## Women Ride Taster



**Duration: 1 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 achieving your challenge.

First up, we have our taster ride - for those eager for a flavour of the action. This involves 30 miles of supported cycling along quiet, country roads in the Salisbury area and accompanied by a variety of cycling abilities. It's the perfect chance to test out the waters and gain handy advice from our experienced leaders. What's more, it's totally **FREE!**

## DETAILED ITINERARY

**Day 1: Free Taster Day** Itinerary to be confirmed

# 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.

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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 4 Jul 2025, and the challenge is subject to change.