

The challenge of a lifetime...
...for the charity of your choice

Milan to Monaco

Cycle

Italy



France



**Cycle 235 miles from the fashion capital of Europe
to The French Riviera!**



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**GLOBAL
ADVENTURE
CHALLENGES®**

From the splendour of Milan to the magnificence of Monaco...



Your cycle challenge...

... is to cycle approximately 235 miles with 3 days in the saddle, from the beautiful and sophisticated Italian city of Milan, all the way to the coastal resort of Monaco, playground of the rich and famous. This tough but unique cycling challenge takes in the foothills of the Maritime Alps and the coast of the French Riviera. A stunning ride through the best that Italy has to offer, leading to the R&R of the Riviera!

Your itinerary...

Day 1 Meet in Milan

Milan is a stunning city and this is a wonderful opportunity to browse the high fashion arcades, the medieval castle and the famous 'wedding cake' Duomo... or just grab a slice of pizza in Piazza Duomo and soak up the atmosphere.

We will provide a scheduled transfer from local airports to our hotel, where you will be able to get to know your fellow cyclists and relax and prepare for the challenge ahead.

Day 2 Milan to Torino

Today is the longest day of cycling so our challenge begins early in the morning. It's not too long before we are cycling in a south westerly direction through the beautiful Italian countryside and its gorgeous medieval towns and villages. We arrive at our overnight destination of Torino (Turin), which is famous for being the home of Italy's royal family. Turin is a large city with a fine, aristocratic atmosphere, old world shops, sophisticated grand boulevards, palaces and leafy parks.

Cycling distance – approx. 103 miles





**Day 3
Torino to Cuneo**

After breakfast in our hotel, we leave the ancient city of Turin behind us and head south towards Cuneo which is our overnight destination today. It lies at the foot of the Maritime Alps (the southernmost part of The Alps), which will give us stunning views on our right hand side as we cycle. Cuneo is situated on the picturesque alpine river of Stura di Demonte and during World War II, was one of the main centres of partisan resistance against the German occupation of Italy.

Cuneo's specialty is chocolate with a unique rum-based filling! Many famous people have stopped by to taste the famous 'Cuneesi al rhum', including the writer Ernest Hemingway in 1954.

Cycling distance – approx. 60 miles

**Day 4
Cuneo to Monaco**

Today we embark on the last day of this fascinating cycling challenge and head towards the playground of the rich and famous on the French Riviera – Monaco. Although the cycling will be tough with climbs and descents, there will be an air of excitement building as we near our destination on the French coast!

After a tough three days of cycling, tonight will be the night to let your hair down, toast your achievements and sample the delights of this magnificent town at our celebration dinner!

Cycling distance – approx. 72 miles

**Day 5
Return to UK**

After breakfast it is time to say our goodbyes and farewells as participants make their own way back to the UK after a tough but memorable experience.

If you have requested it, your bike will be waiting for you at the pre-arranged collection point in the UK.

(Itinerary correct at time of printing and strictly subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 3 consecutive days, covering approximately 235 miles in some hilly terrain, so expect to be in the saddle for about 7-8 hours per day – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

We will stay in local hotels en route, which range from 2* to 3* – remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves – other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food matters...

All meals will be provided from breakfast on day 2, through to breakfast on day 5. Whilst cycling, we will either stop at local cafes/restaurants or eat at open air buffets – this depends on the size of our group. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

All accommodation, breakfast, lunch and dinner on days 2, 3 and 4, breakfast on day 5, water/ refreshment/snack stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers or cycle guides, English speaking guides, mechanic and medical support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

Transport from UK to Milan, transport from Monaco to UK, dinner on day 1, lunch and dinner on day 5, alcoholic drinks and tips, bicycle hire – it is requested that all participants bring their own bike – road bikes are highly recommended, optional transfer of bicycles from London to Milan and Monaco to London, bicycle insurance, travel insurance.

How do I transport myself and my bike?

We do not arrange flights for this challenge, enabling you to take advantage of the many competitive fares to and from different cities in the UK. We need a minimum number for this trip to run, and booking your flight before you are advised the trip is guaranteed is entirely at your own risk. Please be aware that some flights allow little flexibility if you need to change them. You must ensure that you inform your airline that you will be travelling with your bike when you book or please ask us about optional bike transfers.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenge leaders from the UK. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle will follow the group providing medical and mechanical support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the challenge ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and are allocated on a first come first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

Can you make it 235 miles
from Milan to Monaco?

Register online today!

www.globaladventurechallenges.com

