



we are
cycling
The cyclists' champion **UK**



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 to visit all 402 checkpoints dotted throughout the UK.

A daunting number? Perhaps, 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 use the Question Book to find a BCQ checkpoint within relatively easy cycling range. Fill in your answer to the question's checkpoint on your BCQ Answer Card, and once your answer card is full, send it to Cycling UK for validation. Keep filling in those Answer Cards and you'll be on your way to a medal! The BCQ is a great way to motivate yourself to get on your bike and go exploring.

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.

There is one rule you need to remember; you are expected to travel to each location by means of pedal power only. You can, however, drive or take the train to the general area.

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?

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

cyclinguk.org/british-cycle-quest

For the **BCQ Questions Book** by post, you are entitled to one with an initial order of a free Answer Card and Welcome Pack. If you have lost your Question Book you can either download one from the site or ask Cycling UK for a new one using the details below:

BCQ c/o Cycling UK
Parklands
Railton Road,
Guildford
GU2 9JX

Tel 01483 238301
cycling@cyclinguk.org
www.cyclinguk.org

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 list of regions). Total of **10** certificates available.
- A **Medal & Certificate** for visiting **100, 200 & 300** checkpoints. (See order form for costings)
- A **Platinum Medal & Certificate** for visiting all **402** checkpoints.

Send your Answer Card(s) to Cycling UK 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