

ST HELENA HOSPICE COAST TO COAST CYCLE CHALLENGE

ITINERARY









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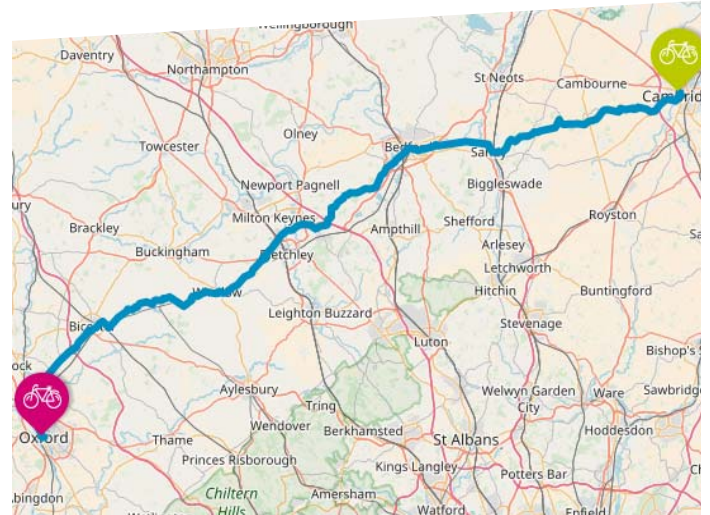
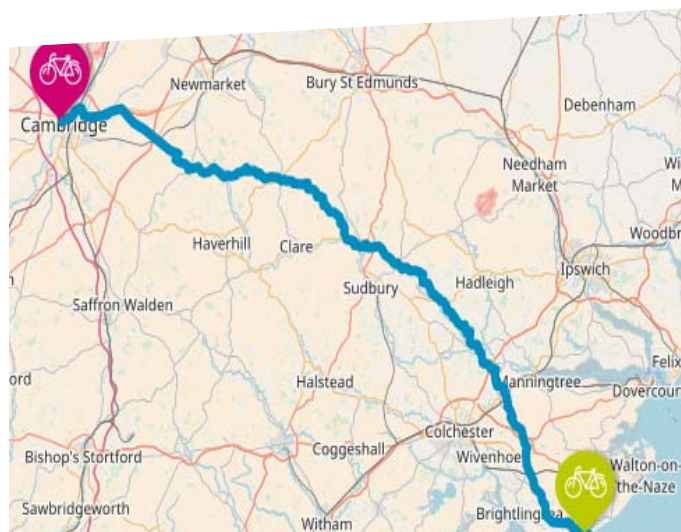
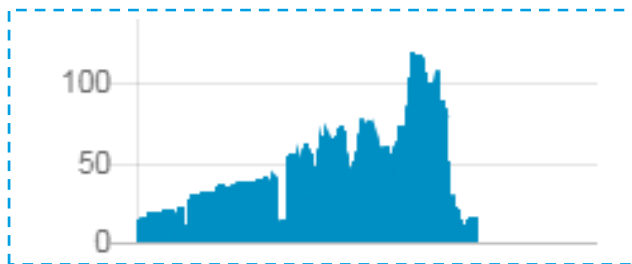


Day 1 Clacton to Cambridge (70 miles approx.)

Meet at Clacton Pier in the morning for registration and team briefing from your tour leader. Today we head out into the countryside cycling towards the beautiful university city of Cambridge where we will stop for the night.







-  **07.30** Briefing from the tour lead on what to expect throughout the day
-  **08.00** Set off towards Colchester through the countryside
-  Water Stop at around mile 20
-  Lunch stop in the Halstead village area around mile 35
-  Water Stop around mile 48
-  **18.00-20.00** Arrive at the hotel in Cambridge and have dinner.

Day 1 Elevation Profile

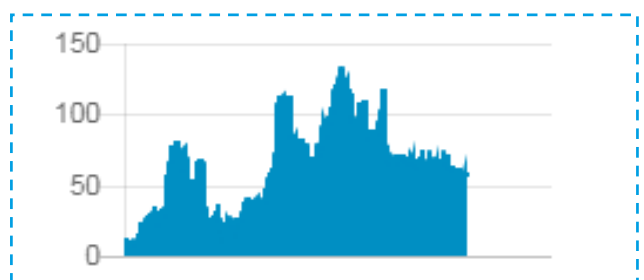


Day 2 – Cambridge to Oxford (85 miles approx.)

Our morning route takes in some of Cambridge's historic architecture before heading out of the city. Today we skirt the stunning Chilterns and head towards our second university town, Oxford.

-  **06.30** Briefing from the tour lead on what to expect throughout the day
-  **07.00** Set off through the countryside towards Milton Keynes
-  Water Stop around mile 25
-  Lunch provided in the Bedford area around mile 55
-  Water Stop around mile 75
-  Hotel and dinner in Oxford 19.00-20.00

Day 2 Elevation Profile










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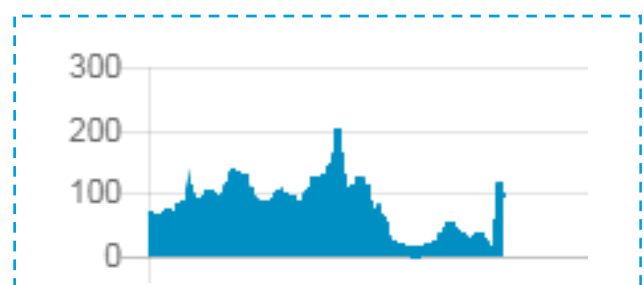
Day 3 Oxford to Portishead (85 miles approx.)

Today is the final push as we wind our way through the lanes of the Cotswolds taking in stunning vistas and quaint villages along the route. We head for the coast and our finish line in Portishead – a charming seaside town full of history. Then a brief coach journey to Bristol where we will enjoy a celebration meal in the evening as we reflect on our amazing achievement!

-  **06.30** Briefing from the tour lead on what to expect throughout the day
-  **07:00** Set off
-  **Water Stop** around mile 20
-  **Lunch** will be provide on the outskirts of the Cotswolds around mile 50
-  **Water Stop** around mile 70
-  **19:00** Coach to Bristol and Check into hotel
-  **20:00** Celebratory dinner in Bristol





Day 3 Elevation Profile



Day 4 – Bristol to Colchester

The morning is yours to explore all Bristol has to offer before jumping on a coach in the afternoon to make our way back to Colchester.

-  **12.00** Board coach at Bristol
-  **16.00-18.00** Arrival in Colchester (Journey time dependant on traffic)

