

Mizen Head to Malin Head

Tour Information

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1) Introduction

Welcome to the Mizen Head to Malin Head tour, or “Head to Head”. Another cracking Peak Tours production with plenty of great cycling, “craic”, blarney and many more Irish generalisations, oh, nearly forgot Guinness and Riverdance! Some generalisations are well deserved though and the Irish welcome is a special one which will hopefully leave you with fond memories.

After our arrival in Cork we will transfer to our start point at beautiful Mizen Head. After congregating for photographs, the pre-tour knobbly knees competition, a prize for the best polished bell and first brief, we then head off on lovely little roads for the smart town of Glengarrif. The following few days will see us exploring lovely, luscious Kerry, climbing famous mountain passes, making our way round seaside bays and soaking up the Irish countryside (hopefully not literally soaked!)

Pushing on from Kerry we make our way up this fantastic coastline, passing the jaw-dropping Cliffs of Moher and making our way up into County Clare and on to lively Galway. From here we wantonly waste a couple of days delving into the heart of the “Gealtacht” (one of the Irish speaking regions) of beautiful Connemara. This area is fantastic and possibly the best day of the trip sees us cycling through the heart of this region from Clifden to Westport which lies in the shadow of Ireland’s famous pilgrimage mountain Croagh Patrick.

Heading further North we utilise some great bike routes that even see us cycling along the beach for a short spell! Ruined castles and wild coastline, mixed with lakes and rivers and hill cycling await us over the next few days. In short all that is good about cycling! After a stop-over at the lovely seaside location of Portnoo we head over through the gorgeous Glenveagh National Park and across the ferry Bunrana.

The final day is a long one so that we can finish on Friday to allow earlier travel home on Saturday. The finish point at Malin head is all blusteringly beautiful. After group photo’s, an impromptu Hokey-Cokey, and group hugs, a coach will take everyone to a nearby hotel for our ‘last supper’ on Friday night. On Saturday morning a coach will take everyone to Belfast airport. The coach will be

able to stop at Derry/Londonderry en-route and both Belfast City and International airports and the ferry port if need be. The coach will arrive at 08.45 and should be in Belfast by around 11.00.

The tour will run in the same way as any Peak Tours guided adventure with the magic back- up van providing refreshments, lunches, bag transfers, quality accommodation and not forgetting our relaxed and jovial guides!

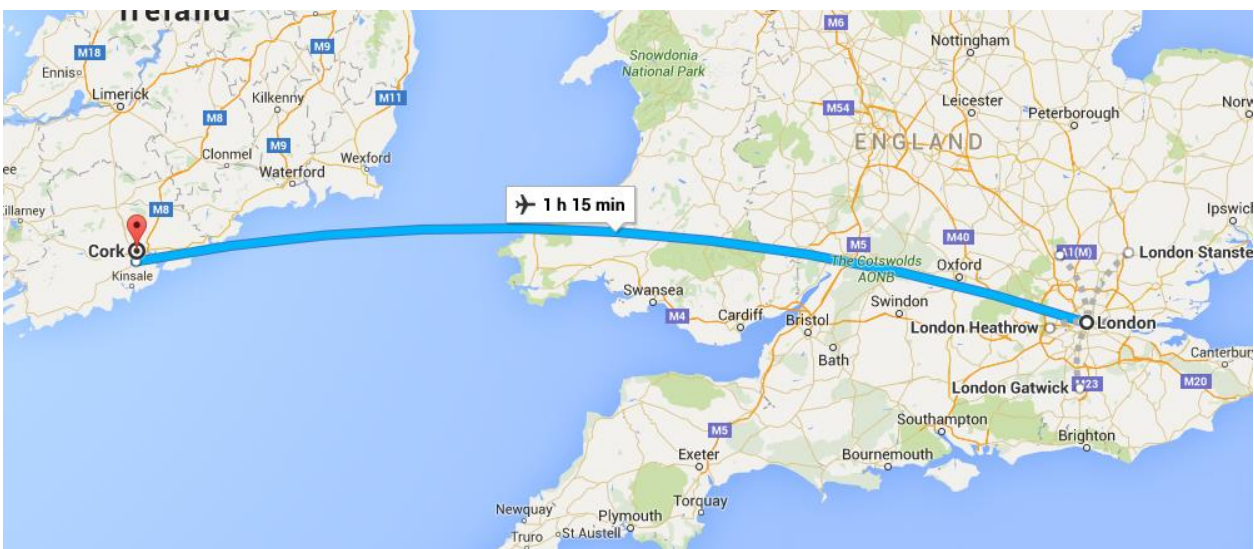
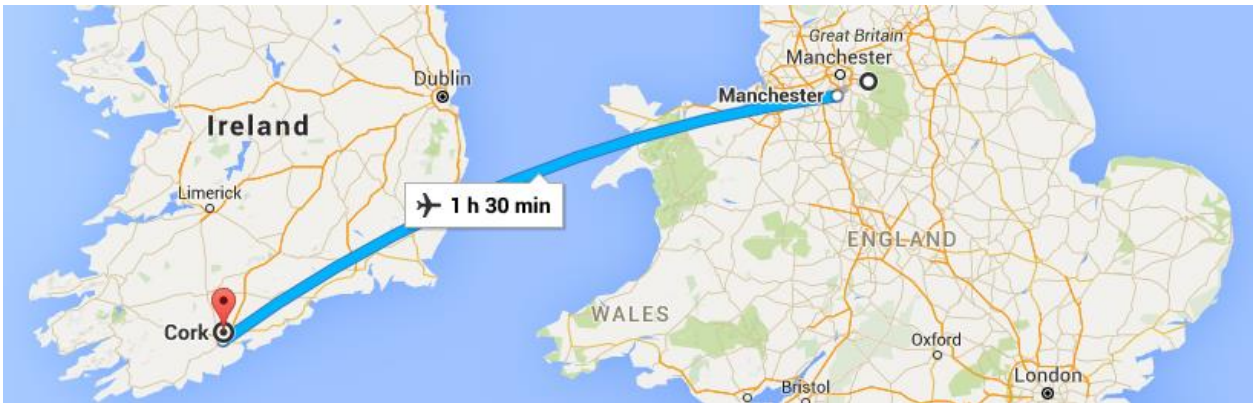
This tour is suitable for cyclo-cross, touring bikes road bikes and hybrids. We recommend that a minimum tyre width of 25mm is used and consideration should be taken when choosing the best bike for this tour. A lightweight carbon fibre road bike with 23mm tyres isn't really suitable for this tour. Some of the surface would be perfectly fine but, at times, you would hit the more bobbly stuff and that extra tyre width makes all the difference.

If you don't want the hassle of taking your bike with you then you can drop it off with us or post it to us and we will take it over for you. Likewise, at the end of the tour we will bring your bike back to the UK for you. More information on that is in the "Transporting Bikes" section below.

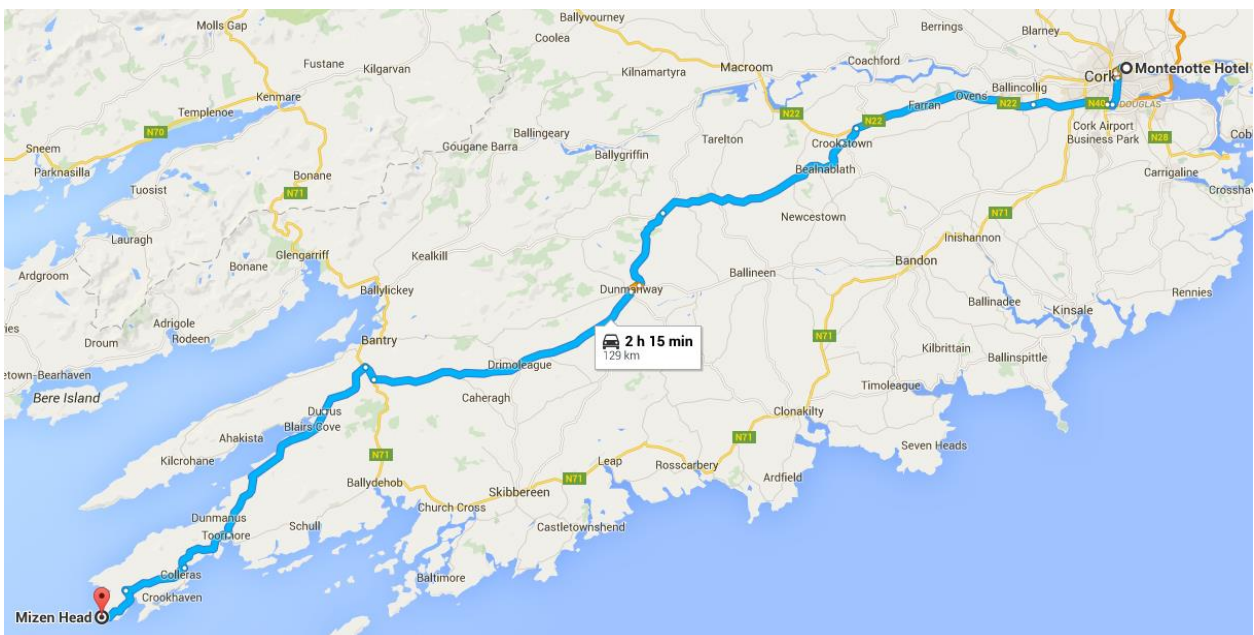
The tour is just over 580 miles long and has a short day at the beginning and a long day at the end. The average comes out at around 64 miles a day. This tour has a couple of long days but for the main part the mileages are around ten miles a day less than LEJOG leaving you to arrive about an hour earlier to your destination, or linger longer out in the open air. It also gives you time to get washing dry or get into the pub earlier!!

2) At the start of the tour

We start our Irish end to end using Cork in the South West of the Country as the arrival point. It is easy to get to from the UK via all major airports and has a large number of hotels.



A coach will pick us up in the morning after breakfast and the journey will take around two hours. We should look to start cycling around 11:00 am on the Thursday.



3) During the tour

Each morning you will meet with the rest of the group at a designated starting place either at your accommodation or a suitable place nearby. Your tour leader will give you a quick brief and off you go.

Usually the group will soon spread out and it is highly recommended that you go at your own pace. Generally, the group will split naturally into smaller groups of people who cycle at a similar speed or you may prefer to cycle on your own, whichever way is fine.

One of the back-up vans will stop mid-way between setting off and lunch and will have all manner of snacks and drinks available which you are welcome to tuck into, if there is anything you would like us to pick up snack-wise just let us know. You will continue to lunch and have another 'brew stop' between lunch and your overnight stop. We find that this method of support allows a sense of freedom without being overbearing but splits the day up into four quarters – 4 lots of 16 miles seems a lot less daunting than 64 miles for example.

Whilst you are enjoying cycling your main luggage will have been magically transported to your accommodation for you and wherever possible we will put your bags in your room for you. If you wish to keep a small day bag with your name on in the brew van that you can then access throughout the day, then this is fine. Please bear in mind that anything carried in the van is done so at your own risk so be careful if you have expensive items in there.

In the evening the group will generally meet for a group meal. Some nights are a set time, some places you drift in when you're ready and others we simply recommend a few places, and you'll generally find the majority of the group there so you never need to be left alone.

4) At the End of the tour

The last day is quite a long day as we have a full day cycling with a ferry to catch in the middle. We then have a celebratory finish at Malin Head then a coach will take everyone to a hotel near Derry/Londonderry where we spend our final night and final group meal. On the last day cycling we will aim to have breakfast at 07.00 and be on the road for 07.45.

On Saturday morning a coach will arrive at 8.30 and take everyone to Belfast airport. We can arrange drop offs at Derry/Londonderry, Belfast city and Belfast International airports and, if required, the ferry port. A flight time of 12.00 is the earliest recommended time to choose to allow a bit of travel time from the hotel to the airport and then a decent amount of time for check in.

5) Transporting Bikes

At the Start of the tour

The easiest way to get your bikes to the start point is to bring them to us and we will take them over for you. We are based in Glossop in the Peak District, so this method isn't always suitable, especially if you live a long way from us.

If you do drop your bike off with us before-hand then we will take it over to Cork for you. The guides will arrive in Cork on the evening before the arrival day so they will be in place to meet you when you arrive. If you do drop your bikes off with us, then we would need them at least 3 days before the start of the tour.

You can also bring your bike on the plane with you, but you would need to bring your bike in a flat pack box that could be laid flat on the van floor or a lightweight foldable soft bike bag. There is not enough room to carry hard case bike boxes I'm afraid (We do make one or two exceptions for overseas travellers).

EU Bike Transport Charge information

We will now unfortunately have to charge a fee of £40 in total for bike transport to and from our tours running in the EU. The reason for this is that, as we are no longer part of the European Union, there are many extra pieces of paperwork that we now need to complete in order to get our vans across the border safely. The one that affects customers joining our tours is called an ATA carnet. This document details every piece of equipment that we take over to the EU and this must be the same when we return to the UK. This must be completed for every van that we take to/from the EU

We are also further restricted by the fact that what we take out must be exactly the same as what we bring back, so unfortunately there is no flexibility to offer one way travel. If that did happen, then we would be subject to a 20% charge of the value of the bike.

Each carnet is subject to a £300 fee and also a security payment which is dependent on the value of the bikes that we are carrying over in each van. It now costs approximately £1000 to take two vans full of bikes and equipment over to the continent and back (that isn't including the cost of the ferries). It is for this reason that we can no longer take bikes to/from the EU for free and will have to charge £40 per bike (the £40 covers both ways).

In addition to the fee, we will also need to collect details about each bike that we take. We will need this information from you a few weeks before the tour begins and will send out a form for you to complete when the time comes. Once we have submitted a carnet application, we cannot add anything to it, so it is important that we receive all the required information in good time.

Please note that if you are taking your bike yourself and we don't have any involvement in taking your bike then you don't need to complete this form. Also, if you are hiring a bike from us then you don't need to complete this form.

At the End of the tour

On departure day a coach will pick us up at 08:30 from the hotel and then transfer to Belfast International Airport which we have found to have the most connections. We can also stop at Derry/Londonderry or Belfast City airport or the ferry port if required. If you need your bike with you the coach can usually take it, if not the guides will organise it.

If you want to take your bike on the plane with you then you will need a bike box. We can carry fold down cardboard bike boxes and bike bags but there isn't enough room in the vans to carry the large hard case bike boxes. In exceptional circumstances we would look at it and make a decision based on the specific tour but as a rule we wouldn't take the hard cases.

One option is that we take your bikes back to the UK in the van and you can collect your bike from us in Glossop, Derbyshire.

Another option is for us to take your bike back to the UK for you and we can then box your bike and post it to you. We will provide the bike boxes and packing material and generally will remove the front wheel, saddle and pedals and turn the handlebars around in order to fit your bike into the bike box. Please ask us for a quote for this service.

It should be noted that bikes travel with us at your own risk. It is very difficult for us to provide insurance for your bike during transit so you need to insure your bike in the unlikely event that your bike is lost or stolen or damaged.

Please note we will have to lower/remove your seat posts in order to pack all the bikes into the vans. We take great care packing the bikes and we will mark seatposts to ensure seat heights can be restored.

6) Bicycles

The most suitable bike for this trip is a hybrid/touring bike or a road bike, however it is entirely up to you what type of bike you use. Usually around 70-80% of the group will be on road bikes and the others on touring bikes.

Please ensure that your bike is fully serviced and in good working order before the start of the trip. It is advisable to have your bike service a few weeks before the start of the tour. This will allow time to 'bed in' before you start your ride.

If you are riding a mountain bike, then it is advisable to use slick tyres or if you are using a lightweight racing bike it would be better to use a wider tyre if possible as the route does include narrow lanes and some roads have a lot of pot holes (especially in some areas of Scotland). Tyre inflation and rubber composition is important and a tyre width of 25mm or more is recommended for this tour. **Please ensure that you have hard wearing tyres with plenty of tread.**

You are going to cycle 580 miles so it is important that your bike won't let you down. You may want to fit new brake blocks, tyres and inner tubes before you start the ride and also bring 3-4 spare inner tubes, pump, puncture repair kit and multi-tool to carry with you each day.

If possible, it is recommended that you also bring a spare mech hanger for your bike. This small but important piece of metal attaches your rear mech to your bike frame and they come in many different shapes and sizes so we are unlikely to have the exact hanger for your bike. It is no problem for us to fit a new rear mech but we are often unable to do without the correct mech hanger.

It is recommended but not essential that you know how to change your brake pads. **It is essential that you are able to fix a puncture.**

It is also advisable to have front and rear lights on your bikes, even in summer, as a rainy day can dramatically reduce visibility, especially over some of the more exposed sections of route such as Dartmoor. **It is essential that you have high visibility clothing and lights on your bike in September.**

Your tour leader will carry a reasonable tool kit to help with any minor problems and the support vehicle will carry a small number of tubes, tyres and brake blocks for sale but we cannot carry spare

parts for every type of bike that will be on the trip. If your bike has any obscure or unusual parts, it is recommended that you bring spares with you that can be carried on the support vehicle.

We will carry 2-3 spare bikes so that you can keep moving if you do have any serious bike problems. We will endeavour to help to fix any problems that do occur but it may be necessary to find a local bike shop if it is something that we are unable to fix on the road.

It is also recommended that you think about carrying water/energy drinks either with two water bottle holders or by using a camel back. **It is very important to keep hydrated.**

A bar bag or map holder is very useful to put on your handlebars so that you can read your route notes on the move, although you should avoid reading them as you whizz downhill! We use the “Rixen Kaul Klikfix rotating map holder” which is a good, easy to fit, waterproof route note holder for flat handlebars and drop handlebars too. **A little bell is also required on the cycle paths.**

A milometer is essential if you are navigating with the route notes.

These days many riders use a Garmin or similar navigation device. It is recommended that, if possible, you use one as it makes navigation a lot easier however they aren't essential as our route notes are very detailed and kept up to date. Garmin users also need to carry their route notes as they contain accommodation directions, practical and safety info.

Do I have to wear a helmet?

Yes. Although different countries have different laws regarding the wearing of helmets, we at Peak Tours request that all riders wear a helmet. We understand that occasionally some riders disagree with the science and psychology of the wearing of helmets but for us, as a professional cycling holiday company this issue is non-negotiable, no helmet, no ride.

7) Cycle Hire

Our road bikes are Cannondale Synapse 1 bikes. All new road bikes are the 2022 models. Details of all the **road bikes** are as follows:

£250 Cannondale Synapse 1 - [View Here](#)

We also have the **touring bikes**:

£200 Dawes Super Galaxy - [View Here](#)

£150 Dawes Galaxy Plus - [View Here](#)

Both the Discovery and Galaxy Plus have flat handlebars and the Super Galaxy has drop bars. It should be noted that the Galaxy Plus comes with drop bars as standard but we have changed the handlebars as the braking system wasn't as effective with drop bars and some people prefer flats.

The cost of the cycle hire includes the use of any extras you may require such as panniers, map holder, pump, puncture repair kit, spare tubes, helmet etc. Often people who hire bikes from us like to use their own helmet, pedals and saddle. The touring bikes have a rear rack fitted whereas the road bikes have a small saddle bag.

If you would like to bring your own pedals and/or saddle, then our guides will help you to switch them over at the start of the tour.

If you would like to hire a bike, then please let us know which bike you would like and we'll reserve one for you. Please also specify which size you would like. The sizes are as follows:

Synapse 48, 51, 54, 56, 58, 61

Super Galaxy 48, 53, 58

Galaxy Plus 48, 53, 58

8) Support

On larger tours we have three tour guides with two back-up vans and one rider, for smaller groups it will be either one rider and one van or two vans. One of the tour guides usually cycles with the group each day and will be at the rear of the group so that if any problems occur they will be on hand to help.

We will also have one or two back up vehicles with the group as well. The back-up driver(s) will collect your luggage in the morning and deliver your bags to your accommodation for you in the afternoon and be on hand to help during the day. The “brew” van will have a range of snacks, fruit, nuts, biscuits, tea/coffee, water etc which you are welcome to pick at during the day. The van doesn't follow the group all the time but will be on hand in the morning and will stop a few times each day to provide assistance and refreshments.

Often people will bring a small bag/rucksack to the morning brief and leave this in the ‘brew van’ which can be accessed throughout the day. After the last brew stop of the day the brew van will then drop these bags off at the B&B's for you. **Please ensure you have name tags on all pieces of luggage.**

Each tour leader will carry a first aid kit and we carry a first aid kit in the support vehicle but it is recommended that you have a basic kit yourself to carry with you as the back-up driver may be some miles away or out of phone signal.

Mobile phone numbers for the tour leader and the back-up driver will also be provided at the start of the tour.

For smaller groups you might only have one guide that cycles with the group and one back up driver or for groups of eight or less just one tour leader may provide back up for you.

9) Costs

All your accommodation, breakfasts, lunches and transfers from Cork – Mizen Head and from Malin Head - Belfast are included in the price of the tour. You will need to allow for evening meals and drinks/snacks throughout the day (although you can eat as much as you like from the back up van).

10) Accommodation

If you book the twin or double option, you will stay in twin/double rooms at a comfortable B&B each night. If you choose the single room option, you will have your own single room at a B&B or hotel throughout the tour. Most rooms are en-suite, however there may be the occasional use of a shared bathroom. Your B&B will always be close to somewhere to go for an evening meal. If you choose the sole occupancy of a double option, then you are guaranteed an en-suite double bedroom every night of the tour.

Please remember to leave your room key before leaving and ensure that you have taken everything from your room (phone chargers etc often get left behind) and that your bags are left downstairs for the tour guide to collect, please don't leave any luggage in the room.

11) Washing

Not many places wash clothes any more, it's becoming more of a rarity. It is also advisable to bring a small amount of travel wash so that you can wash a few items yourself if necessary.

12) Food

Breakfast is included each morning of your tour. Generally, a full cooked breakfast is available as well as yoghurt, cereal, toast etc. Occasionally only a continental breakfast will be offered.

Lunches are provided each day and will generally be buffet style in a café or pub en-route. We have tried to ensure that the lunch stops are around half way or just after half way although there are a

few just before half way especially early on. We always try to respect the landlord/café owner and would ask that you try to leave your bikes in a suitable place.

We also carry a range of snacks such as fruit, biscuits etc that you are welcome to pick at throughout the day. We also take flasks of hot water and have tea, coffee and hot chocolate available from the back up van.

Evening meals will usually be at a local pub or restaurant. Sometimes we will eat together and at other times details of local eateries will be given to you and you can choose the time and place that you eat yourself. Generally, we will book an evening meal for the group when we stay at smaller places and at places where there are plenty of options you will be left to choose for yourself.

Each morning you will be advised about the plans for the evening and if a meal has been booked for the group, but you are under no obligation to join the group if you prefer not to.

13) Clothing

Try to keep the amount of clothing that you bring down to a minimum. Most of the time you will be comfortable in shorts and T-shirts but it can get cold any time of the year. You should bring wet weather gear and something warm to wear as well as your normal cycling clothes and evening wear.

High visibility clothing is recommended for cycling and anything that will make you more visible so that motorists can see you. Even in the middle of summer it can get dark if it is stormy and rainy, it is better to be seen than worry about fashion! If you would like a high visibility vest providing for the tour, please let us know and we will hand one to you at the start of the tour (there is no charge for this).

The route passes through many wild and exposed areas so it is important to carry a waterproof and maybe a fleece with you as it is easy to get cold. It is advisable to take a pannier or a small rucksack

to carry the day to day items with you. It is recommended that you use waterproof overshoes to try and keep your feet as dry as possible – putting wet shoes on in the morning isn't the best start to the day!

The use of helmets is compulsory and MUST be worn whilst cycling on tour.

14) Luggage

There is limited space in the back up van to store luggage. We therefore request that you try to keep your luggage size to a minimum and try not to bring too much with you. Washing clothes can be done en-route so you shouldn't need to bring a clean set of clothes for every day. The ideal size for luggage is 70 x 50 x 30 cm and a weight of 10 to 15kg (or less). **Please try not to exceed the maximum luggage weight as there are plenty of steep staircases to ascend and not all our guides are in the first flourish of youth!** Unfortunately, we are unable to carry hard bike boxes in addition to your luggage.

Each day your luggage is carried in the back up van. Please ensure that each piece of luggage has your name on. The backup driver will load your luggage into the van each day so please bring your bags down from your rooms and leave somewhere that is easily accessible.

Once your luggage has been loaded into the van it will be difficult to get at throughout the day. If you wish to carry items that are accessible, please bring a small bag to put anything that you may want access to throughout the day.

Please ensure that you put your name on all your pieces of luggage.

15) Weather

The weather in the Ireland is variable at best. Plan for cold, wet days as well as dry, sunny days.

Decent waterproof gear to keep you comfortable and warm in the worst of conditions is absolutely essential

16) Navigation

You are provided with detailed route notes. It is recommended that you carry a copy with you to ensure that you don't get lost (even if you are using a Garmin or similar device). It is recommended that you bring a sealable waterproof bag or map holder fitted to your handlebars to put your route notes so that you can read them as you ride.

We also provide files for Garmin devices which you can load onto your device before the start of the tour. If you would like to rent a Garmin for the tour, then we have them available with the route already loaded onto it. The price for this service is £50.00 for the duration of the trip.

Details of the morning brief, lunch stop and where we recommend eating in the evening are provided within the route notes for you.

17) Insurance

Insurance is optional but highly recommended. You should be aware that if you have an accident or fall ill while on the tour you will lose the money paid for the trip. A travel insurance policy would allow you to reclaim most of the money as well as providing insurance in case you lose your bags or if your bike is stolen, damaged etc. Your cover should include health insurance which covers accident and injury, cover for you bike and belongings and repatriation cover.

Your policy should also cover **cancellation costs** if you cancel the tour within 8 weeks of departure. If this happens we will try to fill your space and return your funds to you but if we are unable to fill your place you will lose the funds paid for the tour. It is for this reason that we strongly recommend that you take out insurance to cover this.

18) Itinerary

Wednesday	Arrive Cork	
Thursday	Mizen Head to Glengariff	38 miles
Friday	Glengariff to Tralee	59 miles
Saturday	Tralee to Lahinch	76 miles
Sunday	Lahinch to Galway	62 miles
Monday	Galway to Clifden	58 miles
Tuesday	Clifden to Westport	58 miles
Wednesday	Westport to Sligo	67 miles
Thursday	Sligo to Portnoo	72 miles
Friday	P/noo to Malin Head (t/fer to Derry)	77 miles
Saturday	Transfer to airport from Derry	

19) Certificate

All people completing the tour will receive a certificate at the end of the trip.

20) Safety Tips

Emergencies

999 or 112 is the emergency number for Ireland. The number 112 can be dialled to reach emergency services - medical, fire and police - from anywhere in Europe. This Pan-European emergency number 112 can be called from any telephone (landline, pay phone or mobile cellular phone).

EHIC – European Health Insurance Card

This card entitles you to greatly reduced or free state medical services throughout Europe, including Switzerland. We recommend you send off for one of these before the trip and carry it with you. It's important to bear in mind that these cards are not a substitute for travel insurance and **adequate travel insurance to cover cancellation, injury etc is highly recommended for this tour.**

This link will give you all the information you need about the EHIC.

<http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>

21) Recommended kit, tips and routines

The Rider

- Get the miles in – train as much as you can, hours in the saddle rather than speed are key.
- Ride or train (on an exercise bike if you have to) at least 3 times per week.
- Ride back to back days – use these to practice things related to recovery, taking care of you, taking care of the bike, since both body and bike will require maintenance.
- Drink, even on cold or damp days since you will be losing fluids, take small drinks at regular intervals.
- Eat well and try to avoid hard to digest food.
- Avoid coffee, it is a diuretic you will pee more and lose fluids.
- Balance your diet, protein and carbohydrate in balanced proportions are said to overcome cramps.
- Look after your bum!
 - a. Keep shorts clean, wash them regularly
 - b. Smooth out creases in your shorts or longs
 - c. Stand up every now and again and shift your position on the saddle
 - d. If things get sore use Sudocrem, chamois cream or Siopel.
- Find some long hills, learn how to ride them – its all about getting the right gear, finding a rhythm, and switching off (don't worry about it, look around and enjoy the views or admire the tarmac)
- Don't be a "gear snob" and ride in a gear that feels comfortable.
- Sleep and rest are important, get to bed early.
- Stretch. Learn how, and what to stretch and do it properly. Don't over stretch and injure yourself.

- Learn and practice the skills you will need; navigation, maintenance and repairs.
- Find out what foods and drinks suit you, make sure you can get these on the ride.
- Keep warm and dry.
- Don't push yourself too hard, always ride so that you feel you are in your comfort zone.
- Eyes may get sore from wind and salt from sweat – take some eye drops, wear glasses think about using a sweat band, a bandana or a cap.
- Watch out for sunburn.

The bike

- It should be comfortable - ideally get fitted (this need not involve having a bike made for you since stems, saddle height, and crank length can all be changed).
- Get mudguards (proper ones if you can) a wet bum and a body covered in road dirt, or worse, is no fun
- Choose some sensible tyres. 25mm Gatorskins or Schwalbe Marathon are good hard wearing tyres.
- Fit a good bag to carry things that you will, or might need, don't use a backpack.
- Have some good bar tape – gel tape is really comfortable two layers even more so.
- Use pedals that you are comfortable with.
- Get a good saddle.
- Fit a cycle computer and bell.
- Get a triple chain set, or failing that a low gear.
- Waterproof map holder (for route notes)- Rixen-Kaul Clickfix are good.
- Fit a rear light – on busy roads in rain use it.
- Fit a small front light – again on busy roads in the rain use it.

- Before you go service your bike, or have it serviced (in any event check it) ensure it has;
- Tyres with a good deal of life left in them
- New brake blocks.
- A good and newish chain.
- Everything properly lubricated and adjusted.
- All the bolts tightened down properly.
- Everything is working as it should.
- The headset properly adjusted.

Kit

- Good waterproofs – jacket, trousers, and overshoes.
- Shorts gel padded - three pairs to allow them to be washed.
- Cycling tops short sleeve – 3. These were either wool/ acrylic wool. Merino has a natural resistance to developing odours and is neither too hot nor cold.
- Vests / Baselayers.
- Long bottoms
- Gloves and Mittens with gel palms.
- Buff - good for so many things; hat, glasses cloth, neck warmer, and seal to stop water running down your neck.
- Sunglasses.
- Cap – worn under my helmet it did two things; keeps rain of glasses, stops sweat running into eyes.
- **Helmet – Compulsory!**
- Garmin or gps device. Not essential as we provide detailed route notes, but they are handy.
- Map holder if using route notes to navigate).
- 750 ml drink bottles rather than 500ml.
- Mobile (Cell) phone with charger.
- Tyre Levers.
- Pump (we have track pumps on the van but it is useful to have a pump with you).
- Multi tool (make sure the allen keys will fit all of your bolts).

- Good quality puncture repair kit (one with tapered patches not square cut edges).
- Good quality light inner tubes.

Routines

- Wear your cycling gear to breakfast, there is no point in having to rush away from breakfast to change and pack.
- Pack the night before and put your kit for the next day ready in the morning you should only then have to pack nightwear and wash kit.
- Before you leave any where take a good look around for anything that has been left.
- Stretch when you can.
- Every night look over your bike for any problems there is more time to deal with these at the end of the ride even if you are tired. Next morning there won't be time.
- Clean your bike when you can, ideally before it dries. If it has been raining it is good to use a water repellent and oil to keep the water away and lubricate your machine.
- Pump tyres every morning and do your checks of brakes etc.
- Every other day check bolts for tightness.
- Wrap some tape around your saddle stem to mark where it enters the frame. Over time it may slip down ruining the fit of the bike.
- Check to make sure you know where you are staying each night.
- Store leaders and other riders' numbers in your phone.
- Dry clothes by rolling them in a towel and then treading on it before hanging them out to dry
- Charge everything every night.
- HAVE A ROUTINE, YOU WILL BE TIRED AT TIMES DOING THINGS REPETITIVELY WILL AVOID

MISTAKES CAUSED BY TIREDNESS