

UK END2END 21-31 MAY 2011



**Cycle Land's End to John O'Groats
1000 miles in 9 days**



For further information
cycling@action.org.uk
0870 333 1662
www.ukend2end.com

 **actionchallenge**
Worldwide Challenge Events

 raising funds for
medical research
for children, for life
Charity reg. nos 208701 and SC039284

The challenge

Take on the ultimate cycling challenge that the United Kingdom has to offer and cycle from Land's End to John O'Groats with Action Medical Research. This is the furthest distance in the British Isles, and the best possible way to see the country.

Starting at the most southwesterly tip of England, we will cycle almost 1,000 miles through beautiful and remote British countryside. We will pedal our way through stunning counties such as Cornwall and Devon, head north along the Welsh border before skirting the Lake District into Scotland. Here we will find lochs and highlands before hitting the North Coast and the most northern point of Britain, John O'Groats.

There will be nine cycling days with an average daily mileage of around 100 miles. Cycling will take place from 22 May to 30 May, finishing on the bank holiday Monday. Why not invite your friends and family along to see you finish your challenge and celebrate your achievements! We will be supported across the route by mechanics, doctors, support staff and vehicles. All you need to think about is the cycling and taking in the fantastic experience of a lifetime.

You will stay each night in a mobile tented village including a fully assembled two man tent per person, central mess tent area with fixed seating, music, toilets, showers, medical and physio tents, bike servicing marquee, mobile bar, guest speakers and much more! Our food menu will be devised by Science in Sport exclusively for this event, aimed at best meeting the nutritional demands of such a challenge.

To take part in this event we ask for a non-refundable registration fee of £199 and that you commit to raising a minimum of £2,000.

Register today for the experience of a lifetime, you won't regret it.

Distance: approx 950 miles

