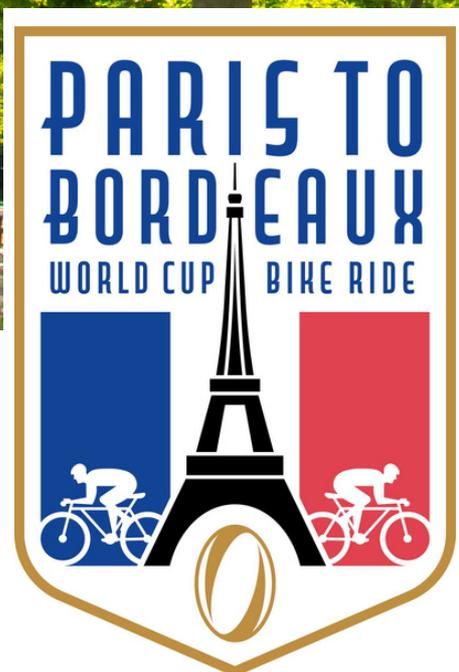


# Questions & Answers



## WORLD CUP BIKE RIDE Paris To Bordeaux



4-11 SEPT 2023

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### **Will I need to take my own bike?**

For this challenge, you will be required to take your own bike OR hire a UK bike to take with you. We will take care of the transport of all bikes HOWEVER you will need to purchase or provide an appropriate travel box and appropriate insurance for your bike. Without these, the ground crew will not transport your bike to France.

We recommend all bikes go through a detailed service ahead of the challenge to ensure they are in the best condition possible.

If you have any specific questions about taking your own bike, please contact the Charity team.

### **What will we eat and drink?**

Water will be provided for the ride. Tap water in France is considered safe to drink. Meals will be substantial. Energy bars, snacks, etc will also be provided at refreshment stops and lunch will be provided whilst cycling. If you feel that you would like to bring extra, please do. Breakfast and dinner at the hotel are varied meaning that there will be something for everyone to enjoy. We will need to know in advance of any special dietary requirements to advise the ground team.

### **What will the weather be like?**

In September, temperatures in France are usually pleasant for cycling. Daytime temperatures will be around 20-24 degrees, 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). The weather can always change unexpectedly so please come prepared with suitable kit for all eventualities .



### **Do I need specialist kit?**

We will supply you with a detailed kit list well in advance but you will need to take your own bike and helmet for this challenge. Transport of your bike is included.

### **Will I be insured?**

YOU are responsible for taking out adequate travel insurance to participate. We recommend [www.yellowjersey.co.uk](http://www.yellowjersey.co.uk) or [www.snowcard.co.uk](http://www.snowcard.co.uk) but others are available. 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 specific challenge.

### **Foreign and Commonwealth Office Advice**

Please visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for all updated advice prior to departing.

### **Where will we sleep?**

We stay in different hotels each night as we travel through the Country. The room configuration will be shared. If there is someone specific you would like to share with, please let us know in advance.



## How much money will I need to take?

We would recommend approx. 300-350 Euros spending money which will include cash for tips and souvenirs. As food is included, you will only require cash for drinks therefore we would encourage you to use your own judgement for this.

## Can I stay on after the Bike Ride?

You do have the option to extend your trip after the bike ride but participants will have to make their own arrangements in regards to flights and accommodation. We will however need to know your plans so that we can cancel your return flight.

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

To secure your place on the trip each participant will need to pay a non-refundable deposit of £200. Each participant will need to raise a further £3000 in sponsorship. This is a lot of money, but we have an experienced Fundraising Team who will help and support you with your fundraising ideas, activities and events. We also have a range of resources available to help you promote your fundraising activities. You will be able to count Gift aid towards your final fundraising total ONLY if it is raised online. It is the responsibility of each participant to manage their fundraising page and ensure their total accurately reflects the funds they have raised both online and offline.

## Can I cover the cost of the trip myself?

Your initial non-refundable deposit 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 £1500 depending on numbers) and fundraise for the remainder, 100% of which will go directly to Velindre Cancer Centre.

## What is included in the challenge?

- 7 nights shared accommodation
- Flights to France and return flights to the UK
- Transfers to and from airport in France
- IF a UK London airport is selected as best option, transfers will be provided to and from Cardiff.
- Experienced Ride Captains
- Medical support
- Experienced mechanics
- Support Vehicles
- Full board throughout the ride apart from days 7&8
- Snacks, energy bars, refreshments during the ride
- Celebration dinner

## What is not included in the challenge?

- Bike hire
- Personal expenses (drinks etc.)
- Single supplement
- Gratuities
- Personal travel insurance
- Food on days 7 & 8
- Any arrangements made to stay on after the paid return flight to UK.

## Some useful French phrases:

Bonjour! (Good morning, hello)

Bienvenue. (Welcome)

Pardon, excusez-moi. (Pardon, excuse me)

Parlez-vous anglais? (Do you speak English?)

Je ne parle pas français. (I do not speak French)

À tout à l'heure! (See you later)

Merci beaucoup. (Thank you very much)

Au revoir! (Goodbye)

De rien. (You're welcome)

Pourriez-vous m'aider? (Can you help me?)

Je ne comprends pas. (I do not understand)

Où sont des toilettes? (Where are the toilets?)



Reg Charity  
No 1052501