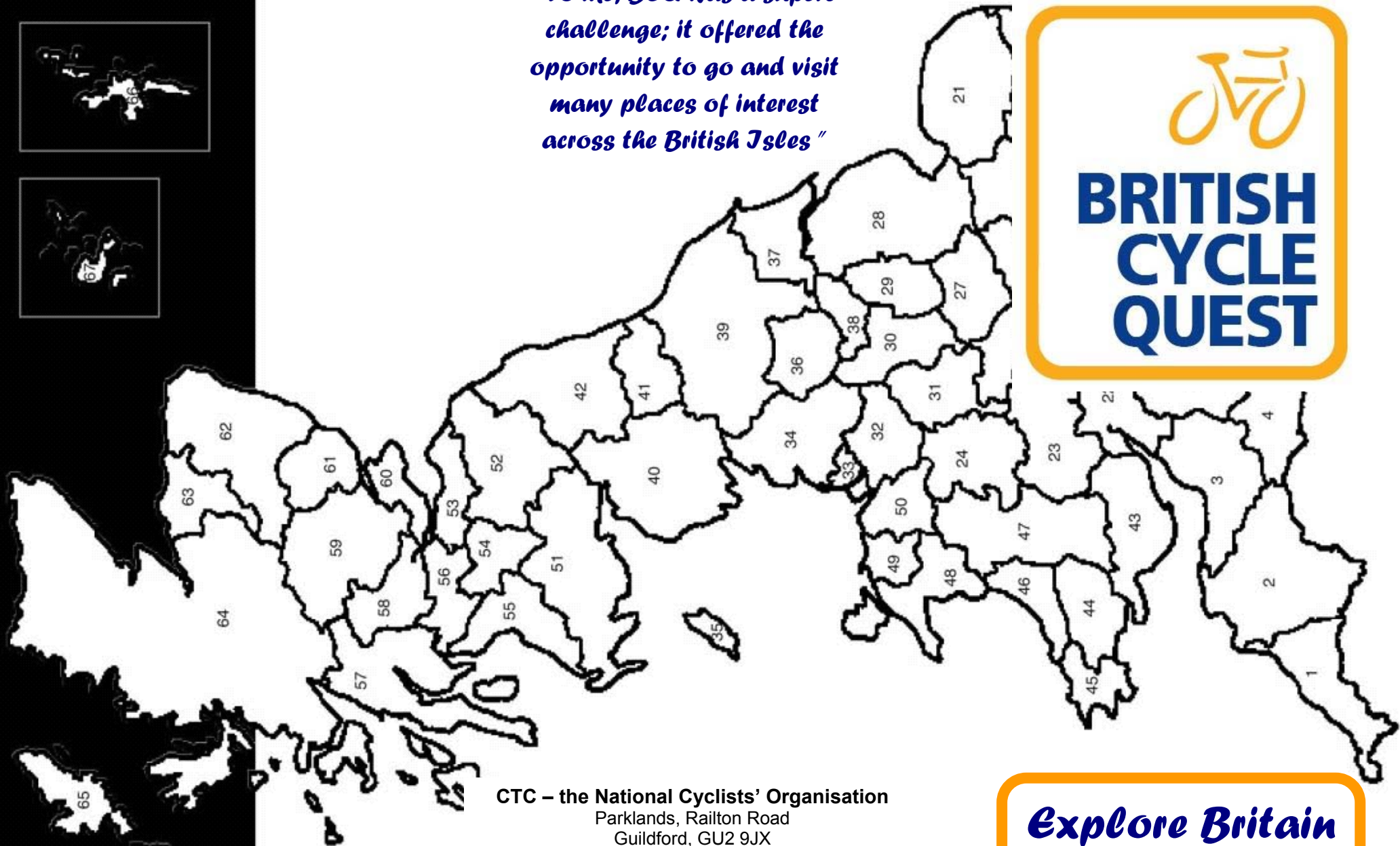
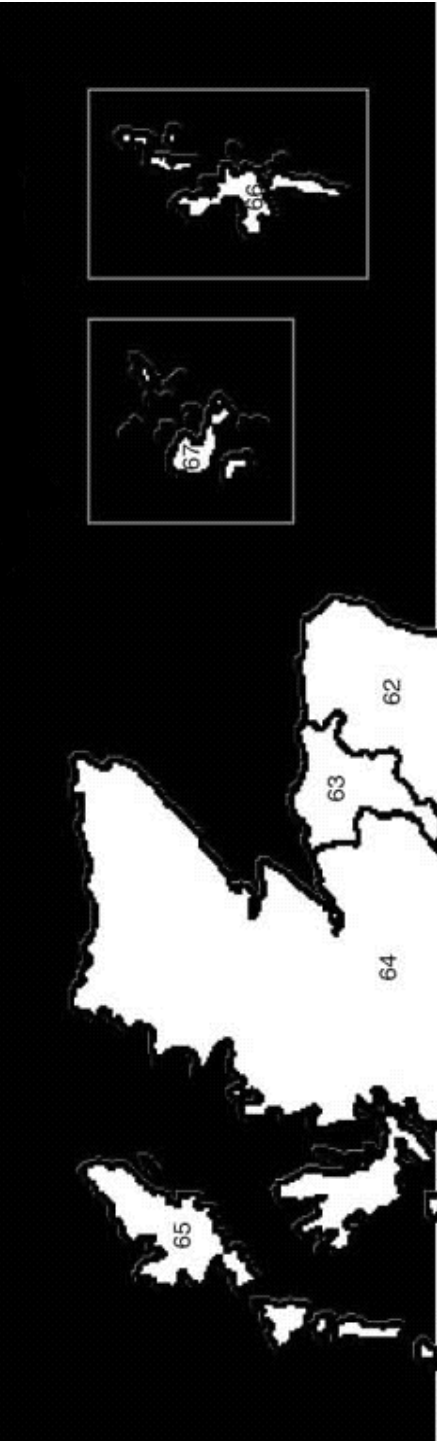
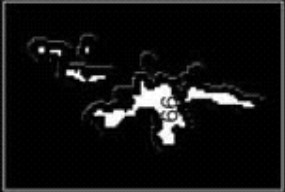


" To me, BCQ was a superb challenge; it offered the opportunity to go and visit many places of interest across the British Isles "



CTC – the National Cyclists' Organisation
Parklands, Railton Road
Guildford, GU2 9JX
0844 736 8450
cycling@ctc.org.uk
www.ctc.org.uk

*Explore Britain
by Bike*





Explore Britain by bike

There's no better way to discover new and interesting places than by taking part in the *British Cycle Quest (BCQ)*. The purpose of the quest is ultimately to visit all 402 checkpoints dotted throughout the UK.

A daunting number? Well maybe, but it's a challenge you've got the rest of your life to complete - there are no time limits - plus there are awards to be won along the way. Here's how it works: visit any part of the country and you'll more than likely find one or two BCQ checkpoints within relatively easy cycling range. So if you fancy a bike ride, you've got some objectives to aim for. It's a great way to motivate yourself to get on your bike and go exploring.

To prove you've visited a checkpoint, all you need to do is answer a question about it. We'll tell you where each checkpoint is and give you the question; you choose your own route to get to it. It's that easy. Answers must be written on official *BCQ Answer Cards*.

Needless to say, you are expected to travel to each location only by means of pedal power. But you can drive or take the train to the general area of course!

We hope you have some great times as you cycle around the country discovering places you might never otherwise have visited.

WHAT DO I NEED TO GET STARTED?

Web: the BCQ Questions Book and an Order Form to obtain Answer Cards may be downloaded here:

www.ctc.org.uk/BritishCycleQuest

Post: to obtain a BCQ Questions Book by post, send a self-addressed A4 envelope with 81p of stamps affixed. For Answer Cards you need an Order Form - you can phone CTC National Office for one.

CTC National Office (BCQ),
Parklands, Railton Road,
Guildford, GU2 9JX

Tel 0844 736 8450
cycling@ctc.org.uk
www.ctc.org.uk



COMPETITION AWARDS

- A **Certificate** for visiting your first 10 checkpoints (& **another** for your first 50).
- A **Certificate** for visiting every checkpoint in each of the 10 BCQ regions (see below). Total of 10 certificates available.
- A **Medal & Certificate** for visiting 100, 200 & 300 checkpoints.
- A **Trophy & Certificate** for visiting all 402 checkpoints.

Send your Answer Card(s) to CTC for validation. & you will automatically be sent your certificate(s). See the BCQ Order Form for further information.

BCQ Regions

1. **South West England** ~ Cornwall, Devon, Somerset, Dorset, Wiltshire
2. **South East England** ~ Hampshire, West Sussex, East Sussex, Kent, Surrey, Greater London, Berkshire
3. **Northern Home Counties and East Anglia** ~ Oxfordshire, Buckinghamshire, Bedfordshire, Hertfordshire, Cambridgeshire, Suffolk, Norfolk, Essex
4. **Midlands** ~ Gloucestershire, Hereford & Worcester, Warwickshire & West Midlands, Shropshire, Northamptonshire, Leicestershire & Rutland, Staffordshire
5. **North East England** ~ Lincolnshire, West Yorkshire, East Riding Yorkshire, North Yorkshire, Durham, Northumberland/Tyne and Wear
6. **North West England** ~ Nottinghamshire, Derbyshire, Cheshire, Merseyside, Cumbria, Lancashire & Greater Manchester, South Yorkshire
7. **Wales** ~ South Wales, Carmarthenshire, Pembrokeshire, Ceredigion, Powys, Gwynedd & Anglesey, Conwy, Denbighshire / Flintshire / Wrexham
8. **Southern Scotland** ~ Dumfries & Galloway, Borders, The Lothians, South Lanarkshire, Ayrshire & the Isle of Arran, Strathclyde, Fife, Argyll & Bute, Stirling & Clackmannanshire
9. **Northern Scotland** ~, Perth & Kinross, Angus, Aberdeenshire, Moray, Highlands
10. **Offshore Islands** ~ Isle of Wight, Isle of Man, Western Isles, Orkney Isles, Shetland Isles