**How the BIG BIKE CHALLENGE works:**

The BIG BIKE CHALLENGE is an inclusive event for families, beginners and cycling enthusiasts. We are calling on all cyclists – from the casual commuter to the competitive King/Queen of the Mountain, to start riding and start to raise money to help us continue to provide vital research and support.

Cycle to Dewsbury, or back, or take on our extended option and back – how many miles of this challenge can you complete!?

* Starting – Victoria Park, Bradford

We meet in the car park at Victoria Park Bradford with an aim to start cycling at 9am.

* The Route – Spen Valley Greenway

This is an entirely off road route which is Route 66 on the Sustrans network. It is approximately 8 miles long. You simply cycle along this route until your reach Dewsbury and our marshals who will guide you to the Mabey car park and the finish line! You then have a choice to take on some refreshments and end your ride, cycle back to Victoria Park, or take on the challenge of our optional extension to the route which will take you through to Huddersfield.

* The Optional Extension

This route takes in more Route 66 and part of Route 69 on the Calder Valley Greenway. This route includes some roads and busy road crossings which is why we have added this as an optional extra. We can provide maps and directions, but this part of the route is unmarshalled.

* Medals

Every participant, regardless of which route they do, receives our special cycling medal. It truly is the taking part that counts!

* Fundraising

There is no minimum sponsorship amount for this event, we just want people to join and have fun!