



Challenge dates 14th and 15th May 2022.

Room for 100 People

WWW.UMBR.UK - For sign up details

A cycle ride along the banks of the Canal from Liverpool to Leeds over 2 days.  
127.5 miles in length, 91 Locks, fantastic scenery.

**Do You.....**

Fancy a challenge ?..... Have a desire to help a fantastic cause ?..... Own a Bike ?.....

**Are You.....**

Free for the weekend ?..... Keen to get fit for a good cause ?..... Able to offer support for the event ?.....

The picture below shows the team from UMBR2019 at the end point of Granary Wharfe. They all took the Challenge owned or borrowed a bike and raised just short of £15,000 for a fantastic cause.



So far UMBR has raised over £64k in 7yrs to help Martin House continue supporting the families that need them.

Feel free to pass the word around Family, Friends and Colleagues. We have space for 75 cyclists and 25 support staff. Entry costs £70 per person. The entry fee covers transport from Leeds to Liverpool, 2 course evening meal and dessert, bed and breakfast.

The youngest cyclist so far was 10yr old.

The event is open to everybody regardless of fitness level, how much they think they can accomplish, tag teams if you and a friend you wish to split the distance and corporate entries are more than welcome.

**Useful info..** Twitter :- @UMBRcharity, <https://www.facebook.com> search for UMBR, [www.martinhouse.org.uk](http://www.martinhouse.org.uk)

Email :- [bikeride@umbr.uk](mailto:bikeride@umbr.uk),

[www.justgiving.com/UMBR2022](http://www.justgiving.com/UMBR2022)