



What to bring

We want the ride to be as safe and enjoyable as possible for all riders. Please ensure you bring the following items with you on the day:

- A bicycle that has been recently serviced
- Helmet (Please note: you will not be permitted to ride on the day without one)
- Comfortable cycling shoes
- Sunblock
- A puncture repair kit
- A fully charged mobile phone
- Cash for emergency purposes
- Waterproof jacket in case of bad weather
- Food and drink for the first 25 miles to the feed station
- Change of clothing for the post-ride barbecue
- Lock for changing room lockers
- Towel

The venue has changing and showering facilities but they do NOT provide towels.