

**22<sup>nd</sup> - 26<sup>th</sup>  
September 2022**



**500 mile  
sponsored  
cycle relay  
across rural  
France**

**Back in  
France for  
our 20th  
Challenge!**

To enter please email: [entry@extra-mile.org.uk](mailto:entry@extra-mile.org.uk)

## Discover La France Profonde on 2 wheels and raise money for your favourite charity

Extra Mile Challenges organises everything: Channel crossings, hotels, meals (including our fabulous end-of-Challenge gala dinner) and arrowed cycle routes which open up the hidden France few tourists see. Our experienced course marshals are there to keep you safe and on track.

## Enter in teams of 4

Teams ride in relay, mostly on quiet minor roads. Each cyclist needs to be prepared to cycle around 45 miles a day, typically in 4 or 5 stages. Suitable for experienced and amateur cyclists- ride at your own pace, but get back for dinner!

## Get sponsored

Your chosen charity gets 75% of what you raise, with the other 25% (plus gift aid) going to the organisers' charities. We only ask each cyclist to raise a minimum of £300 in sponsorship (£1,200/team)

## Have fun

Teams return year after year to enjoy the superb camaraderie. Whether supporting each other out on the road or swapping stories over dinner, you'll love the Extra Mile experience.

## Where we're going

We cross the channel on Thursday 22 September and drive to our hotel in Dijon, famed for its mustard, where we stay for 2 nights.



## Day 1 - Friday 23<sup>rd</sup> (170 Miles)

The Challenge begins with a circular route, heading north into the Pays de Langres. Here, in the Parc National de Forêts, look out for wild cats and the black stork which adorns the park's emblem. The route returns us to our hotel, where dinner awaits.

## Day 2 - Saturday 24<sup>th</sup> (170 Miles)

We say "adieu" to Dijon and ride east towards Besançon and the Swiss border before turning west into the heart of Burgundy's famous vineyards and our home for the next 2 nights: Beaune.

## Day 3 - Sunday 25<sup>th</sup> (160 Miles)

Today we test ourselves in the Morvan hills. The Parc National Regional du Morvan is a land of crystal clear waters, striking granite landscapes and traditional villages.

The route returns us to our hotel, where the Challenge ends. That evening, we celebrate our achievements at a gala dinner in the Hospices de Beaune, one of France's most prestigious historic monuments and wine estates.



## About Extra Mile Challenges

We are a registered charity (no. 1100243) which raises money for other charities nominated by participants in our events. We are a voluntary organisation and we distribute 100% of the team sponsorship to charity with no deduction for administration or event costs.

We are supported by the Rotary Clubs of Bedford Park (BP) and Milton Keynes Grand Union (MKGU). In return they nominate one or more organisers' charities which receive 25% of teams' sponsorship.

## What you'll need

A support vehicle capable of carrying up to 4 bikes and 4 team members. A saloon or estate car with cycle racks works well. Larger vehicles may be subject to extra charge.

Bikes that can go the distance. Road bikes are fastest and best, but hybrids and mountain bikes are sometimes used. We're relaxed about electrically-assisted bikes- you still have to pedal!

## To enter

The team entry fee is amazing value at just £475 per person (£1,900 per team) which covers:

- Channel crossings for team members, support vehicle and cycles.
- 4 nights' hotel accommodation in twin rooms, including breakfast.
- 4 nights' dinner, including gala dinner on last night.
- Route directions, arrowed junctions, course marshals, brilliant cycling on mostly empty roads.

**To enter please email:**  
**entry@extra-mile.org.uk**

## Don't miss out

Hotel constraints, limit entries to just 33 teams. Reserve your place now with a £400 deposit. Entries close on 1<sup>st</sup> July when full balance of Entry fee is due.

## Discover more online

[extra-mile.org.uk](http://extra-mile.org.uk)

[facebook.com/  
extramilechallenges](https://facebook.com/extramilechallenges)

## Organisers' charities



**PROSTATE  
CANCER UK**



**CarersMK**



## Our sponsors

By sponsoring our event, these generous local businesses keep your entry costs low:



**BIG ROCK**



**DELOMAC ROOFING**  
Flat Roofing Specialists

