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## Exeter Estuary Cycle Trip

Wed. 23<sup>rd</sup> June 2010

I'm proposing to run a cycling trip around Exeter Estuary, which is very largely traffic free.

**Who can go?:** GCSE or above (check you have no exams on Wed.!).

It's a bit far for Transition, but I'm running some cycle proficiency courses directed at your class, at the beginning of the summer hols.

**Cost:** £5 (Includes cost of ferry)

**Distance:** 19 miles easy, largely traffic free, although the canal does pose a risk!  
Start at school & cycle to Powderham Church (time & group allowing).

**Time:** Depart 9am, return 4pm approx

### What do they need?

- Road or Mountain Bicycle in good order, with working brakes, (no BMX's).  
They will be transported by open trailer & roof rack.  
If you want to limit the damage to paintwork from the bikes knocking each other, buy some foam pipe insulation to cover the main bars, as they will be knocked about in transit.
- Cycle helmet, compulsory.
- Waterproof jacket, if it looks like it could rain!
- Rucksack
- Packed lunch + drink (we will pass a couple of sweat shops & a chip shop!)
- Pocket money for ice cream/tea.
- Suitable clothing for the weather on the day
- Trainers or other suitable footwear for cycling
- If you have a cycle repair kit & some simple cycle tools, then do bring them, if not don't worry.

**Numbers:** About 14, depends how many adults I have. We have 2 MCS staff accompanying the trip.  
If parents want to join us, your welcome.

**Magdalen Court School is a Family Trust promoting children's education.**

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----- Return ASAP -----

I would like my son/daughter to take part in the Exe Estuary Cycle Trip.

I enclose £5

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself, & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to.

Name of Child: ..... Parent's signature: .....

The Route:

- Along the Riverside pack cycle trail
- Cycle path along Topsham Road
- A more busy road section, through Topsham & over the bridge at The Bridge Inn
- Cycle path to Dart's Farm, then a converted footpath through to the Ebford
- Cycle path on the edge of the Exmouth Road to Exwick
- Through the quiet roads of Exwick
- The new Exe Estuary trail all the way to Exmouth, with a very short road section at Lympstone. It's awesome, a lot of raised wooden sections, with fantastic views all the way along the estuary.
- Very short road section at Exmouth to the docks.
- Stop for Lunch at Exmouth
- Ferry to Starrcross
- Short cycle path to the quiet road leading to Powderham church
- Rough cycle trail, with breathtaking views to Turf Locks Pub
- Cycle trail all way back into Exeter, next to the canal
- Short, quiet Road section back to school

