

This summer we will be running 3 days of MTBing in and around the amazing Shropshire Hills based in Church Stretton. We did this last year and it was a great success and was run on a very relaxed basis, in terms of formal bookings and logistics. The idea is to get together with guests, TORQ coached and Tuned riders and friends, and spend all three days bagging as much riding as we can! Day 1, we will look to do a technical skills based day making time to session some harder terrain and climbs. Day 2, we will get in a long natural trails ride with a mixture of pace. Day 3, a day of long endurance riding to top it off. All in all, we will aim to ride most of the MTBing that Shropshire has to offer, and it's very good!

The riding is going to be mixed – it's the time of year that you will most likely be doing events and races, so speed is needed but you may also need a top up on endurance, so we will hit Z2-6. The nature of the long days does mean that we will not be going flat-out from dawn till dusk, but we want to include as much great trail riding as possible. Aiming to get the most out of the terrain we have on the door step!

SHROPSHIRE 3 DAY FITNESS CAMP

If you've not been on one of our trips before, you're in for a real treat. We can't pretend that it'll be easy, but it certainly will be inspirational.



9:30 AM - This will be the meeting time for all three days, so on the bikes ready to go by 9:30am. We will meet at the National Trust in Cardingmill Valley.

DAY 1

Friday - This will be focused on more XC style and tech riding, hitting all zones and having fun in Eastridge Woods. The day will include skills coached based sessions, where we will session sections of trail and advise on getting the most out of your riding. We will ride to Eastridge from Stretton, which will be 1hr or so and then hit some great trail riding with loops of the forest, followed by a return ride to your accommodation.

DAY 2

Saturday - The idea for day 2 is to bag a big road/trail loop in Z2-Z4. We intend to ride from Stretton and take in the bulk of Mid to South Shropshire's lanes and end up at Hopton Woods, with a 18km XC loop. It will be a long day, with a mix of intensity. The terrain will be nicely rolling! Fuel well!!!

DAY 3

Sunday - Day 3 is about bringing the first two days together and riding some great off-road epic trails around the Shropshire Hills. We use all the natural tracks to put together an epic XC ride over the Stiperstones and Long Mynd. Some great riding and great views!

HOLIDAY PRICE

£ 180

Payment Details

Payment by cash or cheque please.

Sent by post or on the day.

Cheques made payable to 'TORQ LTD'.

We can also take payment over the phone



WHAT TO DO BEFORE YOU GO

Remember to bring a MOUNTAIN BIKE with you. HELMET 100% essential. We can't let you ride without one, so no thin roadie caps turned round backwards..

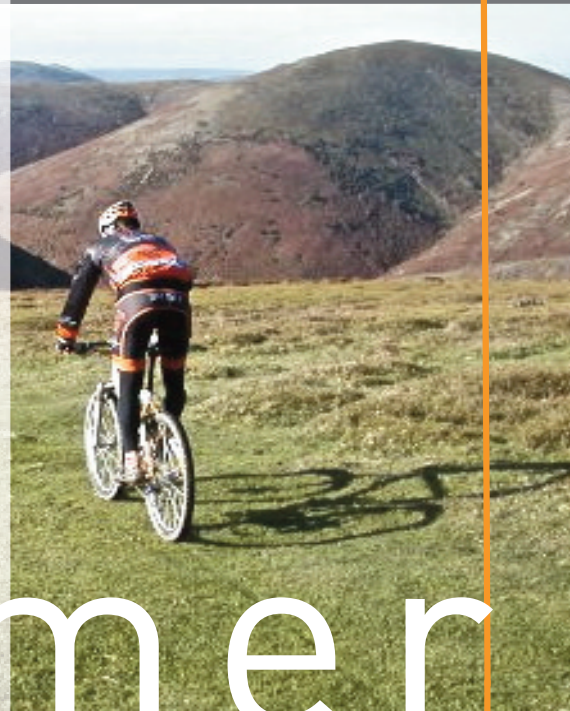
As a precaution, please:

- 1) Bring a trail tool, tubes, pump and anything that'll keep you generally self-sufficient on the maintenance.
- 2) Bring any 'specific' tool for equipment that you have on your bike that is non-standard, because there's a possibility we won't have it.

Prepare for anything. We will be going into the hills and it can get chilly. It could even rain or snow, but we hope not. In the evening, we won't be going clubbing or anything, so you can travel light on the casual clothes, just take plenty of cycling gear.

A note on a couple of must do's:

- Fully working and 'safe to ride' MTB
- Day ride clothing for cycling - could be sunny or wet so be prepared, bring warm clothing.
- Helmet & gloves - **THIS IS A MUST- NO HELMET NO RIDE**
- Puncture repair/tubes/tools etc...
- Energy drinks/food.
- Don't attempt anything you're not comfortable doing.



Not only are TORQ a successful fitness consultancy, we are also highly experienced cyclists with 20 years riding and racing behind us. We are also MTB skills coaches and guides, so you really are in knowledgeable and safe hands!

ACCOMODATION & FOOD

Included below are some of the great places to stay in and around the Church Stretton area. For the camp duration, you are free to arrange your own accommodation prior to the trip, as this is not included in the 3 day TORQ fee. Some of the facilities include food options and there are a number of good places to eat out in and around Church Stretton for evening meals, again this is not included in our fee. For the lunch stops, you can pre-pack a sandwich or bring some petty cash out with you, as we normally stop at a café or local pub for a snack and catch up.

Places to Stay

The Longmynd Hotel is situated in an Area of Outstanding Natural Beauty, and enjoys stunning views over the old market town of Church Stretton. The hotel prides itself on offering guests a warm welcome and friendly, professional staff with good local knowledge who will be pleased to help you get the best out of your stay.

www.longmynd.co.uk
Tel. 01694 722244



The Long Mynd Hotel

Welcome to Church Stretton and to our attractive and luxurious Edwardian Bed and Breakfast establishment. We offer excellent quality bed & breakfast accommodation within a friendly and relaxing non-smoking environment. Our B & B is set within its own spacious grounds, from which there are panoramic views of the famous Long Mynd hills across the valley with the beautiful Caer Caradoc nestling nearby.

www.croftthousebandb.co.uk
Tel. 01694 722517



Croft House B&B

The tranquil retreat of YHA Bridges has been described as one of the last remaining rural idylls. An old village school in the Shropshire Hills, this hostel is perfect for walking holidays with the Shropshire Way passing close by, as well as paths leading to the Long Mynd and Stiperstones. Camping is available if you bring a tent. Ludlow, Much Wenlock and Bishop's Castle are nearby. A great location for activity breaks or a gentler birdwatching holiday. Evening meals are available.

www.yha.org.uk/hostel/bridges
Tel. 01588 650656



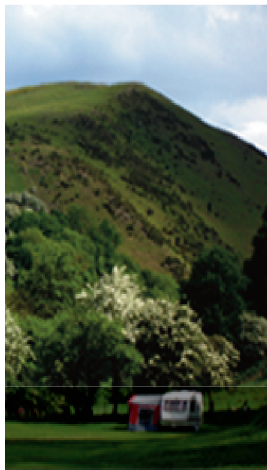
Bridges YHA

Standing at the foot of the Long Mynd at the gateway to Carding Mill Valley, yet only a short level walk from the centre of the market town of Church Stretton, Arden House is a fine Arts and Crafts country residence, surrounded by The Shropshire Hills with far reaching views across this area of Outstanding Natural Beauty.

www.ardenhouse-churchstretton.co.uk
Tel. 01694 722020



Arden House



Small Batch can be found at the heart of some of the most beautiful countryside in Shropshire and indeed, is also recognised as some of the best National Trust land in England. The camp site is in the village of Little Stretton which is surrounded by stunning landscapes and located at the foot of the Long Mynd.

www.smallbatch-camping.co.uk
Tel. 01694 723358



Small Batch Campsite

We hope this has whet your appetite and that you'll consider contacting us and putting the dates down in your diary? We will also be running a similar camp in the Spring. If you would like any more information or want to get booked up, then feel free to call us at TORQ on 08443320852 or e-mail: anthony@torqfitness.co.uk

Look forward to riding with you!
TEAM TORQ