



## British Heart Foundation C2C Challenge

Greystoke Cycle Café Greystoke 017684 83984

Directly on the C2C route 300 yds LEFT beyond the village green

### Two Day Cycle Challenge

Your Cycle Challenge from West to East means you pass Greystoke Cycle Café en route around lunchtime on Day One. You will have managed the Lake District and the Whinlatter Pass and only the Hartside climb on the other side of Penrith remains between here your first night destination in Alston. It's not steep so much as long and less challenging than a lot of the Lakeland passes. You will be in need of a rest and a refuel.

Possibly you've snacked on sugary treats for the last 20 miles and you may well be in serious need of some longer lasting carbohydrates to get you through the 2<sup>nd</sup> half of the day and replenish some energy stores for tomorrow. A balance always works best.

**See below about Low GI foods if you don't already know.**

#### Special Challenge Menu available 11 til 6pm Saturday

If you email us with an indication of what you might need we'll hopefully be able to serve you quicker when you arrive

(if a warm day) ..Cold Pasta with Honey and Wholegrain Mustard Mayonnaise dressing & tender chicken pieces (veggie option available) & crusty bread £6.

(if a cooler day) Cyclists veggie chilli with brown or white rice, kidney beans lentils celery carrots cinnamon sticks served with creme freche and fresh coriander etc £6

Hot Tasty Pasta ...spaghetti served with crispy bacon pieces, chilli, parmesan parsley and wild garlic (vegetarian option available) £6

Bacon Sandwich £ 2.80 Beans & wholemeal Toast £2.95 (cheese topping 80p extra)

Home Made Soup served with 2 large slices of wholegrain bread £3.95

Hot Chocolate £1.80 Milkshakes with Ice Cream £2.50 Home Made Cordials £1.90 Coke £1 Cafetiere of Coffee £1.60 to £3.90 (3/4) Latte £1.80

Home Aga Baking Soft Cyclists Flapjack with apples/sultanas ~ Chocolate Brownie ~ Carrot Cake or Lemon Drizzle cake ~ Scones jam cream £1.75- £2.20

## Eating the right foods to last you through the day

....Many cyclists doing the C2C in 2 days take their lunch here on Day 1 and most go for one of our tasty easily digestible but slow burn dishes. ( GI- Glycaemic Index - low GI food such as pasta, rice, pulses etc raise blood sugar levels slowly and more evenly providing healthier longer lasting sustained energy levels necessary for endurance sports - as opposed to high GI food ie pure sugar - gives your body an uneven spike of energy and then you fade rapidly) - wholemeal pasta and brown rice are perfect and have lower GI than white rice/normal pasta .Eating only low GI foods is a sure way to lose weight. Usual cafe menu can be seen on our website though it may be limited during these hours.

Starting your day with porridge oats and runny honey ...or maybe beans on toast - or muesli is a good way to set you up. Always have plenty of water available. Use the sugary snacks you carry as extra energy supplies between the high carb main meals , rather than relying on them as your main energy source.