

Women Ride Training Weekend



Duration: 2 days

Part of our Women Ride series, encouraging women to get on their bikes. Designed to downscale some of the factors often cited by women as barriers to cycling, expect confidence-boosting support, a friendly non-competitive atmosphere and the buzz of completing a great day or weekend on the bike. This fabulous weekend is set in the beautiful chalk downs and valleys around Salisbury and the New Forest, and offers two wonderful day-rides – choose your day! Or take advantage of the opportunity to ride consecutive days – the perfect way to test your stamina for multi-day riding, and really put your skills into practice.

The varied cycling combines a mix of terrain from flat roads to a range of climbs and descents, and is carefully designed to help you to gauge your fitness and progress, boost your confidence and improve your cycling skills under the guidance of experienced leaders. We also incorporate basic bike maintenance skills to further boost independence and confidence.

- This Training Weekend is **included in the cost** of Women Ride London to Paris and Women Ride London to Bruges Cycles.

- If you register for a Women Ride multi-day challenge ride first, you will receive a code to register for the weekend for free.

- If taking part in the weekend inspires you to sign up to a Women Ride multi-day challenge ride, your Training Weekend payment will be discounted from your final trip cost.

DETAILED ITINERARY

Day 1: 9th May 2020

New Forest Set off through leafy lanes and quiet villages into the New Forest National Park. Wonderful rolling ride through beautiful landscapes of woodland and open heathland, with varied climbs and descents.

Cycle approx 48 miles

Day 2: 10th May 2020

Chalk Downs Head out into the rolling chalk downs and quiet valleys west of Salisbury. Fantastic scenery, with some more challenging climbs to test your legs and determination!

Cycle approx 42 miles

Each day incorporates simple bike check and maintenance skills

WHAT'S INCLUDED

- Discover Adventure cycle guides, leaders/mechanics and drivers
- Packed lunch
- Water stops with snacks
- Full vehicle support throughout
- Maps and route information

WHAT'S EXCLUDED

- Accommodation
- Breakfast and evening meals
- Travel insurance
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Personal spending money and drinks
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

PREPARING FOR THE CHALLENGE

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 20 Apr 2024, and the challenge is subject to change.