



# CYCLE LONDON TO BRIGHTON



# ITINERARY – OUTLINE FOR BESPOKE TRIPS

This cycling challenge encompasses all things quintessentially English. Starting on the south bank of the Thames at the iconic London Eye and in the centre of the capital, we take in some fantastic sights before peddling south, away from the hustle and bustle and into the glorious English countryside. The sounds of one of Britain's best loved sea-side resorts beckons as we make our approach to Brighton where, after a muscle burning ascent over Ditchling Beacon, we can put our feet up, relax, and enjoy a traditional English cream tea!

## MORNING

## TURNER'S HILL

It is an early start as we assemble at one of London's premier tourist attractions to register for the beginning of our cycling adventure. We have an event briefing from the Action Challenge team on the day ahead, and one final check of our cycling equipment before the challenge gets under way. We begin by cycling past Westminster Bridge and along the Embankment where we can enjoy fantastic views across the Thames to Big Ben and the historic Houses of Parliament. We continue en route to Battersea Park and south to Clapham, where we circle the common before making our way to the A23 and out of London. Before long we reach our first rest stop. Set on a hill in the heart of the Surrey countryside we enjoy spectacular views over the rolling hills as we re-fuel on snacks and fluids. Refreshed we continue along winding roads and undulating hills, putting in a final push up to our lunch-stop, a pub situated at the top of Turner's Hill and on a village green.

## AFTERNOON

## BRIGHTON

Well rested and re-energised, we get back in the saddle. Our route this afternoon meanders through the quaint villages of Ardingly and Lindfield where we continue to enjoy the beautiful English countryside as we make our approach to Ditchling and our biggest challenge yet. We dig deep and with muscles burning slowly make our way up and over the famous beacon. It is a grueling stretch and on reaching the top we are totally elated as we stop, look back on where we have just come from, and enjoy the fabulous views down to the coast. After a quick drink we continue the final part of our journey down into Brighton and along the seafront to its famous pier – we have made it! Here we can finally get out of the saddle, take in the sea air, and relax. In the early evening we enjoy a celebratory BBQ to mark the end of this fantastic challenge before taking the train back to London.



LOGISTICS

## **COSTS OF CHALLENGE**

From £99 per person for 60+ participants  
From £115 per person for 50+ participants  
From £135 per person for 40+ participants  
From £155 per person for 30+ participants  
  
Free organiser place for 30 participants

## **INCLUDED**

One way train fare Brighton - London  
Action Challenge Representative  
Action Challenge Support Crew  
First Aid trained member of staff/ doctor  
Bike mechanics  
Snacks and drinks along the route  
Lunch and dinner

## **NOT INCLUDED**

Bike and bike equipment  
Alcoholic drinks  
Items of a personal nature

## **EQUIPMENT**

An equipment list will be forwarded at a later stage.

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **TOTAL DISTANCE**

Approximately 105km

## **RATING**

Moderate

## **FITNESS**

This challenge requires a good level of fitness to cycle the route.

## **FOOD**

Snacks and water will be provided at breaks. Lunch will be at a pub en route and dinner will be in the form of a BBQ at a local pub/ restaurant in Brighton.

## **WEATHER**

May to October has suitable weather, although weather in the UK is changeable and so wet weather gear should be packed.

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