



Challenge Itinerary

2 - 8th November 2024

625KM IN 4 DAYS

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Join us on this 625km bike ride from Cocoa Beach to Key West, Florida - the southernmost point in the continental USA.

Velindre's Key West Bike Ride offers sensational skylines, bucket list destinations and fierce mileage consisting of 625km over four days.

Riding up the coastal highway through quaint towns, participants will journey from surf capital Cocoa Beach through Jupiter and Miami to finish in the famous Key West, Florida. Home to famous writers such as Ernest Hemingway and Tennessee Williams, Key West will be the final destination for our finish line celebrations as we soak up the coastal air.

Day 1: Depart London to Orlando

Day flight to Orlando. On arrival transfer to Cocoa Beach. Tonight, we will have a briefing about the challenge ahead.

Day 2: Cocoa Beach to Jupiter 118 miles / 189km

Today we begin our epic cycling challenge! After an early morning bike fitting, we begin in the quintessential beach town of Cocoa Beach home to world class surfing! Cycling over the Banana River we will encounter the amazing sites of mangroves, strangler figs, and gumbo limb, just to name a few species of trees. When we start the ride, we see our first glimpse of coastal habitat that is a cross between spooky and adventurous. We continue for our last push to our destination of the day, Jupiter along the twin coasts of Highway 1 and 1A.

Day 3: Jupiter to Miami 89 miles / 142km

We begin our ride today by saying goodbye to Jupiter and hello to Miami Beach. We will be riding through some of the most expensive real estate in Florida, and the US, home to most celebrities and professional golfers. While riding 142km today we will encounter coastal winds to push our thighs and calves to the limit. We will be rewarded with the peaceful Miami Beach to sit on while enjoying the sunset. Overnight in Miami Beach.

Day 4: Miami to Key Largo 81 miles / 130km

We leave the famed Miami Beach which is located above the Tropic of Cancer and follow Highway 1 to Key Largo situated in the Upper Florida Keys and is the self-proclaimed Dive Capital of the World. Our biggest part of today will be the ability to deal with the calf burning miles and humid salty air! The breathtaking views will make it all worth it.



Day 5: Key Largo to Key West 104 miles / 166km

The final day of our challenge. We depart Key Largo along the beautiful Highway 1 coastline to Key West, the southernmost city in the United States and only 90 miles from Cuba. Rich in history, arts, and culture, the 120-mile island chain is also home to the continental United States' only living-coral barrier reef, an amazing place to end our cycling challenge and the perfect place for a celebration!

Day 6: Departure day

Free day before onward journey to the airport for overnight flight to London.

Day 7: Arrive London Heathrow

Please Note:

We can extend your stay at the end in Key West at own expense.

*This itinerary is complex and subject to change.



For further details please contact:

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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 areas and resources 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.

