# November 2024

Dear Parents

Re: **Gold Cycling Expeditions 2025**

We are delighted that your son is participating in the Gold Cycling expeditions this year.

These expeditions have been run at QRBC for the last 13 years and offer a distinctively different and memorable challenge.

**Dates**:

Practice: **Thursday 24th to Sunday 27th April**. Cycling from the coast at Gedney Drove End on the Wash back to Coventry.

Final expedition: **Wednesday 20th to Wednesday 27th August** in the Netherlands, (so you’ll need to have a passport.)

**Training**:

On the expeditions, participants will need to navigate and 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 about £500 but there are too many variables to give a fixed cost currently. One way we can make a significant saving is buying the ferry tickets in the Stenna Line January sale, so we will need to collect at least £100 by January 15th. Thereafter, participants can make a monthly payment of £66 per month, February to July, if that makes it easier to cover the cost.

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

David Leach

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Gold level leader