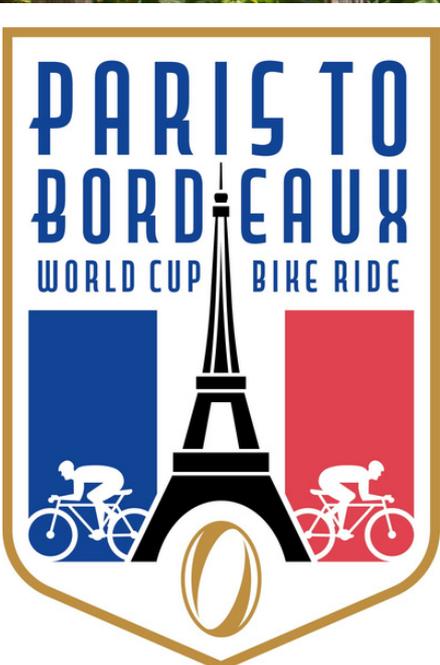
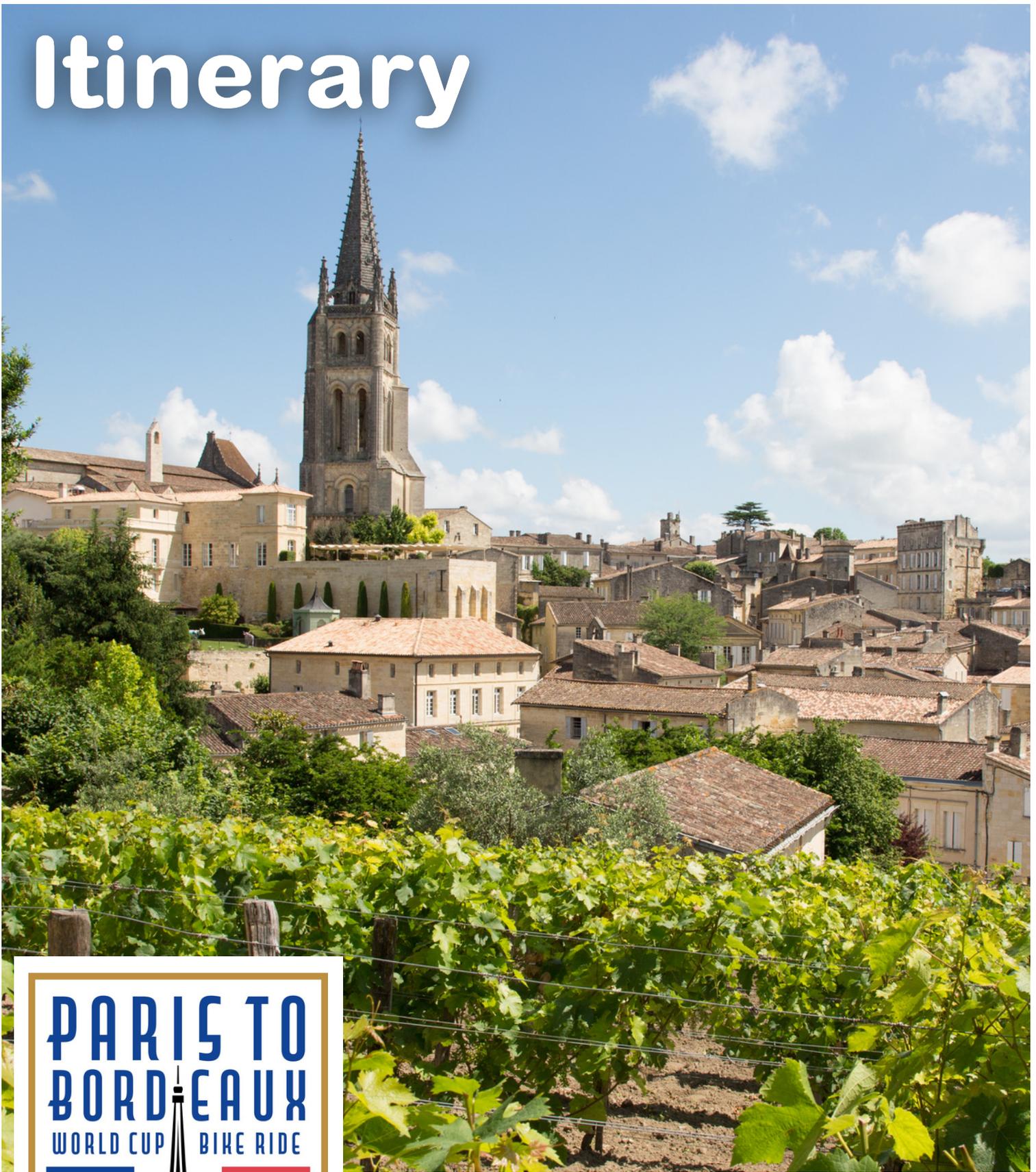


Itinerary



WORLD CUP BIKE RIDE Paris To Bordeaux

 Codi Arian
CANOLFAN GANISER
VELINDRE
CANCER CENTRE
Fundraising

 Registered with
FUNDRAISING
REGULATOR
Reg Charity
No 1052501

4-11 SEPT 2023

T: 029 2031 6211 E: info@velindrefundraising.com W: www.velindrefundraising.com



Join us on this incredible 5 day, 380 mile cycling challenge from Paris to Bordeaux.

Day One: 4th September

Travel Day

Our group will land in Paris and have the remainder of the day to explore the beautiful city.

We will reunite in the evening and enjoy dinner together followed by the final team briefing before setting off on the incredible challenge the next morning.

Day Two: 5th September

73 Miles / 117km

South of Paris to Orleans through the French Gâtinais Regional Natural Park

Total elevation: 1000ft

With less than 1,000 feet of climbing this is a great first day in the saddle. Orleans is nestled in the heart of the Loire Valley which is known around the world for its wine production.



Day Three: 6th September

78 Miles / 125km

Orleans to Tours with our route closely following the Loire River through the "Centre Val-de-Loire"

Total elevation: 1500ft

Climbing for the day is restricted to 1,500 feet. The majority of the day is cycling through the French Countryside with Blois being the former residence of the King of France.



Day Four: 7th September

74 Miles / 119km

Loire to Poitiers through the Cognac Country

Total elevation: 1000ft

74 miles with more stunning French Countryside and 1,000 feet of climbing. As we head south we leave the wine growing area of the Loire and enter Cognac Country. Our end destination will be the university city of Poitiers.

Day Five: 8th September

75 Miles / 120km

Poitiers to Angouleme

Total elevation: 2000ft

75 miles is our mileage today as you begin to realise the size of France. 2,000 feet of climbing so still relatively flat as we head south ending up in Angouleme known as "The Balcony of the South West".



Day Six: 9th September

80 miles / 128km

Leaving Angouleme and heading to Bordeaux, the finish line is in sight

Total elevation: 2000ft

One last effort for the remaining 80 miles into the centre of Bordeaux. The last 2,000 feet of climbing to conquer before wrapping up your bike and celebrating your achievement.



Day Seven: 10th September

Match Day

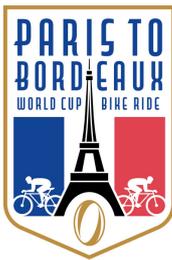
Today we have a free day to explore the city of Bordeaux. (Plans for this evening are yet to be confirmed due to match tickets not being released until September 2022 and the possibility of an alternative private event being planned for all participants to enjoy the game).



Day Eight: 11th September

Travel Day

The group will depart France and make their journey home with some amazing memories that will last a lifetime.



For further details please contact:

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Whitchurch, Cardiff, CF14 2TL

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Velindre, the Hospital Of Hope is Wales' Premier Cancer Centre and has been providing care, support and treatment to cancer patients and their families for over 65 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.

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