

How much will I need to raise and what's included in the trip?

To book your place on the trip each participant will need to pay an entry fee of £100. Each participant will need to raise £2,500 in sponsorship - this is a lot of money, but we have experienced staff that will help and support you with your fundraising.

Included will be:

- 5 nights hotel in twin rooms (4* hotel)
- Return flights from Wales
- UTC Bike Leader
- Expedition Medic
- Carbon Road bikes (less than 2 years old all equipped with Shimano 105 group sets chain set 34/50 cassette 11/32)
- Bike guides, bike mechanics and support vehicle
- Airport transfers upon arrivals and local transfer
- Full board throughout the ride apart from lunch on days 1, 5 & 6 (including snack stops with gels, energy bars)
- Celebration dinner

Not included:

- Personal expenses (drinks etc.)
- Single supplement
- Gratuities
- Personal travel insurance
- Lunch on days 1, 5 & 6



Can I cover the cost of the trip myself?

Your initial non-refundable registration fee will meet some of the cost of travel, meals, equipment and general organisation. A percentage of these costs will also, however, come out of the money you fundraise - with an event of this size, this is inevitable. This means that each person that sponsors you must realise that a percentage of their sponsorship will be used to cover these costs. If you feel unhappy about this, you can talk to us about paying for the cost of your bike ride yourself (around £1200 depending on numbers) and fundraise for the remainder.



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.



Reg Charity
No 1052501

MAJORCA Bike Ride

27 April - 2 May 2022

Questions & Answers

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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How fit do I need to be?

This is a very challenging bike ride cycling nearly 400km over 3 days. You will need to train and prepare thoroughly beforehand. Vigorous training is paramount for your enjoyment and completion of the challenge. We will supply you with a training and fitness guide.

If you suffer from a medical condition you should seek advice from your GP. You will need to complete a medical form, and it is essential that you make us aware of any medical conditions you have before the event, or if any circumstances change leading up to the challenge.

What's the terrain like?

This is a road ride, and there are some long days in the saddle with gently undulating roads and some significant climbs each day. The average gradient of most climbs is around 5-6% although the famous Sa Colobra climb has a steeper section near the top of around 9% for a short stretch. This is the climb Team Sky used on its many Majorca training camps. You will need to practice climbing and descending and be comfortable riding up to 6-10hrs a day.

What happens if I get tired?

There will be regular breaks and rest stops. This is not a race and you will be able to go at your own pace. We will have back-up vehicles if you are unable to continue or need a rest.

What's a typical day cycling like?

Whilst we are cycling, we will be up at around 6.30-7.00 am! After an early breakfast, we will have a safety briefing by the Ride Director for all participants before we start cycling in our various groups between 8.30-9.00 am. We cycle for 3-4 hours in the morning and then stop for lunch.



In the afternoon we bike for a further 2-4 hours returning to our hotel. We aim to have cycled over half of the days distance before stopping for lunch.

Typically, we have a short stop mid-morning and mid-afternoon for water and snack stops (energy snacks/biscuits/fruit) depending on the ability of the group and weather. We will have a safety briefing prior to dinner about the next day.

What if people think my challenge is holiday?

This is NOT a holiday! It is a very challenging bike ride.

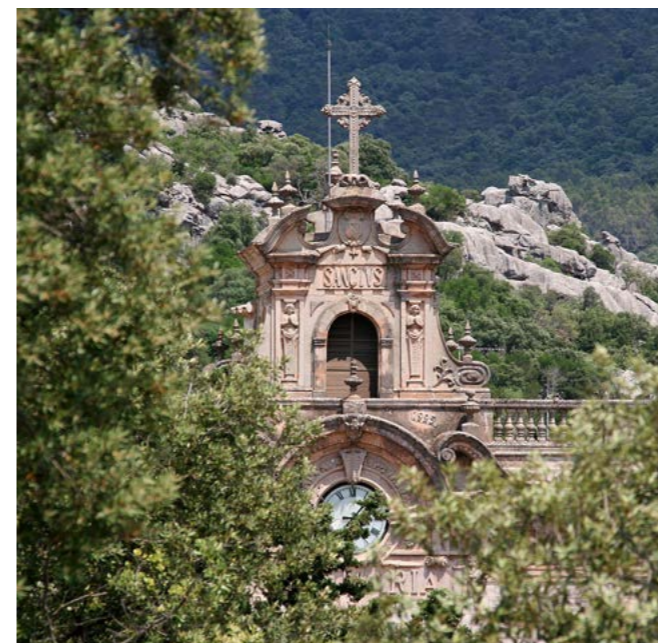
This is a packed schedule and you will be cycling the day after landing in Majorca; the route has some very challenging hilly sections, and you will be cycling nearly 400km in 3 days.

To participate, you will need to commit yourself to months of training and fundraising, and the money you raise will make a massive contribution to Velindre Cancer Centre.

On the actual event you will undertake a physically demanding, and often mental challenge. All these things take commitment, time and effort and are not to be considered an easy holiday.

What sort of back-up is provided?

You will have a representative from Velindre Fundraising; a medic (who carries a comprehensive medical kit), plus experienced local Ride Captains (first aid & mechanic trained) will lead the groups. Additional mechanics in the support vehicles will be on hand to fix problems and carry out repairs. The support vehicles will follow the group whilst cycling and set up water/snack stops. The support team members will have mobile contact and carry a satellite phone in case of emergencies.



What will we eat and drink?

Water will be provided for the ride. Tap water in Spain is considered safe to drink. Meals will be substantial. Energy bars, gels, snacks, etc. will be provided whilst cycling. If you feel that you would like to bring extra, please do.

Breakfast and dinner at the hotel are of fantastic quality and quantity, meaning that there is something for everyone to enjoy.

We will need to know in advance of any special dietary requirements to advise the team on the ground for the lunch stops.

Do I need any vaccinations?

No vaccinations are required for a visit to Majorca, but primary courses and boosters should be up to date as recommended for life in Britain. A great website that is regularly updated is www.fitfortravel.nhs.uk

What will the weather be like?

In April temperatures are pleasant for cycling. Daytime temperatures will be around 20-25°C, depending on where we are on the route.

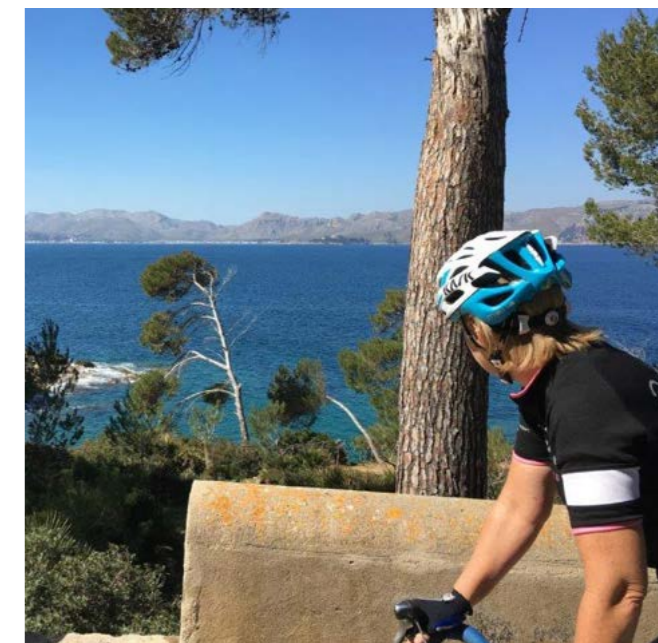
When we begin cycling each morning, temperatures may still be low, so it is important to wear layers that can be shed as the day progresses (these can be placed into the support vehicles).

Do I need any specialist kit?

We will supply you with a detailed kit list. You will need a helmet (essential, you will not be allowed to ride without one), cycling shorts, gloves and you can bring your own saddle (optional).

Will I be insured?

YOU are responsible for taking out adequate travel insurance to participate.



If you have an existing annual policy, we highly recommend you call and check that you are covered. We also recommend that you check you don't need pay an upgrade for this challenge.

Foreign and Commonwealth Office advice

We recommend that you periodically review the travel advice issued by the Foreign & Commonwealth Office, which relates to all aspects of your destination, at www.gov.uk/knowbeforeyougo

If the Foreign and Commonwealth Office advises against all but essential travel to Spain (due to the COVID-19 pandemic or local restrictions in place) in the lead up to the trip, The Ultimate Travel Company will offer Velindre an alternative itinerary or postponement to a later date as soon as is reasonably practicable.

Where will we sleep?

We stay in the same hotel throughout the ride. The room configuration will be twin share.

How much money will I need to take?

Approx. 250-300 Euros spending money should be enough for drinks, tips and some souvenirs.

Can I stay on after the bike challenge?

Anyone wanting to stay on after the event should contact UTC, (we will send you a flight extension booking form once you have signed up). The cost of extending the flight is approx. £95 per person and is strictly subject to availability and airline rules.

Do I need a visa to enter Majorca?

A visa is currently not required by British passport holders, please refer to the Spanish Embassy website regarding other nationalities.