



LONDON

INFORMATION
PACK

NIGHTRIDER™

9/10 June 2012

100km moonlit cycle ride past London's iconic landmarks



A unique London charity event



classic  tours
LEADING THE WAY IN CHARITY CHALLENGES

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www.nightrider.org.uk



Itinerary

Set off from either Crystal Palace or Alexandra Palace and follow a 100km circular route past over 50 of London's most famous landmarks. The route will be fully signposted with break stops every 20km approx.



From Crystal Palace

Cycle through the moonlit streets of south London towards Blackheath and Greenwich. The route continues past the National Maritime Museum then into Rotherhithe. After 20km approx. is the first break stop next to Tower Bridge.

We cross the River Thames via Tower Bridge and ride past the Tower of London. Then through the deserted City of London via the Lloyd's building, Bank of England, St Paul's Cathedral and Smithfield Market. We head into the East End to the neon lights of Canary Wharf. Soon after we reach the second break stop at Mile End Stadium (40km approx).

Onto North London past the Emirates Stadium, home of Arsenal Football Club. It is a tough climb to the half way point at Alexandra Palace but the views from the top make all the exertion worthwhile.

After a snack and hot drink it's back on the bikes for a climb to Highgate then onto Whitestone Pond, the highest point in London. We cycle past Kenwood House and Hampstead Heath before reaching the Roundhouse and Camden Lock. The next section is packed with famous landmarks including London Zoo, Lords Cricket Ground and Regents Park. The busiest part of the ride follows - Oxford Circus, Regents Street and Piccadilly Circus. Continue past the Royal Opera House to Covent Garden, along the Strand then over Waterloo Bridge for fantastic views of the London Eye. Past Waterloo Station and the Old Vic Theatre to arrive at our last break stop at the Imperial War Museum (75km approx).

The final leg starts with The Oval Cricket Ground then Lambeth Palace and County Hall. A big highlight is crossing Westminster Bridge towards the Houses of Parliament and Big Ben. More attractions follow including Parliament Square, Downing Street, Whitehall, the Cenotaph and Trafalgar Square. After Hyde Park and the Royal Albert Hall we pass a succession of world famous museums. Then it's back over the Thames at Chelsea Bridge and past the iconic Battersea Power Station. The last part of the ride takes us through the streets of Clapham and then a long climb back to Crystal Palace for a very well earned breakfast.

From Alexandra Palace

It's a challenging climb to Highgate then onto Whitestone Pond, the highest point in London. We cycle past Kenwood House and Hampstead Heath before reaching the Roundhouse and Camden Lock. The next section is packed with famous landmarks including London Zoo, Lords Cricket Ground and Regents Park. The busiest part of the ride follows - Oxford Circus, Regents Street and Piccadilly Circus. Continue past the Royal Opera House to Covent Garden, along the Strand then over Waterloo Bridge for fantastic views of the London Eye. Past Waterloo Station and the Old Vic Theatre to arrive at the first break stop at the Imperial War Museum (20km approx).

The next stretch starts with The Oval Cricket Ground then Lambeth Palace and County Hall. A big highlight is crossing Westminster Bridge towards the Houses of Parliament and Big Ben. More attractions follow including Parliament Square, Downing Street, Whitehall, the Cenotaph and Trafalgar Square. After Hyde Park and the Royal Albert Hall we pass a succession of world famous museums. Then it's back over the Thames at Chelsea Bridge and past the iconic Battersea Power Station. The next part of the ride takes us through the streets of Clapham then a long climb to the half way point at Crystal Palace

After a snack and hot drink it's back on the bikes through south London towards Blackheath and Greenwich. The route continues past the National Maritime Museum then into Rotherhithe. The next break stop is beside Tower Bridge (65km approx.).

We cross the River Thames via Tower Bridge and ride past the Tower of London. Then through the deserted City of London via the Lloyd's building, Bank of England, St Paul's Cathedral and Smithfield Market. We head into the East End to the neon lights of Canary Wharf. Soon after we reach the final break stop at Mile End Stadium (85km approx).

Back into North London past the Emirates Stadium, home of Arsenal Football Club. It is a tough climb to the finish at Alexandra Palace for a very well earned breakfast.

Factfile

Can I fundraise for any charity?

Yes this is an Open Challenge which means that you can raise money for any charity.

How will I raise funds?

Sign up and receive a Fundraising Pack with lots of tips and ideas. Once you set your mind to it, it's amazing what you can achieve! Your chosen charity will also be able to help and support you.

How old do I have to be to take part?

You must be at least 18 years old to take part in Nightrider™.

How fit do I need to be?

The event is aimed at people of average fitness who are prepared to train beforehand. It is your responsibility to be fit enough to participate in Nightrider™ and to get doctor's approval if you have any health concerns about safely completing the 100km cycle ride at night. We will provide a set of training guidelines after you register.

For all other questions - visit the FAQs page at www.nightrider.org.uk

What's included?

Fully signposted route
Map & GPS file of the route (nearer the event)
Break stops every 20km
Snacks, water and breakfast
Hi vis vest, cycle number & medal
Bicycle mechanics
First aid support
Central Control to deal with any problems
Sweep vehicle at the back
Insurance (excluding cover for your bike)

What's not included?

Bike and bike insurance
Cycle helmet
Any cycle parts the mechanics might need to use
Hot drinks at break stops (provided at half way point and finish line)



Printed on recycled paper

Fundraising Planner



£175

TARGET ACHIEVED!

Quiz night at your local pub	£100
Sponsorship from friends and family	£50
Cake sale at work	£25

Sign Up Now »

www.nightrider.org.uk



Sign Up Now!

It's quick and easy to register for Nightrider™. Sign up on-line at

www.nightrider.org.uk

Choose from 2 options:

Option 1

Pay £39* registration fee & raise £175 approx. sponsorship (to be set by your chosen charity) for one of the partner charities listed on the Nightrider™ website.

Option 2

Pay £99* full event cost & raise as much sponsorship as possible for any charity.

*non-refundable

The Nightrider™ Team

For any questions not answered here please check the FAQs section of the Nightrider™ website. For anything else please contact us

Email: nightrider@classictours.co.uk

Tel: **020 7619 0066 ext 214**

Classic Tours are the originators of worldwide charity challenges. Since 1992 they have helped raise over £68 million for hundreds of good causes.



“ Well done on your organisation, which made for a very enjoyable and uniquely rewarding experience. Pick a London landmark and it was featured! The route was superbly sign-posted. Can't wait to do it again next year! ”

Beverley Pickard, 48 - Surrey



Classic Tours has a full programme of Open Challenge events in 2012 & 2013 including:

- Conquer Kilimanjaro • Trek Morocco • Pedal to Paris
- Amsterdam48 • Trek Sinai Desert • Cycle Africa
- Conquer The Great Wall of China • Trek Iceland • Cycle Nepal
- Cycle Death Valley • Hike the Himalayas

For more information visit www.classictours.co.uk

or contact the Open Challenges Team

Email: openchallenges@classictours.co.uk Tel: **020 7619 0066 ext 208**