SNOWDONIA TO BRISTOL BIKE RIDE 2022 WITH TEMWA

WHEN: 15th - 18th September 2022
WHERE: Snowdonia to Bristol
DISTANCE: 360km
AGE RESTRICTIONS: 18+
REGISTRATION FEE: £99 (Or £75 Early Bird fee before 31st May)
MINIMUM SPONSORSHIP TARGET: £899

About Temwa

Temwa's mission is to develop self-sufficient communities by supporting projects in education, health, agriculture and forestry to remote communities in Malawi. Each year, around 10,000 people directly benefit from our work across these 3 programme areas.

Since our inception, we have accomplished some incredible feats;

- 5,200 farmers have been trained in sustainable agriculture
- 31,000 people have been tested for HIV
- 1,200 students are now literate after attending our Reading Camps
- 6,900 people in 8 communities have been giving access to clean water
- 1,300 entrepreneurs have been supported to set up small enterprises
- 100 students have been supported through secondary school
- 1.5 million trees have been planted to reduce deforestation

How your support can help transform lives

£5 could provide 1 person with access to safe clean drinking water
£30 could provide 3 months of support to HIV positive people
£47 could pay for training for a newly established beekeeping group
£216 could provide funding for a child to attend secondary school for a year.

About the event

Join us for this extremely exciting 3-day challenge, all the way from the heart of Snowdonia itself to Bristol city centre. Lead by the very experienced cyclist Jack, who has lead numerous bike rides for Temwa in the past. This journey will cover 300km of outstanding views through the mountains and valleys of Wales. Escape busy city life and focus on the rolling road ahead for three days. Meet amazing people and make unforgettable memories!

Meet lead cyclist, Jack

Jack is an experienced cyclist and hiker having worked mapping routes for an adventure company all over Europe. For Jack, pictured here on the left with our bike mechanic Maz, a cycling tour should be fun, challenging, beautiful and also life changing in some way. There is no better way to pull yourself out of the day to day and in to a real life adventure than to get on your bike and and traverse a country or navigate a mountain range! Jack will encourage you up the steepest of hills and be there to give you a high five or a snack at the top.

Meet your support cyclist, Tom

Tom (pictured here on the left) is a keen cyclist and a natural leader who has been cycling with his best mate Jack ever since they first met. He has been supporting Jack in organising Temwa rides and looking after everyone for four years now. Big hearted and a strong cyclist Tom is the Dad of the group. He is an excellent route mapper and can change an inner tube on the roadside in moments. Tom will make sure we get there on time and isn't shy about giving us all a nudge if we are behind schedule. Tom is always up for a coffee stop and often plans the day with these vital stops in mind.

SNOWDONIA TO BRISTOL BIKE RIDE ITINERY

Thursday 15th September

Meet at Temwa HQ in Portland Square, Bristol where we'll jump aboard an optional pre-organised minibus and head for the mountains. Ensure to bring a packed dinner with you or some money to buy dinner en route!

- Meet in Portland Square at 15:30 to leave by 16:00PM
- Arrive in Pen-y-Pass at 20:30

On arrival in Snowdonia we will settle into our rooms at the hostel and get a good nights sleep ready for an early start the day to come!

Day 1 - Friday 16th September (120km)

After a good night's sleep and an early start, we will have a hearty breakfast and then meet at our starting point just outside the hostel at Pen-y-Pass. After descending down the iconic hills of Snowdonia, we will head South, through the National Park, towards the coast. From there, we will continue to follow the coastline and cross the beautiful Barmouth Bridge to reach Morfa Borth, a quaint seaside village. We spend the evening at the Morfa Borth YHA, with dinner at a local pub for a much needed refuel.

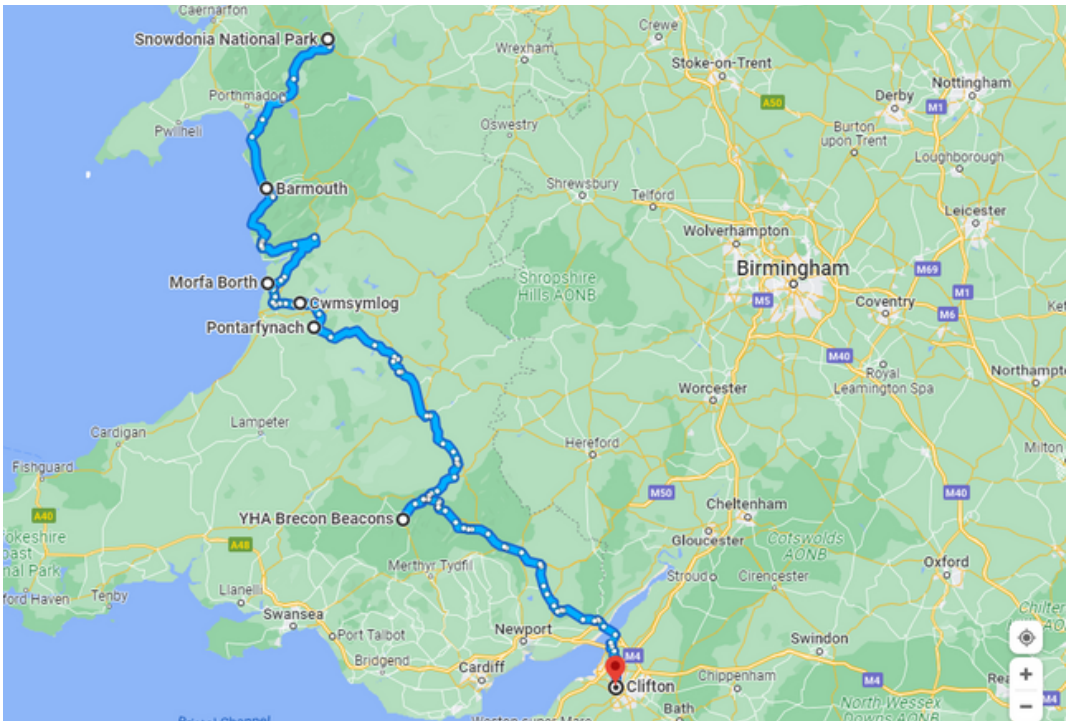
Day 2 - Saturday 17th September (116km)

Our second day will take us through the sweeping hills of mid Wales. While the most challenging day, this will be by far the most rewarding. Our scenic route will take us from Morfa Borth to the beautiful Brecon Beacons. The cycle will follow the River Wye to the picturesque Builth Wells then South towards Brecon. We will spend the evening at the heart of the Brecon Beacons National Park in the charming YHA which is just adjacent to Pen-Y-Fan.

Day 3 - Sunday 18th September (123km)

With one final push the last day will be a wonderful journey back to Bristol with some epic landmarks en route. The final stretch will take us out of the Brecon Beacons, through Monmouth and the stunning village of Tintern. Finishing with an epic return crossing both the Severn Bridge and Clifton Suspension Bridge. There we will be met with a well deserved welcome party for a much needed celebratory drink in Clifton at roughly 5pm.

FREQUENTLY ASKED QUESTION'S



What is the route?

The route is a 360km cycling route from Snowdonia to Bristol over the course of 3 days. Please refer to the map above for details.

How did the cycle challenge come about?

Temwa has been organising bike rides for the past 5 years. We owe much of this to the amazing support of our Bike Ride lead - Jack Cunliffe who has been helping us create these fantastic routes. We have always kept our bike ride's small with between 5 and 15 people taking part each year. Together they have helped raise thousands of pounds to help support the life changing work we do in Malawi.

What are the costs to take part ?

To sign up there will be a registration fee of £99 which must be paid in order to secure your place. In addition to this we are asking each of our cyclists to raise a minimum of £899 which will be due in no later than 4 weeks after the event. Don't worry, we will provide you with a fundraising pack and all the support you need to reach this target! For an additional fee we can coordinate your travel to the start point in Snowdonia!

What about food and accommodation?

Temwa will provide you with 3 nights of accommodation on Thursday, Friday and Saturday at small hotels or hostels, including breakfast the following morning and an evening meal. You will be responsible for purchasing your lunch each day en-route and bringing your own snacks. The accommodation we chose are near small supermarkets so you can stock up on food and drink.

What should I expect?

If you haven't done a multi-day adventure before, you are in for the experience of a lifetime. It's not often that you can focus completely on a physical and mental adventure like this. That being said - this is going to be hard. The best kind of magic happens when you leave your comfort zone! Training will be key to ensure you are ready for the challenge. Don't worry though, as we will provide you with a simple training plan once you have signed up.

What about if I can't keep up?

As with all groups, people's fitness levels will vary and we know that people will get tired at different points of the cycle. If you find you are unable to continue with the ride or need a short break, we have a support vehicle with space to carry you and your bike for as long as needed. There'll be plenty of rest stops every day where you can catch your breath, hydrate and have a snack.

What will I need to bring?

You will need to provide your own bike, cycle helmet and any cycle gear you wish to bring. You will need a small backpack to carry anything you might need during the day as well as a water bottle you can fix to your bike. We will send a full kit list to you once you have registered with suggestions of other things you should bring including things like a raincoat, toiletries and comfy clothes to wear each evening.

Who else is on the trip?

In addition to your fellow cyclists, the support team includes a Team Leader/Cyclist, a support cyclist and a dedicated mechanic who will be driving the support vehicle. You will also be accompanied by a Temwa representative.

What's you will need to cover

- Price of transportation to start point
- 1st night's dinner and 3 lunches to be purchased on route and any additional snacks you might want
- Personal cycling equipment such as cycling shorts and a helmet
- You will need a small backpack to carry anything you might need during the day as well as a water bottle you can fix to your bike.

What does Temwa provide?

- Accommodation (3 x nights Thursday, Friday and Saturday)
- Breakfasts (3 x mornings: Saturday, Sunday)
- Evening Meal on both nights (Friday and Saturday)
- Support Vehicle and bike mechanic
- Transportation of your bikes to Pen-y-Pass

How do I sign up?

1. Express your interest by signing up **HERE**.
2. Pay the registration fee
3. Set up your fundraising page (see fundraising pack for full details)
4. Spread the word & start preparing!
5. Complete your challenge!

THANK YOU AND GOOD LUCK!

Sign up now!

Thanks for your interest in fundraising for Temwa

WWW.TEMWA.ORG/EVENTS