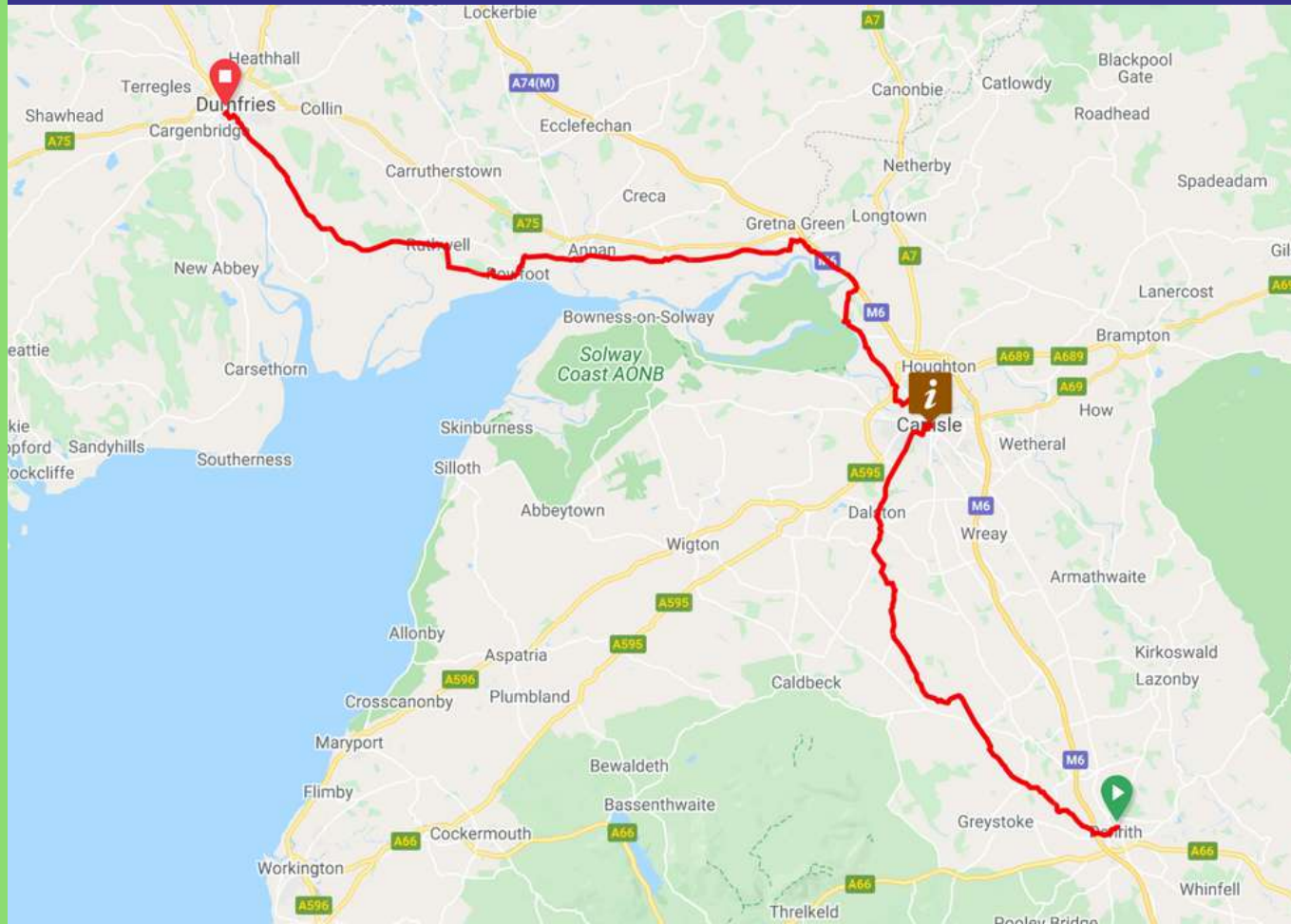


# DAY 6: PENRITH TO DUMFRIES - 29 OCT

**Approx Miles:** 60

**Approx time in the saddle:** 6.5 hours

**Summary:** Northwards we continue, through Greystoke and into the border region. Through Carlisle we cross the border at Gretna Green, cutting east towards Dumfries for our first night in Scotland.



EVENING EVENT...

 **ADVENTURE  
UNCOVERED  
FILM FESTIVAL**

# DAY 6: PENRITH TO DUMFRIES - CONT.

**Registration Location: From 8am-9am [cut off].**

Quaker Meeting House, Meeting House Lane, Penrith, Cumbria, CA11 7TR

**Lunch Location:**

The Griffin, 1 Court Square, Carlisle CA1 1QY

**Lunch:**

TBC - sandwich box with something warm

**End Location:**

Jaggy Thistle Bistro, Mill Rd, Dumfries DG2 7BE

**Evening Soirée:**

The Adventure Uncovered Film Festival will take place in the Robert Burns Film and Theatre Centre, attached to the Jaggy Thistle Bistro. All films celebrate adventures that matter and highlight the grit, diversity, challenges and triumphs of adventure's lesser-known tales. We're bringing you a selection of short films from the Best of our Festival, with a focus on cycling and the environment.

**What about Grub?**

The Jaggy Thistle will be serving food from 16:00. Films start at 19:30.



**Day 6 GPX route:**  
<https://ridewithgps.com/routes/37704498>



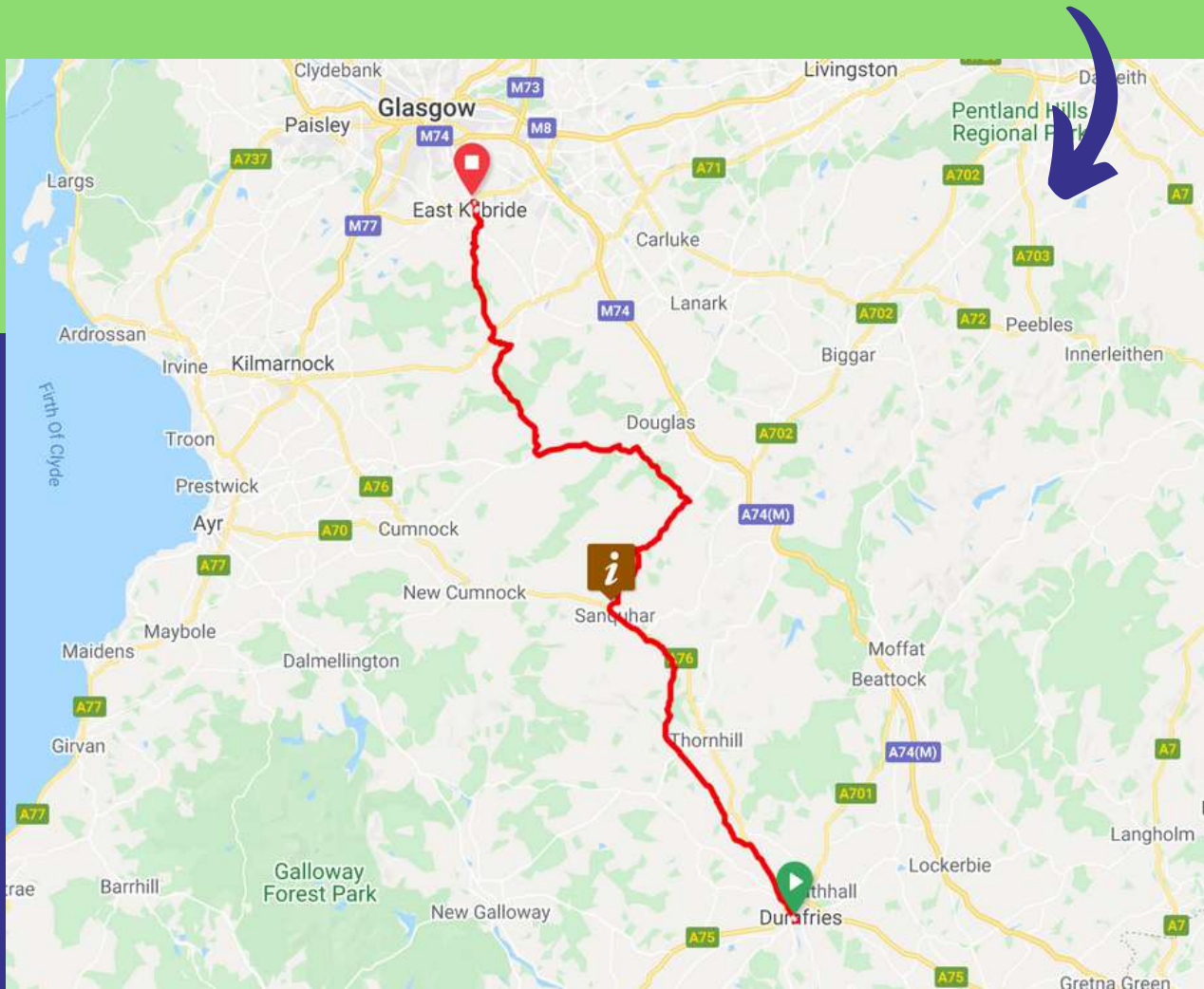
Screening starts at 19:00, tickets are first come-first served, 67 seats only!

# DAY 7: DUMFRIES TO EAST KILBRIDE - 30 OCT

**Approx Miles:** 73.7

**Approx time in the saddle:** 7 hours

**Summary:** Our last full day in the saddle we've hit Scotland good and proper, passing through Sanquhar we'll finish in East Kilbride for evening celebrations



SCENIC LANARKSHIRE



# DAY 7: DUMFRIES TO EAST KILBRIDE - CONT.

**Registration Location: From 8am-9am [cut off]**

Jaggy Thistle Bistro: Mill Rd, Dumfries DG2 7BE

**Lunch Location:** Crawick Multiverse: B740, Sanquhar DG4 6EG

**Lunch:** Picnic boxes provided by the local tearoom. Quiches / pies / cakes etc. With tea and coffee.

**End Location:** East Kilbride Arts Centre, 51-53 Old Coach Rd, East Kilbride, Glasgow G74 4DU

**Evening Soirée and Grub:**

With everyone scattered around a bit, we realise that an evening gathering is going to be a bit tricky for some. So we'll put on some food on arrival into East Kilbride and let you head on to your accomodation around Scotland, Greater Scotland and the UK ;)

That said, a gang of us will be heading to The Village Inn (a local institution run by local legend Paul) from 19:30 onwards where there's a live band and cold beers on tap.. <https://villageinnkilbride.co.uk>



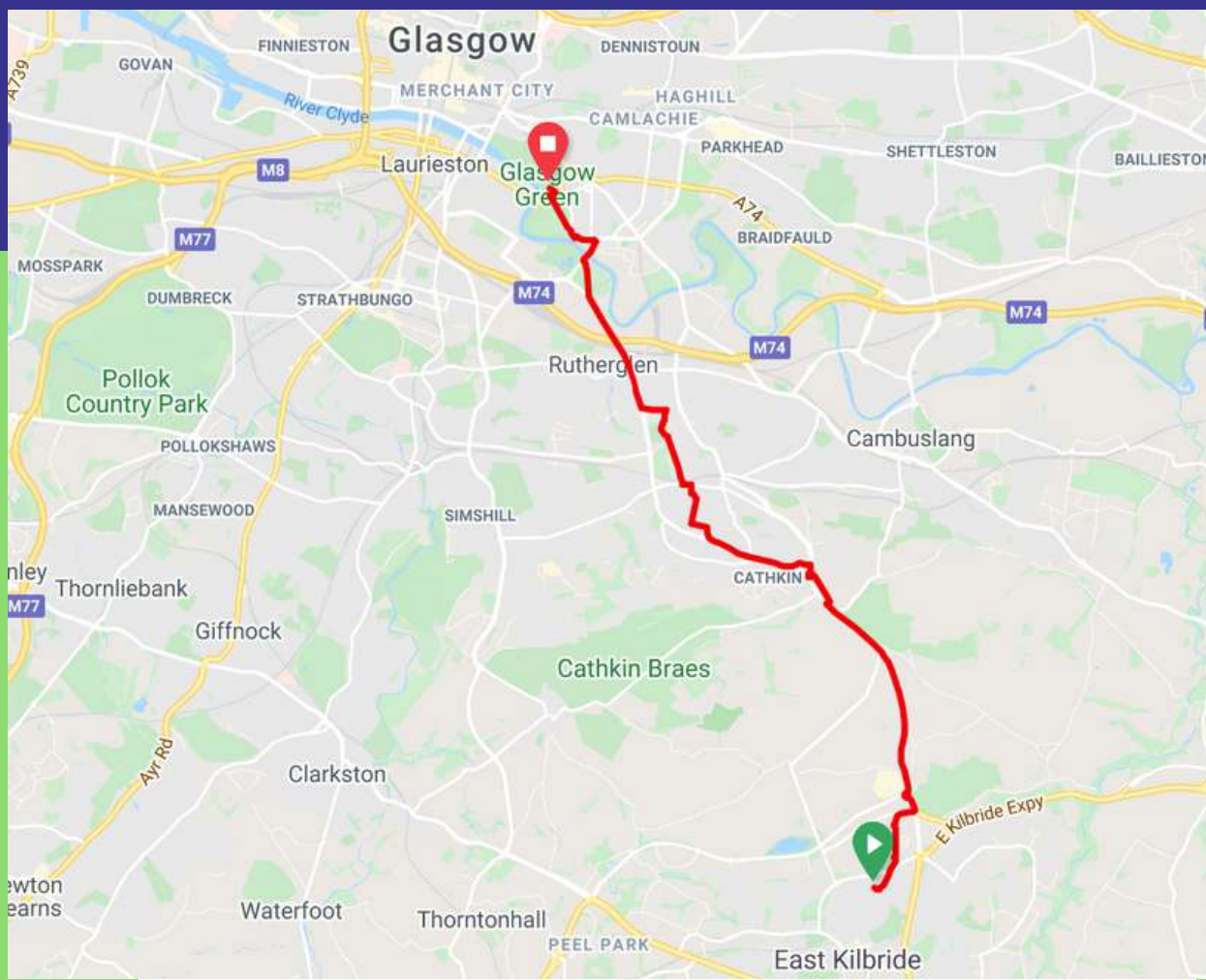
**Day 7 GPX route:**

<https://ridewithgps.com/routes/37704568>

# DAY 8: EAST KILBRIDE TO GLASGOW - 31 OCT

**Approx Miles:** 7.3      **Approx time in the saddle:** 1.5 hours

**Summary:** A super short ride lets us roll together into the city centre this final morning, giving us time to chat, celebrate and exchange stories of the ride and friendships made (and lost?). Bring facepaint, lights, music and horns. There will be much fanfare :)



# DAY 8: EAST KILBRIDE TO GLASGOW - CONT.

**Registration Location: Gather from 9am for a 10am start [cut off]**

East Kilbride Arts Centre, 51-53 Old Coach Rd, East Kilbride, Glasgow G74 4DU

**End Location and Lunch:**

Free Wheel North [www.freewheelnorth.org.uk](http://www.freewheelnorth.org.uk)

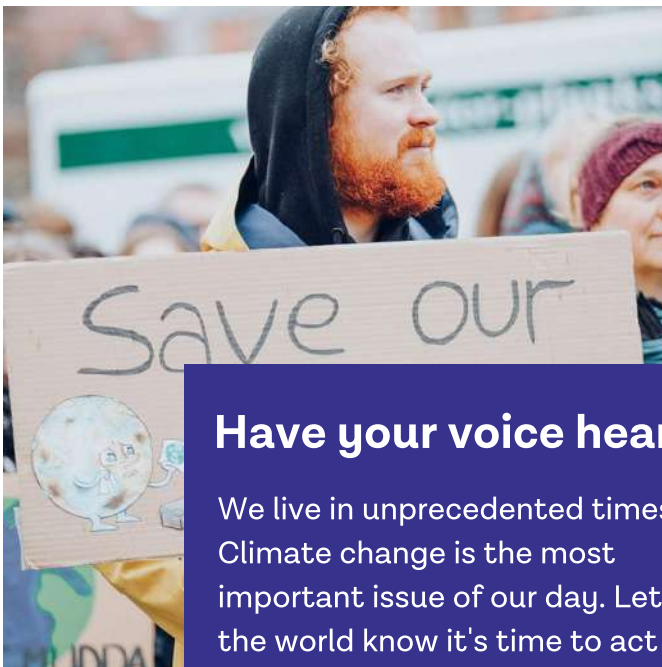
We'll arrive into Free Wheel North around 12:30 latest so give yourself some time to get a coffee, celebrate and swap numbers with new friends formed.. We suggest booking trains from 14:30 earliest but there'll be a bunch of us sticking around for a few days!



**Day 8 GPX route:**

<https://ridewithgps.com/routes/37704582>





## Have your voice heard

We live in unprecedented times. Climate change is the most important issue of our day. Let the world know it's time to act

## Raise action not cash

We're not asking anyone to fundraise for the cycle. Instead, we're asking you to raise support through simple climate action pledges



# WHY CYCLE TO COP26?

## Explore new places

Adventure through the UK getting to know its lost lanes and hidden gems



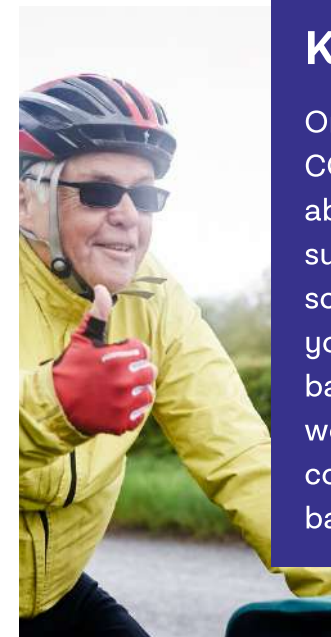
## Find your tribe

Meet awesome like-minded folk with a passion for sustainability and the great outdoors



## Build Knowledge

On route to COP26, learn about sustainability solutions that you can take back to your workplace and communities back home



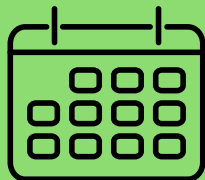
## Physical & mental well being

Challenge your body physically. Expand your mind through debates and discussions on the road

# A DAY IN THE LIFE OF A COP26 RIDER...

[subject to change depending on how early you like to get up 😊 ]

- 07:00 Wake up in your lodgings (organised by you)
- 07:30 Breakfast and pack up
- 8:00 Drop bags at central town location (Brake the  
-9:00 Cycle will carry this to our day's end point)
- 9:00 Roll along lovely lanes through UK countryside  
-13:00 with fellow riders
- 12:00 Lunch at a pitstop organised by Brake the Cycle  
-15:00 (lunch is included with various vegan and GF options)
- 16:00ish Arrive at the days finishing point, collect bags and  
-18:00 head to accommodation
- 19:00 Dinner and evening events organised by Brake the Cycle  
and Adventure Uncovered on some nights







## WHAT'S INCLUDED

- Beautiful routes via GPX
- Bag collection and drop off each day (drop your bags each morning to our central town drop off point and we'll see you at the other end - cycle bag free!)
- Lunch each day
- Bike assistance
- A support vehicle (just in case!)
- Evening events on some nights (TBC)
- Good vibes and fun (guaranteed).
- Goodies! (Special discount codes from TRIBE, Abel & Cole, Sundried, Butter Bike Company Sticky Bottle London, Green Oil, Presca Sportswear and more!)

## WHAT'S NOT INCLUDED

- Accommodation
- Breakfast & Dinner (apart from evening events!)
- Travel to and from starting point each day
- Bike and bike kit!



# WHAT TO PACK?

[Note: Brake the Cycle vans will carry your bags each day, all you need is some snack, water, and your phone!]

Each Rider has ONE BAG per person. This doesn't mean 'one bag + one tote bag + carrier bag + shoe bag'. This means one medium rucksack or one pannier for the van.

## Stuff to carry with you each day

You may wish to take a pannier with you, or a frame bag to carry some essential bits and bobs. But to be honest, you probably don't need to take much with you at all!

### Bike stuff

- PLENTY of Food and drink each day. Take various energy bars, flapjacks, sandwiches, bananas etc and two filled water bottles. We suggest stopping for additional cakes, sandwiches etc etc keep fuelled!
- Bike, helmet, lights, lock. It's going to be dark in the mornings and evenings so make sure you've got good lights on the front and back of your bike.
- x2 inner tubes and pump, a multi-tool and tyre levers
- A way to carry the route for navigation (garmin or just a smartphone is fine) + battery pack in case it runs out!

### Clothing on the bike

- High-vis is strongly recommended. It's going to be dark and getting darker.
- Padded cycling leggings or shorts (for the very brave)
- Trainers or cycling shoes + warm socks
- Raincoat
- Warm layers
- Gloves & buff/hat for those cold crisp early mornings

### Extras

- More Snacks and water!
- Small bike bag (not essential)
- Phone & charger
- Money



# WHAT DO YOU NEED OFF THE BIKE?

- Evening clothing
- Change of shoes or trainers
- Toiletries
- Sleeping things

# WHAT DO YOU NEED TO SORT OUT?

- Your accommodation each night
- Travel to the daily start point from your accommodation each morning
- Getting back from Glasgow on the train
- How you're going to navigate each day (we suggest Ride GPX or Kamoot - it's super simple) .



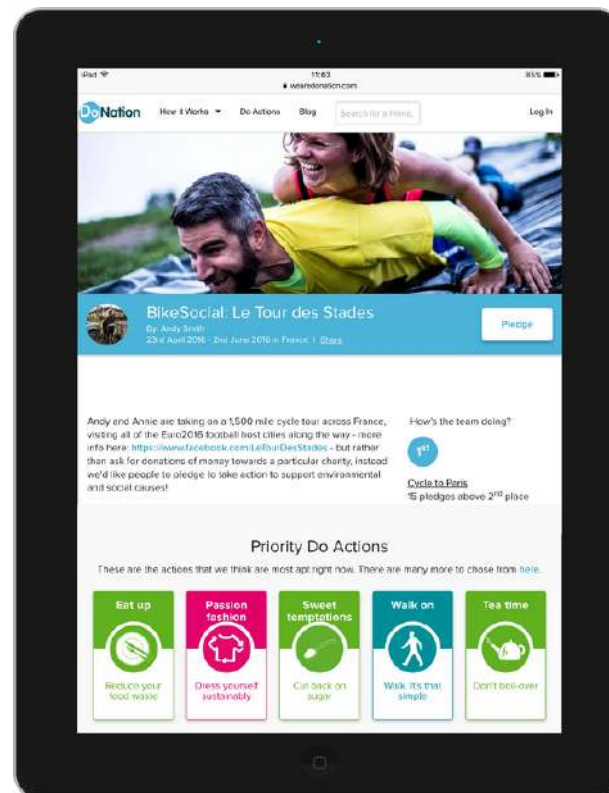
# RAISING CLIMATE ACTION

Aside from honing our muscles and minds, we're aiming to help you to inspire a ripple of positive impact throughout your communities.

Every cyclist joining our ride to Glasgow will have a personal campaign page on Do Nation, where you can ask colleagues, friends, and family to support you with a pledge. We're asking riders to commit to trying to raise at least 30 pledges - although the more the merrier.

Pledges are to do simple things like using a reusable water bottle, making meat a treat, or cycling to work. There are over 60 actions to choose from on Do Nation, including more challenging actions for the eco-advanced, like switching your pension or avoiding unsustainable palm oil.

We measure the carbon, water, and waste saved by each pledge so that people can understand where they have the biggest impact, and see how it all adds up.



**"It's a great way to motivate a large amount of people to think about environmental issues..."**

Each action is supported by lots of information and advice, helping supporters to succeed with their pledges. We follow up to check in on how they got on after two months so that we can confirm our impact.

We're aiming to raise 10,000 pledges together. And as actions speak louder than words, we believe that this will be a powerful way to show leaders at COP26 that their people are ready for serious climate action.



# WHO'S ORGANISING THIS?



## Led by: Do Nation

Born out of a love of crazy cycle challenges when our founder cycled from London to Morocco in 2009. Instead of asking friends to support her by donating cash, Hermione asked for action - and together her friends' actions saved as much carbon as 84 flights from London to Morocco.

Since then, Do Nation's team has been working tirelessly to build an online platform that anyone can use to raise climate action pledges - things like cycling to work, wasting less food, or switching to a renewable energy provider.

Our goal is to drive lasting behaviour change and to show the world how small actions can add up to make a big difference.

In 2015, we organised a cycle ride to COP21 in Paris, and so when it was announced that COP26 would be held in Glasgow, we jumped at the chance to get back on the bikes.



[www.wearedonation.com](http://www.wearedonation.com)

## Organised by: Brake the Cycle

Brake the Cycle is the UK's sustainability-focused cycle tour company. Over the last decade, they've taken hundreds of people all over the UK and Europe visiting sustainable and environmental initiatives. They'll be taking care of the logistics for the ride, ensuring all you have to do is pedal. Brake the Cycle is a brand of Adventure Uncovered.



[adventureuncovered.com/cycling-adventures](http://adventureuncovered.com/cycling-adventures)



Cycle-Works specialises in stylish, secure and innovative secure cycle parking and related infrastructure, designed to promote cycling.

[www.cycle-works.com](http://www.cycle-works.com)

## Possible.

Possible (formally 10:10) are our charity partner, and their mission is clear: to inspire climate action. They'll be linking us up with some great community climate projects as we make our way up the country, and will be making sure the ride makes a big splash - getting attention of leaders and influencers in the build up to COP26.



## Arup

Arup are an international engineering organisation specialising in multiple disciplines to create a Total Design. Their expertise includes sustainable futures, carbon management and circular economics to name but a few. In March 2020, Arup committed to being a Net Zero organisation by 2030, setting a 1.5°C aligned science based carbon reduction target.



## Adventure Uncovered

Adventure Uncovered's purpose is to influence social and environmental change through responsible adventure, inspiring and motivating outdoor enthusiasts to take positive action towards the health of people and planet.

Brake the Cycle merged with Adventure Uncovered in 2020 and their film festival will be screened in Penrith en route.



**EVENT  
PARTNERS**



# EVENT SPONSORS



## Headline Sponsor

**Abel & Cole**  
Easy Organic Everything

Abel & Cole has been the organic home-delivery pioneer since the '80s. Nowadays there's a whole lot more than just potatoes on offer, from seasonal fruit & veg boxes to eco-friendly cleaning essentials and everything in between. In fact, they offer an entire carbon-neutral shop, all sustainably sourced, reliably delivered and thoughtfully packaged in returnable, reusable, recyclable cardboard boxes. It's been 33 years – but some things never change. They still only visit each area once a week, carefully planning every delivery to keep carbon emissions to an absolute minimum. Delicious, organic food and drink, as nature intended, delivered by the boxful.

[www.abelandcole.co.uk](http://www.abelandcole.co.uk)

## Silver Sponsor:

**SYMPROVE™**

Symprove's unique water-based formula is packed full of live, active bacteria. Because Symprove is water-based, it doesn't trigger digestion. More live and active bacteria surviving passage through the acidic environment of the stomach means a better opportunity to colonise the gut which can help to support and nourish the gut microbiome. This ability to deliver thriving bacteria is what makes Symprove so special. Symprove supports people in achieving a healthy and happy life.

[www.symprove.com](http://www.symprove.com)

## Bronze Sponsors

**CAYLEY  
COUGHTRIE**

**AECOM**



# 👉 FAQs

## DO I HAVE TO CARRY EVERYTHING?

No! The Brake the Cycle vans will carry all your luggage (well, one bag each!) leaving you to cycle bag free each day. The bag collection point is our final destination each day.

**You have one bag.**

## WHERE DO I STAY?

We all stay in town! We've chosen towns which are relatively small, yet with lots of accommodation options.

Alternatively, there's lots of B&Bs, AirBnBs, Youth Hostels etc. so get googling!



## WHERE DO WE START?

On day one we start at The Tea House Theatre in Vauxhall. We gather from 8 am and will leave by 8.45 am/. On the days that follow we'll start from Central Town as outlined above and set off from 8 am to 9 am in different self-organised groups. These locations are where you'll drop your bags with us, put on your helmet and head off along the route! Drop off will be open from 8 am so people will be leaving at different times across the morning.

## WHERE DO WE FINISH?

Bag collection will be at the final destination in a central town location.

Your GPX route will bring you directly to this location and we'll also be at hand to communicate with you should you need extra info.





## WHAT ABOUT FOOD?

Lunch is provided each day and will be catered at a cafe along the route. All food will be vegan and vegetarian and we'll cater for dietary requirements. Expect hot soups, salads, sandwiches and fruit. Even if you sort your own lunch out you must come through this lunch stop as it doubles up as our check in point!

Breakfast and dinner is your own responsibility although we'll signpost places for dinner in some towns!

## WHAT HAPPENS IF SOMETHING GOES WRONG?

Each day, the Brake the Cycle Team will be providing support on the road with support vehicles. Bike maintenance and navigation is your responsibility but we're a friendly supportive crowd and we'll be there to help you out as much as we can.

Any general questions send us an email at [cycle@adventureuncovered.com](mailto:cycle@adventureuncovered.com)  
Emergency number for serious mechanical problems of medical issues **TBC**

We'll be in regular contact with you via email and WhatsApp each day.



## WILL I BE FIT ENOUGH?

Average distance a day is 65 miles. This is about 5-6 hours in the saddle if you go steady. We've deliberately extended the number of days we take to ride in order to make the daily distance manageable. The longest day we do is 70 miles.

Of course we suggest you do some training. Even just getting out twice a week for two hours or so makes all the difference. We also suggest you've ridden at least 50 miles in a day before you join, with breaks of course!



## WHAT IF I GET LOST?

Navigation is your responsibility but we'll be at hand to help you out. We'll also be asking everyone to turn on a bike tracking app so we can see where all our riders are at any time and in addition, will be checking people into the check in point at lunch.

## WHAT BIKE DO I NEED?

We are not bike snobs :) Any and all bikes are welcome. We're a diverse bunch and have taken groups on tandems, electric bikes and foldable bikes. We suggest touring, hybrid or road bikes for this one, but anything you feel comfortable on. The lighter the bike the easier it is and you won't be carrying stuff in your panniers.

## DO I NEED LOTS OF KIT?

Nope! Just a way to navigate and some basic bike bits (see 'what do I need to bring section'). You have to have a helmet and lights, but the rest is up to you! We'll be carrying your bags with your evening clothing and stuff so just whatever you normally take for a day in the saddle.



## WHAT HAPPENS EACH DAY?

See 'A day in the life of a COP26 Rider' - page 13.

## WHAT HAPPENS IN THE EVENING?

In the evening it's up to you! Three nights of the week we'll be arranging evening events with a talk, a film and some food available (though not included). Apart from that, it's your time to chill out, mosey the town, meet up with new friends, have a beer or two and get fuelled!







## WHAT HAPPENS IN GLASGOW?

... stays in Glasgow.. Only Joking 😊

On the final day we roll into Glasgow celebratory style. We'll aim to arrive by late morning / lunch so book your train out of Glasgow from 1pm.

## HOW WILL I MEET PEOPLE?

Each morning all the crew will be at the bag drop off location in central town. This might be a leisure center, community hall or a cafe. We'll let you know in good time! You'll see fellow riders on the road and on the lunch spots and at the finishing location too.

Most of us will be staying in Premier Inns so there'll be plenty of options for meet-ups!





# CONTACT US

[cycle@adventureuncovered.com](mailto:cycle@adventureuncovered.com)

Emergency number: 07526 156841

