

Your bike for a successful challenge

Information on bike requirements for your cycle to Amsterdam

This is a guide for challengers who have signed up to cycling challenge event. If you are hiring a bike for this challenge, details are on the on-line booking form. However if you are new to cycling please read this document carefully so you can have a good idea of the type of bike you should have or should seek to have for this challenge. Please feel free to contact us to discuss suitability of your bike or for advice if you are about to make a purchase, we will be glad to help.

Bike

Ideal bikes we recommend for long mileage, multi-day riding are:

1. **Road/Race** - A sporty bike with drop handlebars and big gears. Not always ideal for touring but with a little fine tuning they can be used comfortably by the more experienced rider over great distances. However, these bikes tend to be not as robust as other bikes and do need regular maintenance and replacement of parts. With a few simple alterations like changing tyre choice (and sometimes the wheels) and saddle it is possible to set-up the road/race bike to deal better with the rigours of multi-day riding.
2. **Sports Hybrid** - The MPV of bikes. Can be used for a wide spectrum of cycling from easy trail riding to commuting and touring. With flat handlebars the riding position is less aggressive than the road/race bike and most people will enjoy the comfortable ride over many miles/days before feeling weary. Plenty of gears will ensure you conquer the highest peak on your ride and strong brakes will give you confidence on the descent. A great all-rounder!

(Mountain bikes are not recommended generally for this event, but if you really want to bring a mountain bike, you need to be an above average rider and you need to add slick tyres to your off road machine!)

Tyres

We would strongly advise that you also equip your bike with new, good quality tyres with high puncture resistance tyres for the event. Recommended manufacturers include Schwalbe, Continental, and Specialized; all offer good quality high puncture resistant tyres. The road surfaces in UK and Europe are normally good, however we cannot guarantee the road surface during the challenge, so please consider 'beefing up' your tyres and avoiding ultra skinny (lightweight) race tyres.

Leaders and support drivers will do their utmost to support you on the challenge, and to repair any mechanical failures. However, the support team will not always be at your disposal through the challenge and it is expected that all participants are capable of at least repairing a punctured inner-tube. The quickest method is to replace the inner-tube. This should be practiced until confident to manage alone. In the case of serious failure, our team are instructed to recover bikes and participants in order that they are not disconnected from the rest of the riders. *Please Note:* A small levy will be required for any spare parts provided by Adventure Cafe while on the event. You should also take care to ensure that you have reasonably new inner-tubes (not ones that were fitted in the bike 10 years ago!).

Service & Maintenance

Your bike should be appropriately serviced and checked ready for this ride. Your leader will inspect the bike before departure to ensure it is roadworthy and safe. **NOTE: your leader may recommend you do not ride if your bike is not in good condition and safe to ride.**

- You should have checked to ensure that the saddle and handlebars are firmly tightened and set to the correct height.
- Check also that the cranks and pedals are tight, and that the chain is in good condition and not about to break.
- Check that tyres are not bald and with worn sidewalls.
- Check that the brakes work well and that the brake blocks are in good condition.

Spare Parts and Specialist Components

Adventure Cafe will carry a selection of typical parts and spares appropriate for this challenge. We will assist you in any mechanical breakdown, and a small fee will be levied for any parts used.

Please inform us of your type of bike (i.e. Road/Race, Hybrid) as well as your make and model. If you have any unusual or specialist parts (i.e. disc brakes, carbon wheels, suspension), it is advisable to bring along a replacement part(s) with you which will be carried in the support vehicle in case of emergency.

