

Trip Dates: 13-18th Feb 2020. 6 Days Trip Duration (4 days cycling & 2 rest days)

Essential to Book/do

1. Your Christchurch accommodation Wed 12th of Feb.
2. Your Christchurch accommodation Tuesday 18th of Feb if attending the celebration dinner.
3. Bringing your bike in a cardboard box not a hard or soft case. No boxes or bike bags allowed on the event. You need to leave these in Christchurch at your accommodation that you have booked.
4. Reach fundraising Min \$1,250 and aim for the fundraising goal of \$2,500.
5. Physical training in preparation. Completion of the two qualification rides in Strava. (Ride 1) A 70km ride which can be flat or hilly (maintaining an average of no less than 20km per hr). (Ride 2) A ride with elevation of at least 1,500m in a single ride.
6. Join the Strava 25000spins club and download Strava its free. <https://www.strava.com/clubs/25000spins>

Essential to Bring

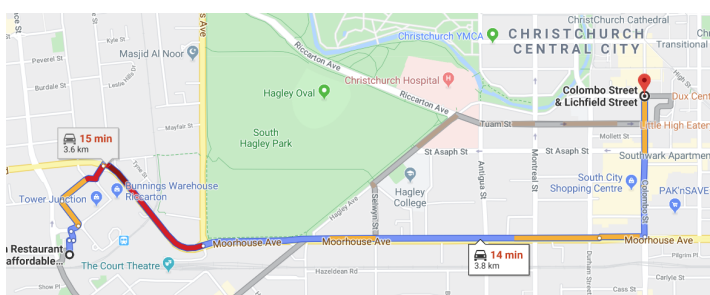
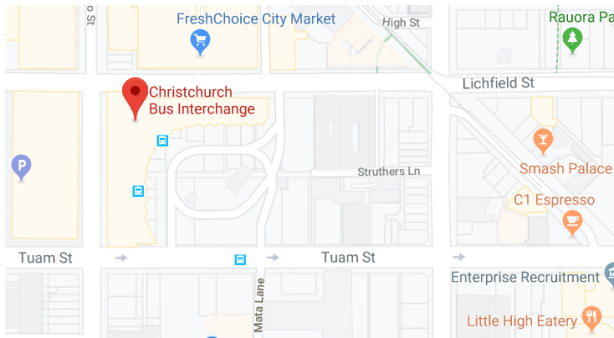
1. Your bike ready to ride. Please service your bike prior to the event.
2. You trained and ready to cycle. Please note breakfast won't be provided on the ride start morning.
3. Your **single** carry on size bag ready to go into the van. Please note any bike bags including soft case bike bags cannot be taken with us. You can leave these at the accommodation you are staying at in Christchurch and collect on your return.
4. [Two Spare inner tubes.](#)
5. [Bring a mountain bike for the mountain bike trail.](#)
6. [Your bike lock to ensure your bike is secure.](#)
7. Your towel, cycle clothing, wet weather gear, suncream.
8. Your body/mind fit & prepared :-).
9. A team spirit and can do attitude.
10. Install the Life360 app which we will use for tracking our location. Search in the google play store for Life360 and install on your phone.

Private Facebook group

Please join the [private Alps 2 Ocean group](#) we have created especially for this ride. Here you can meet other riders, share trip photos, arrange pre and post ride accommodation and transport with other riders if desired, share fundraising ideas and training progress.

Day	Meet Point Details	Meet Time	Activity	Distance km cycle	Elevation	Acc. Incl.	Breakfast incl.	Snack incl.	Lunch incl.
Wed 12th of Feb	Aroy Thai Restuarant http://aroythai.co.nz/ Address: 61 Victoria Street, Christchurch Central City, Christchurch 8013, New Zealand	6.45pm	Collect your cycle kit and have dinner together			No (please book in Christchurch)			
Thu 13th of Feb	Christchurch bus Interchange. https://www.google.com/maps/place/Christchurch+Bus+Interchange/@-43.5355111,172.6264335,14z/data=!4m5!3m4!1s0x0:0x6661fb4165a78acd!8m2!3d-43.5344595!4d172.637001 Corner of Lichfield St and, Colombo Street,	7.45am to 8am	Catch the bus or mini bus to Lake Tekapo 8.30am depart Check 3pm. Prior to this leave bags at reception. Address is 2	0km		Yes	No	No	No

	Christchurch Central City, Christchurch 8011, New Zealand		Lakeside Drive, Lake Tekapo 7999 Hot springs Meet for dinner at the Godly hotel at 7pm. https://www.facebook.com/pg/godleyhotel/menu/?ref=page_internal						
Fri 14th of Feb	https://laketekapo-accommodation.co.nz/ +64 (0)3 6806 825	6.45am start breakfast from 6am	Ride briefing + Cycle start	94km	394m	Yes	Yes	Yes	Yes
Sat 15th of Feb	Ohau Lodge	It's up to you it's a day off.	Free day	n/a hiking or cycling (rest day)	n/a	Yes	No Can be purchased on Friday continental \$16.20 from reception	Yes	No - Can be purchase d on Friday from reception \$16
Sun 16th Feb	Ohau Lodge	8.30am	Ride briefing + Cycle start	85km	762m	Yes	No	Yes	Yes
Mon 17th Feb	Otematata Holiday Park & Lodge	8.30am	Ride briefing + Cycle start	44km	285m	Yes	Yes	Yes	Yes
Tue 18th Feb	Kurow Hotel or Kurow Holiday park	6.30am	Ride briefing + Cycle start	80km	521m	No (please book in Christchurch for Tuesday evening)	Yes	Yes	Yes
	Bus departs Oamaru at 3.25pm arrives into Christchurch at 7.20pm. Arrive to catch bus by 3pm Mini bus departs by 12.30pm to Christchurch	3pm meet at Bus Stop outside Public Toilets, Eden St Intercity Bus near Peter pan bakery	Bus back to Christchurch or mini bus.	Journey time from Bus drop off location to celebration dinner is 14mins.					

Celebration dinner at 7.45pm 2A 2/4 Troup Drive, Tower Junction, Addington, Christchurch, New Zealand – 8011 03-925-9509 http://touchthetasteofindia.co.nz/menu/	7.45pm	Celebration Dinner	
Christchurch bus interchange at 8am Thursday 13th of Feb 	Ride Map https://ridewithgps.com/events/95616-25000spins-alps-2-ocean-2020		

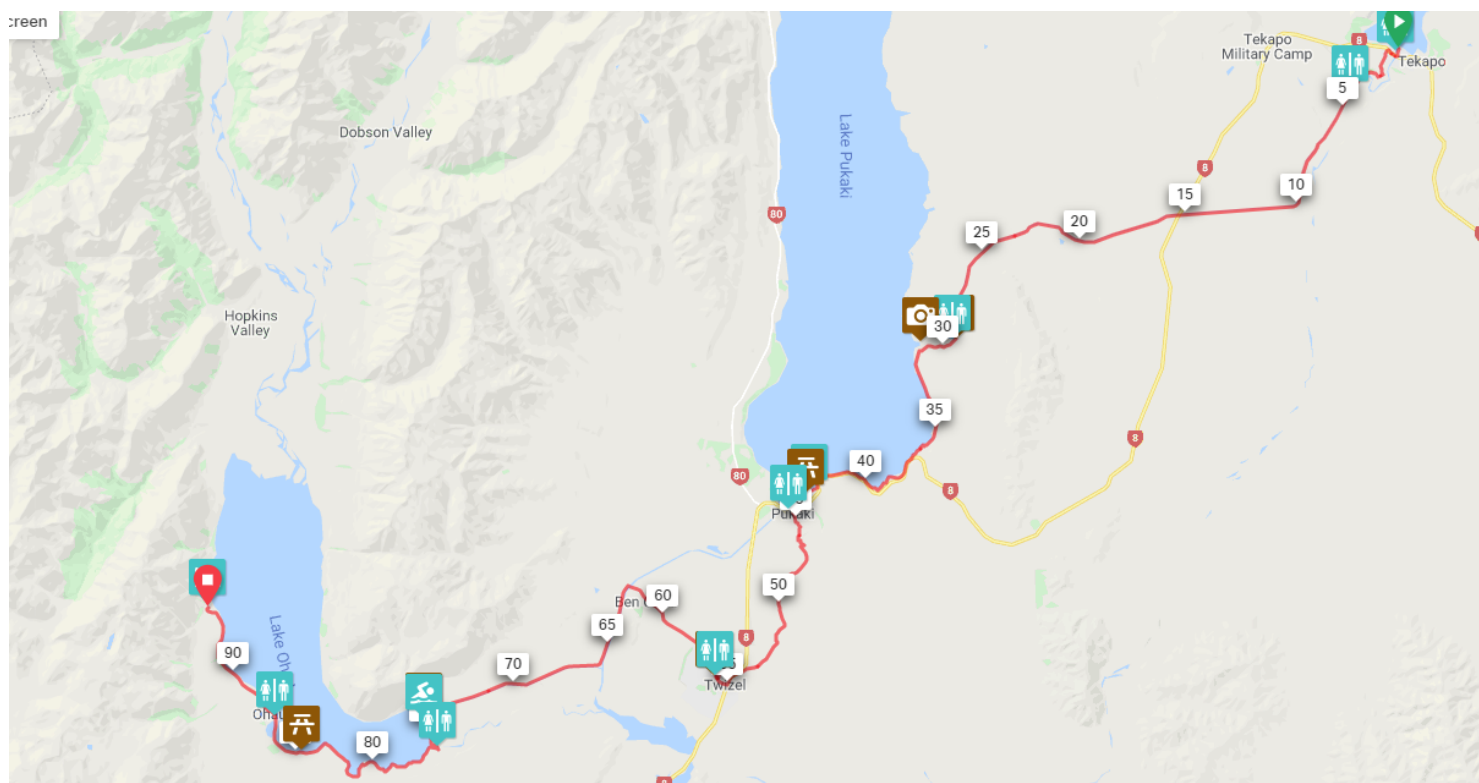
Ride with GPS maps (please download)

Day	Start	End	Map Link
Overview	Lake Tekapo	Oamaru	https://ridewithgps.com/events/95616-25000spins-alps-2-ocean-2020
Day 1 Fri	Lake Tekapo	Ohau	Navigate on above link to the relevant map.
Day 2 Sat	Ohau	Ohau	Rest Day
Day 3 Sun	Ohau	Otematata	Navigate on above link to the relevant map.
Day 4 Mon	Otematata	Kurow	Navigate on above link to the relevant map.
Day 5 Tue	Kurow	Oamaru	Navigate on above link to the relevant map.

Day 1 Fri - high level Plan

Acc. included	Breakfast included	Meet Time/ Departure Time	Snacks included	Lunch included	Group Stretching	Live more happy 5-10 min motivational talk	Dinner location (meeting as a group) @ 6pm if wishing to join the group
Yes	Yes	6.45am / 7am	Yes	Yes	Yes 5pm-5.30pm	6pm-6.15pm	Ohau Lodge dinner available from 6.30pm for a vegetarian Lasagne. This is available for our group at \$30 per person. Please pay at the front desk for what you eat and drink.

	Rest Stop	Snack Stop	Lunch Stop/End
Km (Social & Med)	30 km	43 km	88km (Toilet and Lunch) - 92km End
Facilities	Toilet/views	Toilet/Snacks provided	Toilet/Lunch provided (Accommodation)
Address			Ohau Snow Fields and Lake Ohau Lodge New Zealand
Arrival time/depart	No later than 9am arrival. Depart no later than 9.15am.	No later than 10am arrival. Depart no later than 10.30am.	Arrival no later than 1.30pm
Group end point	n/a	Social Group (Unless they are very keen to continue and will make the 1.30pm Lunch cut off)	Medium & Fast



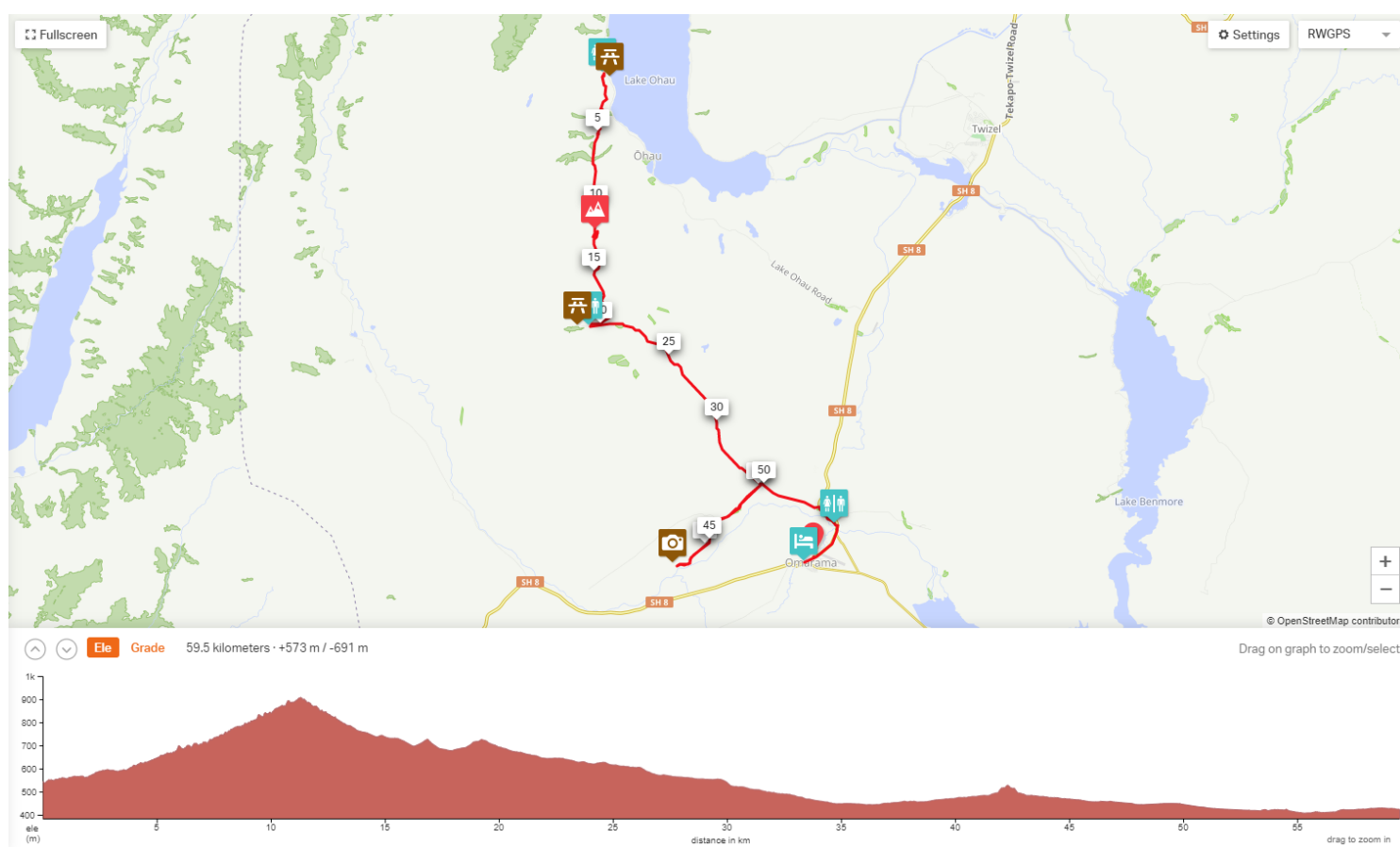
Day 2 Sat - high level Plan

Acc. included	Breakfast included	Meet Time/ Departure Time	Snacks included	Lunch included	Group Stretching & Mechanic Time	Live more happy 5-10 min motivational talk	Dinner location (meeting as a group) @ 6.30pm if wishing to join the group
Yes - Ohau Lodge	No - can be ordered the day before at the Ohau Lodge	n.a	Yes	No - Available to buy the day before from Ohau Lodge or making your own arrangement for the day off.	No	n.a.	Dinner for your purchase at Lake Ohau lodge. 3 course dinner available for \$44.10 payable on check in Friday afternoon.

Today is a free day. Before heading out please ensure you have checked in with the 25000spins Support or mark your name on the roster in the kitchen before you go with details of where you are going. This is to ensure we know your plan for the day so we can ensure everyone is back to base in the evening. The recommended activity is to hike up lake Ohau or mountain bike up the lake. See for further information <https://www.ohau.co.nz/activities/outdoor-activities/> plus other [ideas](#).

Day 3 Sun - high level Plan

Acc. included	Breakfast included	Meet Time/ Departure Time	Snacks included	Lunch included	Group Stretching & Mechanic Time	Live more happy 5-10 min motivational talk	Dinner location (meeting as a group) @ 6.30pm if wishing to join the group
Yes - Ohau Lodge +64 3-438 7826 1 East Road, Otematata 9412	Yes 6.15am		Yes	Yes	To be advised	To be advised	6.30pm CJs Bar and Restaurant 12 Rata Drive, Otematata 9412, New Zealand

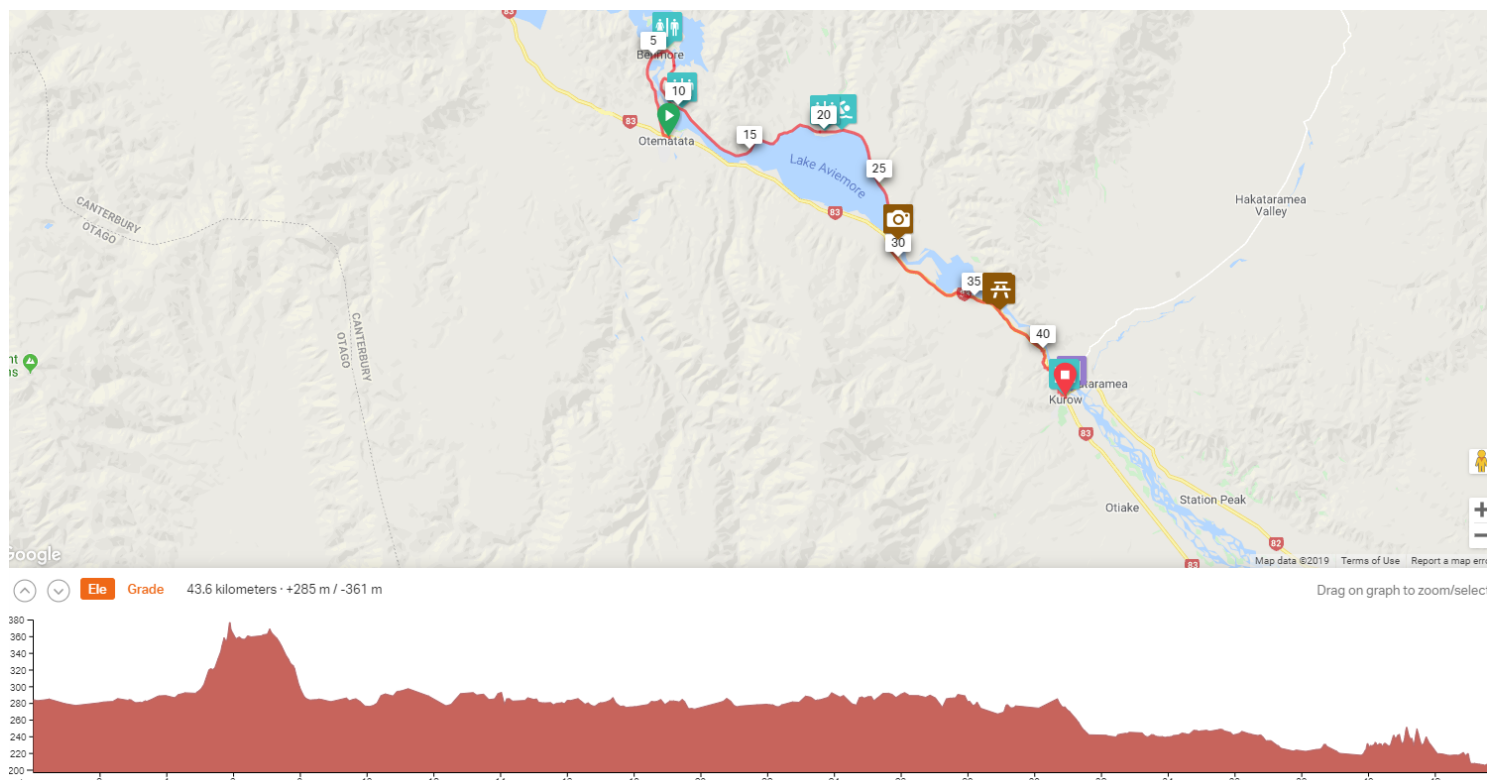




Day 4 Mon - high level Plan

Acc. included	Breakfast included	Meet Time/ Departure Time	Snacks included	Lunch included	Group Stretching & Mechanic Time	Live more happy 5-10 min motivational talk	Dinner location (meeting as a group) @ 6.30pm if wishing to join the group
No.	Yes 7.30am - 8am	Social : 8.30am	Yes	Yes	To be advised	To be advised	Kurow Hotel 55 Bledisloe Street, Kurow 9435, New Zealand +64 3-436 0850

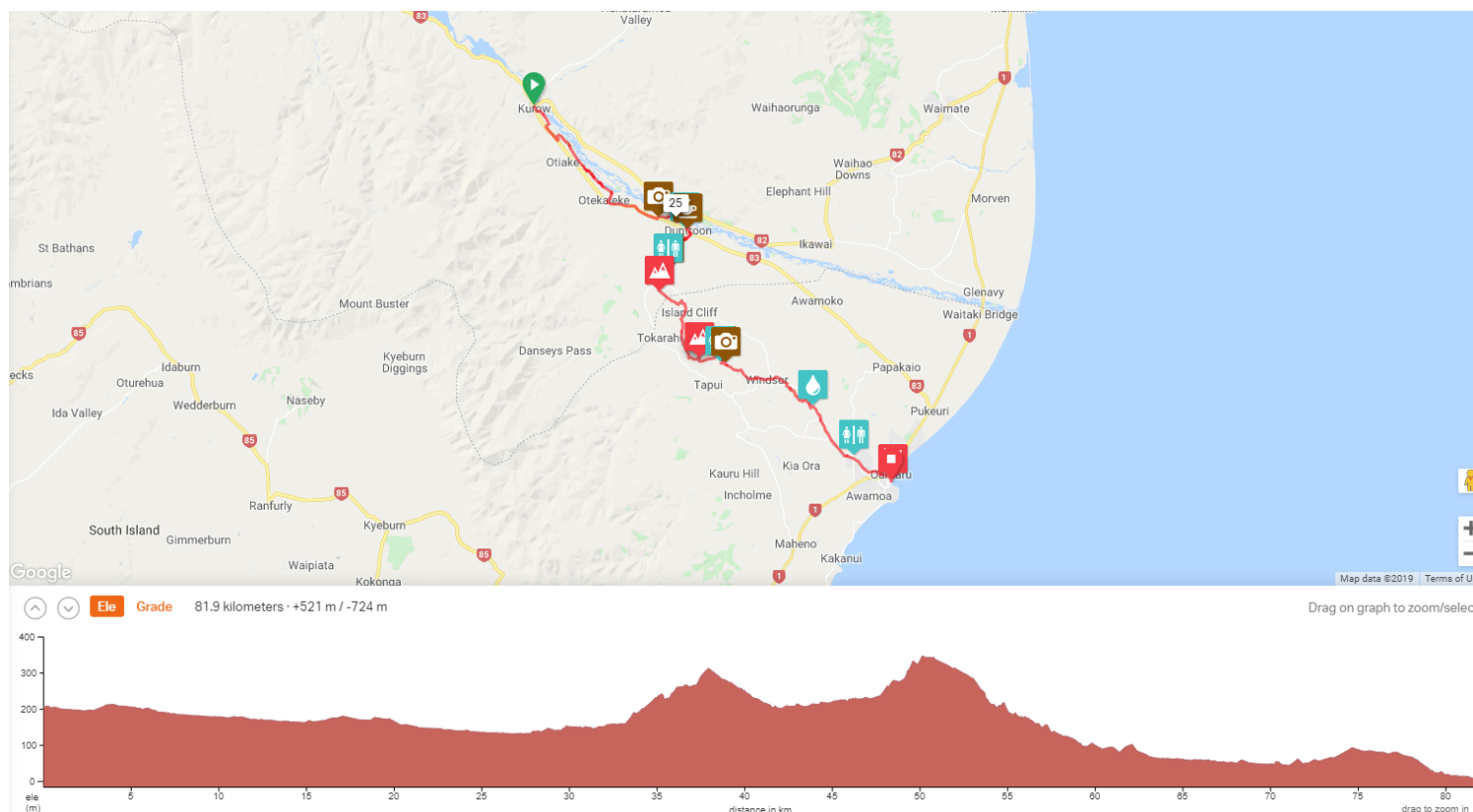
	Rest Stop	Snack Stop	Lunch Stop/End
Km (Social & Med)	20km	36km	42km
Facilities	Toilet/Coffee	Toilet/Snacks provided	Toilet/Lunch provided
Address	Swim spot		
Arrival time/depart	No later than 9.15am arrival. Depart no later than 9.30am.	No later than 11am arrival. Depart no later than 11.15am.	Arrival no later than 1.30pm



Day 5 Tue - high level Plan

Acc. included	Breakfast included	Meet Time/ Departure Time	Snacks included	Lunch included	Group Stretching & Mechanic Time	Live more happy 5-10 min motivational talk	Dinner location
No.	Yes 6am - 6.30am	6.30am	Yes	Yes	n.a.	n.a.	Celebration dinner at 7.45pm Formaggio's Restaurant & Pizzeria 150 Colombo Street, Sydenham, Christchurch 8023, New Zealand https://formaggios.co.nz

	Rest Stop	Snack after climb	Lunch Stop/End	Bus/ Celebration dinner
Km (Social & Med)	28km	55km	80km	Bus departs Oamaru at 3.25pm arrives into Christchurch at 7.20pm
Facilities	Toilet/Coffee	Toilet/Snacks provided	Toilet/Lunch provided	
Address	Hydro Cafe			Bus Stop outside Public Toilets, Eden St Intercity Bus
Arrival time/depart	No later than 8am arrival. Depart no later than 8.15am.			Mini bus departs by 2.15pm and bus meeting is at 3pm.



Support Contact Details

Name	Mobile	Main Role
Craig Shipton	+64 212567245 (NZ Number) +61 425647539 (OZ Number)	Support + bike support
Sarah Jones	+61 412 001 253 (OZ Number)	Van support
Ryan	+64 214 32783	Video + general support