

The South Downs adventure

102miles of the South's finest riding in 2 or 3 days

On this two, or three day, expedition we'll guide you along the South's finest long distance bridleway, packed full of rolling hills, fields of wildflowers swaying in the breeze and beautiful views whilst also teaching you all you need to know about expedition riding.

The South Downs way is one of the most accessible and enjoyable long distance rides in the South of England but such a ride can seem a little daunting if its your first outing. If you like the idea of a skills course but want to get out on a mini adventure as well this is the trip for you. As well as riding the length of the South Downs way we'll also cover many of the topics we cover everything you need to know about expedition planning. By the time we spin into Eastbourne you'll have all the know how you need to get the maps out when you get home and plan your next adventure totally from scratch.



En-route you have the option of 'roughing it' or 'plushing it' with a range of hedge's to bivi in, hostels or B+B's to bed down in or Hotels to indulge in.

Our two day adventure sees us spending the night in historical and picturesque Arundel while the three day adventure stops off for a night near Cocking and a second night near the Devils Dyke.



South Downs adventure dates and prices 2010:

April 22-23, May 13-15 (3 day), June 1-3 (3 day) and July 3-4

Prices start at £100 pp plus your choice of accommodation.

Contact tom@carbon-monkey.co.uk for more information and bookings

Other dates available at request from groups of 3 or more



What this course covers:

- Expedition kit selection
- Packing a bike for exped
- Expedition logistics + Route planning
- Route finding and basic exped navigation
- Camp craft
- Cooking in the back country
- Trailside repairs

Pre course experience:

- You'll have been camping, preferably having experienced poor weather and / or wild camping
- Have ridden your bike off road for 2 or 3 consecutive days
- Have the fitness to ride your bike off road for 2 or 3 consecutive days
- Have a bike that is in good working order, mechanically sound and fit for purpose. For this expedition you **MUST HAVE** a mountain bike, hybrids will not be acceptable

Accommodation:

Accommodation will be charged at what we get charged for it but must be paid in full at the time of booking. Please discuss your requirements with us when booking.

Note on the distance:

This expedition adventure is offered as a two or three day package. The two day option is not for the inexperienced cyclist. To do the distance in two days you must provide, at the time of booking, a brief log book detailing at least 5 off road rides that you have completed, in a single day, of at least 65km. If you cannot do this, or are unsure you are happy cycling 50miles per day off road please book onto a three day course. We are happy to change 2 day expeditions into 3 day expeditions at you request so long as the expedition isn't already booked up.

Not so small print:

- We only use SMBLA qualified mountain bike instructors and guides, as such you know you're getting a trustworthy professional service.
- If you have to cancel please tell us at the first chance you get, if we can re sell you place we will transfer your deposit to a new date, or at our discretion, refund you.
- Carbon-monkey is a trading name of Gr8Adventures Ltd and is fully insured and licensed under AALS through Gr8Adventures Ltd.
- We are happy to run this expedition for under 18's however due to the physical nature of the expedition will only run 3day expeditions for under 18's. We will not run expeditions with a mixed group of adults and under 18's unless they are from the same booking and book all places on the expedition or pay a single group supplement. Please call or email to discuss this further.

A kit list is downloadable from the 'resources' page on our website, equipment is available to hire, contact us with your requirements