



For further details please contact:

Velindre Fundraising, Velindre Cancer Centre
 Whitchurch, Cardiff CF14 2TL
 T: 029 2031 6211
 E: info@velindrefundraising.com
 W: www.velindrefundraising.com



Velindre the Hospital of Hope is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales.

We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have

doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world. Donations to Velindre fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

We aim to provide the best care, when people need us most.

Our Majorca Bike ride will be a tribute ride to a great rugby player, family man and friend of so many including Velindre, Matthew J Watkins.

Matthew took part in several of our overseas bike rides and everyone on the trips loved riding with him, his enthusiasm and sense of fun helped make it a really enjoyable experience.

He had a huge commitment to raising funds for Velindre and was always great company when he supported our golf days and attended our fundraising lunches.



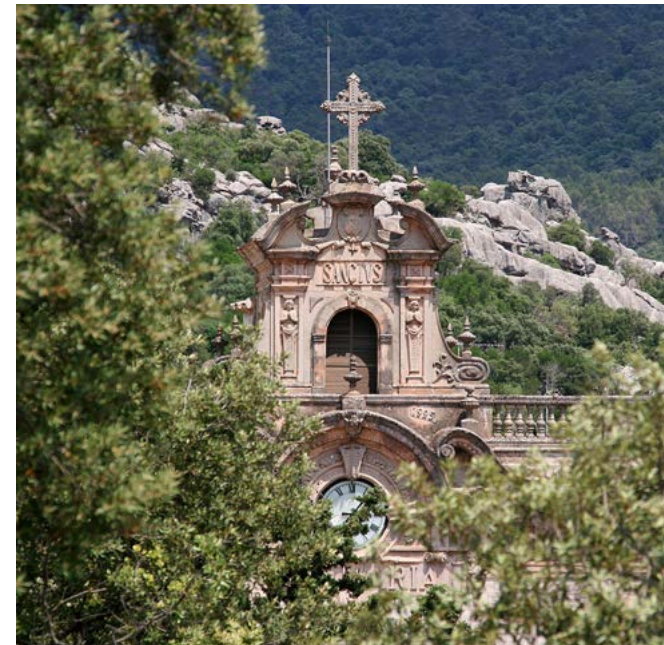
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 FUNDRAISING
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 No 1052501

Conquer Sa Calobra

A 3-day 390km road ride through some of the most stunning scenery in the world, including an attempt on the famous Sa Calobra climb!



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Join us on this spectacular weekend of riding!

Conquer Majorca's epic mountain climbs and descents, stunning coastline, rural flats and pass through sleepy Spanish villages peppered with orange groves.

Day One

Depart UK for Palma, Majorca

Met on arrival and transferred to our hotel just south of Port de Pollençà on the north east coast. This is where we will base ourselves for the next five days, the perfect place to conquer Majorca's classic rides. Before dinner we will have our bike fitting, meet our guides and prepare for the challenge ahead.



Day Two

130km/80miles

Across the island to San Salvador Monastery

Total elevation: 2907m

An early start and fuelling breakfast, we leave our hotel heading south cycling via the beautiful villages of Llubí, Sineu, Sant Joan, Villafranca, Felanitx to the 5km climb up to the San Salvador Monastery, where we will stop for lunch.

From here we loop back via Maria, Muro and Sa Pobla. It's an undulating ride across the middle of the island, which serves as a fantastic introduction to Majorca its beautiful lanes, almond blossom trees and fields of growing citrus fruits. Time to rest on the return to our hotel and have a cool off in the sea or pool before dinner.

Day Three

120km/74miles

Conquer Sa Calobra

Total elevation: 1452m

A tough and exhilarating day lays ahead! Heading west, our first climb takes us towards Lluc Monastery and then along the stunning coast road before dropping down the Sa Calobra – the climb made famous by Team Sky and a climb you need to descend before you turn around and climb it! The descent is beyond description – 12kms of hairpins, switchbacks, 360 degree turns through tunnels, fast straights and chicanes – a total descent and ascent of 800m! We then retrace our route back to Lluc Monastery before the amazing one-road descent back to the old Roman Town of Pollençà and our hotel.

Day Four

140km/87miles

The big climbing mountain day!

Total elevation: 3214m

Our final day to conquer the islands Tramuntana Mountains. We ride via the famous Camanet Lane to Selva, Lloseta

and towards Allaro, to the first climb into the stunning Orient Valley, before a technical descent towards Bunyola and a well-deserved coffee stop! Leaving Bunyola, our route climbs the beautifully engineered Soller Road where we stop at the top for lunch. From here it's an amazing descent down into Soller town, before we start the tough 14km climb of Puig Major – the highest road on the island. On the descent we pass the Gorge Bleu before picking up the coast road back to the Lluc Monastery and the wonderful descent off the Col de Femenia – an incredible days riding and finish to our epic weekend. Tonight, we celebrate our achievements with a special dinner.

Day Five

Free day

Free day to relax and enjoy the lovely surroundings on this wonderful island.

Day Six

Departure

Free time to enjoy the pool and beach before we head back to Palma and our flight home.