

**Booking Data:** Each challenger must complete this form  
Please complete clearly in BLOCK CAPITALS

## Challenge Booking Form

**Personal Details:** Booking Date  /  /

**Name (Title, First Name, Surname):**  
.....

**Date of Birth:** ..... **Sex:** .....

**Address:** .....

..... **Post Code:**.....

**Mobile No. :** .....

**Home Tel:** .....

**Email :** .....

*Please Note: It is important to provide an active email address and the mobile telephone number you will be taking on the event!*

**Are you part of a group joining this challenge?** Yes No

**If yes, please give name of group contact:**.....

**Emergency Contact whilst on your challenge:**

**Name:**.....

**Relationship to you:**.....

**Contact Telephone Number:**.....

## Trip Details

**Event Name:** .....

**Event Date:** .....

**Reg Fee: £**.....

*Please Note: Your place on the event will be secured on receipt of registration fee and a completed Booking Form. Please see p4 for cancellation terms.*

## Bike Hire :

**Grand Tour Cycling are pleased to offer all cycling participants the opportunity to hire bikes at the rate of £25\* a day.**

- We can offer two styles of bikes:
1. Ridgeback Velocity Sports Hybrid (flat handlebars)
  2. Genesis Aether 10 road/race bike (drop handlebars)  
(See pages 6 & 7 for bike specs)

Yes I would like to hire a bike from Adventure Café

- My height is:.....
- My inside leg is:.....

Ridgeback Velocity  Genesis Aether 10

*I acknowledge while under my responsibility I am liable for any damage or theft of the bike during the event, signed:*

.....  
*Helmet Hire is also available @ £3 per day when hiring a bicycle.  
\*Please Note: There will be an additional fee for overseas transportation.*

## Your Bike:

**Your type of bike (eg Road, Sport Hybrid, Mountain Bike):**

**Make & Model:**

**Details of Specific Components: (e.g. Groupset, Wheelset)**

**Please ensure that your bike is in good reliable working order prior to the event. We suggest that you get your bike serviced by a reputable and good quality bike shop.**

*Please Note: For specialist groupsets/brakes, you should bring tools/spare parts with you on the event (i.e. disc brake pads, hydraulic brake seals). If you are in doubt you should consider hiring a bike (see Bike Hire) from Grand Tour Cycling*

## IMPORTANT — About Your Bike!

Leaders and Support Crew will do their utmost to support you on the challenge and to repair any mechanical failures. However, there may be times 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 tyre.** The quickest method is to replace the inner-tube and this should be practiced by all participants 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 Grand Tour Cycling while on the event.*



## Medical Questionnaire

### Dietary & Allergy Information:

Vegetarian / Vegan / Other Dietary Regime:  
 .....

Food Allergies: .....

Are you allergic to: Ibuprofen / Antibiotics / Paracetamol  
 (delete as necessary)

Other Allergies:  
 .....

Please Give Full Description of Any Recent Reactions:  
 .....

## Challenge Booking Form

### MEDICAL INFORMATION IMPORTANT!

Please note, you should be aware that it is exceptionally important that you consider your personal fitness and health before agreeing to participate in such a physical challenge.

**IF YOU HAVE ANY DOUBT ABOUT YOUR FITNESS PLEASE DISCUSS YOUR CONCERNS WITH YOUR PERSONAL GP. PLEASE DO NOT AGREE TO PARTICIPATE IF YOUR GP SUGGESTS THAT YOU SHOULD NOT BE UNDERTAKING THE CHALLENGE.**

In any case, please ensure that you fill in your medical and fitness details accurately and truthfully.

**We recognize that everyone should have the best opportunity to participate in our challenges, but we must take every possible measure to ensure participant's safety.**

**Pre-existing medical and health conditions are a potential high risk in these events—hence we must be made aware of them.**

### Medical Information (Please Continue on another sheet if necessary)

Medical Conditions such as diabetes, asthma, epilepsy, serious known allergic reactions (anaphylaxis), heart problems:  
 .....  
 .....  
 .....

Current Medication: .....

### Medical Information (Cont.):

Recent Medical Problems: (Operations, Knee Problems, Serious Back Problems, or other issues that could interfere with your activities:  
 .....  
 .....

Operations that might have an effect on your Participation:  
 .....  
 .....  
 .....  
 .....

### Other Medical Information (Cont.):

Medical Conditions such as diabetes, asthma, epilepsy, serious known allergic reactions (anaphylaxis), heart problems:  
 .....  
 .....

Current Medication:  
 .....  
 .....



## Personal Fitness Questionnaire

### Cycling Fitness

**Current Typical Cycling Distance:** .....

**How often do you cycle this distance?** .....

**How long does this ride take you?** .....

**What is the furthest distance you have cycled in one day?**

.....

**How long did this take?** .....

**Other relevant cycling info:** .....

.....

## Challenge Booking Form

### Cycling Fitness Cont...

**Previous Cycle Challenge Rides/ Experiences?**

.....

.....

.....

.....

**IT IS IMPORTANT CHALLENGERS DO NOT UNDER ESTIMATE THE IMPORTANCE OF PREPARING FOR THE CHALLENGE. ALL RIDERS SHOULD BE PROFFICIENT CYCLISTS BY THE EVENT DATE AND ALSO UNDERSTAND THE BASIC MECHANICS OF THE BICYCLE THEY ARE USING—PLEASE CALL US IF YOU ARE IN ANY DOUBT AND WE WILL BE PLEASED TO HELP.**



## Acknowledgement:

I have read, I acknowledge, and accept the booking terms and conditions as set out in this set of Trip Notes.

I understand that this trip may be strenuous, and is adventurous by nature. I understand that I am obliged to follow leaders instructions during the event for my own personal safety.

I also understand that, due to the nature of the event, last minute alterations to the itinerary may be necessary.

**Signature:**

.....

## Completed Booking Forms to:

**Grand Tour Cycling**  
 Unit 14b, Creech Mill Industrial Estate  
 Creech St. Michael, Taunton  
 Somerset TA3 5PX  
 Tel: 01823 444246  
 E-mail: [info@grandtourcycling.co.uk](mailto:info@grandtourcycling.co.uk)

*Please make cheques payable to 'Adventure Cafe Ltd'*



## Standard Booking Conditions: *Please Read Carefully*

### Payment Protection Policy cover:

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with Grand Tour Cycling are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of Grand Tour Cycling. There is no requirement for Financial Protection of day trips, and none is provided.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. - This insurance is only valid for passengers who book and pay directly with/to Grand Tour Cycling. If you have booked and/ or paid direct to a Travel Agent for a holiday with Grand Tour Cycling please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to [www.ipplondon.co.uk](http://www.ipplondon.co.uk)

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

### CLAIMS PROCEDURE:

Download Claims Form from  
[www.ipplondon.co.uk](http://www.ipplondon.co.uk)



Any occurrence which may give rise to a claim should be advised within 14 days to:

International Passenger Protection Limited

Claims Office

Telephone: +44 (0)20 8776 3752

IPP House

Fax: +44 (0)20 8776 3751

22-26 Station Road

West Wickham

Kent BR4 0PR United Kingdom

In order to deal promptly with any claim hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements

**CLAIM FORMS MUST BE SUBMITTED WITHIN SIX MONTHS OF DATE OF INSOLVENCY. WE CANNOT CONSIDER OR PAY CLAIMS RECEIVED AFTER THIS DATE**

The tour is offered and operated by Adventure Café Ltd. Our head office is at Adventure Café, Frogmary Green Fm, South Petherton, Somerset. TA13 5DJ

1. To make a firm booking you must complete the booking form, complete with answers to all questions, and send us a deposit as per the outline in the trip notes. (Usually 15%)
2. If the trip is due to depart within 8 weeks, then full payment is required. If the trip is more than 8 weeks away then only the deposit is required (15%)
3. Deposits paid, are not refundable. However, the amount may be transferred on to another trip if the trip is more than 8 weeks away at the Café's discretion. A small fee may be payable for the transfer of the booking.
4. After Payment in full, if you, the client cancel your trip the following refunds will apply:  
56—43 days pre departure—60% refund of total trip cost  
42—29 days pre departure—40% refund of total trip cost  
15—28 days pre departure—25% refund of total trip cost  
Less than 15 days pre departure—10% of total trip cost

**You are also required to provide written confirmation of cancellation.**

6. If you are not able to travel on your holiday due to genuine factors beyond your control, then you may transfer your booking to another person subject to certain administrative charges.  
A Fee of £65 will be charged to make the change.

7. If you do not pay the full balance for your trip on time (8 weeks pre-departure) then your trip will be cancelled, and your deposit will not be refunded.

8. A trip may be cancelled. This will be notified to the customer at the latest 8 weeks pre-departure. A Full refund will be given in this instance, but no compensation will be due.

9. If Adventure Café are forced to significantly alter, reschedule, or cancel a trip due to factors reasonably foreseeable to ourselves, then the following will apply, you may:

- Take a lower cost alternative—along with a refund of the difference.
- Take an equally, or higher priced alternative.
- Request a refund of monies paid

We shall notify you as soon as the situation becomes apparent. You must reply promptly with your chosen option. Compensation may also be due, in the instance where Adventure Café cancels a trip due to foreseeable factors.

If a trip is cancelled due to factors outside of Adventure Café's control. No compensation will be given.

10. Prices quoted can change up until 30 days before departure. These surcharges may be passed on to the customer.

Downwards revision in prices could result in a refund to the customer. Areas that could trigger such price revisions are as follows:

Transport cost variations

Transport dues, taxes or levies (airport taxes, park permits etc)

Exchange rate fluctuations

Such increases will not be levied unless the impact is greater than a swing of 2% in the trip cost.



## Standard Booking Conditions (cont):

11. For full details on any of Adventure Café's itineraries, please consult our trip dossier on your chosen trip. All standard statutory required information is included therein.

12. In the case of a significant change being made to your itinerary by Adventure Café, you are able to take any of the options outlined in item 9. Significant change means a change in flight timings either at the beginning or end of your trip by 24 hrs or more. It also means a major change to your itinerary.

13. VISAs are the responsibility of the individual to arrange. Adventure Café takes no part in making such arrangements.

14. Advice is given on matters such as equipment selection, Health, Visa and Passport arrangements—but it remains the responsibility of the individual to make such necessary arrangements.

15. Trekking, Biking, and Open Canoeing are all inherently mildly hazardous activities. Whilst on your trip, you undertake to follow the instructions given to you by your leader. Their decisions are at all times final. If you do not follow the leader's instruction, and your behaviour is dangerous, or irresponsible, then you may be requested to leave the trip, with no cost penalty to Adventure Café.

16. Inherent in an Adventure Holiday is the possibility that your clothing or equipment may suffer some damage. Equally you may experience minor injury (scratches, grazes, twisted ankles etc) - these minor injuries and property damage are an unavoidable component of the type of trips that Adventure Café operates. You should understand this before joining an Adventure Café trip.

17. Alterations in the itinerary are also a more frequent occurrence than on a regular holiday. Particularly in a developing country, timetables slip, road conditions can be variable, weather can interfere with a schedule, as well as many other factors. Hence alterations to the itinerary are common. At all times, your ground leader will attempt in conjunction with the local operator acting on behalf of Adventure Café to perform the trip as faithfully as is reasonably possible. At all times, safe performance of the trip is considered before completing the itinerary at any cost.

18. For overseas trips you must be covered by Travel Insurance before joining the trip. This is your responsibility to organise appropriate cover. Make sure that you are covered for activities included.

19. Adventure Café's responsibility for you on the trip begins, where an air journey is involved, at the destination airport. Adventure Café takes no responsibility for getting you to the beginning of the trip. Similarly in the UK, Adventure Café takes no responsibility for getting you to the start of a trip.

20. Address any complaints firstly directly to your tour leader. Explain the cause of your complaint, and attempt to rectify it in situ. If this is not possible, and you feel it may detract from your holiday, then please contact Adventure Café head office directly, to see if anything can be done to remedy the situation. On return from trip, in the case of a complaint, please write to Adventure Café, including a full description of events. Please request our complaints procedure. All complaints should be received at the very latest by Adventure Café by 28 days after the end of your holiday.

21. Adventure Café or representatives may request to see your insurance documents at any time.

22. By signing the booking form you agree to the above set out terms and conditions.



# HIRE BIKE

## Spec Card: **Ridgeback Velocity**



Rapide  
Velocity



Colour	Matte Dark Grey
Size	xs,sm,md,lg,xd,xxd (15,17,19,21,23,25")
Frame	6061 Double Butted Aluminium
Headset	Sealed
Shifters	Shimano ST-EF60 EZFire
Rear Derailleur	Shimano Acera
Front Derailleur	Shimano M310
Chainset	Shimano Acera 48/38/28
Bottom Bracket	Shimano
Chain	HG50
Freewheel	Shimano Cassette 11-32 8sp
Hubs	Shimano RM30
Rims	Alex ACE-19 36h w/CNC and SSE
Spokes	Stainless steel black
Tyres	Continental Contact 700 x 37c
Brakes	Shimano Acera
Brake Levers	Shimano
Handlebar	6061 Aluminium Lo-rise
Stem	Alloy multi position
Grips	Dual Density
Saddle	Ozone Ergo 1
Seat Post	Alloy Suspension 27.2mm
Pedals	Nylon Street w/minl clips
SRP	349.99



# HIRE BIKE

## Spec Card: Genesis Aether 10

Aether



Aether 10	
<b>Frames &amp; Forks</b>	
Frame	6069 ALX-3 0 triple-butted aluminium
Fork	Carbon blades / aluminium with eyelets
Headset	FSR Aheadset
Colour	Gloss Black
<b>Transmission</b>	
Shifters	Shimano 2300 STI 8-spd
Rear Derailleur	Shimano Sora
Front Derailleur	Shimano 2300 band
Chainset	Shimano 2250 compact 50-34T
Bottom Bracket	T4 sealed square taper
Chain	Shimano
Freewheel	Shimano FH-50 12/25T
<b>Wheels</b>	
Hubs	Shimano 2300 QR
Rims	Alex R450 32 hole
Spokes	Stainless steel
Tyres	Continental Ultra Race 25c
<b>Brakes</b>	
Brakes	Tektro RC16A 57mm
Brake Levers	Shimano 2300 STI levers
<b>Contact Zone</b>	
Handlebar	Genesis 0051 shallow drop
Stem	Genesis 0061 / 31.8mm clamp
Grips	Ventilated / padded base
Saddle	Genesis Road Gr-Mo rail
Seat Post	Genesis 0061 27.2mm
Pedals	Metal cage w/ clips and straps
<b>Misc</b>	
Weight	TBC
Sizes	52, 54, 56, 58, 60 cm