

Book your place today!

For more information...

Online: www.sarnhelensportif.org
Email: info@sarnhelensportif.org
Phone: 07824 325 186
In person: Best still, go to Action Bikes in Swansea and ask for Dicky. He'll talk you through the whole event, discuss your riding experience, and make an informed judgement as to your fitness.

**PEDAL
PARIS2
SWANSEA**
August 22 - 26
2012



In aid of
maggie's
cancer caring centres

South Wales
Evening Post



Presents

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FAQs

How much do I have to raise?

You need to pay £150 upon registration to confirm your place, but this is then included in the total sum to be raised of £1500.

What's included?

All air fares, ferry crossings, hotel accommodation, food (except evening meal), luggage and bike transportation, repairs and maintenance whilst on the ride, and a Maggie's Paris2Swansea 2012 cycle shirt. This whole package is free of charge.

How fit do I need to be?

You don't need to be a fitness freak to do this trip, there may well be plenty of people who are novices riding with you. We will make an assessment of your ability to complete the ride, and provide you with a training plan that we encourage you to stick to, in advance of the event. Don't worry, we'll provide advice and support to you at every step.

For more FAQs, go to www.sarnhelensportif.org

PEDAL PARIS2 SWANSEA

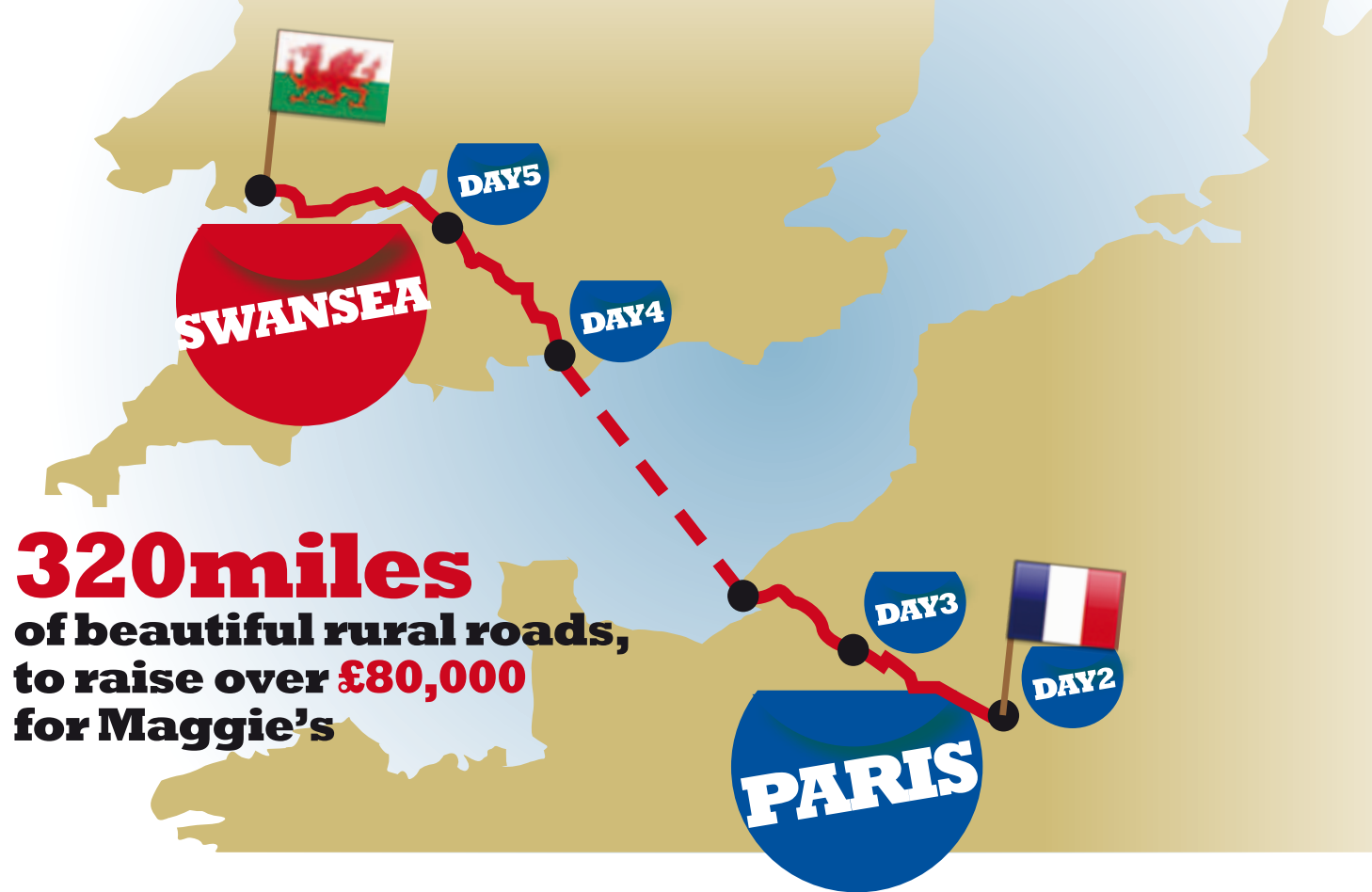
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Action Bikes of Swansea have teamed up with the South Wales Evening Post to raise money for Maggie's Cancer Caring Centres.

Come and join us on the **Pedal Paris2Swansea** bike ride, a fantastic charity challenge starting from the capital of France, through rural countryside, over the channel, into sleepy England, and on to the heart of South West Wales, finishing at Morgans Hotel.

You'll be joined by over 100 equally enthusiastic individuals who are all in it for the same reasons; to raise funds for a worthy cause, make a few friends along the way, and get a real sense of achievement.

Setting off August 22
Don't miss the boat!



Itinerary

Here is an overview of what to expect from each day on the ride.

Day1 Travel to Paris

Day2 **Paris to Val de Reuil - 75 miles:** Early morning departure cycling west out of Paris, bells ringing. Along the River Seine, taking in the beautiful Vernon Gardens, all the way to Val De Reuil.

Day3 **Val de Reuil to Le Havre - 75 miles:** The Seine is again our passage after breakfast, cycling through quiet rural roads, to the source of this magnificent river. La Havre crossing to Portsmouth - arrival aprox. 21:30

Day4 **Portsmouth to Bristol - 80 miles:** Riding through the New Forest, and the English countryside to the spiritual home of Brunel.

Day5 **Bristol to Swansea - 85 miles:** Leaving Bristol under the Suspension Bridge, we cycle through Cardiff, and home to Swansea for the celebratory ride down Fabian Way.

About...

Action Bikes, Sarn Helen Events and the South Wales Evening Post are proud to be organising this prestigious event to raise money for Maggie's Cancer Caring Centre in Swansea.

We have raised in excess of £60,000 for Maggie's before, and with your help, this year we hope to reach over £80,000.

We have vast experience and our previous rides have included Paris to Barcelona, and Rome to home. Our expert team will guide you through every step of the way, in preparation, and on the ride itself.

Maggie's is about empowering people to live with, through and beyond cancer by bringing together professional help, communities of support and building design to create exceptional centres for cancer care.

Maggie's Centres are for anyone affected by cancer. They are places where people are welcome whenever they need help – from just being diagnosed, or undergoing treatment, to post-treatment, recurrence, end of life or in bereavement. For more information go to www.maggiescentres.org