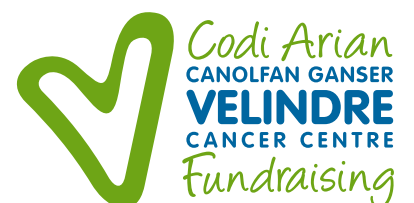


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The 3 Canyons Bike Challenge

On this 330 miles (530km) bike challenge we cycle through the states of Arizona, Utah and Nevada. We are spoilt with the opportunity to visit Zion National Park, Bryce Canyon and the Grand Canyon, culminating in a finish ride into Las Vegas.

The cycling will be a challenge at times, but the good long days and interesting climbs prove for an exciting ride, where the physical effort is soon forgotten because the images and experiences will remain in your memory forever.

Day One: 13 September

St George to Zion National Park 43 miles /69km

We start our challenge with a cycle north out of St. George. This is a great introduction to the area that is surrounded by seven National Parks, including those of Zion and of course the Grand Canyon. The Navajo sandstone makes photography and biking a double treat especially during autumn.



Our destination is Springdale which is bordering Zion National Park. For those that wish there is an optional afternoon drive or trek through Zion Canyon one of the most majestic vertical canyons in the world. Tonight, we have a typical meal in one of the local restaurants and enjoy the atmosphere in this very special town. Overnight in Springdale.

Day Two: 14 September

Dixie National Forest to Bryce Canyon National Park - 78 miles /125km

We have a transfer of approx. 2hrs to Iron County part of Dixie National Forest to start the ride today. This morning we experience climbs that rival some of the most famous European climbs for their difficulty. In Cedar Breaks National Park, we are rewarded with some of the most beautiful scenery in Utah as we literally ride into the famous Red Canyon and the Hoodoos where, supposedly Butch Cassidy and Billy the Kid the notorious outlaws once rode. We end the day with one of the most amazing views you can see in Utah at Sunset Point in



Bryce Canyon National Park. Overnight in Bryce Canyon.

Day Three: 15 September

Bryce Canyon National Park to Kanab 75 miles /120km

We head back to Red Canyon where we get back onto the main road and cycle next to the Sevier River. This section is undulating with some great descents past lots of Mormon settlements. Lots to see today including Utah Juniper and Ponderosa trees, plus a great ride to a German Bakery at 52 miles! From here still flat until Mount Carmel with the first significant hill around 60 miles to the summit at 6100ft – amazing views on the ascent!

After reaching the summit, we descend through open grassland before dropping into the ancient canyons carved by Kanab Creek, a tributary of the Colorado River (the wilderness contains some of the most interesting and significant rock art in the Southwest) before leaving Utah and entering Arizona and then back into Utah for our final push to Kanab. Overnight in Kanab.

Day Four: 16 September

Kanab to North Rim sign, Grand Canyon 68 miles /109km

For our penultimate day of cycling we pass through the Kaibab National Forest, following good roads making the morning climbing quite achievable as we make our way past Jacob Lake – known as ‘Gateway to the Grand Canyon’. From here we continue to the entrance of the North Rim of the Grand Canyon where



we transfer the final bit by vehicle as a group as large as ours is not allowed to cycle this final section. Seeing the iconic majesty of Grand Canyon National Park first-hand allows you to experience why it is one of the World’s natural wonders. The perspective you gain by peering over the edge and descending below its rim will fuel you with the determination to complete the final day of this challenging challenge tomorrow. From here we have a transfer to our overnight accommodation near the Hoover Dam (approx. 4.5hrs).

Day Five: 17 September

Hoover Dam Lodge to Las Vegas 34 miles /55km

The final day of this epic cycle challenge following Lake Mead, (the largest reservoir in America, located on the Colorado River, some 24 miles from the strip in Las Vegas) on a beautiful shoreline road with a very little traffic. We join some busier roads for our final leg into Vegas and our finishing line under the iconic ‘Welcome to Fabulous Las Vegas’ sign on Fremont Street, also known as ‘the original Strip’! This evening we celebrate our achievements with a celebration dinner! Overnight in Las Vegas.

Day Six: 18 September

We have the morning to take in more of the sights of Vegas, before departing on an overnight flight back to London.

Day Seven: 19 September

Arrive London



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Velindre 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. Access to radiotherapy is critical to improving patient outcomes for cancer.

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, and by 2020 one in two of us will develop cancer and 150,000 people will be living with a current or previous

diagnosis of this disease.

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 are used to 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.



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