

GIRLS THAT RIDE BIKES

SUMMER FESTIVAL 2026



EVENT PACK

31ST JULY – 2ND AUGUST

DURWESTON, DORSET



Welcome to the **Girls That Ride Bikes** Summer Festival 2026

Hi Everyone,

July is almost here, and we can't wait to welcome you to an unforgettable weekend of cycling, adventure, connection, and fun at the Girls That Ride Bikes Summer Festival.

This year's festival is shaping up to be our biggest and most exciting yet, with new rides, inspiring activities, great company, and plenty of opportunities to create lasting memories on and off the bike. Whether you're joining us for the first time or returning for another summer of riding, we're thrilled to have you with us.

Inside this event pack, you'll find everything you need to know before the festival, including schedules, ride information, what to bring, key event details, and answers to frequently asked questions. We encourage you to take a few minutes to read through the pack so you can make the most of your weekend with us.

Thank you for being part of the Girls That Ride Bikes community. We're counting down the days until we ride together and celebrate another incredible summer festival.

See you in July!

The GTRB Team

EVENT SCHEDULE



FRIDAY 31ST JULY

15:00	Parking, registration and camping field opens
16:00 - 19:30	Stand up paddle boarding sessions
16:00 - 20:00	Wood fired sauna sessions & river dips
17:00 - 21:00	Evening food available - Stone Baked Pizzas from Idelica Catering
19:00	Hands on bike maintenance talk with Off Camber
20:00	Riders meet up session
20:30	GTRB Welcome with Founder, Roanna Warren
21:00	Sunset Yoga & Pilates
21:00 - 23:00	Evening Music

SATURDAY 1ST AUGUST

07:00	Food & Coffee van open for breakfast
08:00	Self Led rides commence
09:00	Guided rides depart
09:00 - 16:30	Okeford Hill Bike Park uplift day session
15:00 - 19:00	Wood fired sauna sessions, river dips and sports massage
17:00 - 21:00	Evening food available - Paella from Idelica Catering
19:00 - 21:00	Evening Talks
21:00 - 23:00	Evening Music

SUNDAY 2ND AUGUST

07:00	Morning yoga & pilates
07:00	Food & Coffee van open for breakfast
08:00- 10:00	Wood fired sauna sessions and river dip
10:00	Self led rides/ guided rides commence
15:00	Festival winds down



Arrival & Departure

Guests may arrive from 3:00pm on Friday 31st July.

- **Camping:** On arrival, you will be directed to the car park, which is approximately 200 metres from the main camping and festival field. Our volunteer team will be available to help carry camping equipment to your pitch.
- **Campervans:** Campervans will be directed to their designated area within the main event field.

Departure: The event finishes at 3:00pm on Sunday 2nd August. Please ensure you have vacated the site by this time.

Site rules:

- A 5mph speed limit applies throughout the site.
- Campervans and tents must be located in their designated areas. Our crew will provide guidance and signage on arrival.
- No cars are permitted alongside tents. All vehicles must be parked in the designated parking area.
- No vehicle movements are permitted between 10:00pm and 6:00am.

Camping & Fire Safety

- A minimum 6-metre separation must be maintained between all tents and between campervans.
- Due to the recent dry weather, only the designated fire pit in the main festival area may be used. No other fires or BBQs are permitted anywhere on site.
- In the event of a fire: notify a member of the event crew immediately. Evacuate off the island and proceed towards Durweston Mill, the designated fire assembly point. Keep clear of emergency vehicle access routes at all times.
- To comply with our site licence, quiet hours are from 11:00pm to 7:00am.

Wildlife & Environment

Please help us protect the site and enjoy it safely:

- Be aware of ticks and check yourself after spending time in long grass.
- Respect wildlife and avoid disturbing nesting areas.
- Stay hydrated and wear suncream, especially during periods of hot weather.

FACILITIES



Travel & Car Parking

Ride Sharing - we want you to connect before the event - we will send you a link to our riders whataspp group - please connect and share travel plans.

Parking is available in a nearby farmer's field. Please note that the ground may be uneven, so take extra care when driving and walking. **Cycle to the festival for your chance to win our furthest travelled prize!**



Camping

The campsite is approximately 250 metres from the car park, so please bear this in mind when packing. Our volunteer team will be on hand to help carry your equipment to your pitch.

Campervans will be parked within the designated area of the event site.



Toilets

Portable toilets are located within the event field. Please use the hand sanitiser provided to help keep the facilities clean and hygienic for everyone.



Showers

We're pleased to be offering portable shower facilities on site this year.

Please keep showers brief so everyone has the opportunity to use them. If you're feeling adventurous, you're also welcome to cool off with a refreshing dip in the river.



Catering

Idelica will be serving freshly prepared food throughout the weekend.

Take the hassle out of catering and enjoy hearty, delicious meals with a Weekend Food Ticket - the perfect way to fuel your adventures and make the most of the festival atmosphere. See the next page for more information.



Water

Free drinking water is available next to the main registration tent. Please bring a reusable water bottle to refill throughout the weekend.



First Aid

Our on-site Medics are Judith and Nicky. A first aid kit is also available at the registration tent should you require any assistance.



Stands

We've brought together a fantastic selection of local businesses, cycling brands and wellness exhibitors for you to explore throughout the weekend.

Please take some time to browse their stands and support the businesses helping to make the festival possible.



Catering

We're delighted to welcome back our returning festival caterer, Idelica Ltd, based in Ringwood and specialising in delicious Spanish fiesta-inspired food.

The Festival Bar will be open from 3pm – 9pm on Friday and Saturday, serving chilled beer and cider, refreshing homemade sangria (including an alcohol-free version) and soft drinks.

Dinner is served from 5:00pm – 9:00pm.

- Friday: Stone-baked pizzas
- Saturday: Traditional pan-cooked paella

A selection of delicious desserts will also be available each evening.

[ORDER HERE](#)

If you've purchased a [Weekend Food Ticket](#), simply visit the Idelica tent, show your wristband and order from the day's menu. Your meal will then be freshly prepared for you.

If you haven't booked a Weekend Food Ticket in advance (available until 24 July via the GTRB website), meals can still be purchased from 3:00pm each day, subject to availability.

Packed Lunches

Whether you're heading out for a big adventure or simply want a hassle-free day, Idelica offers freshly prepared packed lunches including salads, bread rolls and drinks.

Packed lunches can be:

- Collected from the festival site on Saturday and Sunday mornings.
- Delivered to the Wareham Food Stop for riders completing the 60km, 100km and 150km routes.

If you prefer to bring your own lunch, we'll transport it to the Wareham Food Stop for £1. A sandwich bag will be provided, and all food must fit inside it.

Pre-ordering a packed lunch is especially recommended if you're riding at Okeford Hill Bike Park, where food options are limited and riders are advised to carry lunch with them.

For riders on routes under 60km, you'll find a fantastic selection of cafés marked along each route, offering plenty of opportunities to stop and refuel.



Friday Evening -Stone-baked Pizza Dinner

£12.50 (Included with a Weekend Food Ticket)

Margherita Pizza (Choose up to 3 toppings):

Ham/Chorizo/Peppers/Mushrooms/Onions/Olives/Candied Jalapeños/Pineapple

Saturday Evening - Freshly Cooked Pan-Cooked Paella

£12.50 (Included with a Weekend Food Ticket)

Choose from:

- Chicken & Chorizo

- Vegetable (Vegan)

Or enjoy a 50/50 mix of both.

Desserts will be available on both evenings including Burnt Basque Cheesecake and Fresh Fruit Salad.

Packed Lunches £10

Each packed lunch includes a fresh bread roll and a bottle of water.

Choose from:

- **Authentic Spanish Tapas** (Riojan Seranno Ham, Mallorcan Mahon Cheese, Andalusian Cracked Marinated Olives) with Side Salad
- **Feta & Olive Salad** with Wild Rice and Mediterranean Spiced Dressing
- **Pesto Pasta Salad** with Mozzarella & Tomato
- **Mambonito Bean Salad** with Black Rice, Avocado & Tomato
- **Egg, Tuna & Potato Salad** with Garlic Mayo

Dietary Requirements

Vegetarian, vegan, gluten-free and dairy-free options are available on request.

If you have any allergies or dietary requirements, please contact Emma before the event:

Emma

📞 07932 677255

✉ emma@idelica.com

COFFEE



Golden Gate Coffee will be serving freshly brewed barista coffee throughout the festival, alongside a tempting selection of cakes and pastries.

You'll also find a range of freshly baked treats, including:

- Flapjacks
- Cinnamon buns
- Brownies
- Banana bread

Whether you're fuelling up before a ride or treating yourself afterwards, there's something for everyone to enjoy.

Friday

- 3pm - 5pm

Saturday

- 7am - 10am
- 3pm - 5pm

Sunday

- 7am - 11am

RIDE INFORMATION



We are excited to provide a range of routes at the GTRB Summer Festival. Whether you're completely new to cycling or looking for a full-day adventure, there's something for everyone.

Riders Meet up - on Friday evening we'll host a riders meet-up session, where you can meet other riders, plan routes and form groups before the weekend rides begin.

Self Navigated Rides - Our main route options are self-navigated, meaning riders have access to the GPX files for the routes, allowing them to set off in small groups, ride at their own pace, we will have GTRB volunteers scattered out on the route offering support.

Guided Rides - Our ride leader guided option, stopping at local cafes and exploring the local area. You can sign up for the 40km guided ride at registration.

Bike Tools and Spares

Riders should carry simple tools and spares to take on their bikes whilst riding. Our GTRB Volunteers will be able to assist you on the rides if you need any help. We will also provide a vehicle to support you if you need to be collected.

Demo Bikes

We are excited to have REID bikes bringing a demo fleet, of which you will be able to book out bikes and take out on a ride along the trailway. This is suited to beginner riders looking to grow confidence. New to cycling? Don't have a bike? We've got you covered.

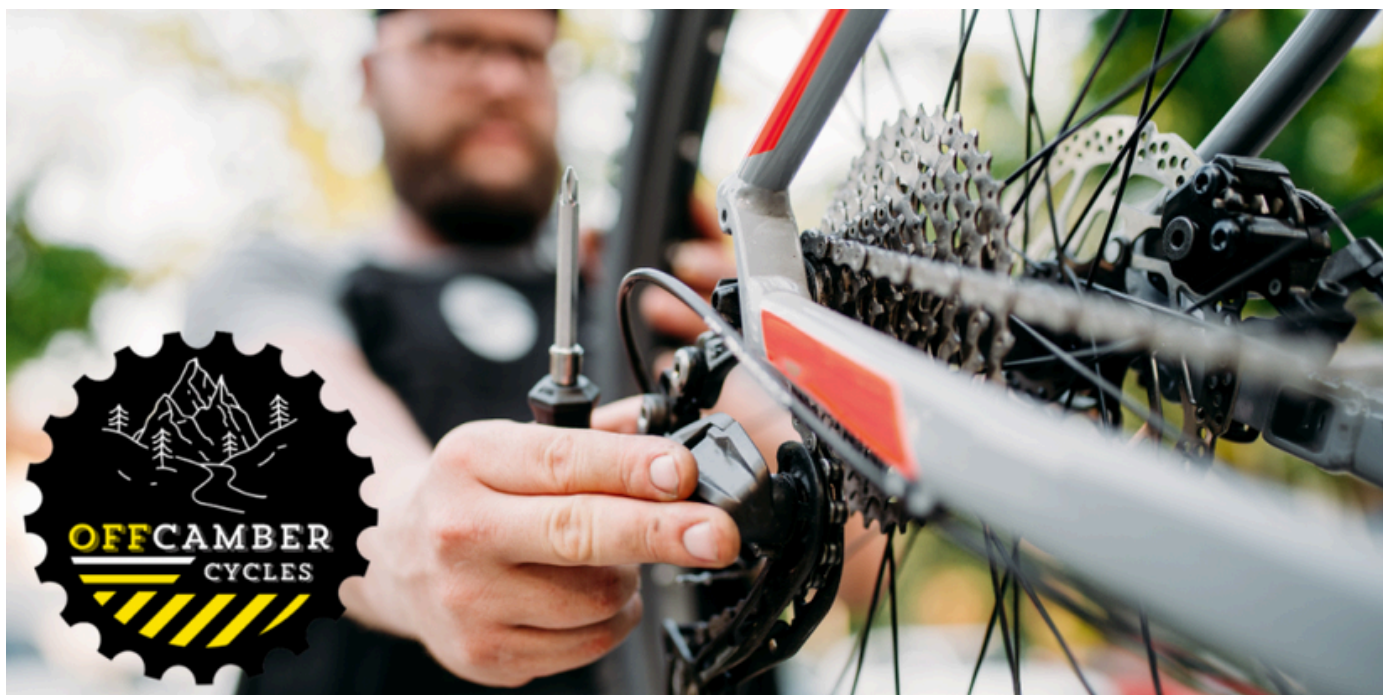
The Yellow Bus Project

The Yellow Bus Project have kindly said they will let us use their fleet of rental bikes based on a small voluntary donation to their community project.

Bike Hire

Bike hire is available locally. We are partnering with Cycle Experience and The Woods Cyclery, who have offered to arrange the delivery and collection of your hired bike.

BIKE MAINTENANCE



Learn the Basics. Ride with Confidence

Whether you're new to cycling or just want to feel more confident looking after your bike, the bike maintenance talk is designed to give you the skills you actually need, without the jargon or intimidation.

Led by experienced mechanics from Off-Camber, this hands-on session will walk you through the essentials to keep your bike running smoothly, so you can spend less time worrying and more time riding.

What you'll Learn

This is a practical, beginner-friendly session.

The session covers:

- How to fix a puncture
- Basic bike checks before a ride
- Adjusting gears and brakes
- Cleaning and looking after your bike
- What to carry on a ride (and what you don't need)

Friday evening
7PM

Why it Matters

Knowing how to look after your bike can transform your riding experience. It gives you independence, confidence, and the freedom to go further without worrying about what might go wrong.

THE RAILWAY RAMBLER – 20KM (MAP PROVIDED)



A relaxed introduction to the Dorset countryside and the perfect first ride for beginners. This route follows the Dorset Trailway, a beautiful old railway line that once connected Bournemouth to Bristol. Today it offers a peaceful traffic-free path through rolling countryside, small villages and leafy green corridors.

The route is mostly flat with a few gentle rolling sections, making it ideal for riders who want a relaxed and scenic ride. There are plenty of opportunities along the way to stop at local cafés and pubs.

THE DORSET EXPLORER – 40KM (GUIDED RIDE)



A guided ride led by our wonderful Girls That Ride Bikes ride leaders, exploring some of the very best of the local Dorset landscape. This route is primarily a mountain bike ride, but it can also be comfortably ridden on a gravel bike.

The ride heads out through quiet country lanes and gravel tracks, visiting some of Dorset's most impressive historic hill forts, including Hod Hill and Hambledon Hill, both offering spectacular views across the Blackmore Vale. Expect rolling countryside, welcoming village cafés and a ride that blends history, scenery and great cycling.

SELF LED ROUTES

THE WAREHAM WANDER – 60KM (IDELICA FOOD STOP)



A true gravel adventure heading south towards Wareham Forest. This route takes riders through quiet Dorset countryside before entering the flowing gravel tracks of the forest. Part way through the ride you'll meet our festival food vendor, who will be stationed in the forest with the option of a meal deal or pre-ordered lunch delivery.

After a well-earned refuel, the ride returns through countryside and trailways back to the festival basecamp.

THE COASTAL ADVENTURE – 100KM (IDELICA FOOD STOP)



Our flagship route is the Coastal Adventure, a spectacular gravel journey from North Dorset all the way to the Jurassic Coast. You start by heading south, following historic railway paths and quiet gravel tracks as the landscape gradually opens towards the sea. Your reward? A swim in the sea and a well-earned pastry.

From the shoreline, riders cross the iconic Sandbanks chain ferry (just £1 for cyclists), before heading inland along the Castleman Trailway, returning through Wimborne and the Dorset countryside.

ROUTE OPTIONS

THE JURASSIC CLIMBER – 150KM (IDELICA FOOD STOP)



For those wanting a big challenge, the Jurassic Climber takes things to the next level. This epic route includes the dramatic Purbeck Ridgeway, adding serious elevation and some of the most spectacular scenery in Dorset. Riders will experience sweeping views across the Jurassic Coast, Dancing Ledge and the Purbeck hills.

It's a demanding ride, but one that rewards riders with unforgettable landscapes.

ROAD ROUTES 50KM & 90KM OPTIONS – (IDELICA FOOD STOP)



Discover some of Dorset's most scenic cycling routes. These rides take in quiet country lanes, rolling farmland, picturesque villages and stunning viewpoints.

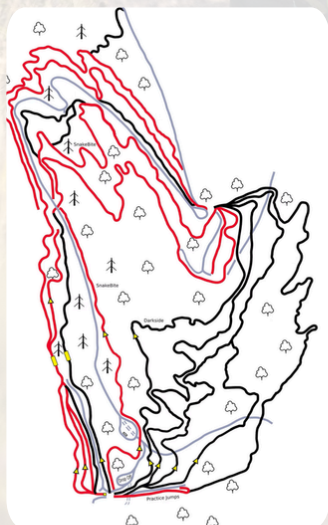
Classic Road Ride - 50km

A rewarding day on the bike with rolling hills, café stops and beautiful scenery.

Big Road Adventure - 90km option

A full-day challenge taking in some of Dorset's finest roads and views.

MOUNTAIN BIKING – OKEFORD HILL MOUNTAIN BIKE PARK



We're teaming up with Okeford Hill Bike Park to offer experienced mountain bikers the chance to take on more technical riding, including red and black graded trails.

Okeford Hill Bike Park is offering:

- Full-Day Uplifts: £38 (special festival rate)
- Pedal Pass: £10 (payable directly to the bike park)

Our ride leaders will guide a group ride to and from the festival site via a beautiful off-road route, with the journey taking approximately 30 minutes by bike each way.

If you're heading to Okeford Hill Bike Park, we recommend bringing a packed lunch as food options at the park are limited.



We've been working hard to bring you inspiring stories from women across the cycling community, celebrating their journeys, challenges and achievement on two wheels.

TANDEM WOW – AROUND THE WORLD BY TANDEM

Cat Dixon and Raz Marsden, better known as Tandem WOW, will share the story of their extraordinary record-breaking journey around the world on a tandem bicycle.

The pair set off from Oxford with an ambitious goal: to circumnavigate the globe on two wheels. Over 263 days they cycled more than 18,000 miles across 25 countries and five continents, battling storms, headwinds, extreme heat and the logistical challenges of crossing continents by bike.

When they returned to the UK, they didn't just complete the journey, they set a Guinness World Record for the fastest circumnavigation of the globe by tandem bicycle, and beat the previous men's record.

In this talk they'll share:

- What it really takes to cycle around the world
- The realities of long-distance adventure riding
- Teamwork and resilience on a tandem
- The highs, lows, and unforgettable moments from life on the road



Expect an honest, entertaining and inspiring story of adventure on a truly global scale.



HARRIET GRUEN – AN UNLIKELY ADVENTURE

Harriet Gruen's story proves that big adventures don't require years of preparation, sometimes they start with a simple decision to try something new.

After deciding she wanted to take on a major adventure, Harriet ruled out water based sports, bought a bicycle and in 2022 set off solo from France to Tajikistan to experience cycling the historic Silk Road.

With very little cycling experience, the first few weeks involved plenty of sore legs and a steep learning curve. But what began as an experiment quickly turned into something more, Harriet discovered a love for long days on the bike and the freedom of travelling by bicycle.

That first journey sparked an obsession with ultra-distance cycling. Since then, Harriet has raced several ultra cycling events and continued pushing her limits on long-distance challenges. In 2025 she set the new women's Fastest Known Time (FKT) for the UK Three Peaks – completing the challenge with the cycling between peaks included.

In her talk, "An Unlikely Adventure," Harriet will share:

- How a spontaneous idea turned into a life-changing journey
- The reality of getting to grips with bike packing while crossing continents
- Lessons from ultra-distance racing
- Why adventure cycling is more accessible than most people think

Her story is a powerful reminder that you don't need to start as an experienced cyclist to take on extraordinary challenges. Sometimes you just need to start pedalling.

CASEY GEMMA

After a life-changing spinal cord injury sustained during a mountain bike ride, Casey's world shifted in an instant. In this honest and powerful talk, she shares her journey of adapting to a new way of living, exploring both the highs and the lows that come with rebuilding life after injury.

From moments of challenge, frustration, and uncertainty, to rediscovering movement, purpose, and connection, Casey offers a deeply personal insight into what resilience really looks like.

Her story is not just about overcoming adversity, but about redefining what's possible and inspiring others.





MEGAN YOUNG – 6 MONTHS ON THE ROAD

Megan joins us to share the story of her six-month sabbatical spent bike touring and racing across South America and New Zealand with her husband, Angus.

The journey began in South America, where they spent three months riding from Colombia down through the spine of the Andes into Ecuador, Peru, Bolivia, and briefly Chile. Highlights included the vast Uyuni salt flats, the high-altitude loop around Ausangate, and the surreal experience of cycling through a herd of llamas in the mountains.

The second half of their trip took them to New Zealand, where they bought a van and explored some of the country's most iconic bikepacking and mountain bike routes. From the remote Old Ghost Road and the dramatic Paparoa Track to the trails of Queenstown Bike Park, it was a landscape built for adventure. During this time, Megan also took on the Tour Te Waipounamu - a solo 1,330km mountain bike race down the South Island, featuring over 30km of hike-a-bike.

To top it all off, Megan completed Lost Dot 101 in May, finishing 4th before a technical disqualification for riding on a motorway. A talk about big landscapes, endurance and the realities of long-distance cycling adventure.

CLAIRE GUY – PEDALLING TOGETHER: INCLUSIVE ADVENTURES

Claire Guy is a physiotherapist who has spent much of her career working with people living with spinal cord injuries. A passionate advocate for inclusive and accessible adventure, she has cycled, kayaked and skied alongside para-athletes and people with tetraplegia, helping to break down barriers to outdoor participation.



In her talk, Claire will share some of these inspiring experiences, with a particular focus on the challenges and excitement of cycling in Kenya in 2019, just before the COVID-19 pandemic. She has also taken part in cycling adventures with the charity *Regain* in South Africa, Cambodia and Vietnam, supporting tetraplegic hand cyclists on remarkable journeys. Based in South Wales, where mountains and coastline are never far away, she makes the most of every opportunity to get outdoors and embrace adventure.

SARAH SMALL – PEDALLING A DIFFERENT TUNE

In 2023, viola da gamba player Sarah completed a self-supported concert tour by bicycle, travelling 4,500km around the UK over 10 weeks. Carrying both her equipment and instrument, she performed concerts along the way while exploring more sustainable ways for musicians to tour. Join Sarah as she shares stories from the road, the challenges of life on two wheels, and what she learned from combining music, adventure and cycling.





Stand Up Paddleboarding

Enjoy an informal paddle on one of Dorset's hidden gems. Participants are welcome to explore the river at their own pace during the monitored sessions on Friday (see sessions on schedule)

If you have your own paddleboard, please bring it along. If you don't have equipment, we have a few boards available to borrow for a suggested £10 donation.

Safety Information

- A mandatory water safety briefing must be attended before entering the water.
- All loaned paddleboards will be checked before and after use.
- Buoyancy aids must be worn at all times (provided if required).
- A qualified paddleboarding instructor will be based on the riverbank throughout the session to deliver safety briefings and provide general safety oversight.
- Volunteer safety paddlers will also be present on the water to provide assistance.
- Participants are responsible for deciding whether conditions are suitable for them and must paddle within their own ability.
- Participation is entirely at your own risk.
- These are informal paddling sessions and do not constitute formal paddleboarding instruction or tuition.

Woodfired Sauna Sessions

We are delighted to be running sauna sessions across the weekend (see sessions on schedule)

This is a great opportunity to unwind and relax those muscles after a day of cycling. Even better when paired with a refreshing cool dip in the river!

Session details:

- Sessions last 20 minutes
- Included within your festival ticket

Please remember to bring:

- A towel
- Water to stay hydrated





Birchwood Physiotherapy Sports Massage

We're delighted to welcome Birchwood Physiotherapy to the Girls That Ride Bikes Summer Festival. Following on from your Saturday ride-out, come and take advantage of a free sports massage from the Birchwood team.

Available on Saturday, these sessions are designed to help ease tired muscles, improve recovery, and keep you feeling your best for the weekend ahead.

Session Information

- Free sports massage
- No booking required – simply pop along to the Birchwood Physiotherapy gazebo.
- Sessions will be allocated on a first come, first served basis.

Saturday
3 PM - 7 PM

Pilates and Yoga

Designed with cyclists in mind, these gentle sessions will help ease tired muscles, improve mobility and flexibility, and leave you feeling refreshed for the rides ahead or aid your recovery after a day on the bike. Our sessions are welcoming, relaxed, and suitable for everyone, whether you're trying yoga or pilates for the first time or practice regularly.

What to Bring

- Comfortable clothing you can move in
- A yoga mat (not essential, a towel will suffice!)

Good to Know

- Suitable for all abilities
- No previous experience necessary
- Included with your festival ticket

Friday sunset
9 PM

Sunday sunrise
7 AM



LONG SLEEVE & SHORT SLEEVE MTB/ GRAVEL JERSEY

Ride hard, look sharp. This long-sleeve technical MTB jersey is a collaboration with Stolen Goat, designed for comfort, durability, and style on all your Summer Festival adventures.

ROAD CYCLING JERSEY

Whether you're heading out for a long ride with a café stop, or a quick lunchtime loop, the Everyday SS Road Technical Jersey is perfect to chuck on and head out the door, and of course it comes pre-loaded with Stolen Goat design flair. Stolen Goat will be available on-site and some stock will be held in a variety of sizes for you to try.



FESTIVAL TEE

100% Cotton High Quality Tee
GTRB Logo on the front
Festival Illustration on the back



Illustrations by Lindsay James Illustrations

Please note that these t-shirts are made to order, so turnaround times may be slightly longer than usual. We appreciate your patience while we create your item. Delivery is free on all orders.

MORE DESIGNS ON OUR SHOP – CHECK THEM OUT!

SHOP NOW

SUGGESTED PACKING LIST



Cycling Essentials

- Bicycle (fully serviced before the event)
- Helmet *Mandatory
- Cycling shoes
- Cycling gloves
- Sunglasses or clear lenses
- Water bottles
- Nutrition (energy bars, gels, snacks)
- GPS bike computer and mount
- Front & rear bike lights
- Bike lock

Bike Tools & Spares

- Spare inner tubes x 2
- Tyre levers
- Mini pump or CO₂ inflator
- Multi-tool

Cycling Clothing

- Cycling jersey
- Bib shorts or cycling shorts
- Cycling socks
- Waterproof jacket
- Gilet/windproof vest
- Lightweight casual clothing for after rides
- Comfortable shoes or sandals

Camping Equipment

- Tent
- Sleeping bag
- Sleeping mat or air mattress
- Pillow
- Camping chair
- Head torch or lantern
- Power bank

Festival Essentials

- Phone and charger
- Cash for raffle tickets!
- Sunscreen
- Reusable coffee cup or water bottle
- Yoga mat if you have one!
- SUP if you have one!
- Swimsuit for sauna & river dips!
- Earplugs
- Small backpack or day bag
- Toiletries

Food & Drink

- Breakfast supplies
- Recovery snacks
- Electrolyte tablets
- Tea, coffee, or preferred drinks
- Reusable cutlery and plate

GIRLS
THAT
RIDE
BIKES

PARTNERS

THANK YOU TO ALL OUR PARTNERS FOR YOUR CONTINUED SUPPORT



BIRCHWOOD
PHYSIOTHERAPY



Amelia Johnson
PHOTOGRAPHY

