

Beast of Britain Mountain Bike Expedition 2017

Aim: To ride, as part of an expedition group, the best mountain bike trails the UK has to offer.

Dates: 22nd July to 2nd August 2017

Cost: The total cost of the expedition is £400 to include a training weekend in Wales. The expedition selection fee is not included in the above cost.

Leaders: Mark Salmon and Richard Edgeley.

Both leaders have extensive mountain bike experience and have led major DES overseas mountain bike expeditions. The Beast of Britain will be the second UK mountain bike Mark and Richard have led.

Requirements: Mountain bike fitness and skills will be required. However we welcome applications from anyone who has some mountain bike experience and who want to develop their technical skills, challenge themselves and who want to work in a team. **Please research the trails before applying.**

Selection: The selection weekend will take place in Wales on the 16th – 18th September. The cost of selection is £50 which is non- returnable payable to Dorset Expeditionary Society

If you would like to apply please return the attached forms with the selection cost of £50.

Further information: Contact Mark Salmon on Salmonmr@hotmail.com or his mobile 07545757657

Application: please complete the downloadable form and return it to dorsetexp@gmail.com or by post to Dorset Expeditionary Society Ltd, Lupins Business Centre, 1-3 Greenhill, Weymouth, Dorset DT4 7SP

Expedition itinerary

Date	Journey	Mountain Biking	Accommodation	Notes
Saturday 22 July	Weymouth to Lake District	Cannock Chase trail centre	Lanefoot Farm Thornthwaite	Leave 6am
Sunday 23 July		Winlatter Altura Trails	Lanefoot Farm Thornthwaite	
Monday 24	Lake District to Glentool	Mabie 7 Stanes Scotland	Glentool campsite	
Tuesday 25		Glentool Big Country 58km Route	Glentool campsite	
Wednesday 26		Kirroughtree 7 Stanes	Glentool campsite	
Thursday 27	Glentool to Glentress	AE 7 Stanes	Glentress forest campsite	
Friday 28		Glentress 7 Stanes	Glentress forest campsite	
Saturday 29 July		Innerleithen 7 Stanes	Glentress forest campsite	
Sunday 30 July	Glentress to Llanberis Wales	REST DAY	Llwyn Celyn Bach campsite	Leave 8 am
Monday 31	Llanberis to Coed Y Brenin	Ascent of Snowdon Mountain	Cae Gwyn Farm Campsite	Start 530am
Tuesday 1 August		Coed Y Brenin Forest	Cae Gwyn Farm Campsite	Team dinner Coss Foxes
Wednesday 2	Coed Y Brenin to Weymouth			Leave 9 am