# January 2024

Dear Parents

Re: **Gold Cycling Expeditions 2024**

We are delighted that your son has indicated that they would like to participate in the Gold Cycling expeditions this year.

The cycling expeditions have been run at QRBC for the last 12 years, and offer a distinctively different and memorable challenge.

**Dates**:

Practice: **Thursday 4th to Sunday 7th April**. Cycling from the coast at Aberystwyth across mid Wales to Shrewsbury or Telford following National Cycle Network route 81.

Final expedition: **Saturday 20th to Thursday 25th July,**  C2C (sea to sea) route from Whitehaven to Tynemouth.

**Training**:

On the expeditions, participants will need to cycle about 40 miles a day on a bike loaded with panniers.

We do our planning and training for the expeditions on Friday evenings from January to July. It is a requirement that participants attend every Friday evening during term time. Failure to attend regularly on Fridays will mean that the participant will not qualify to attend the expeditions.

Even with full attendance on Fridays, however, we will not be able to provide sufficient group rides for participants to be ready to cycle the required distances by April. Some training will need to be done individually and outside of DofE organised events. We would encourage participants to be cycling regularly, at least 3 times a week and at least 5 miles for each ride.

**Cost**:

We aim to keep the total cost for the two expeditions to an absolute minimum. I am estimating total cost will be less than £300 but there are too many variables to give a fixed cost currently.

If you would like to break up the cost over each month, a schedule of £50 per month from January to June should cover it. Cheques can be made payable to QRBC DofE and paid at the desk on Friday evenings or, preferably, you can pay directly into the QRBC DofE bank account.

Bank details: QRBC DofE

Barclays Sort code: 20 84 13 Account number: 83804542

Reference: your child’s DOB and initials (ddmmyy ii)

Yours sincerely

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Gold level leader