

Kisharon Langdon

The Jewish  
Learning Disability  
& Autism Community



BIKES  
BOATS

JURASSIC  
2026



**BEN KEEN**  
Director



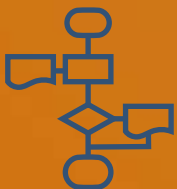
**CHRIS FORECAST**  
Events Manager

## OUR EXPERIENCE MAKES YOURS A BETTER ONE.

The date for your triple challenge is rapidly approaching!

We are delighted to be the delivery partner of this event and we would like to thank you for taking part and being involved in what will be an incredible day.

Our role is to ensure the smooth and safe delivery of the event. As part of your preparations, please read through this document carefully so you are fully prepared before your arrival at the Event Registration.



Meticulous planning  
with eye for detail.



The best  
equipment made  
available.



3 decades of  
adventure event  
experience.





For Charities,  
Corporates and  
Schools.

# EVENT OVERVIEW

## EVENT DATE

Sunday 14th June 2026

BIKE		35km / 22miles		520m / 1,705ft
BOATS		3km / 2miles		0m / 0ft
BOOTS		17km / 11miles		470m / 1,542ft

## OVERVIEW

Bikes, Boats, Boots is an Adventure Triathlon set on the Isle of Purbeck with the iconic Jurassic Coast. Participants will complete the three activity phases as a group raising money for the corporates chosen charity.

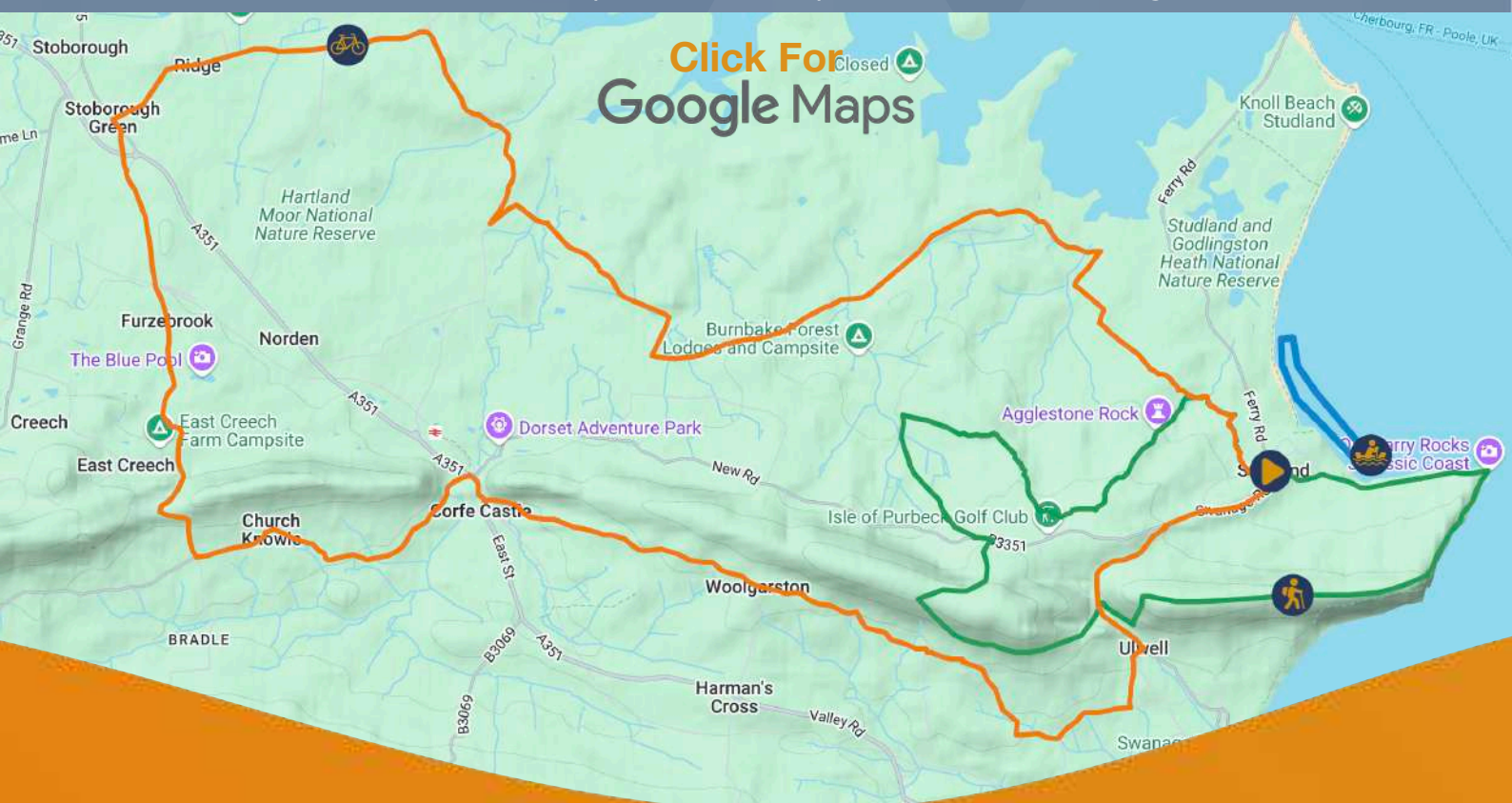
The day starts with the bike phase, an off road route completed on hardtail mountain bikes (provided). Departing from the quaint village of Studland onto Godlingston Heath, the first part of the route is off road on a mixture of sandy trails and forest tracks.

The route hits the roads north of Corfe Castle and heads through the Purbeck Heath Nature Reserves. Midway through, the route takes in a long climb which is one of the main challenges of the day. Efforts are rewarded with an incredible view from the top of the Purbeck Ridge down over Swanage. From here the route descend to the impressive ruins of Corfe Castle before climbing again back over the ridge line and down to Studland.

Upon arriving in Studland participants will have the opportunity to get changed into their walking gear, it is a short walk to the beach for the Boats Phase which teams will complete before continuing onto the Boots Phase.

The Boats Phase is a 3km circular route on the sheltered waters of Studland Bay with the chalk stacks of Old Harry Rocks rising out of the water behind them. Participants will complete this in tandem sit on top Kayaks.

After completing the Boats Phase, participants will have the opportunity to change again the depart onto the final phase of the triathlon. The Boots Phase is a 17km walk taking in some of the best views the Jurassic Coast has to offer from the panoramic view point of the Purbeck Ridge.



## REGISTRATION

Registration is open at 0800. There is parking at the event hub where participants can leave their cars for the day. We encourage participants to car share where possible.

[Studland Village Hall](#)

Heath Green Rd, Studland, Swanage BH19 3BT

[///stressed.join.scrapping](#)

During registration participants will receive their bike and get it adjusted to their size.

## START

Participants will depart as a group onto the bike phase at 0900.

## TRANSITIONS

Upon completing the bike phase participants will return to the event hub in Studland. There will be an opportunity for participants to get changed out of their cycle clothing which can be left in the hub. Participants will not return to the event hub between the boats and boots phases so clothing for both phases will need to be carried to the boots phase.

When participants come off the water, they can change into their boots clothing and leave any wet clothes in the event vehicle which will return them to the event hub.

## EQUIPMENT

A bike and bike helmet are provided for all participants for the bike phase.

Tandem sit on top kayaks, paddles and buoyancy aids are provided for the boats phase.

## NAVIGATION

All three activity phases will be guided by the event staff and completed as a group.

## CATERING

All participants will need to make their own arrangements for breakfast and lunch. It is recommended that participants bring a packed lunch which can be taken on the boots phase.

## FINISH

Upon completing the boots phase the adventure triathlon will be complete. Participants will receive a complimentary alcoholic or soft drink to celebrate their success and a post-event celebration meal.

# BIKE PHASE



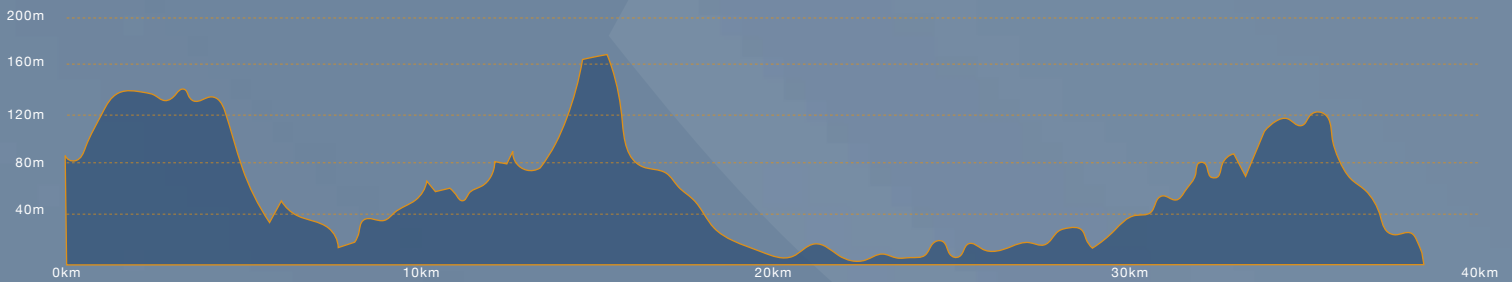
35km / 22miles



520m / 1,705ft



2 - 3hrs



# BOATS PHASE



3km / 2miles



0m 0ft



45mins - 1hr



# BOOTS PHASE



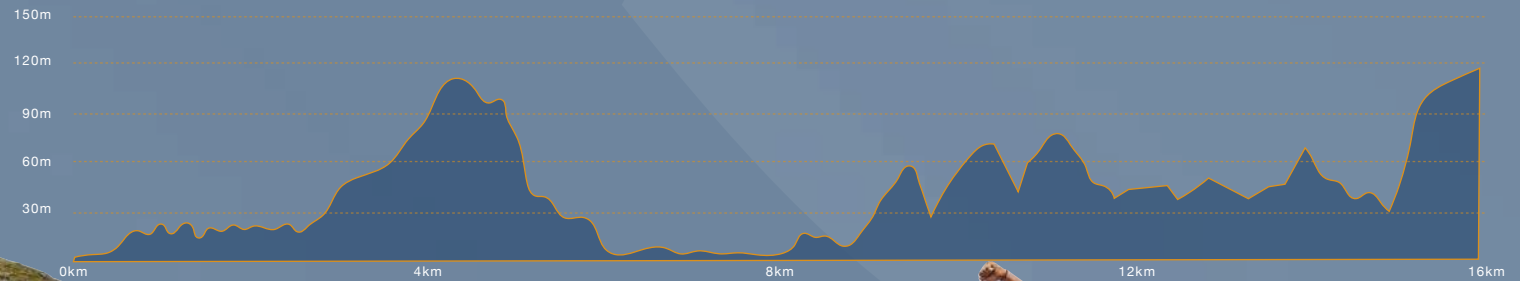
17km / 11miles



470m / 1,542ft



3.5 - 5.5hrs



## GPX FILES

Both the cycle and hike will be guided but we understand people like to have the route on their watch, phone or navigation device. Follow the instructions below to access the route files.



## UPLOADING THE FILE TO YOUR DEVICE

Either scan the QR code with the camera on your phone or click on the QR code if viewing on your phone. This will take you to a page to download the GPX file, it will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file to the app you use to sync the device you want to use.

## CONVERTING THE GPX FILE

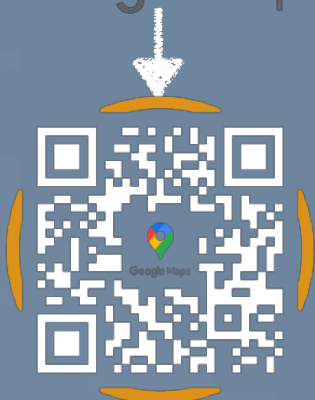
To convert the GPX file into other formats such as TCX visit the following website:

[www.alltrails.com/en-gb/converter](http://www.alltrails.com/en-gb/converter)

## VIEWING THE ROUTE

To view the routes in more detail click or scan the QR codes below:

Click or Scan for  
Google Maps



Click or Scan for  
**STRAVA**



## EQUIPMENT

It's really important to ensure you are ready for the conditions the Jurassic Coast can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

### BE PREPARED FOR ANY CONDITIONS!

**NOTE:** Items in **ORANGE** boxes are essential and will be checked by an event marshal before starting an activity phase in adverse weather conditions. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions. Failure to show these items may mean you are not allowed to start the event or phase.

## CLOTHING

Item Needed	Got it	Packed it
Fleece jacket or soft shell		
Lightweight fleece top		
Sun hat		
Trekking Trousers (you will not be allowed to wear jeans)		
Trekking socks		
Warm Hat		
Waterproof and Breathable Jacket. (Gore-tex or similar)		
This could be the same as your Cycle jacket.		
Waterproof Trousers		
Cycling gloves		
Cycling shorts		
Cycling shoes or trainers		

### NOTE:

All teams will be using tandem 'sit on top' kayaks (four person teams will use two). You will get wet from drips coming off the paddles and will likely need a full change of clothes. It is recommended to complete the boats phase in bare feet.

## VIDEO TUTORIALS

Supplementary videos explain the mandatory kit and choices on appropriate clothing can be found on our event guide playlist on YouTube: [>>Event Guide Playlist<<](#)

## EQUIPMENT

Item Needed	Got it	Packed it
Rucksack 20+ litres. Must have 2 x padded shoulder straps.		
Waterproof rucksack liner or heavy duty rubble bag.		
Sunglasses		
Walking Poles		
Water bottle or bladder (Min. 2 litres).		
Hiking boots/shoes with ankle support and good tread (you are not permitted not wear 'street trainers' or fashion boots)		
Bike water bottle (to fit into a bottle cage on the bike)		

## BIKE

All participants will be provided with a hardtail mountain bike and helmet.

## EVENT TIMINGS

08:00	Registration open, participants to arrive and sort out their equipment and size their bikes.
09:00	Group photo followed by departure onto bike phase.
11:30	Group to return from bike phase, change clothing and depart onto boats and boots phases. Group will not return to event hub between boats and boots phases.
12:30	Group to arrive at Studland beach for the boats phase
13:30	Complete boats phase and depart onto boots phase
18:00	Group to arrive back at event hub having completed all three phases.
18:00	Celebration meal served at the event hub for all participants.
20:00	End of services. All participants to have departed from event hub.

## TIMINGS

The above timings are approximate and built around an average speed for participants to complete the three activity phases. The timings account for mechanicals and stopping for regrouping.

## Do I need to train for the event?

The challenge is not to be underestimated and increasing your general level of fitness before the event through cycling, walking and aerobic exercises will help you with event preparation.

## Will I need to carry my change of clothes for each challenge?

You do not need to carry anything on the bike phase as you can leave a change of clothes and your hike bag at the transition area at the event hub. You will need to take a change of clothes down to the canoe phase which can be left in the event vehicle.

## Is it essential to get all the items on the kit list?

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff, failure to produce these items may result in you not being allowed to start the activity phase.

## Will there be food/refreshments during the event?

Yes, between each phase you will be able to refuel with fruit/tracker bars and rehydrate with water. If you have your own preferences, please bring these along with you. You will need to bring your own lunch to be taken on the hike phase. An evening celebration meal will also be provided.

## Will there be toilets along the route?

There are toilets at the event hub and where the canoe phase starts and finished. Other than that, you can use local facilities as you pass them.

## What first aid provisions will be on the event?

All Adventure Element staff are first aid qualified and will be carrying first aid kits. There will be a vehicle on standby to extract anyone with an injury.

## Will there be route signage?

No, the route is guided by The Adventure Element staff. All participants must remain together for the entirety of the event.

## What happens if the weather is really bad?

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

The canoe route can be adjusted to suit most conditions. Completing the challenge in harsh conditions just makes that fund raising money even more worth the effort!





 **THE**  
**ADVENTURE**  
ELEMENT