



## 19th–23rd September 2019

Extra Mile Challenges launches its 500 mile 2019 team relay cycle challenge to raise funds for charities

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*“Empty roads, fantastic route, brilliant scenery and perfect route arrowing – a cyclist cannot ask for more.”*

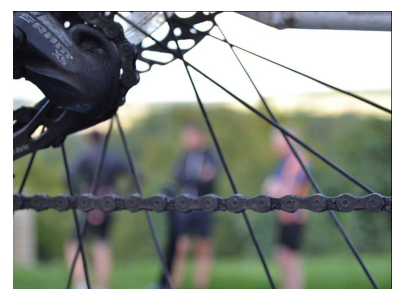
*“Amazing value, the hotels, meals, gala dinner and channel crossing must cost more than the entry fee – many thanks to your commercial supporters.”*

*“I know my local roads very well so I just love my annual adventure on the continent with Extra Mile.”*

*“I entered before you said where we are going – I know that Extra Mile always delivers a brilliant cycle experience.”*

*“It's not just about the cycling – it's the friendship, camaraderie and total experience that's so amazing.”*

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# The Route

Our first two nights are based just north of Metz in the French Moselle region.

**Day 1** will be a loop out and back to Metz incorporating some of the most picturesque roads of the Moselle, the vineyards and forests around Trier in Germany and Luxembourg. It is always interesting to cross borders and notice the different features, feel and architecture.

**Day 2** we head north west following broadly the French/Belgian border to the city of Valenciennes. Our route will include the large regional wildlife parks of the Ardennes and L'Avesnois. Our first two days will not be without a few climbs to keep the thighs warm and provide remarkable scenery.

**Day 3** will take us north of Valenciennes into the West Flanders region of Belgium to finish in the magnificent historical city of Ypres. We will tour famous areas and WW1 sites around the Salient. Flanders is flat (well mostly!) but has some beautiful roads and villages.

We have planned another grand finale gala evening which we guarantee will be most moving. We should all attend the 8pm "Last Post" ceremony at the Menin Gate before dinner in the stunning historic city centre.

Our journey out to Metz is about 4 hours from the channel tunnel whilst the return from Ypres is just 1 ¼ hours.

## Cost

Thanks to our generous commercial supporters, the standard team entry fee is just £1,596 (£399 per person for a team of 4!). To reserve your place, you can either pay a £200 deposit or the entry fee in full! Any balance of entry free is due by 30 April 2019.

Sign up as soon as possible to avoid disappointment - completion of the team reservation form and payment of deposit reserves a team place on first come, first served basis. Procedures are shown on our website.

## Raise money for your favourite charity

Our first 16 challenges have raised over £1.5m spread across 290 different charities. 75% of your team's sponsorship goes to the charity of your choice. The remainder (plus all gift aid claimed) goes to two others chosen by the Organisers and to Rotary charitable funds. As in prior years, each team must raise a minimum of £1,200 sponsorship by 20 December 2019 as a condition of entry.



This year's Extra Mile Charities are:

**Parkinson's UK** - Registered Charity No. 258197 - [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Sue Ryder St John's Hospice Bedford** - Registered Charity No. 1052076 - [www.sueryder.org](http://www.sueryder.org)

[www.extra-mile.org.uk](http://www.extra-mile.org.uk)  
[entry@extra-mile.org.uk](mailto:entry@extra-mile.org.uk)

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