



Active Britain

Experience the best of the UK - from coast to coast

Make 2014 the year you experience something new in the UK!

Whatever your sport or your passion, our Active Britain trips ensure that you emerge fitter, stronger, and with memories that will last a lifetime.

We're particularly excited that in 2014 the Tour de France will be kicking off in Yorkshire (Stage 1 - Saturday 5th July 2014: Leeds to Harrogate; Stage 2 - Sunday 6th July 2014: York to Sheffield), so if you're vaguely interested in cycling this will be a great time to be in the UK and experience the thrill and adrenalin of one of the world's major sporting events.

The trip leader

Andy Smith

- Andy Smith is a local strength and conditioning coach.
- As well as having a wealth of knowledge about sports and outdoor activities in the UK, as a specialist strength and conditioning coach Andy can ensure that the objectives set for the group are realistic, achievable, but also sufficiently challenging.



The Itinerary

Day 1 - Thursday 26th June 2014

- Arrival into Manchester
- Manchester is at the heart of the north west of England. The city has a population of over 2.6 million inhabitants.
- Manchester is home to the UK's largest airport outside London and boasts a multitude of shopping, cultural and entertainment facilities set out to charm travellers and students alike.

Day 2 - Friday 27th June 2014

- Today we take a special sporting excursion to watch the Rugby League match between the Wigan Warriors v St Helens Rugby League - a massive local derby match!
- Rugby League is a team sport that is particularly popular across Northern England.
- Many of the professional teams are separated by only a few miles and so fierce local rivalries develop.
- Wigan v St Helens is a fiercely contested match but (unlike in soccer) there is no segregation of supporters at matches and rival fans mingle freely.

Day 3 - Saturday 28th June 2014

- Today is Wattbike Testing Day.
- The Wattbike was created with British Cycling to provide an affordable indoor bike for training and testing that is suitable for everyone from schoolchildren to Olympic Gold Medallists.
- Delivered by Wattbike's sport scientist Eddie Fletcher, the Wattbike Advanced Technical Workshop provides a detailed insight into how the Wattbike works and how it can be used to conduct fitness tests and cycling specific tests to prescribe exercise and training on a Wattbike using the powerful analysis capability of the Wattbike Expert software.
- This intense 1 day Workshop is aimed at serious cyclists, coaches, health and fitness professionals who want to understand the science behind the Wattbike improve their performance.
- This evening we will explore the city of Manchester

Day 4 - Sunday 29th June 2014

- Today we enter the 'White Rose Classic' Sportive which starts in Ilkley, Yorkshire - a great opportunity to mix with other cyclists with some good local banter.
- The White Rose Classic offers three challenging routes which will take you through the heart of the stunning Yorkshire Dales.



- The epic long route at 114 miles takes in the climbs of Norwood Edge, Fleet Moss and Garsdale Head, finishing with a final climb over our local hill at Langbar . With over 3000m of ascent it really will be a challenge. The medium route is no pushover either being just over 83 miles and over 2000m of ascent. All routes will start and finish at Ilkley Rugby Club facility, providing changing, showers, parking, food and drink.

Day 5 - Monday 30th June 2014

- A day off the bike with recovery sessions in the morning (a spot of yoga or go for a swim.
- This afternoon we'll go for a relaxed hike through the Yorkshire Dales.
- The dramatic landscape of the Dales has been attracting visitors for many years and the heart of the area has been designated as a National Park and an Area of Outstanding Natural Beauty. It is no surprise that this area has been chosen to form the central part of stage one of the Tour de France in 2014. Many top riders already train in the area with its quiet roads and fantastic variety of scenery.
- The whole area provides fabulous cycling opportunities from gentle routes in the valleys to some challenging climbs over the moorland that separates them. From the wild and remote northern dales to the rolling farmland in the east, the cycling is always memorable for the fantastic scenery and beautiful villages.

Day 6 - Tuesday 1st July 2014

- Today we get back on the bikes and cycle through the Lake District.
- Cyclists are spoilt for choice in the Lake District National Park. There are country lanes, permitted cycleways and bridleways with some fantastic views!

Day 7 - Wednesday 2nd July 2014

- The first day of our Coast-to-Coast challenge.
- We start in Cumbria and aim for Penrith - a distance of approximately 50 miles. Most of the route is reasonably undulating, with one big climb at Whinlatter.

Day 8 - Thursday 3rd July 2014

- The second day of our Coast-to-Coast challenge.
- Today we cycle from Penrith to Tynemouth
- Today's distance is approx. distance 40 miles with climbs up Hartside, out of Garrigill and Black Hill. A tough day over very hilly terrain.

Day 9 - Friday 4th July 2014

- Our third and final day of our Coast-to-Coast challenge. Today we'll be cycling all the way to Sunderland, a distance of approximately 45 miles.
- We will have a climb out of Allenheads and then Rookhope Incline, then its level or downhill all the way to the finish.
- After we've finished the ride we'll transfer to Leeds - our next stop on our journey.

Day 10 - Saturday 5th July 2014

- Today is the first day of the Tour de France and we will immerse ourselves in this iconic race.
- Stage 1 is a distance of 191km from Leeds to the spa town of Harrogate.

Day 11 - Sunday 6th July 2014

- Today is the second day of the Tour de France.
- Stage 2 sees the riders travelling 198km from the ancient city of York to the industrial heartland of Sheffield.

Day 12 - Monday 7th July 2014

- Today is the third day of the Tour de France.
- Stage 3 sees the race travel 159km from the prestigious university town of Cambridge all the way into London.

Day 13 - Tuesday 8th July 2014

- Today we have a day at leisure in London
- London is an enormous city seething with endless opportunities for sightseeing, restaurants, and nightlife.
- The capital and largest city of both the United Kingdom and of England, it is also the largest city in Western Europe and the European Union. Situated on the River Thames, London is considered one of the world's leading "global cities".



Day 14 - Wednesday 9th July 2014

- Departure Day
- After breakfast we will assist you with your onward travel plans.

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