



**BIKE AND RIDER TRANSPORT
GUIDE: INTERNATIONAL
RIDERS 2024**

INTRODUCTION

Contents

GETTING TO / FROM THE RIDE

Getting to Land's End	4
Getting from John O' Groats	5

RIDER TRANSPORT

Key Information	7
To Land's End (from Northern Hubs)	8
To Land's End (direct)	9
Return from John O'Groats	10
Return from Inverness	11
Friends and family service	12
FAQs	13
How to pack your bike	15

EXTRA WEIGHT

Classic Package	17
Plus Package	18

CONTACT US	19
----------------------------	----

GETTING TO / FROM THE RIDE



 babble
RIDE
ACROSS
BRITAIN

GETTING TO / FROM THE RIDE

Getting to Land's End

GETTING TO LAND'S END

If you're flying into the UK, please see the below for the easiest way to get to the Event.

HEATHROW AIRPORT

Approx. 300 miles to Land's End.

UNDERGROUND / CAR

- Underground or taxi to London Hammersmith Novotel Hotel.
- The hotel is 3 min walk from Hammersmith Underground Station (see [here](#)) for taking bikes on the Underground).
- Book EBE transport from Hammersmith Novotel Hotel.

RAIL

- Heathrow Terminal 2/3 (Rail Station) to London Paddington.
- London Paddington to Penzance Train Station.
- Book EBE Transport from Penzance Train Station.
- See website [here](#) to book trains and for more information on booking your bike onto the train, click [here](#).

GATWICK AIRPORT

Approx. 300 miles to Land's End.

RAIL

- Gatwick express to Victoria.
- Taxi to London Hammersmith Novotel Hotel.
- Book EBE transport from London Hammersmith Novotel Hotel.
- See website [here](#) to book trains and for more information on booking your bike onto the train, click [here](#).

BRISTOL AIRPORT

Approx 190 miles to Land's End.

COACH

- Bristol Airport Terminal to Bristol Temple Meads Railway Station via public bus.
- Book EBE transport from opposite Bristol Temple Meads Railway Station.

For all other airports please contact EBE by email & they will be happy to help.

GETTING TO / FROM THE RIDE

Getting from John O’Groats

GETTING FROM JOHN O’GROATS

If you’re flying out of the UK, please see the below for the easiest ways to get from the Ride.

INVERNESS AIRPORT

- Approx. 125 miles from John O’Groats.
- EBE transport from John O’Groats to Inverness.
- Taxi to Inverness Airport.

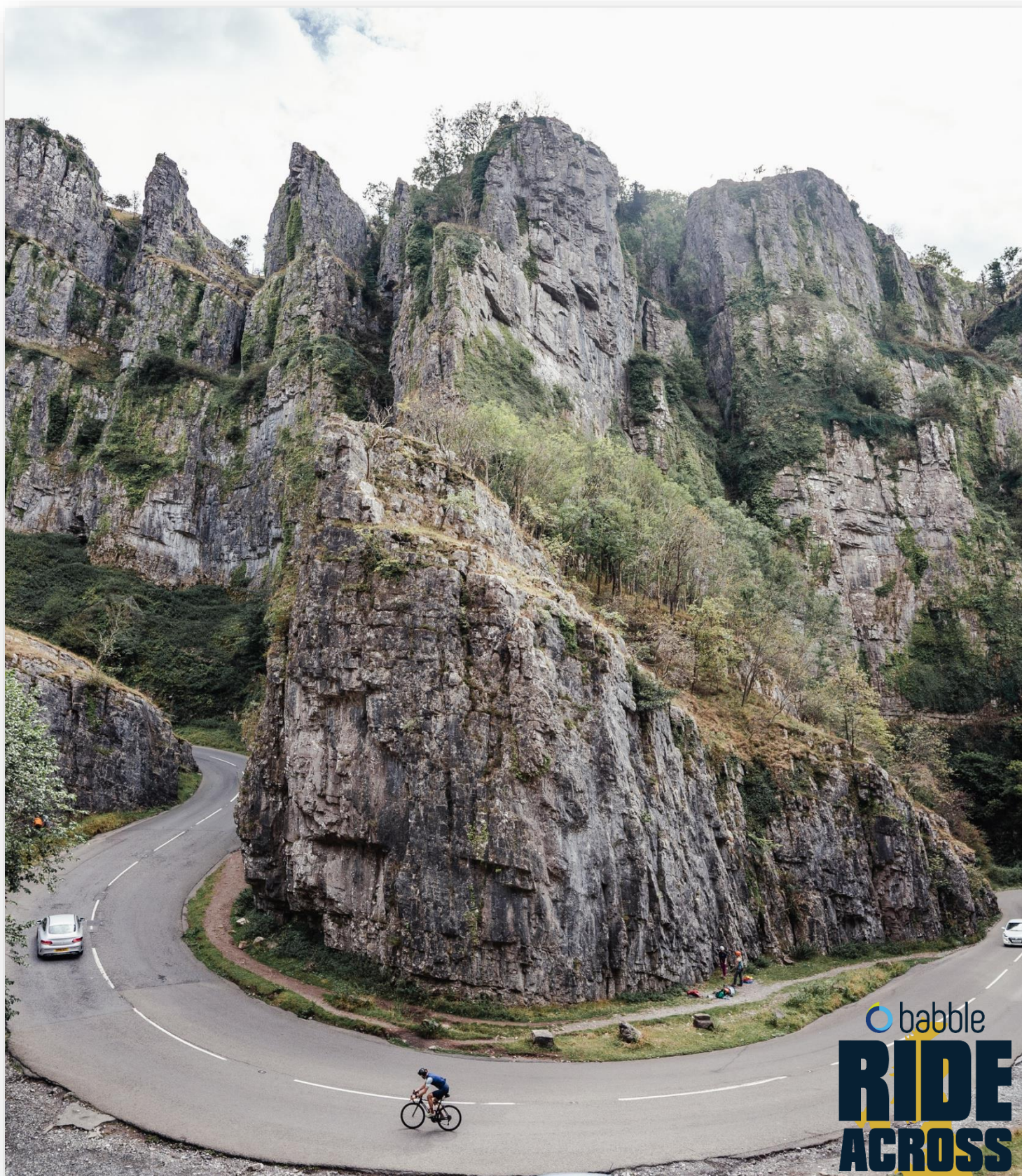
EDINBURGH AIPORT

- Approx. 270 miles from John O’Groats.
- EBE transport from John O’Groats to Inverness.
- Taxi from Inverness to Edinburgh Gateway.
- Taxi to Edinburgh Airport.

LONDON KINGS CROSS

- Approx. 680 miles from John O’Groats.
- EBE transport to London Kings Cross.

RIDER TRANSPORT



 babble
RIDE
ACROSS
BRITAIN

RIDER TRANSPORT

Key Information

SERVICE

Take the stress out of getting yourself and your luggage to and from the Ride with EBE's coach services.

EBE can also offer international riders the option to have bikes taken on the coach with you.

BOOK

- Visit EBE's website [here](#) to book.
- Bookings will close 5th August 2024.

CANCELLATIONS

- The refund policy applies from when written notification is received by EBE prior to the start of the Ride.
- Please note, name changes are not permitted.
- Refund policy applies as below*:

NOTICE PERIOD	REFUND AMOUNT
150-365 days	75% of total amount
120-149 days	50% of total amount
80-119 days	25% of total amount
0-79 days	NIL

**If RAB 2024 is cancelled then all monies will be refunded (less card charges).*

COST

RIDERS AND BIKES

- Please see individual journey prices on timetable, prices are split to show the rider **(including luggage)** cost and bike cost.

BIKE BAG OR BIKE BOX

- **£45** (Bike Box / Bike Bag carriage cost from Land's End to John O'Groats).

RIDER TRANSPORT

Outbound (to Land's End via Bristol overnight)

Northern Hubs (overnight)

FROM	DEPARTURE: 5TH SEPT	ARRIVAL: 6TH SEPT	RIDER FARE	BIKE CARRIAGE
Leeds, Skelton Lake Services	12:45	13:55	£109	£59
Sheffield, Woodall Services (Southbound)	13:30	13:55	£107	£57
Nottingham, Trowell Services (Southbound)	14:30	13:55	£104	£55
Birmingham, Hopwood Park Services	16:30	13:55	£99	£52

The 'Bike Carriage' column shows the cost to transport your bike on the coach with you. This cost is in addition to the cost of the Rider Transport listed in the Rider Fare column. Please note that from LE to JOG there will be an additional charge of **£45** to transport Bike Bags or Boxes. To book click [**here**](#).

Please note: The above transfers **do not include** the overnight hotel. The coach will be stopping overnight at Gordano Services on M5 J19 at Bristol where there is a Ramada Hotel. You can book the hotel separately – [**Ramada Bristol West**](#).

RIDER TRANSPORT

Outbound (direct to Land's End)

FROM	DEPARTURE: 6TH SEPT	ARRIVAL: 6TH SEPT	RIDER FARE	BIKE CARRIAGE
London (Novotel Hotel), 1 Shortland's, Hammersmith	08:00	15:30	£86	£49
Reading Services (Westbound)	09:10	15:30	£83	£47
Newbury, Chieveley Services	09:40	15:30	£83	£47
Bristol (Opposite Temple Meads Train Station)	07:15	13:55	£79	£45
Bristol Gordano Services	08:00	13:55	£79	£45
Taunton, Taunton Deane Services (Southbound)	08:50	13:55	£70	£42
Exeter Airport	10:00	13:55	£65	£40
Exeter Services	12:40	15:30	£65	£40
Newquay Airport	12:15	13:55	£49	£30
Newquay Airport	16:40	18:00	£49	£30
Penzance Train Station	16:00	16:25	£18	£12

The 'Bike Carriage' column shows the cost to transport your bike on the coach with you. This cost is in addition to the cost of the Rider Transport listed in the Rider Fare column. Please note that from LE to JOG there will be an additional charge of **£45** to transport Bike Bags or Boxes. To book click [here](#).

RIDER TRANSPORT

Return from John O’Groats

TO	DEPARTURE: 15TH SEPT	ARRIVAL: 15TH SEPT	RIDER FARE	COST
Inverness Train Station/Inverness IHG Hotel**	16:20	19:20/19.35	£62	£35
Inverness Train Station/Inverness IHG Hotel**	18:25	21:25/21:40	£62	£35

**The overnight accommodation at Inverness IHG Hotel needs to be booked directly with the hotel.

RIDER TRANSPORT

Return from Inverness

FROM	TO	DEPARTURE: 16TH SEPT	ARRIVAL: 16TH SEPT	RIDER FARE	COST OF BIKE CARRIAGE
Inverness IHG Hotel	Leeds, Skelton Lake Services	08:45	18:30	£92	£49
	Sheffield, Woodall Services (Southbound)	08:45	19:30	£96	£52
	Nottingham, Trowell Services (Southbound)	08:45	20:00	£99	£55
	Leicester, Leicester Forest Services (Southbound)	08:45	20:30	£102	£57
	Milton Keynes, Newport Pagnell Services (Southbound)	08:45	21:30	£109	£60
	Central London (King's Cross)	08:45	22:45	£114	£65

The 'Bike Carriage' column shows the cost to transport your bike on the coach with you. This cost is in addition to the cost of the Rider Transport listed in the Rider Fare column. Please note that from LE to JOG there will be an additional charge of **£45** to transport Bike Bags or Boxes. To book click [**here**](#).

RIDER TRANSPORT

Family and friends service

FROM	TO	DEPARTURE: 15 TH SEPT	ARRIVAL: 15 TH SEPT	FARE
Inverness IHG Hotel	John O’Groats	08:00	11:00	£62

Please note: This service is for family and friends to travel to the finish line. Friends and family can book onto any return service from JOG with the rider To book please click [**here**](#).

RIDER TRANSPORT

General FAQs

Who should I contact if I am running late?

The vehicles run to a schedule and need to leave at the allotted times. However, if you cannot make the arranged times contact the European Bike Express office on **+44 (0) 1430 422111** Monday – Friday between **10:00-16:00** or **07922698025** outside of these hours.

How will I recognise which coach is the RAB coach?

It will have the RAB logo in the front windscreen.

Will the coach drop us at the RAB base camp in Land's End?

Yes.

Where will the coach be located at the Hubs?

- Inverness, IHG Hotel Car Park, Inverness
- London Hammersmith Novotel Hotel: Hotel Coach Park
- Bristol: opposite Temple Meads Train Station, the coach will be found opposite the station (outside the Sidings) BS1 6PL.
- Exeter Airport: the coach will be found as you exit the terminal on the forecourt.
- Newquay Airport: the coach will be found as you exit the terminal on the forecourt.
- Penzance: the coach will be found at the end of the main Bus Terminal, next to the railway station.
- For all Service Stations, it will be the Coach Park.

What happens if I am late for the JOG service I have booked?

International Riders travelling with bikes can only travel on the departures as stated in the timetable.

Will there be any refreshments served/available?

For all transfers only journey times of more than 3½ hours will there be a 45-minute refreshment break. Refreshments will not be available on board, but you're welcome to bring your own snacks. No alcohol will be permitted.

Will there be a DVD shown during the journey?

DVDs will be shown on all journeys, except for Wick and Penzance transfers.

Where will the coach leave from John O'Groats?

The coach will depart from the RAB finish at John O'Groats. The exact departure point will be clearly signposted.

RIDER TRANSPORT

FAQs

Can I take my bike on the coach?

Yes, international riders can bring their bikes on certain services as per the timetables. There is a cost to do so, as per the timetables.

Does the price include luggage?

Yes, the per person price included luggage.

How much luggage can I take on the coach?

- Classic Package: ONE item of luggage, 90L bag, max weight of 16kg per person.
- Plus Package: TWO items of luggage, 90L bag and 5kg hand luggage, max weight of 21kg per person.
- Luggage will be refused if more than this unless you have purchased Extra Weight. Please see page 15 for more information on Extra Weight.

FRIENDS AND FAMILY

Can my friend/family member also book a seat on the coach?

- Yes. Available to all if travelling from Inverness to John O'Groats on the morning of Sunday 15th September.
- If you wish to return with a family member/friend on the same coach, please book your seat at the same time to guarantee travelling together.

BIKE TRANSPORT

Pack your bike

How to pack your bike

- Please prepare your bike with pipe lagging as shown below at JOG. Pipe lagging will be provided at JOG, along with tape, tools etc.
- Remove pedals (unscrew clockwise for left pedal and anti-clockwise for right pedal). You will need to carry your pedals separately in your overnight bag that you bring with you to the Ride.
- Lag framework using pip lagging as detailed in diagram (may need tape to secure).
- Turn your handlebars through 90 degrees to the left.
- The wheels do not need to be removed.
- We prefer it if you do not lock your bike whilst it is in transit, as the bike lock could add potential for bike damage.
- Please ensure your handlebars and pedals are retightened before use after transit.
- Add your bike number to the front of your bike using the provided cable ties (you will receive this bike number and cable ties approximately 3 weeks before the Ride, in plenty of time for your bike transport!)
- Your bike will need to be prepared as outlined. European Bike Express cannot accept responsibility for damage to framework that has not been lagged in accordance with their instructions.
- Lights, Garmin's, water bottles, bags and helmets need to be removed from your bike.



EXTRA WEIGHT



EXTRA WEIGHT

Classic Package

SERVICE

If you wish to squeeze in a few more luxuries, you can purchase up to an extra 10kg in weight. Extra weight is for the daily transfers during the event.

BOOKING INFORMATION

- Visit EBE's website [here](#) to book.
- Bookings will close 5th August 2024.

CLASSIC PACKAGE

Included in your package is **one 90L piece of luggage**, which must not exceed **16kg** in weight. Please see below for prices to purchase additional weight, including maximum bag sizes.

Our recommendation:

- Your camping mat and sleeping bag **must fit** inside your luggage and cannot be attached to the outside.
- If you are using EBE transport, you will not be able to load your mat and sleeping bag onto the coach with your luggage. If they do not fit inside your luggage, you must take them onto the coach with you.

CLASSIC PACKAGE				
Total weight of luggage	Main luggage		Hand luggage	Cost
	Weight	Size	Weight	
16kg	16kg	90L	-	Included
21kg	21kg*	120L	-	£25
26kg	21kg*	120L	5kg	£50

*The 120L bag must not exceed 21kg, therefore your hand luggage will need to accommodate the extra weight.

EXTRA WEIGHT

Plus Package

SERVICE

If you wish to squeeze in a few more luxuries, you can purchase up to an extra 10kg in weight. Extra weight is for the daily transfers during the event.

BOOKING INFORMATION

- Visit EBE’s website [here](#) to book.
- Bookings will close 5th August 2024.

CLASSIC PACKAGE

Included in your package is **one 90L piece of luggage**, which must not exceed **16kg** in weight and **one 5kg** day bag. Please see below for prices to purchase additional weight, including maximum bag sizes.

Our recommendation:

- Your camping mat and sleeping bag **must fit** inside your luggage and cannot be attached to the outside.
- If you are using EBE transport, you will not be able to load your mat and sleeping bag onto the coach with your luggage. If they do not fit inside your luggage, you must take them onto the coach with you.

PLUS PACKAGE				
Total weight of luggage	Main luggage		Hand luggage	Cost
	Weight	Size	Weight	
21kg	16kg	90L	5kg	Included
26kg	21kg*	120L	5kg	£25
31kg	21kg*	120L	10kg	£50

*The 120L bag must not exceed 21kg, therefore your hand luggage will need to accommodate the extra weight.

ANYMORE QUESTIONS?

Get in touch

For more information, please contact EBE directly on:

Tel: 01430 422111 between 10:00-16:00, Monday to Friday

Email: info@bike-express.co.uk

Booking website: [Here](#)

Join the Community

Make sure to also join us on the [RAB Rider Facebook Forum](#) to meet other participants and swap advice and training tips.

Follow us on social media

Follow us on our social media channels to see the latest tips from Babble Ride Across Britain ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)