



This prospectus sets out the programme for the Birthday Rides and together with the Bookings Conditions and Booking Form is the basis of our contract with you.

CTC Birthday Rides – A Taste of Cornwall 19 - 25 August 2010



Photo by Roger Hollingworth

This year's Birthday Rides, hosted by CTC Cornwall, are based at the Combined Universities of Cornwall Tremough Campus, Penryn. This 70-acre site has spectacular views over Falmouth, the sea and the surrounding countryside, the perfect base for exploring Cornwall's stunning coastline and dramatic landscapes. The Campus itself will be the venue for indoor accommodation and meals, with campers having the use of the Rugby Club less than a mile away. All rides will leave from the Campus, and all other events take place there unless otherwise indicated.

Penryn, founded in 1216, stands at the head of the Penryn River in a sheltered position and, with a wealth of charm, character and history, is one of Cornwall's most ancient towns. Penryn flourished as a medieval port long before Falmouth existed. By the 1600s, Penryn had a thriving trade in Cornish tin and copper. Today Penryn retains its heritage with a large proportion of buildings dating back to Tudor, Jacobean and Georgian times.

The harbour town of Falmouth, a mile from Penryn, with its sandy beaches, bustling port, shops, galleries, cafés and restaurants, is one of Cornwall's main attractions.

Although the undulating terrain is not to be under-estimated, this is ideal cycling countryside and should prove suitable for all ages and all cycling abilities, both on and off-road. The rides will provide opportunities to discover charming stone-built small towns, villages, fishing ports, National Trust properties, gardens and other attractions.



Photo by Roger Hollingworth

PROGRAMME OF EVENTS

- Thurs 19 Aug** Arrive from 2pm onwards. Register at the Campus or Campsite and collect your Birthday Rides Pack containing full details of the week's rides and events.
Join a 7 mile ride around Falmouth and Penryn (departing from the Campus; subject to demand)
Evening: Cornwall Tourist Board Slide Show/Talk or meet up with new and old friends in the Campus and Rugby Club bars
- Fri 20 Aug** Choice of 4 day rides
Evening: Film show/talk and musical duo "Limelight"
- Sat 21 Aug** Choice of 4 day rides
Optional coach trip to Eden Project
Evening: Hog Roast and Band "Flashpoint" (at the Rugby Club);
- Sun 22 Aug** Choice of 4 day rides
Late afternoon: Children's treasure hunt (subject to numbers)
Evening: Quiz Night
- Mon 23 Aug** Choice of 4 day rides meeting up for the Birthday Tea at Pendennis Castle
Evening: Film show/talk and optional boat trip (from Falmouth) with a pub stop
- Tues 24 Aug** Choice of 4 day rides
Late afternoon: Freewheeling Competition (at Pendennis Point)
Evening: Saddlebag sale (bring goods to sell) and Ceilidh Showdown to the "Newlyn Reelers"
- Wed 25 Aug** Campus: rooms to be vacated by 11am; site by 12noon
Rugby Club campsite: to be vacated by 11am



Some rides and events may need to be re-arranged due to weather conditions or other unforeseen circumstances. Some may also be oversubscribed due to space limitations.

ACCOMMODATION AND MEALS

This year's accommodation will be based at two sites, approximately a mile apart.

Tremough Campus

The Campus has its own purpose-built residential accommodation, Glasney Parc. This on-campus 'village' is just a short walk from The Stannery where all meals will be taken and which has a fully-licensed bar. Most social events will be held in The Stannery, and the Birthday Rides HQ will also be based there.

The accommodation has been graded with three stars by Visit Britain; the facilities are amongst the best campus accommodation in the UK. Each block of seven rooms has its own fully fitted kitchen. All rooms have a double bed and en-suite facilities with a shower. **NB. No twin bedded rooms are available.** Bed-linen and towels will be provided but you will need to bring your own toiletries. Access to rooms will be by security swipe card. There are also laundry facilities on site.

There are no lifts in the blocks so anyone requiring ground floor accommodation should request this when booking. There are also a limited number of rooms for disabled people. Please discuss your requirements with the Birthday Rides Co-ordinator before booking.

There will be a choice of half board or self catering accommodation. Whilst all blocks have a fully fitted kitchen, in the blocks used for half board accommodation the kitchen will only be equipped for making hot drinks (i.e. kettle and mugs). In the blocks used for self catering, the kitchen will contain all utensils needed for cooking / preparing meals.

For those on a half-board basis, meals will be self-service and served in the Piran's Nest Refectory in The Stannery. A cooked breakfast will be served from 7:30am – 8:30am and the evening meal from 6pm - 7pm. The evening meal consists of a main course plus salad bar, a dessert and tea or coffee. If you have any special dietary requirements, e.g. vegetarian, diabetic or gluten/wheat free meals, please indicate these under special requests on the Booking Form. Meals will only be served to those wearing the appropriate wristband. The bar will be open from 5pm - 10:30pm each evening. There is also a shop on the Campus.

There is no car parking next to the accommodation, but free on-site parking is available nearby. Covered cycle parking is available very near to the accommodation.

Rugby Club Campsite

The Rugby Football Club is located about a mile (by road) from the Campus. The Clubhouse has a communal shower block with hand basins, which will be sectioned off for men and women. The toilets will be supplemented with portable units nearer to the camping area. Drinking water will be available and bins and re-cycling facilities will be provided for waste. There is no lighting near the camping area. **NB. No electric hook-ups for camper vans or caravans will be available.**

Camping is offered only on a self catering basis, and it will not be possible for campers to obtain evening meals at the Campus, as in previous years. Meals **may** be available at the Clubhouse if there is sufficient interest. Please indicate on the Booking Form if you would be interested in such. Alternatively, Rowe's Bakery is 5 minutes walk and opens at 7am Monday to Saturday. ASDA is 10 minutes walk and is open 24 hours Monday to Saturday, and from 10am - 4pm on Sunday. Their instore restaurant is open Monday to Saturday 8am – 7pm, Sunday 10am – 3pm.

The Clubhouse bar will be open in the evenings and has Sky TV. There will also be a tea urn in the bar. Temporary Rugby Club membership is included.

No special security arrangements will be in force at the campsite, but there will be volunteers on site during the day.

Undercover cycle parking will also be available.

There will be three types of pitch:

- **small pitch** - for a backpacker-type tent for 1 or 2 people, away from the larger tents; space may be available for those who wish to camp away from motor vehicles altogether; state preference on Booking Form
- **large pitch** – for a large tent
- **hardstanding area** – for a motorhome, campervan or caravan

Motor vehicles parked next to tents **may not be moved** during the week. **NB. Should the ground be wet, no motor vehicles will be allowed, not even to unload.** There is plenty of parking by the Clubhouse.



Members of groups wishing to camp near each other are advised to book at the same time and indicate clearly the name of their group. We will do our best to meet such requests, although adjacent pitches cannot be guaranteed.

PACKAGE PRICES ***Book before 10 April 2010 for a substantial discount***

Each package includes 6 nights accommodation or campsite pitch as specified in the description of each one, the Birthday Rides pack, route sheets for all the rides, the Birthday Tea, competitions and social events *other than those shown as optional*. All prices (except for Package 3) are per person.

Tremough Campus

| | Standard Price | If booked before 10 April |
|---|---------------------------|--------------------------------------|
| Package 1 En-suite room (fitted with a double bed) including half board (breakfast and evening meal) | | |
| Single occupancy | £435 | £392 |
| Per person sharing double bedded room (must book together) | £356 | £321 |
| Under 16 (as at 19 August 2010) sharing double bedded room with a parent or guardian | £290 | £261 |

Package 2 En-suite room (fitted with a double bed), self catering (no meals provided)

| | | |
|---|------|------|
| Single occupancy | £278 | £251 |
| Per person sharing double bedded room (must book together) | £200 | £180 |
| Under 16 (as at 19 August 2010) sharing double bedded room with a parent or guardian | £178 | £160 |

Package 3 Entire unit of seven double-bedded rooms, self catering (no meals provided)

| | | |
|---|-------|-------|
| For families or groups, maximum occupancy 14 people | £2120 | £1910 |
| Details for each person must be given on the Booking Form (or on a separate sheet if necessary) when booking. | | |

Rugby Club Campsite

Package 4 Use of grass pitch or hardstanding and Rugby Club facilities, self catering (no meals provided)

| | | |
|---------------------------------|------|------|
| Each adult | £136 | £120 |
| Under 16 (as at 19 August 2010) | £119 | £105 |

Registration only

£90 (no discount)

For members living locally or arranging their own accommodation. The Registration Pack includes the Birthday Rides pack, route sheets for all the rides, the Birthday Tea, competitions and social events *other than those shown as optional*.

NB. We will not be taking bookings for the Birthday Tea only or providing route sheets via the local tourist office.

BOOKINGS

To make a booking, complete and sign the Booking Form and send it, together with full payment, to:

BR Bookings, Gwel an Gillan, Bonython Close, Mylor Bridge, Falmouth, Cornwall TR11 5NF

Cheques should be made payable to **CTC Tours**, or complete the credit/debit card slip on the Booking Form. Bookings close on **Friday 9 July 2010**, or earlier if maximum numbers are reached. You should receive your Booking Confirmation within ten working days of receipt of your booking; if not, contact Paul Parkinson, **Birthday Rides Co-ordinator** on 01326 372934 or br@ctc.org.uk.

All prices are based on a minimum number of bookings being received. If there are insufficient bookings we will contact you no later than Saturday, 8 May 2010 and return all monies paid.

If for any reason you should have to change or cancel all or part of your booking, please refer to the Booking Conditions (Clause 3).

ADDITIONAL INFORMATION

The following is for information only and does not form part of the contract detailed in the prospectus.

Getting There

Tremough Campus is situated west of the town on Treliever Road (OS 50:000 sheet 204, GR 769 346). You can download a map and directions from www.exeter.ac.uk/cornwall/about_the_campus/maps_getting_here.shtml and a campus map from www.exeter.ac.uk/cornwall/about_the_campus/documents/tremough_campus_map.pdf

Penryn Rugby Football Club is situated at The Memorial Ground, Kernick Road (OS 50:000 sheet 204, GR 775 344). Get map and directions from <http://web.mac.com/penrynrugby/iWeb/PENRYNRUGBY/Location.html>

A basic photocopied map showing the area around Penryn and the Campus and Rugby Club is available on request for those with no internet / printer access.

By train

The nearest railway station is Penryn, 1 mile from the Campus, on the Maritime Line that runs from the Cornish Main Line station at Truro.

- Services from London Paddington to Truro, Plymouth to Truro and all Maritime Line services are provided by First Great Western: www.firstgreatwestern.co.uk/ Tel: 0845 700 0125.
- Services from the north east of England and the Midlands to Truro are provided by CrossCountry trains: www.crosscountrytrains.co.uk/ Tel: 0844 811 0124.
- East Coast offers on-line cycle reservations at the same time as ticket purchase: www.eastcoast.co.uk/.
- National Rail Enquires provides information about all services: www.nationalrail.co.uk/ Tel: 0845 748 4950.

Truro Station is just over 8 miles from the Campus. Details of a route which mostly avoids the busy A39 will be available on the CTC Cornwall website www.ctccornwall.org.uk/birthday_rides_2010.php.

By road

To the **Campus**: From the north, take the A30 west from Exeter until you reach the A39 signposted Truro. Drive through Truro, continuing to follow the A39 towards Falmouth, until you come to the Treliever roundabout at the junction with the A394 where you will see signs to the CUC Tremough Campus.

To the **Campsite**: As above to the Treliever roundabout then take the second exit left for Falmouth and continue on the A39 to the Kernick roundabout at the bottom of the hill. (As you approach this roundabout you will see a B&Q store on the left.) Take first exit left towards Penryn, go straight over another mini-roundabout, and follow Kernick Road to the Club, which you will find clearly marked on the left after about 1/2 mile.

Registration

For those staying at the Campus, registration will take place in The Stannary, which will be signposted from Treliever Road. For those staying at the Rugby Club, registration will take place there.

Please bring your Booking Confirmation with you. There will be welcoming groups at both sites who will show you where you are staying, and tea and cakes will also be available (at a small charge).

You should expect to arrive before 9pm on the Thursday. Should you be delayed or unable to arrive on the day you must advise Paul Parkinson, BR Co-ordinator (a mobile number will be listed on your Booking Confirmation) to discuss other arrangements.

Identification

On registration, you will be issued with coloured wristbands (which indicate the package booked), bicycle frame numbers and motor vehicle passes for authorised parking. Participants should wear the wristbands at all times during the week.



Photo by Roger Hollingworth

Birthday Tea

This will be held in the grounds of Pendennis Castle on Pendennis Headland (OS 204, GR 824 318), approximately 4 miles south-east of the Campus. You will be able to explore the castle and grounds free of charge and discover the wartime secrets of Cornwall's greatest fortress. The Castle was built by King Henry VIII to defend against possible attack by Spain and France. (www.english-heritage.org.uk/server.php?show=nav.11391).

The birthday cake will be cut, and a piece of cake, cream tea and a drink will be provided.

Rides

The rides have been designed by local CTC members with support from the Falmouth Wheelers and Truro Cycling Clubs and will suit all ages and abilities. Each day there will be 4 rides. 'A' rides will cover 60 to 80 miles, 'B' rides 40 to 60 miles, 'C' rides 20 to 40 miles and family rides 10 to 25 miles. There will also be two or three off-road rides.

All rides will be self-led, that is you decide what time to leave and who you wish to ride with. All routes will start from the Campus, and tea stops will be indicated on the route sheets, However, refreshments are not included in the package price. Route sheets will not be available in advance.

Audax Rides

In conjunction with the Birthday Rides, on Sunday 22 August, there will be a choice of 200, 100 and 50 km Audax rides starting at 8am, 9am and 10am respectively. The entry fee is £3.50. An entry form is included in the Booking Pack and can also be downloaded from www.aukweb.net/cal/index.htm – scroll down to the date (further details are also available there). Entries should be sent to the address on the entry form.

Optional events

Saturday 21 August: coach trip to Eden Project

Departing from the Campus at 9am, return by 5pm. Located 3 miles from St Austell, the complex comprises a number of domes that house plant species from around the world. Marvel as you walk through the gigantic rainforest biome Price £17.50 per person (60+ and U16 £14.50) includes entry. (www.edenproject.com/).

Monday 23 August: pleasure boat trip on the River Fal

This scenic trip will include a pub stop at St Mawes, and a Cornish pasty. Departing from Ponsharden Park and Float/Ride, between Penryn and Falmouth, at 7.30pm. Return 11:30pm. Cycle parking will be available and lights will be needed. Price £9 per person, no concessions.

Birthday Rides souvenirs

A variety of souvenirs will be on sale at the Birthday Rides HQ.

Local facilities and attractions

From both sites it is a 15 minute walk down into the small town of Penryn. There are also regular bus services from the Campus to Penryn, Falmouth and Truro – don't forget to bring your concessionary bus pass if you have one! Falmouth is home to the National Maritime Museum and an award winning public art gallery.

There is a Barclays Bank in Penryn with an ATM and ASDA has 3 ATM's available 24 hours. There is also a chemist in Penryn. Details for a duty chemist, a doctor and a dentist will be available at the Birthday Rides HQ.

The Mineral Trailways Coast-to-Coast Trail runs from Devoran (between Truro and Falmouth) to Portreath www.cornwall.gov.uk/default.aspx?page=13419. There are National Trust and English Heritage properties nearby, so bring your membership cards if you have any.

A full range of tourist information will be available at the Birthday Rides HQ throughout the week with details of local attractions and places to be visited whilst out cycling. Attractions further afield include Tate St. Ives, St Michaels Mount, Flambards, Lands End, Heligan Gardens, Trebah Gardens and the Camel Trail.

Further information will be available on the CTC Cornwall website www.ctccornwall.org.uk/birthday_rides_2010.php.

Maps

OS 1:50:000 maps 200, 203 and 204 cover all the rides. Alternatively you could use OS 1:250:000 Travel Map 7 (South West England) or pages from a small-scale road atlas.

There are also Goldeneye (www.goldeneyemaps.com/index.asp) and Croyde (www.croydecycle.co.uk/) cycle maps of Cornwall.

Cycles & equipment

Whether you bring a road bike, touring bike or mountain bike, please ensure that it is in good working condition, especially the brakes. You should carry sufficient spares and tools during the rides to deal with punctures and minor repairs that may arise, and you will need panniers or a saddlebag to carry any spare clothing (don't forget the waterproofs!) and food. Refreshment stops are fairly regularly spaced, but a water bottle and emergency rations are always useful, especially on the longer and off-road rides. You might consider carrying a small towel as some rides will go near places where you can swim. Cycle helmets are not compulsory.

Holiday Insurance

You are strongly advised to take out insurance in case of cancellation. Please refer to the Booking Conditions (Clause 6).