

## FAQ's Europe Cycle Events



### **How many people will be on the challenge?**

We normally have groups of around 50 people on our European cycling events.

### **How long will I be cycling for each day?**

The more training you do prior to the event the less time it will take you to cycle between cities. A person of average to good fitness can expect to be in the saddle for 4-5 hours a day.

### **Do I need to bring my own bike?**

Yes, you will need to bring your own ROAD bike with you.

### **Where will we be staying?**

We stay in 2-3\* hotels in towns/cities as outlined in the itinerary. You will be staying in twin rooms with en-suite facilities. If you prearrange to share a room with a friend please let us know.

### **Do I need insurance?**

We recommend that you take out travel insurance. To make the process simpler, we can sell you comprehensive cover through Campbell Irvine Insurance Brokers.

### **What about if I have special dietary requirements?**

Please let us know before the event if you have any special dietary requirements and we will do our best to cater for you on the event. Vegetarians are easily accommodated but if you have more complex needs you should consider bringing suitable snacks to supplement your diet and ensure that your nutritional needs are met.

Any further questions please email: [emma@acrossthedivide.com](mailto:emma@acrossthedivide.com)