



# Bike Spain Expedition 2019



**10<sup>th</sup> July - 10<sup>th</sup> August  
2019**

**Application deadline 1st November 2018**

## Trip Description

### Leader Luke Gregory

**Aim:** To develop Young Leaders

### Objectives:

- To Bike a series of mountain trails on the Picos De Europa
- To make a southern crossing of Spain to Sierra Nevada
- To Learn about mountain Environments
- To Mountain bike a series of Trails on the La Alpujarra
- To appreciate the Spanish culture and environment

Mountain biking is an exceptional way to travel while being part of a team and the country. The Cantabria area of Northern Spain is simply an excellent part of the world to go biking. The terrain is beautiful as well as dramatic and also borders the three provinces of Asturias and Leon. The area is surrounded by forestland and mountains, which are among the least spoilt areas of Spain.

Spain provides the adventure for the modern day explorer from novice to experienced. The thrill of traveling to new destinations, seeking campsites and being surrounded by jaw dropping peaks and landscaped is awe inspiring and still continues to capture the imagination of every expeditioner. This venture will be the second of its kind in this area, taking influence from 'MB Spain 2001' By Mark Salmon.

Mountain Biking requires teamwork, stamina and dedication. At one point on this venture we will be self-sufficient and others supported by a vehicle. When we don't have this support we will have to carry our own equipment and supplies on our bikes, run repairs en route and will ride various distances each day. Team members will be involved in planning, route selection, navigation, cooking, and group welfare. We will sail from Portsmouth to Santander and ride from the port in a loop back to the coast after riding through the Cantabria region and Picos de Europa Mountain range, then the group will have some relaxation on the North coast Beaches. We will then move into the second phase of the expedition and travel to La Alpujarra to mountain bike a series of high passes and then return home.

We must stress that it may be necessary to alter the programme without notice.

Mountain Biking is a risk activity. Group members will face a rigorous selection process to determine if they possess the right qualities for such a venture. You will need to be passionate about mountain biking and be confident on Red runs at trail centres in the UK. You will need to make a commitment to be bike fit before departure.. A good book to read prior is Alps Mountain Biking by Steve Mallett. We invite applicants from young people 17 years and over but you **Must be 18 or over on the date of departure.** Initial training will take place before we leave the U.K.

## **Cost £950**

The total cost of the expedition is £950 to include a training weekend in Wales. The expedition selection fee is included in the above cost.

## **What is included in the Price?**

Selection and training, which will involve riding in trail centres in Wales, open terrain in Dorset and DES membership.

- Administration
- Selection £50
- Transport, Tolls, Fuel, ferry.
- Insurance.
- Food. Except any additional meals members wish to purchase beyond the expedition food
- Accommodation
- Bike spare parts. You will need your own tubes and rear hanger.
- Maps and guide books.
- Tents.
- Stoves.

### **What's not included**

- Mountain bike.
- Bike wear.
- Helmet
- Any extra 'treats' you may wish to purchase

## **Status**

The expedition is run under the auspices of the Dorset Expeditionary Society.

A realistic apprehension of the difficulties and dangers is essential before any application is made. Any programme can only be provisional and may very easily be subject to change. Weather can change dramatically in the mountains for instance.

## **Selection**

The selection weekend will take place in Weymouth on the 16th – 18th November. The cost of selection is £50, which is non- returnable payable to Dorset Expeditionary Society. More details on selection will be released after application is made. If you would like to apply, please return the online application form and return it to the DES either online to [dorsetexp@gmail.com](mailto:dorsetexp@gmail.com) or by post to the address shown below with the selection cost of £50. Selection is about determining whether you have the qualities needed for such a challenging venture. Full details will follow upon receipt of your form.

## **Payment for selection can be made by BACS sort code 20-26-62: account number 20231495: Ref Bike Spain**

Every successful team member will be required to take on some area of responsibility for the trip. This may be, for example, bike maintenance, or first aid. Roles, however, will be discussed post selection.

If successful, you will have 14 days to confirm whether you wish to accept. At that stage, we will require a deposit of £100.

**After application is made, all communication and future information will be broadcast via email. Do be sure to include an email that will reach you in your application.**

## **Funding**



## **Leader**

Luke Gregory is a young Leader with the DES. He has taken part in two one month long Third World DES expeditions to Ladakh on the Tibetan Plateau in India and to the High Andes and Amazon of Ecuador. He is passionate about mountain biking.

Luke has been a trip leader on the Camp America Programme in California. He sits on the National Council of the Young Explorers' Trust as the young people's representative. He is currently an AIGL with PGL

Luke is currently working towards his Mountain Leader, South- West Moorlands, and DofE assessor qualifications

If you have any questions do get in touch.

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For postal applications return completed forms to

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