

# The NCC Tour

NATIONAL CYCLING CENTRE  
HOME OF BRITISH CYCLING



## How do I book an NCC Tour?

You first need to check availability with Sam Kelly, in our Bookings Dept. Phone 0161 230 2270 or e mail [bookings@nationalcyclingcentre.com](mailto:bookings@nationalcyclingcentre.com). Sam will then send you out a booking form, which needs to be sent back by return. Tours are offered weekdays between 10:00am and 4:00pm.

## How much does a Tour cost?

There is a minimum charge of £40.00 (for parties of 1 to 14), and for parties larger than 14, it is £2.70 per head

## Can we watch Team GB train during the Tour?

You would need to book a Tour between 2:00pm – 4:00pm on a weekday afternoon. There are different squads on depending on their training programmes, so you may not see Olympic champions. Team GB have between four and eight hours track time a day, but the squad programmes are not published or in the public domain. Some sessions are closed to the public, so please check in advance.

The Tour starts with our promotional DVD of the NCC activities.

Up to 60 can be accommodated on a Tour, but 20 is an ideal number.

A Tour can take place before or after a track session you may have booked, but 15 minutes is needed between the two activities.

NCC fact sheets are available for visitors.

Questions can be asked on training, fitness testing and coaching. We also welcome questions on Team GB, but they are an integral part of British Cycling, the national governing body of cycle sport in the UK, and NCC is a separate organization, so we may not be able to answer some questions.

If a group wants to have lunch or refreshments in the Velopark cafeteria, it is open each weekday between 8:00am – 8:00pm. You would need to advise when booking what refreshments are needed, or if booking lunch, what numbers to cater for.

