GREAT BEAR – 3 PEAKS CYCLING CHALLENGE

The price for 2027 is £930 per person

25th September -2nd October 2027

WHAT THE PRICE INCLUDES

* Transport for bikes and bags up to Fort William

* 6 nights' accommodation in twin rooms in hotels/hostel/B&Bs (first night in Fort William can be included for an extra fee)

* Breakfasts x 6

* Refreshments/snacks

* Baggage transfers for the duration of the trip

* Vehicular support for the entire cycle including back up vehicle carrying spares, mechanical support and use of spare bike should you need it

* Guide for Scafell Pike

* Overnight bike storage

WHAT THE PRICE EXCLUDES

* Bike and helmet hire

* Personal clothing and equipment

* Insurance

* Lunches and evening meals

PAYMENT

I take a £200 deposit per person to secure your place on a tour – this is non-refundable unless I can find a rider to take your place then the deposit can be refunded should you need to cancel. The balance of payment is due 12 weeks prior to the trip departure date (3/7/27)

DAILY

25th -Pre event – Meet in Fort William

26th -Day 1 – Climb **Ben Nevis** then cycle 42 miles to Connel

27th - Day 2 – Connel to East Kilbride - 102 miles

28th - Day 3 – East Kilbride to Carlisle – 94 miles

29th - Day 4 – Carlisle cycle 42 miles to Seathwaite then climb **Scafell** then back on the bike for 25 miles

30th -Day 5 – Ambleside to Runcorn – 100 miles

1st- Day 6 – Runcorn to Llanberis - 74 miles

2nd- Day 7 – Climb **Snowdon** (stay on for an extra night or head home)

TRANSPORT

Bikes can be dropped off with me pre ride to make travelling to Scotland easier or I am hoping to be offering courier services so will let you know. You need to get yourselves to Fort William for the start

HOME – You can either head straight home after completing Snowdon or stay on its up to you (extra night can be arranged for a charge or sorted yourself). Delivery of bikes and kit back to your home address can be arranged please let me know your requirements.

WHAT HAPPENS DAY TO DAY?

You need to be aware of your ability and demands of the challenge involved – If you ride at an average speed of 11mph then this event is not for you. Some days you will set off from the accommodation with walking boots on and others on your bike.

You will need certain minimal kit items for a mountain guide to take you up Scafell (rucksack, proper supportive walking boots, layers, small rucksack etc) the list will be provided pre trip.

Fort William accommodation isn't included due to the stupidly high prices in the town – I can add this but be aware it isn't your normal nightly fee.

ACCOMMODATION

The accommodation provided on the trip is a variety of independent and chain hotels and B&B's with possibly a hostel. They vary due to nature of our location and are based on 2 people sharing a twin room. Most accommodation has food and a bar available on site or nearby as well as Wi-Fi.

NAVIGATION

I have routes available in GPX format and these will be sent out to you in the weeks before the ride. You will need a suitable Garmin/Wahoo etc to navigate on this trip.

BIKES AND EQUIPMENT

I strongly recommend that you ride a road or touring bike for the cycle and have put in sufficient training on this same bike. Whatever you choose make sure the bike has a suitable range of gears as you will be climbing steep hills in places and if you are not familiar with the mechanics of your bike it would pay to take it to a cycle shop for a service prior to the trip. If you intend on completing the ride on anything other than a road bike then please let me know prior to the ride as the vehicles are set up to carry road bikes.

Bike choice – If it cannot be fixed at the side of the road please consider using another bike. 4/5 years ago the spare bikes went seasons without being used – more recently it goes out on almost every trip to people not heeding my advice.

Lights, you may think well 'I won't be riding at night', but in heavy rain, fog and under tree cover you need to give that vehicle approaching you from behind at 60mph every chance they can to see you. Some people turn up with lights that can barely be seen halfway down a lay-by and I would only recommend a high output LED pulsating rear light as there is a good chance you will have dense sea fog on the final push up to John O'Groats. Knog, Moon, Lezyne and Exposure all make good powerful rear lights. Same goes for clothing, that all black Castelli gear looks great but when you have a logging truck bearing down on you in the rain in the Scottish Highlands you want to make sure he knows you are there.

Gloves - you can never have too many pairs. (you may even find that skiing gloves will end up being your best friend…)

Water bottles – If you have 1 x 500ml bottle then you may want to invest in a couple of nice big bottles.

It is recommended that you bring a few spares for your bike (chain links, spokes, inner tubes) I have a certain amount for sale on board the support vehicle, please understand however that it is not possible to stock for every single bicycle. I have tyres, tubes, bar

tape, cleats, brake pads, gear and brake cables, chains, chamois cream and more. You are responsible for your own routine maintenance throughout the trip (it is your bike after all) but I will help out in any way that I can. I have track pumps and you do not need to bring your own.

BAGGAGE ALLOWANCE

Your baggage allowance for this trip is just the **one** piece of main luggage in the form of a sports/expedition bag or suitcase (not 4 small bags please).

It is also a good idea to bring a bag for life for you to keep all of your items in that you may need during the day (sun cream, tablets, chamois cream etc) as these fit in the lockers well to save you dragging your suitcase out and rummaging through it in a wet lay-by.

PREPARATION

You need to be a decent confident cyclist and not someone who just fancies having a go – this is going to be a reasonably arduous trip and you need to be able to keep up with the pack on the bike and in the boots to be able to get the best out of this experience.

Hill walking experience would be an advantage and please come with worn in footwear for the hills – this is not the time to be trying new boots out

SUPPORT

The support vehicle will always be on hand should you need assistance at any time during the trip. In the van is a tool kit, spare wheels and spare bikes. I will always be close to the riding group and will get ahead of you now and again for you to fill up water bottles and have a sit down. Whether you need a break, have bike trouble or just need emotional support getting up a big hill, I will do what I can to keep you going.

FOOD

Breakfast is provided by your accommodation and ranges from the usual full English/Scottish through to cereals, yoghurts, fruit, toast and fruit juices, tea and coffee.

Lunches – from 2015 onwards I regret that I will no longer be able to offer lunches as I used to due to unpredictable weather, unpredictable locations and unpredictable breakdowns. Feel free to leave any food you require in the van or sample all of the great local produce as you wind your way South. Evening meals and drinks are not included in the price. Evening meals are available at most accommodations or we are close to pubs/towns with selections of eating places. If you have any dietary requirements i.e. vegan, vegetarian etc please let us know so we can advise accommodations in advance.

LAUNDRY

I can take kit that needs washing to a laundrette in Penrith on the 4th morning while you are working your way across to Scafell – you climbing will hopefully give me a chance to then get it dry for you

GUIDES

A mountain guide will be provided for the ascent of Scafell due to its potential for navigational confusion. Ben Nevis and Snowdon are reasonably straight forward but can also have guides provided for an additional fee if required.

Any further queries or questions please contact me on –

Carl - 07869714319 carlshearman@live.co.uk

Or through the website at www.great-bear-tours.co.uk