

# **RTW '09**

with KUDU Expeditions

**Provisional Training Itinerary**

## Introduction

This document will give all confirmed RTW riders a good idea of what your pre-expedition training sessions will entail, as well as some of the essential information on dates, what to bring and where to find us. These packages are purely for riders who have booked onto the RTW '09 Expedition and paid their deposits, rather than prospective riders who are considering joining the trip.

The RTW '09 training is split into 4 separate events:

1. Pre-recce meeting.
2. Post-recce meeting.
3. Off-road training.
4. Expedition orientation, mechanics and first-aid training.

### **1. Pre-recce meeting** – held June 2008

### **2. Post-recce Meeting**

This evening meeting is designed to be a very informal affair, and is a great opportunity for all RTW '09 riders to meet each other, and to also meet the Kudu team. We will be able to give you much more detailed information on routes and road conditions, kit and equipment and everything else, having just ridden the entire route.

Dates/Times:

Expedition 1	30 <sup>th</sup> August 2008	17.00 – 20.00
Expedition 2	31 <sup>st</sup> August 2008	17.00 – 20.00

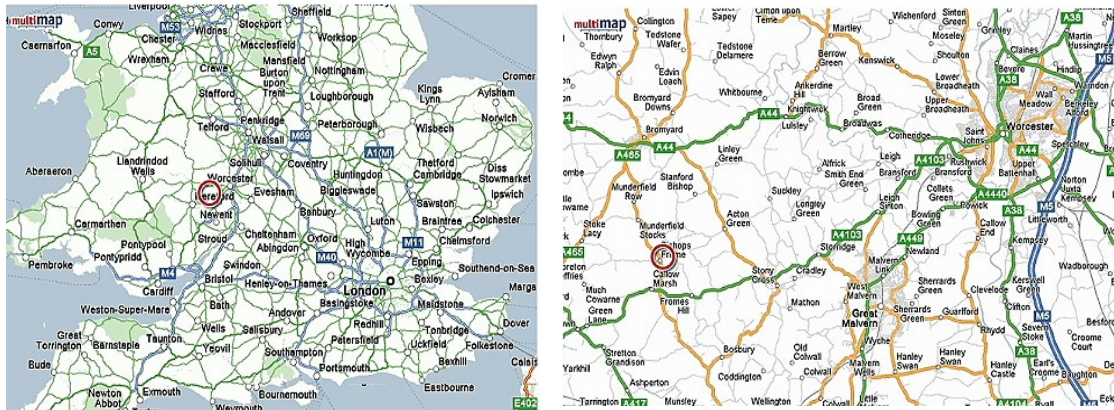
Everything will be based at Kudu HQ in Worcestershire. Remember, this is meant to be an entirely informal affair and so please feel free to relax and enjoy the evening! Tea and coffee will be provided, and evening meals are available from two local pubs as well as many hotel and restaurants in the nearby town of Ledbury.

### **Coming from overseas?**

Those riders coming from outside of the U.K. may quite understandably not want to travel long distances for such brief and informal events. Please don't worry if you are unable to make it – you will not miss any vital pieces of information and it won't affect your trip in any way if you do not come. All of the most important aspects of your pre-trip preparations will be during the two weekend sessions due to be held in 2009.

## Getting Here

Kudu HQ is situated within Court Farm Business Park, in the village of Bishops Frome in Worcestershire. If you wish to take the train then the nearest station is Ledbury which is a 15 minute taxi ride away. There are also direct trains from London Paddington to Malvern which is a 20 minute taxi ride from our workshop.



## Staying Overnight?

You may wish to stay the night nearby after the event. You can stay in Bishops Frome at the local pub which also has rooms, or in the nearby market town of Ledbury, where there are many more options. A couple of choices are listed below, but for further options and hotel reviews we recommend you visit [www.tripadvisor.com](http://www.tripadvisor.com).

### The Chase Inn, Bishops Frome

This pub with accommodation is the nearest place to stay to Kudu HQ and is no more than 5 minutes walk from our workshop. It is prominently situated in the centre of Bishops Frome and is therefore very easy to find. Telephone +44(0)1885 490234 for current prices and reservations (prices start from £40 for a single room). The Chase Inn is also the most convenient place to have an evening meal and drink after the meeting has ended.

### **The Feathers Hotel, Ledbury**

This hotel is situated in the centre of the nearby, historic market town of Ledbury, approximately 15 minutes from Kudu HQ by car or taxi, and a short walk from Ledbury train station. Phone +44(0)1531 635266 or visit visit [www.feathers-ledbury.co.uk](http://www.feathers-ledbury.co.uk) for the latest prices.

### **3. Off-Road Training**

This is currently earmarked for 18<sup>th</sup> and 19<sup>th</sup> May 2009 for Expedition 1 and 25<sup>th</sup> and 26<sup>th</sup> May 2009 for Expedition 2. The dates for the off-road training have been chosen to be close enough to the departure dates for riders to still benefit from the training when the trip begins, and to also give riders enough time to recover before the trip departs! Be warned, the off-road training packages that we offer will be very hard work but fantastic fun.

Please be aware that these dates are provisional, and will be confirmed later in 2008. Full details on your accommodation, and everything you will need to bring will be given much nearer the time.

### **4. Expedition Orientation, Mechanics and First-Aid Training**

This will all be conducted over a weekend just prior to departure and the provisional dates are 23<sup>rd</sup> and 24<sup>th</sup> May 2009 for Expedition 1, and 30<sup>th</sup> and 31<sup>st</sup> May 2009 for Expedition 2. Full details on your itinerary, location, accommodation and everything else will again be given much nearer the time.

### **Further information**

With the departure date, and the main training packages for RTW '09 still a long way off (but getting ever closer!) we hope that our pre and post recce meetings will keep your appetites wetted for the adventures to come. You will receive much more detailed information and a full itinerary covering your off-road training and mechanics and first-aid training packages much nearer the time. In the mean time, if you have any further questions relating to your pre-expedition training, then please don't hesitate to get in contact with us – we will do our best to help!

We look forward to seeing you soon,

**The KUDU Team**