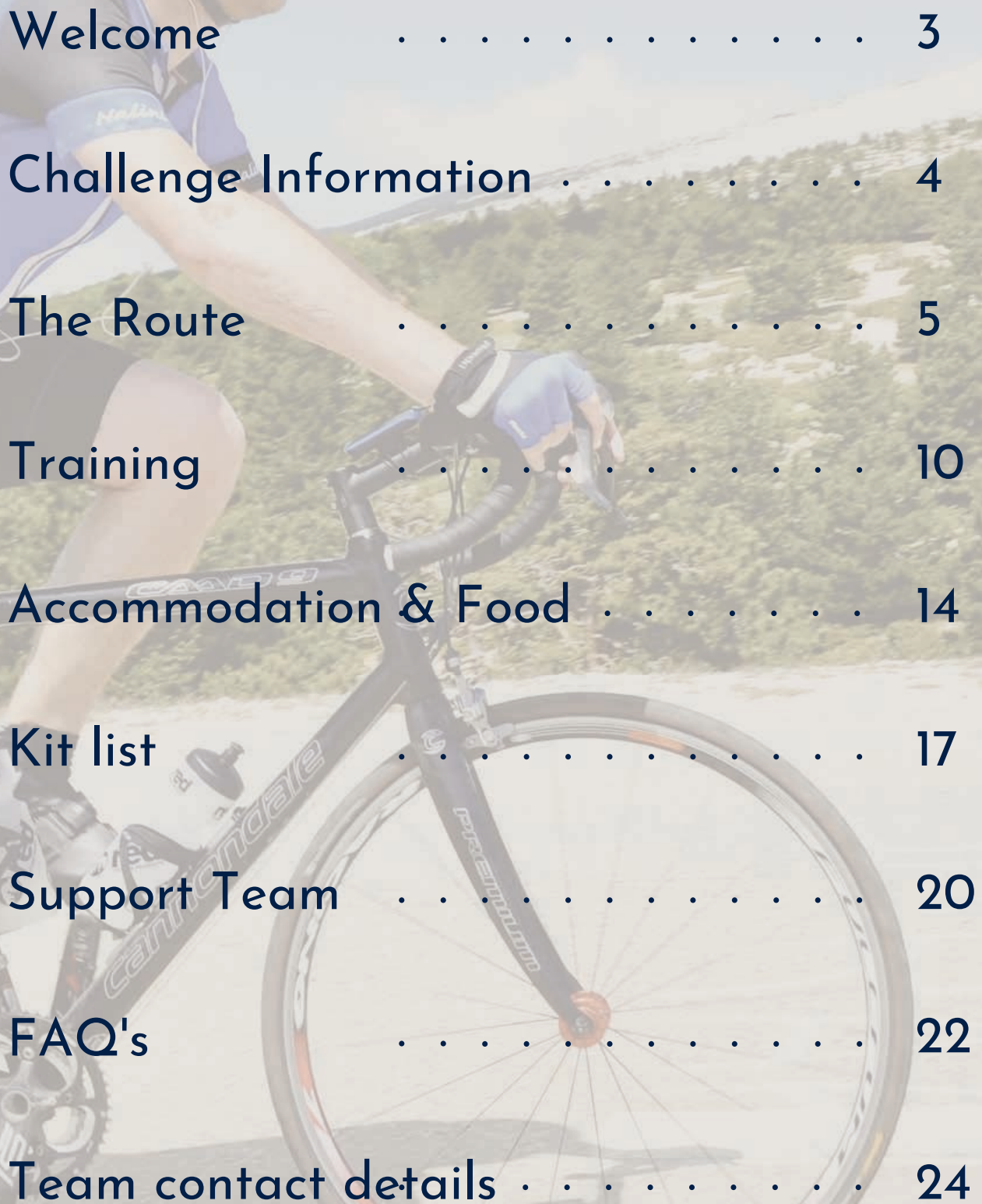


# LONDON TO TORQUAY CYCLE



23-25 Sep 2021 & 14-16 Oct 2021

# IN YOUR GUIDEBOOK

A cyclist wearing a blue and black jersey, a helmet, and sunglasses is riding a road bike on a paved road. The background shows a scenic view of rolling hills and a clear sky. The cyclist is in the foreground, and the road curves into the distance.

Welcome . . . . .	3
Challenge Information . . . . .	4
The Route . . . . .	5
Training . . . . .	10
Accommodation & Food . . . . .	14
Kit list . . . . .	17
Support Team . . . . .	20
FAQ's . . . . .	22
Team contact details . . . . .	24

# WELCOME TO THE CHALLENGE

Since the pandemic started we've done our best to put on a number of virtual running & cycle challenge events, but what we love and, more importantly, we know you love, is an in-person, cycle challenge.



Therefore we've taken our London to Paris cycle (L2P) challenge and given it a quintessentially English spin so that we can actually put on a road-based cycle challenge this year.

So welcome to the London to Torquay challenge with a very similar distance (to L2P) of just over 200 miles. This ride is suitable for all cycling abilities, even if you don't current own a bike! Plus we take care of everything, your training, fundraising, accommodation, food, travel, bike return, and even will fix those punctures!

We can't guarantee the weather, but we can promise that this is truly a ride you will really enjoy, be challenged by, make lasting friendships and celebrate for a long time after. All the information you need to know about the challenge and specific guidelines (which may not be applicable) can be found below and on the website.

Make this a journey to remember and register for your place today. For any more info do contact Arun (Event Director) - 07841 644828.

# CHALLENGE INFORMATION

All the information you need to know can be found in this brochure or by clicking on the information panels below.



[INFORMATION](#)



[ROUTE](#)



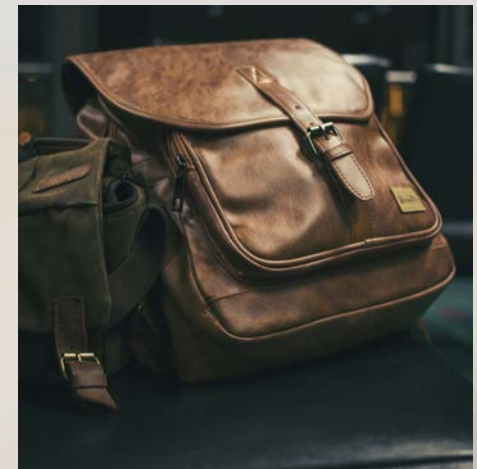
[TRAINING](#)



[ACCOMMODATION](#)



[FOOD & DRINK](#)



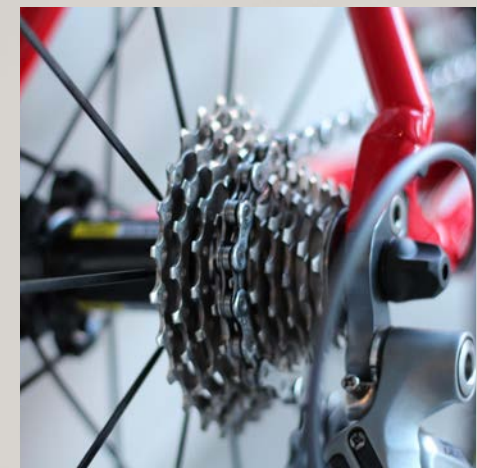
[KIT LIST](#)



[FUNDRAISING](#)



[SUPPORT TEAM](#)



[FAQS](#)



**THE  
ROUTE**

# DAY 1

## London to Marlborough - 71 miles

We'll set off from West London at 9.30 am after the morning rush hour. As it is day 1 there are frequent stops and the pace is gentle to give us the opportunity to get into the challenge. It won't take too long for us to wind our way out of London and enter the peace and quiet of the Berkshire countryside. The morning ride is undulating, not too intensely though. After regular stops to recharge, we'll stop at a lovely country pub for a really well-earned lunch.

After lunch, we'll continue our journey to Marlborough, but you'll be pleased to hear, the route is once again flat, except for one big hill. Our snack stops will keep you going, and upon arrival in Marlborough, you will get a well-earned break and be able to check in to our bed and breakfast for our overnight accommodation.

After you've had the chance to freshen up we will all meet for our evening meal and a chance to reflect on the first day of cycling and get to know one another.

## DAY 2

### Marlborough to Glastonbury - 72 miles

You'll be pleased to hear that the route on day 2 is similar to day 1. Cycling starts around 8.30 am, with a gently inclining route for the first few hours. After a number of shortstops, and having covered 35m, we will break for lunch in a delightful cafe, in Wells.

After lunch, we'll be back on our bikes for our delightful afternoon ride to the historic town of Glastonbury. Once again there will be plenty of snack stations along the countryside route. Upon arrival in Glastonbury, you will have time to relax, freshen up, and reflect on day 2.

Do explore the town, it has so much history, and the walk up to Glastonbury Tor may seem a long way but is actually only 20-30 mins.

The view from the Tor is breathtaking. Later we will have an evening in a local restaurant, where you'll also have the chance to enjoy some food and drinks (not too many!) before you sink into bed ahead of our final day, the ride to Torquay.

## DAY 3

### Glastonbury to Torquay - 73 miles

By now, your legs may be aching and fatigue may be setting in, so we won't get you out of bed too early.

We'll gather after a full breakfast and aim to set off by 9.30 am. There are a few hills to conquer on this leg, but by now you'll be ready for them.

After a well-earned lunch stop, Torquay will soon be in our sights. Savour that triumphant feeling as you cycle towards the seaside town or English Riviera, where the fizz will be flowing.

You're welcome to invite friends and family to join the team cheering you at the finish line. Do tell them to [contact us](#) to get further details and where to meet us.

After the initial celebration on the seafront, we'll check into our hotel and head to a local restaurant for a celebratory meal. Following our meal, we are sure the celebrations will continue, so it's lucky that the Torquay nightlife will be close at hand!



## DAY 4

Torquay to London - 0 miles (of cycling!)

The following day we will start with a reunion at a local venue, over breakfast.

Sadly this will signify that our epic journey is starting to come to a close.


You will have the chance to say your goodbyes, but only for now as we are sure you will keep in touch.

We will return home via train to London Paddington Station, where you will be reunited with your bike.

If you are staying on longer do let us know as soon as possible so we can make necessary arrangements for your travel home and bike storage (charges may apply).

Just contact us to discuss what would be best for you.

[rebecca@tfaltd.co.uk](mailto:rebecca@tfaltd.co.uk) | 0333 444 1189

A woman with blonde hair in a ponytail, wearing a black long-sleeved top and grey leggings, is stretching her right arm upwards. She is standing in a forest with trees in the background. A red and black bicycle is parked on the ground to her left. The text "TRAINING GUIDE" is overlaid in the center in a bold, orange, sans-serif font.

# TRAINING GUIDE

# TRAINING

Our London to Torquay cycle challenge is suitable for cyclists of all abilities. However, remember reparation and training are essential for success!

Our support team will always be present to assist you and happy to talk through any training needs. Below and on the next page, you'll find details about different abilities and training plan for this event.

## New to Cycling

You've not ridden a bike recently and your aim is to build up your capacity to cycle steadily.

Give yourself at least 4-5 months to train for this event

Start gently, build your stamina and confidence in road riding and you will find real enjoyment out of cycling!

## Regular Cyclist

You cycle regularly and have done so for years.

This could include commuting a short distance to work or going on regular weekend rides (20 miles+) with friends and family.

Continue this in the months up to the event and you will be in good shape.

## Advanced Cyclist

You regularly cycle longer distances and will have completed rides similar to this event previously.

Aim is to maintain this level of cycling in the months up to the event.

Please feel free to support your fellow riders with any guidance you have.

Please remember this is a group ride and we will move through sections of the route as a group. Our support team supporting is available for you to contact from now. During the event, we do ask you all to support each other wherever you can.

# TRAINING

After assessing your own cycling abilities, you will need to prepare and plan your training. It is important to make sure you consider stretching pre and post-ride, fluid and nutrition intake, and resting from training.

Our support team will always be present to assist you and happy to talk through any training needs. Below and on the next page, you'll find further details about stretching, fluid, and nutrition, and rest, plus an 18-week training plan.

## *Stretching*

Do this before and after your ride for at least 5 mins.

Check out this link if you want to view a 5-minute routine you can use before and after your ride.

Get in touch with Emma in our support team for advice on warming-up and down.

## *Fluid & Nutrition*

Eat an hour or so before your ride and during it.

Our rule of thumb is to eat on the hour every hour, especially when doing longer rides.

Can be an energy or cereal bar, fruit or some pasta, but do avoid anything too heavy

## *Rest*

Rest days are when fitness work beds in, so it's important. Particularly after you have ridden on consecutive days and if you are new to cycling.

Give yourself 24-48 hour rest during rides, but do stretch or do some Yoga if you can.

# TRAINING PLAN

If this is the first time you on a ride like this, a ride where you are going to be riding three days continuously for more than 50 miles each day, you will need to have a carefully considered training plan.

Many of you will have your own training plan, based o your cycling ability and road confidence. To help you at whatever level you are at, here is a suggested training plan which you can use.

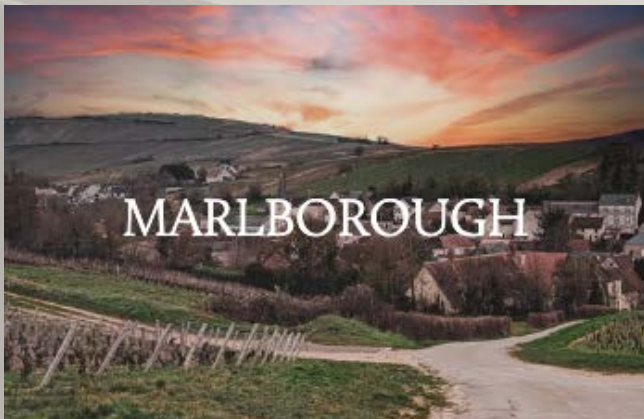
Weeks	Suggested training per week
1 - 3	2 x 30 min rides appx. 5miles each 1 x 60 min ride appx. 10miles long Rest day between rides
4 - 6	2 x 60 min rides appx. 10miles each 1 x 90 min ride appx. 15miles long Rest day between rides
7 - 9	2 x 90 min rides appx. 20miles each 1 x 2.5hr ride appx. 25-30miles long Weeks 8 & 9, ride consecutive days where you can
10 - 12	2 x 2hr min rides aiming for appx. 23miles each plus... Week 10 & 11 - 1 x 3.5hr ride appx. 35-40 miles Week 12 - 1 x 4hr ride appx. 40-45 miles
13 - 15	2 x 2.5hr rides aiming for appx. 28-30 miles 1 x 4.5hr ride appx. aiming for 40-45 miles Ride on consecutive days where you can
16 - 18	2 x 3hr rides aiming for appx. 30-35 miles 1 x 5hr ride appx. aiming for 50-55 miles Ride on consecutive days where you can

On the week before the London to Torquay ride - short 5-10 mile rides, with two/three rest days before the ride itself.

A photograph of a modern hotel room. The room features two beds with white linens and a large, tufted headboard. A window with blue curtains is visible in the background. The text "OVERNIGHT STAYS & FOOD" is overlaid in a dark purple, bold, sans-serif font.

**OVERNIGHT  
STAYS &  
FOOD**

# ACCOMMODATION

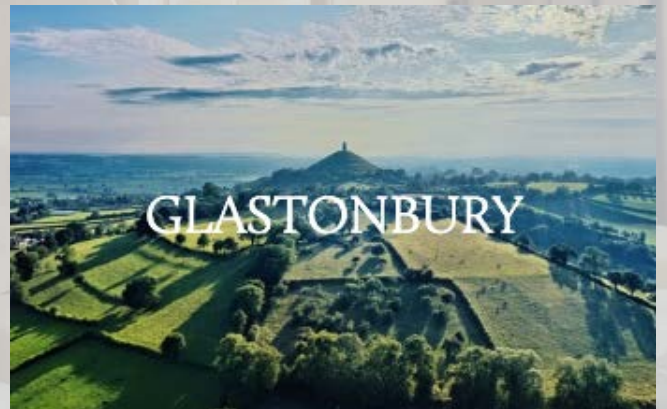


A hotel near the market town of Marlborough will be our destination for day 1. Rooms will be twin en-suite rooms and WiFi is available. Evening meals & breakfast on day 2 will be provided in the hotel restaurant, menus will be shared in advance of the ride.

---

On day 2 we will stay in the historic town of Glastonbury. Famed for its music festival, it also has an amazing Tor, to visit which is only 20mins from the centre. Rooms will again be ensuite twins and our evening meal will be in a local restaurant serving great food and some wonderful ales, only a few though!

---



On day 3 we'll stay in the seaside town of Torquay. We will have our celebration meal on the seafront and reflect on our amazing achievements, knowing that all the cycling is over for now! After our meal, and in true tradition, celebrations will no doubt continue in some of the local pubs and nightspots

# FOOD & DRINK INCLUDED

## Day 1

- Lunch
- Evening Meal
- Energy snacks
- Hot & cold soft drinks throughout the day

## Day 2

- Breakfast
- Lunch
- Evening Meal
- Energy snacks
- Hot & cold soft drinks throughout the day

## Day 3

- Breakfast
- Lunch
- Evening Meal
- Energy snacks
- Hot & cold soft drinks throughout the day

## Day 4

- Breakfast



An open suitcase is shown from a top-down perspective, lying flat on a light-colored wooden surface. The suitcase is packed with various items. In the upper left, there is a blue and white striped shirt. Next to it is a white long-sleeved shirt with a dark patterned pocket. A dark belt is coiled in the upper right. A laptop is partially visible on the left side. In the lower right, a tablet is placed on top of a tan-colored folder or notebook. A pair of white earphones with a coiled cord is lying on the bottom left. The suitcase has grey straps with buckles across it. The text 'KIT LIST' is overlaid in the center in a bold, yellow, sans-serif font.

**KIT  
LIST**

# KIT LIST

## Optional items

Sunglasses	We recommend a pair that fit really well or are a wrap-around style
Cycle lock	You are welcome to bring and use it on your bike, but not something that is required. Bikes will be kept secure and will always have members of our team with them.
Cycle pump & tools	We have all the required equipment and tools to support you but do bring your own tools if you prefer. Please ensure it is correctly fitted to your bike.
Cycling clothes	Leggings - Good for cooler days, September can be either! Arm & leg warmers - Maybe useful at this time of the year Overshoes - very useful to keep feet dry in wet conditions
Cycle computer	Not essential, but useful for guidance and monitoring your ride
Snacks	You are welcome to bring your own snacks, but we will have plenty of items at our stopping points. If you bring any food items that are specific requirements, please feel free to store in our chiller.
First aid kit	You are welcome to bring your own first aid kit, but we will have a medic and support medics on hand should you need any support
Medication	Please let Arun know in advance if you are bringing any medication

## Your bags

We recommend you split the kit you bring into three bags.

Saddlebag - Connected to your bike with essentials that you may need at any time. Includes items like your phone, medication, bike tools, though we will have all the required tools and a mechanic!

Day bag - Small bag which will be available at all the stopping points. Includes items such as waterproofs, spare cycling shirt, camera. These bags will be transported in the support vehicles.

Overnight bag - Large bag which will contain all other items. This will be transported in the support vehicles and will be available at all stops.

Any questions, just get in touch with our team - [rebecca@faltd.co.uk](mailto:rebecca@faltd.co.uk) or [sarah@faltd.co.uk](mailto:sarah@faltd.co.uk)

# KIT LIST

As this challenge is taking place in September, below is a list of what we recommend as essential and optional items for this time of year.

## Essential items

Bike	A road bike is the best type of bike for this challenge, though people have completed the challenge on hybrid or mountain bikes previously. Your bike must have been serviced within the last six months. You can have this done at most local bike shops but will need to book in advance. If you have not purchased/rented your bike yet, please do get in touch with our support team who can talk through options and what would be most suitable. arun@tfaltd.co.uk   paolo@tfaltd.co.uk   07841 644828
Cycle helmet	Compulsory for this challenge
Cycling shoes (shoes that clip into pedals)	Strongly advisable for this challenge and do train in them so your feet get used to wearing them and can be adjusted to your best position. Also getting used to connecting and disconnecting from your pedals.
Cycling essentials	Cycling shirts - recommend you bring five cycling shirts as it may be wet Socks - Sports socks are fine, high-vis colours recommended Shorts - Padded shorts for comfort and to prevent chafing Gloves - Great for comfort, grip and warmth, as we do have one early start Jacket - One that is light, breathable, and packs down small Waterbottle - connected to your bike and at least 1-litre in size Front, rear lights - required to take part in this challenge Innertubes - You must bring four spare inner-tubes for your bike. We can supply them, but the cost is £10-15 each and subject to availability
Personal essentials	Bags - Saddlebag, one smaller day pack, and one larger overnight bag Change of clothes - required for three evenings and return journey Comfortable shoes - trainers, flip flops, or even slippers, you decide! Toiletries - Toothbrush, face wash, shampoo, sun protection, etc Money - Euros or most credit, debit, or travel currency cards Chargers - for phones, laptops, earphones, camera etc Medication - Let us know about anything you take
Documentation	Insurance - Medical (if applicable), Travel (including for cycling), and for personal items. Additional ID - Like a passport or driving license
COVID-19 Information	Facemasks & sanitiser - will be provided, but do feel free to bring your own. At this stage, we are still waiting on confirmation of other requirements. Testing kits - Will be confirmed if there is a requirement for this in advance Track & trace App - Required, please have on your smartphone in advance



# SUPPORT TEAM

# YOUR SUPPORT TEAM



**Arun  
Sharma**

**Event Director**

I first took part in a cycle event back in 2006. I enjoyed the three-day cycling challenge so much, that I decided to run my own event! It's also a bonus that I like cycling and the seaside



**Justin  
Leahy**

**Event Guide**

Starting off as a runner, I've run the London Marathon three times. I prefer to exercise on wheels now and like others, enjoy the odd glass of vino, local ale & delightful food on offer!



**Paolo  
Nistri**

**Guide Leader**

A keen cyclist & an even keener Dad. I love riding my bike on the open road, so doing L2TQ to support people with long-term conditions find employment is the perfect event for me!



**Rebecca  
Millburn**

**Event Leader**

I love taking part in challenge events and supporting the amazing teams doing them. Looking forward to L2TQ this year, which will be an adventure and so much fun after last year!



**Emma  
Everest**

**Event Guide**

Part time mum, spin & fitness instructor, full time winging it! Always full of motivation and an abundance of energy and drive to help others. Also am a bit of an accomplished gin taster!



**Mat  
Lambert**

**Event Guide**

I've been a sports trainer & coach in gyms, schools and the great outdoors for 12 yrs now! I know what it takes to ride this event and am looking forward to supporting you all to Paris.



**Fraser  
Wright**

**Medic**

I'm a paramedic working with the Ambulance Service. I have also worked for the NHS in many roles. I'm looking forward to meeting you all and supporting you on the event.



**Gavin  
Newman**

**Mechanic**

This'll be my first L2TQ, but I have cycled long routes before. I love riding and fixing bikes and know my way around a bike pretty well having repaired most bits over the last 30 years.



**Anne  
Hannan**

**Event Guide**

I've been riding and guiding for many years now. Remember that feeling of arriving at the at the finish line, so looking forward to meeting new people and tasting all the Devon delights!



**Mike  
Rimmer**

**Event Guide**

Home Counties anarchist who started to run Velo Events to fund my racing and rallying career. Loved the first L2TQ, looking forward to supporting you all again later in the year



**Sarah  
Grant**

**Support Team**

Been working for TFA for a while now and even though I've never done L2TQ before, I'm always up for a challenge. Its also lucky that Devon is a great place, so what's not to enjoy!



**Lars  
Patel**

**Event Guide**

Love all kinds of cycling & a bit of adventure! Have been on cycling jaunts all round the world in all conditions. Also love the food and drink which goes with it, perhaps even more.

A person is seen from behind, sitting on a bicycle on a sandy beach. The person is wearing a white tank top and dark pants. The bicycle has a basket on the back. The background shows the ocean with gentle waves and a sunset sky with large, dark clouds. The overall scene is peaceful and scenic.

# FAQS

# FAQ'S

Please click [here](#) for a list of the full FAQs. Below is a list of the most viewed.

- What is the date of the event? 23-2 Sep & 14-16 Oct 2021. Cyclists will return on the day after the event finishes unless they specifically request to come back later.
- Where does the challenge start from and finish at and at what time? The cycle challenge starts from West London, London at 9.00 am and finishes in Torquay, at approximately 5.00 pm.
- What level of fitness do I need to have for this challenge? You will be in the saddle for three days, cycling just over 70 miles each day. Give yourself time to train and get used to your bike.
- How will each day of cycling work? Each day will be broken into shorter sections 10-15miles long. After each section, 'stop points' will provide snacks and drinks. Support vehicles also available.
- What type of bike do I need? Above all, one that you feel comfortable riding for 3-consecutive days. We would recommend a road bike or hybrid
- What happens if I experience problems with my bike? Don't worry we have a bike mechanic with us on the support team.
- What will happen to my bike after the challenge? We will repatriate your bike back to London Paddington station after the challenge and it will need to be collected between 3pm-5pm on Sunday 26 September 2021. If you wish to collect it at another time or have it repatriated to another address, we can do that, but there will be additional charges.



tfaltd

Events | Team Building | Challenges