

London to Torquay Cycle



22 - 24 June 2023

IN YOUR GUIDEBOOK



Welcome	3
Challenge Information	4
The Route	5
Our Challenge	22
Kit list	25
Support Team	28
FAQ's	30
Team contact details	32

WELCOME TO THE CHALLENGE

Dear MUFG Riders,

It is my great pleasure to welcome you to our intrepid group, which will be taking on the 2023 MUFG Fitprints for Good London to Torquay Cycle Challenge.



You are part of the MUFG group to take on this iconic ride to Torquay, which will take us on a journey of just over 210 miles, through some of the most beautiful countryside and historic towns in the UK.

Although we can't guarantee the weather, we can promise that you will be looked after every step, or should we say pedal, of the way by the events team, you will have a whole load of fun and will make some long-lasting friendships along the way.

By taking part you will be changing the lives of young people across the EMEA region. Your fundraising will directly support the good work that our Fitprints for Good Charity Partners are doing to help end violence, discrimination and disadvantage across the world and support communities across our EMEA region.

Your support is needed by these charities now more than ever and in this brochure you can find everything you need to know about starting your fundraising as well as all the information you need to know about the ride.

Thank you for taking part in this challenge - it's going to be a journey to remember!

Zinab Aldaraji
Head of Corporate Social Responsibility

WELCOME TO THE CHALLENGE

Dear Riders,

It is my great pleasure to welcome you to this year's brave cycling group, who will be taking on the London to Torquay cycle challenge.

The three-day ride will take us on a 211-mile cycling journey – through some of the most beautiful countryside and historic locations in the UK.



We can't guarantee the weather, but we can promise that you will be looked after every step of the way, or should I say every pedal of the way!

This brochure has lots of information about the challenge that we are all about to take on.

I am really grateful for you taking the time out of your busy lives and being part of this experience which you will remember for many years to come. And above all, it is to raise money of our many charity partners across the region, so on their behalf I would like to thank you all!

I very much look forward to meeting and getting to know you all throughout the journey and of course celebrating with you all at the finish line in Torquay.

Kind regards
Zinab Aldaraji, Head of CSR EMEA,

CHALLENGE INFORMATION

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



[INFORMATION](#)



[ROUTE](#)



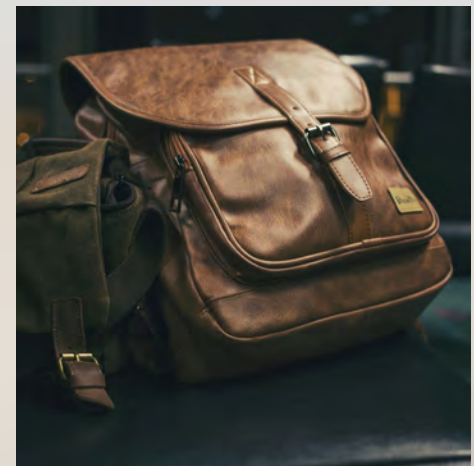
[TRAINING](#)



[ACCOMMODATION](#)



[FOOD & DRINK](#)



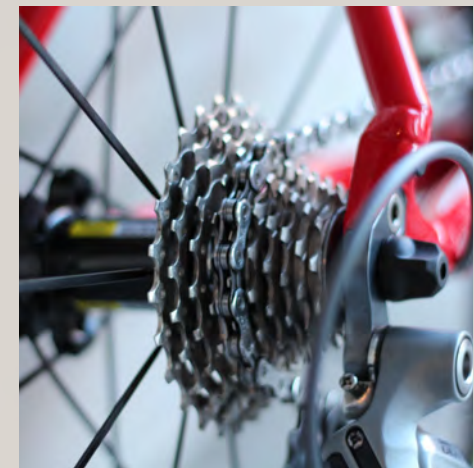
[KIT LIST](#)



[FUNDRAISING](#)



[SUPPORT TEAM](#)



[FAQS](#)



**THE
ROUTE**

CHALLENGE SUMMARY

Day 1

15.2 miles

11.1 miles

13.1 miles

22.1 miles

Section 1 - London to Winnersh

Section 2 - Winnersh to Mortimer

Section 3 - Mortimer to Newbury

Lunch at a local pub in Newbury

Section 4 - Newbury - Hungerford - Marlborough

Dinner in The Green Dragon, Marlborough



Day 2

21.8 miles

20.4 miles

22.8 miles

18.1 miles

11.3 miles

Section 1 - Marlborough to Erlestoke

Breakfast at Erlestoke Golf Club

Section 2 - Erlestoke - Witham Friary

Lunch at the Seymour Arms, Witham Friary

Section 3 - Witham Friary - Castle Cary - Somerton

Section 4 - Somerton to Taunton.

Dinner in The Beefeater, Taunton



Day 3

15.7 miles

18.3 miles

16.1 miles

18.2 miles

Section 1 - Taunton to Culmstock

Breakfast at the Premier Inn Hotel, Taunton

Section 2 - Culmstock - Cranbrook

Section 3 - Cranbrook to Starcross

Lunch at Double Locks, Exeter

Section 4 - Starcross to Torquay

Dinner in Torquay, Las Iguanas



Day 4

0.0 miles

Return journey via train to London Paddington unless you have extended your stay. Bike will be returned to MUFG.

DAY 1

London to Marlborough - 61.1 miles

We'll set off from Windsor at 9.15 am, just 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 Windsor and enter the peace and quiet of the Berkshire countryside.

After stops in Winnersh and Mortimer, we'll stop at the Two Watermills, Newbury for lunch. After lunch, we'll continue our journey to Marlborough, with a snack stop in Hungerford after 11 miles.

After a further 11 miles, we'll arrive in Marlborough, where you'll be able to check in to the hotel, for some well-earned rest!

After you've had the chance to freshen up we will all meet in the hotel reception at 7 pm and then head to The Green Dragon, Marlborough, for our evening meal and a chance to reflect on the first day of cycling.

Remember to take it easy, as there is still plenty of cycling ahead of us.

DAY 2

Marlborough to Taunton - 83.2 miles

Day 2 is the longest day of cycling, but there are lots of amazing views and more stops! We'll start cycling from at 7.15 am, with a gentle incline out of Marlborough.

A short stop will be available at 11 miles, but for those who want to push on, we will stop for breakfast at Erlstoke Golf Club after 22 miles.

Following our breakfast stop, we'll cycle a further 20 miles, through Westbury and Frome and stop at the Seymour Arms, Witham Friary, for lunch, which will be a selection of sandwiches, pasta, soup & cakes.

After lunch, your afternoon ride will take us through many historic Somerset towns. There will be plenty of snack stops along the picturesque countryside route.

Our afternoon stops will be in Castle Cary and Somerton. Following these stops, we will push on to Taunton, where you will have time to relax and freshen up in your hotel rooms.

The evening meal in The Beefeater restaurant, next door to the hotel. Do enjoy celebrating the day's achievement, but remember to save the celebrations for the final night in Torquay.

DAY 3

Taunton to Torquay - 68.3 miles

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

We'll gather after our hotel breakfast and aim to set off by 8.00. am. There are a few hills to conquer on this leg, but by now you'll be ready for them.

After a cycle through the Somerset towns of Wellington, Uffculme and Cranbrook we will stop for lunch near Exeter. After lunch, with just under 25 to go, we will cycle through the coastal villages of Teignmouth and Dawlish.

Torquay will now be in our sights and soon you will have that triumphant feeling as you cycle towards the English Riviera. When you arrive the fizz will be flowing and our support team will be cheering, let the celebrations begin!

After the initial celebration on the seafront, we'll check into our hotel and head to a local restaurant (Las Iguanas) for our 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 - 211 miles (no 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. You can collect your bike straightaway or later that week from the collection point at Ropemaker Street.

If you are staying on longer do let us know as soon as possible so we can make necessary arrangements for your travel home, bike storage, and return to you.

Additional charges may apply if you are unable to collect your bike on the day we return.

Just contact us to discuss what would be best for you.
arun@tfaltd.co.uk | rebecca@tfaltd.co.uk | 0333 444 1189



TRAINING GUIDE

TRAINING

Our London to Torquay cycle challenge is suitable for cyclists of all abilities. However, remember preparation 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 plans 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 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 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, rest, fluid and nutrition, 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 hours rest between rides, but do stretch or do some Yoga if you can.



FUNDRAISING

FUNDRAISING

Fundraising can be one of those things that can be quite daunting and if you haven't done it before you may be unsure where to start. To ensure you meet your fundraising commitment of £650, you just need to focus on:

What you can do to help:

- Get an online donation page set up asap. You can find a guide [here](#)
- When you have set up your page, if you can make the first donation this will always help and show your commitment to the event you are doing and the cause you are raising money for.
- Regularly update your page with exciting information and pictures about your training and fundraising. Do link your page to social media.
- If you have time send everyone who has donated a personal thank you, maybe from a personal email address, SMS, or even a call if you have time. Some of the best repeat donations have come because people have taken the time to do this. You could even write personal letters or cards!

What your friends and family can do to help:

- It is often difficult to ask close friends and family for donations, but more often than not they will be delighted to help and really will want to support you.
- Do put a list together of fundraising activities that you think they will be interested in.
- Some may just wish to put money on your online donation page, but others may fancy a fundraising night out, like a quiz night, race night, or a dinner party.
- Make sure if you do a fundraising event you promote it in advance, posters, emails, social media, or a good old-fashioned phone call!
- Do update your online fundraising page with exciting information and pictures about your fundraising event and put photos if you can on social media. Make sure you get peoples' permission first.
- If you have time send everyone who attended a personal thank you, maybe from a personal email address, SMS or even a call if you have time.

FUNDRAISING

Popular fundraising activities...

Cake Bake

- Get together to bake some cakes or biscuits and sell them to boost your fundraising.
- Unless you have a trading license, then you will also need to ask for suggested donations, rather than selling for a fixed price. Pick a good location, ideally where
- Lots of people will pass throughout the duration of your cake sale.
- Remind people to bake cakes or ask local supermarkets who might like to sponsor the bake sale or make a donation of cakes or ingredients!
- Promote your cake sale. If it's in a place of work, put it on the intranet. Also do promote how much was raised after the event.



Quiz night

A pub quiz is a great fundraiser. Firstly find a suitable venue. Promote it and share the event on social media and the intranet.

Tell people where to buy tickets. It's worth selling tickets before the event as well as on the night itself, as you'll know you've got at least some donations if the turnout isn't what you expected. It sounds obvious, but make sure you mention where to get hold of tickets in all your promotional material.

Get sponsorship/donated prizes.

Ask local restaurants to donate some prizes. Don't forget to ask your venue for a round of drinks, it's a prize everyone loves! Get some volunteers to help on the night. You will need people to help with marking or the raffle.

FUNDRAISING

Play host

Get people together by hosting a dinner party or barbecue and charge people for entry. Or ask people to donate what they would normally pay for a meal at a restaurant.

What's your talent

You could hold a performance night for local talent. This could be for comedy or music. See if you can get extra support from local businesses, then sell as many tickets as you can to raise money.

Style a new do or dress up or down day

Re-style your hair or arrange a dress up or down and ask for donations in return. If you're feeling bold, dye your hair a wacky colour, get an unusual hairstyle or even shave it all off - it's time to get creative.

Charity golf day

Are you a member of a golf club or know someone that is? If so this is an easy way to raise some money.

To start with choosing a date that doesn't clash with other things happening at your club. Promote around the office, local pub, or clubhouse using posters. Do ask your colleagues and suppliers.

Ask teams for a set fee per person, which you can collect on the day or in advance. It is worth asking the club for help with registration on the day if you have a lot of teams. On the day run a longest drive or nearest the pin competition, a raffle, or auction to boost your fundraising. If you speak to the club pro you may be able to get a prize from the golf club.

Please check with the golf club for information on how you can keep it safe and be sure to work closely with the golf club pro to ensure their guidelines are adhered to.

A photograph of a modern hotel room with two beds, a chair, and a window with curtains. The room is brightly lit and has a clean, contemporary aesthetic.

**OVERNIGHT
STAYS &
FOOD**

ACCOMMODATION



A hotel in the market town of Marlborough will be where we will stay on day_1. Rooms will be en-suite rooms. The evening meal will be at a local pub,

The Green Dragon, and you'll be able to choose your meal in advance. Hotel - Premier Inn, Marlborough.

On day_2 we will stay in the historic town of Taunton. You'll be glad to hear the evening meal will be in the restaurant next door to the hotel. Rooms will again be ensuite twin rooms, unless you have specified for your room of your own. There is WiFi available. Hotel - Premier Inn Taunton East.



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, celebrations will no doubt continue, but for those who want to rest the hotel (Premier Inn) is 2-mins away.



FOOD & DRINK INCLUDED

Day 1

- Lunch at the Two Watermills, Newbury
- Eve Meal at The Green Dragon, Marlborough
- Energy snacks
- Hot & cold soft drinks throughout the day

Day 2

- Breakfast at Erlestoke Golf Club
- Lunch
- Evening Meal at Beefeater, Taunton
- Energy snacks
- Hot & cold soft drinks throughout the day

Day 3

- Breakfast at Wellington Coffee house
- Lunch at Double Locks, Exeter
- Evening Meal at Las Iguanas, Torquay
- Energy snacks
- Hot & cold soft drinks throughout the day

Day 4

- Breakfast at the Premier Inn, Torquay



KIT LIST

KIT LIST AND INSURANCE

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, June 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 TFA team 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 - arun@tfaltd.co.uk or on 0333 4441189

KIT LIST AND INSURANCE

As this challenge is taking place in June, 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 0333 4441189
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	<p>Cycling shirts - recommend you bring five cycling shirts as it may be wet</p> <p>Socks - Sports socks are fine, high-vis colours recommended</p> <p>Shorts - Padded shorts for comfort and to prevent chafing</p> <p>Gloves - Great for comfort, grip and warmth, as we do have one early start</p> <p>Jacket - One that is light, breathable, and packs down small</p> <p>Waterbottle - connected to your bike and at least 1-litre in size</p> <p>Front, rear lights - required to take part in this challenge</p> <p>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</p>
Personal essentials	<p>Bags - Saddlebag, one smaller day pack, and one larger overnight bag</p> <p>Change of clothes - required for three evenings and return journey</p> <p>Comfortable shoes - trainers, flip flops, or even slippers, you decide!</p> <p>Toiletries - Toothbrush, face wash, shampoo, sun protection, etc</p> <p>Money - Credit/debit card</p> <p>Chargers - for phones, laptops, earphones, camera etc</p> <p>Medication - Let us know about anything you take</p>
Documentation	<p>Insurance - Medical (if applicable), Travel (including for cycling), and for personal items.</p> <p>Additional ID - Like a passport or driving license</p>
COVID-19 Information	<p>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.</p> <p>Testing kits - Will be confirmed if there is a requirement for this in advance</p> <p>Track & trace App - Required, please have on your smartphone in advance</p>



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!



Anne Hannan

Guide Leader

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!



Rebecca Millburn

Event Leader

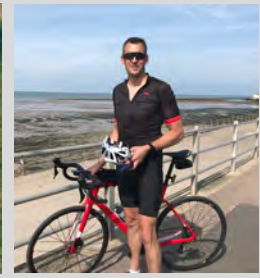
I love taking part in challenge events and supporting the amazing teams doing them. Looking forward to L2TQ this year, which will be an adventure and so much fun after last year!



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!

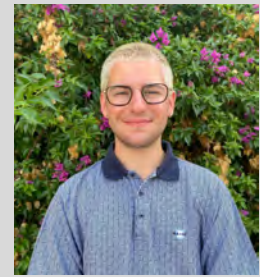
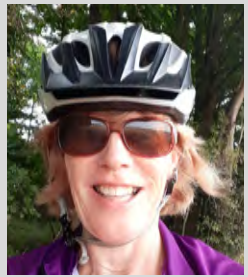
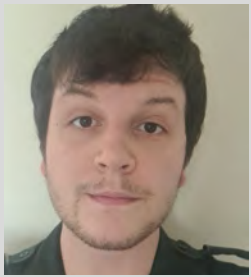


John Ridge

Event Guide

I am a keen cyclist and enjoy road and mountain biking. L2TQ is a great three day "tour" and I'm really looking forward to the personal challenge and being part of the team as a Guide.

YOUR SUPPORT TEAM



**Mark
Hambly**
Medic

I am a GP in Kent who loves to be active, on two legs, two wheels or the water. I'm looking forward to supporting you on L2TQ on my bike and off.

**Richard
Robertshaw**
Mechanic

I have been a bike mechanic for 7 years & raced in mountain biking since I was 13. I have recently set up as a mechanic and I'm really great to be on this event

**Paolo
Nistri**
Event Guide

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!

**Fran
Williams**
Support Team

I'm looking forward to cycling my first ever L2TQ with TFA. As an TFA Guide, I'll be in cycling the hills, bracing the winds and enjoying the laughs with you We also pass my town which is a bonus!

**Anna
Williams**
Support Team

I've worked 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!

**Tom
Crumbie**
Support Team

I have taken part in many charity events over the years and I am really looking forward to supporting this amazing challenge. Above all I hope to help make it a fun experience for everyone!

A woman is seen from behind, sitting on a bicycle on a sandy beach. She is looking out at the ocean under a sunset sky with large, dark clouds. The sun is low on the horizon, casting a warm glow. The water is calm with gentle waves lapping at the shore. The overall mood is peaceful and serene.

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?** 22-24 June 2023. 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 Windsor 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 over 60 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 & drinks. Support vehicles are 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 or hybrid bike.
- **What happens if I experience problems with my bike?** Don't worry we have a bike mechanic with us on the support team.

FAQ'S

- **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 25 June 2023, unless you have a cycle reservation booked with your train ticket. 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.
- **Will food and accommodation be provided?** All your meals and accommodation will be provided. We do not provide breakfast on Day 1. Accommodation will be in 2/3* hotels, which are more than comfortable, but if you wish to upgrade just let us know and we can arrange for you, but there will be an additional charge, depending on the level of upgrade you want. All the additional bookings are subject to availability.
- **Do I need travel insurance?** You must have your own travel insurance and it will need to cover you for cycling activities and the contents you bring with you. TFA events will not be held responsible for any loss or damage to any equipment at any time during the challenge. If you have home contents and/or cycling travel insurance already, please ensure you contact your provider and inform them of your challenge to see if you require a further policy to cover you. Visit the [British Cycling website](#) for more information.

Full FAQ's available [here](#).

