



helping communities to thrive

3 Countries 2026

Tuesday 6th October to Sunday 11th October 2026

Included in the service offered by our event partner Sport Ecosse Events is:

- Overnight accommodation for all participants for 5 nights
- All participants meals (Day 1 lunch and dinner; Days 2 to 5 breakfast, lunch and dinner; Day 6 breakfast)
- Snacks and drinks throughout the days at regular stops
- Transportation of all luggage throughout the event
- Support vehicle
- Ferry from Dover to Calais
- Basic bike maintenance throughout the trip and spares which can be purchased by participants
- First aid qualified guides, support, and encouragement from at least three Sport Ecosse Events staff with regular briefings on safety, the route, and progress made
- Secure storage for bikes overnight each night
- A training guide
- An equipment list
- Transportation of participants bikes to Calais and back from the Netherlands to the UK with 3 arranged drop off points
- Public Liability Insurance and Employers Liability Insurance cover

[Please note not included are: bikes; flights or travel back to the UK; alcohol and other soft drinks must be paid for, water provided; travel insurance; individual spending money.]

For more information please do not hesitate to contact:

Kevin Gerrie, Managing Director
Sport Ecosse Events
kevin@sportecosse.co.uk
07984 991774



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REGISTRATION & PAYMENTS

The total cost to take part in this event is £1,150. This includes an initial registration fee of £200 should be paid by each participant directly to Sport Ecosse Events using the bank details below, when completing the event registration form below.

If a single room has been requested the additional cost of this for the full trip is £250 again payable directly to Sport Ecosse Events.

If fundraising and not paying your own costs, you need to raise a minimum of £1,900 for New Ways. As above, the registration fee and single room supplement (should you want a single room) are additional to this.

To register please complete the form below and return it for the attention of Kevin Gerrie c/o Sport Europe Ltd at kevin@sportecosse.co.uk

Registration and single room payments should be made into the following account please:

Virgin Money

Sport Europe Ltd

Sort code: 82 20 00

Account number: 20176969

REGISTRATION DETAILS

Please complete the details below and return by email with your registration fee of £200, confirming you intend to take part in 3 Countries 2026.

NAME

ADDRESS

POSTCODE

CONTACT PHONE NUMBER

EMAIL

SIGNATURE

DATE

Please note that the initial registration fee of £200 is non refundable, so if for any reason you are unable or unwilling to undertake this event, the registration fee will not be returned to you. If you cancel taking part in this trip before 1st October 2026 then 50% of the fees that you have paid towards the trip (excluding the initial £200 registration fee) will be returned to you. If you cancel taking part in this event on or after 1st October 2026 no fees paid will be returned to you.

Each participant is required to complete a Physical Activity Readiness Questionnaire (PARQ) prior to taking part in this event. By registering you acknowledge the risks involved in taking part in this cycle and cycling in general, and you consider yourself fit enough and in good enough health to take part.