

LEMMING TRAILS 2003

WHAT IS A LEMMING TRAIL?

LEMMING TRAILS are the original UK mountain bike endurance challenges. The first one ran in 1996 and the two day Lemming format is still unique and gives the events a much more epic feel than one day rides.

LEMMING TRAILS offer so much more than a single day enduro event. You get a full weekend of top class riding with an overnight stop that has camping and hostel accommodation right on the trail. You get a big evening meal and a Sunday morning cooked breakfast all in with the price of the event, you can book a packed lunch for the second days riding and sustain yourself with free SIS energy drinks and bananas at support stations along the route.

We also carry all your gear for you. Anything you don't need for the ride itself (clean clothes, wash kit, camping gear) can go in our truck to be transported to the overnight stop for you and then onto the finish. At the end of the ride, we can even take you back to your car at the start. Just book a place on one of coaches and we'll take you right back from the finish,

with your bike following in the truck behind.

On the ride itself, you get all the back up you could need. Waymarked trails to keep you on the straight and narrow, regular support stations stocked with food drink and bike spares, mechanical assistance and all the facilities at the overnight stop.

The rides themselves are all classics in there own right. The three events are each geared to suit different levels of ability. The Ridgeway, while not exactly a beginners ride, is a realistic aim for most fit riders. The South Downs offers a tougher test in the form of 100 miles of relentless ups and downs on fast flowing chalk tracks. The Iron Lemming is the toughest event in the UK, no compromise. Two days and 200km in the punishing (but magnificent) Welsh mountains.

Whichever ride you choose, you'll enjoy the full Trail Break experience and attention to detail that makes the Lemming Trails the most complete events package of their kind.

THE RIDES

THE IRON LEMMING

Are you looking for a challenge to take you beyond your limits? The Iron Lemming is the ultimate challenge for the UK endurance rider - 130 miles over two days across the imposing Welsh mountains

Breath-taking and brutal, the mid Welsh mountains offer some of the toughest terrain in the country. Scorching descents, searing climbs, the technical challenge of hills built on a solid rock backbone - and even in high summer, the ever present threat of the brooding mountain weather.

We have used our extensive knowledge of the area to create The Iron Lemming - the toughest ride in the UK. Way beyond any 100k day rides, this is like riding two of them, back to back! If you're strong enough to pit yourself against the Lemming, this is an unforgettable epic and a badge of honour for the mountain bike veteran.

The Iron Lemming - the defining ride for the hardcore biker.

THE RIDGEWAY

The ancient Ridgeway is the easiest of the three Lemming Trail Challenges. But it is still a ride worthy of respect, with 80 miles of off road trail and 5000 feet of climbing to tackle.

The Ridgeway is an ideal introduction to long distance trails. The route offers enough climbs and descents to challenge and entertain you, interspersed with sections of high ridge cruising that offer spectacular views of the surrounding countryside.

The Ridgeway is Europe's oldest continuously used trail and there are a wealth of ancient monuments and landmarks along its length. The ride finishes at the village of Avebury, with its spectacular standing stones (believed to be even old than Stonehenge).

The overnight stop is at the Ridgeway Youth Hostel, one of the best hostels in the country. Constructed from five disused barns around a central courtyard and positioned right up on the ridge, it is a fantastic spot to relax and enjoy a barbeque dinner at the end of the first day.

The Ridgeway Lemming is one of the great summer rides!

THE SOUTH DOWNS

The South Downs Way is without doubt Britains best long distance trail offering mile upon mile of uninterrupted off road cycling... and hill after hill!

The South Downs are much more of a roller coaster than the Ridgeway. There are few high flat sections, instead the trail offers a series of lung busting climbs and high speed descents - and the roller coaster runs 100 miles to the memorable finish at Beachy Head.

The chalk trails are often at their best in early September - dry and fast, not too technical, but keep your wits about you on those steep, loose descents!

The South Downs Lemming is a great way to round off the summer - a classic ride and a must do for any serious mountain biker.

80 Mile Route Option Queen Elizabeth Country Park

If 100 miles over the South Downs Way sounds a little too daunting, then no problem. Simply choose the 80 mile option which joins the main route at Q.E. Country Park. Many cyclists opt to join the main pack here making the route manageable but still taking in the best of the South Downs Way.

THE LEMMING PACKAGE

Each Lemming Trail is designed to let you take on an epic ride, without it becoming an epic headache.

To do a Lemming Trail, you just have to turn up and ride. Everything else - the back up, the route planning, the logistics - has been taken care of for you. We'll even feed you, carry all your kit and provide you with a place to sleep overnight.

Packages are designed to provide as much or as little as you need. All packages include accommodation, large quantities of food! and route support.

Back up, Trail support & Maintenance

- **Fully marked trails** for easy route finding.
- **Back up vehicles**, well stocked with spares, snacks energy food and drinks.
- **Regular support stations** on route, stocked with food, free SIS energy drinks & bananas and with mechanics on hand for bike fixes.

All routes are well marked and easy to follow, however it is compulsory that all individuals have access to a route guide or map for both the South Downs and Iron Lemming challenges. You can order a copy of the appropriate maps or guides with your booking, using the booking form overleaf.

Accommodation

- **On site camping** without having to carry all your gear! We'll carry your tent, you just have to pitch it.
- **Hostel accomodation.** If you don't fancy camping there are limited numbers of beds available at each location, with bedding provided. Book early to ensure your place!
- **Hot showers on site.** We lay on extra showers to refresh you at the end of the day.

For the Iron Lemming you can book camping or B&B for the Friday night meet up in Talybont to allow for an easy start on the Saturday morning. For more information on booking your Saturday night accommodation, call Llanwrtyd Wells Tourist Office (01591 610666). Other contact numbers will be sent with your pre event info pack. You can arrange your own overnight accomodation if you like, but it's worth staying at the event centre to enjoy the company and share tales from the trail with everyone you have met on the ride.

Ride Timing

Every rider gets their finishing time recorded, and placed in one of the speed brackets for the whole ride. The top ten percent of finishers in the Iron Lemming will receive a free t-shirt.

Catering

Included in the package

- **3 course Saturday evening meal**
- **Sunday morning cooked breakfast**
- **Free SIS energy drinks and bananas** available at the start, support stations and overnight stop.
- **Unhealthy snacks at finish.** Well, you've earned it!

Also available

- **A wide range of snacks and energy bars** for sale at the support stations and an

Optional Sunday packed lunch (Pre book via form).

Our catering is always high in quality **and** quantity, so be assured you won't go hungry!

Transportation

• **Luggage Transport.** You only carry what you need on the ride. We'll transport the rest of your kit to the overnight stop and on to the finish.

• **Optional return journey.** We lay on trucks and coaches to get you, your bike and all your kit back to your car at the start. (Pre book via form).

Extras

• **Lemming T shirts.** Lemming Trail T shirts will be available again, along with a special design for the Iron Lemming. Trail Break tees feature stylish prints on high quality heavyweight cotton shirts that will look good for years. Excellent value!



THE LEMMING TRAIL ENTRY FORM

Complete this entry form accompanied by cheque or Postal Order made payable to Trail Break
Return to: Trail Break, 241 Whitley Wood Road, Reading, Berks RG2 8LD

Circle relevant boxes
See overleaf for package details

All prices
include VAT

Photocopy this form if multiple entries required

THE IRON LEMMING		JUNE 14 - 15TH	
CAMPING PACKAGE	BOOK YOUR OWN BED	RETURN BUS JOURNEY	PACKED LUNCH
£75	£70	£14	£3.50
Llanwrtyd Wells Tourist Office (01591 610666)			

THE RIDGEWAY		JULY 26-27TH	
YHA PACKAGE	CAMPING PACKAGE	BOOK YOUR OWN BED	RETURN BUS JOURNEY
£76	£64	£59	£14
PACKED LUNCH £3.50			

SOUTH DOWNS WAY		SEPT 6 - 7TH	
YHA PACKAGE	CAMPING PACKAGE	BOOK YOUR OWN BED	RETURN BUS JOURNEY
£76	£64	£59	£14
PACKED LUNCH £3.50			
Winchester start <input type="checkbox"/>		Q E Park start <input type="checkbox"/>	

MAP ORDERS - tick box to order

Iron Lemming (LamMaps) OS 1:50,000 (£11 each)	LS147 <input type="checkbox"/>	LS160 <input type="checkbox"/>	Harveys Ridgeway (£8.50)	The perfect guide to the whole of the Ridgeway <input type="checkbox"/>	Harveys South Downs Way (£8.50)	The perfect guide to the whole of the South Downs <input type="checkbox"/>
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I hereby acknowledge that participation in a Lemming Trail event carries with it potential hazard and that prior experience of long distance riding and a high degree of fitness is required.
If under 18 accompanying guardian must undersign to indicate acceptance of full responsibility of under 18

SIGNATURE