



22ND - 24TH
JULY
2023

CUMBRIAN CYCLING CAMP

Join us for 3 days of unforgettable road cycling in the Cumbrian countryside. This area of Cumbria is outstandingly beautiful ... but without the crowds of the Lake District!

Level two British Triathlon Coaches, Emma & Katie, will guide you on the routes, which will explore the quiet back roads of The Lune Valley, Barbondale and other lesser known gems around Sedbergh. The routes will include rolling country lanes and a couple of cheeky climbs. The 3 rides will be approximately 30 miles, 50 miles and another 30 miles with a coffee or lunch stop on each.



@prettygrittyfitnesshub



pretty_gritty_fitness_coaching



www.prettygrittyfitnesshub.com

Questions about whether this is suitable for you or anything else? Get in touch!

info@prettygrittyfitnesshub.com

Pretty GRITTY



Our impressive accommodation...



Large & comfortable bedrooms
Spacious twin en-suite bedrooms with beautiful views. 2 smaller double bedrooms for single occupancy available.



Stylish & luxurious amenities
Thoughtful touches & beautifully decorated throughout - you will feel at home as well as spoilt during your stay.



Amazing outdoor space
A stunning garden with relaxation terrace, huge deck with panoramic views and fire pit area. Incredible!

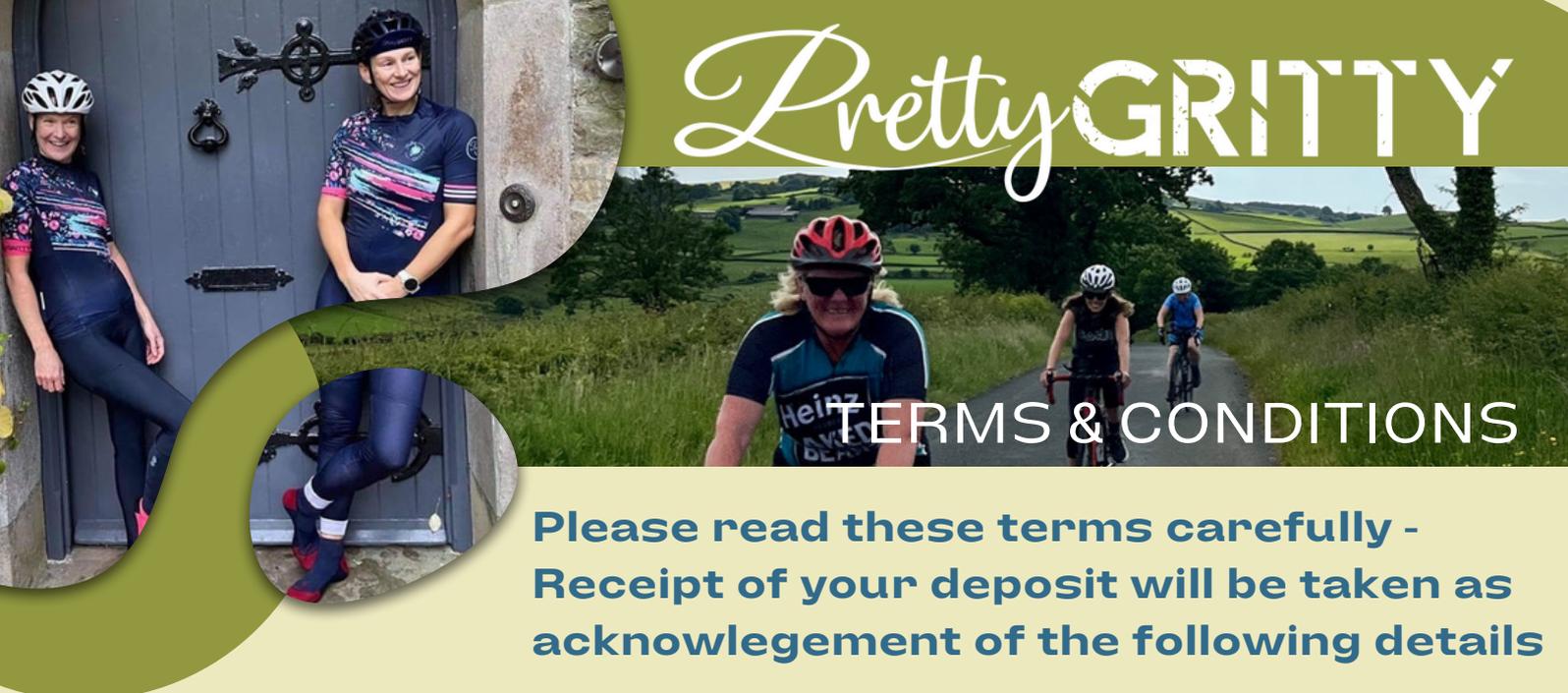


£350 per person for 2 nights dinner bed and breakfast including all activities

£200 single supplement if taking a twin room

BOOK NOW!

Our adventures are great fun with friends, but we equally welcome solo travellers! We have two rooms that are for sole occupancy or we will gladly pair you with another Pretty Gritty lady in a twin room!



Pretty GRITTY

TERMS & CONDITIONS

**Please read these terms carefully -
Receipt of your deposit will be taken as
acknowledgement of the following details**

Deposit & balance payment

Your deposit is payable upon booking with the remainder being due 6 weeks before your camp.

The deposit is £100 which is non-refundable.

You will be sent a reminder when the balance is due. 50% of the balance is refundable until 3 weeks prior to departure after which time it becomes nonrefundable, unless the cancellation is by us due to the pandemic or any other reason out of our control.

Cancellation by us

If the trip is not able to go ahead in 2023 due to Government rules/guidelines or for any other reason outside of our control, We would move the trip forward by one year to the same dates or as close as possible. If you have already paid the full balance at the time that the trip had to be cancelled, we will return the balance to you. The non-refundable deposit will secure your space on the camp in 2024. Please bear in mind that the initial deposit is non-refundable if you decide to cancel.

Insurance

It is a condition of the trip that you are covered by a medical and personal accident insurance policy that includes cover for sports activities. It is advisable to also check the policy covers you for cancellation, for example if you are unable to join us on the camp due to illness. Please provide us with your emergency contact details prior to our departure & inform us of any health conditions that may affect your ability to participate in any activities on the camp.