

LIVERPOOL LONDON



1st May – 4th May 2020

Join **IntoUniversity** for a courageous and, ultimately incredibly rewarding, 250 mile (400km) cycle trip all the way from Liverpool to London. During four days of riding, you will find yourself pedalling through the very heart of England, taking in the breath-taking backdrops of Staffordshire and the rolling Chiltern Hills, finishing your ride in the capital at our very own **IntoUniversity Haringey North**. For that weekend, your teammates will become your closest companions, enjoying well-deserved fry ups with you each morning and spending your nights together staying in hotels dotted around the English countryside. The event will take place from **Friday 1st May – Monday 4th May** and promises to be a truly unforgettable, once in a lifetime opportunity.



Day one of the first IntoUniversity bike ride from Weston-super-Mare to Clacton-on-Sea

‘From start to finish, the 2019 Coast to Coast ride was the complete **IntoUniversity** experience, with supportive staff cheering us on a well-researched route that took us through the picturesque English countryside. It was a huge amount of fun with lots of interesting banter to keep spirits high through the challenging bits and of course everyone feeling good about the important purpose that brought us together.’

Sarah Havens, Trustee of IntoUniversity and 2019 cycle ride participant

Answering Your Questions

What does my registration fee get me?

The cost of the ride is £500. This will cover the costs of the event, including four nights' accommodation, breakfast, lunch and dinner (excluding alcoholic drinks) and refreshments. It will also cover the costs of the van, which will take the bikes to the starting point in Liverpool, and transport bags between the stops. The registration fee does not include personal train travel to Liverpool. Reduced rates will be offered for shared hotel rooms.

Do I have to be a strong cyclist?

As this is an endurance ride, a high level of fitness is required to complete it. For safety reasons, we expect you to be able to keep up an average speed of 22 kph. We will organise training rides in the lead up to the event and will provide health and safety briefings at the beginning of each day. If you want any further guidance on this then please email rebecca.marsh@intouniversity.org

How much do I need to raise?

We also ask that you fundraise £2000 for IntoUniversity which will support our work with young people from disadvantaged backgrounds.

I'd love to take part, but can't commit to the full ride. Can I still participate?

Yes absolutely, we are welcoming riders for single days or part of the ride. The cost will vary depending on the number of days you wish to take part in. Contact Rebecca for further details.

Are you interested in joining us?

If you would like to sign up, please follow [this link](#). Or, if you would like any further information or have any questions, please email rebecca.marsh@intouniversity.org. We look forward to hearing from you!