



Tour de Normandy 2015

4 day cycle from Cherbourg to Caen



This fabulous four day cycle from Friday 9th to Monday 12th October 2015 will take in some of France's most scenic countryside. The route incorporates roads that are established cycle routes and busy roads are avoided as much as possible.

After an early ferry from Portsmouth to Cherbourg on Friday 9th October we have a full afternoon of cycling that begins as soon as we arrive in France. We then have another three full days cycling from Friday to Sunday. We will cover a total of 200 miles.

Cyclists have the option stay in Caen on the night of Monday 12th October for a celebration meal or to get the ferry back to Portsmouth on the Sunday night in time to return to London that evening.

The Normandy countryside is stunning and we meander through many typical French villages stopping regularly for lunch and breaks. There is a combination of both coastal cycling and cycling through the countryside. There are a limited number of hills and most people will be able to complete this challenge with a reasonable amount of training prior to the event.

Support New Ways

New Ways works to support health, education, water and agricultural development projects in Africa with the majority of our funding going to the Turkana region of northern Kenya. Our focus is on projects that are sustainable and provide a basis for the long term development of a community or region, mostly in areas that are particularly remote or deprived. We aim to support small to medium sized projects which have long term benefits to people living there. Support our work by challenging yourself!

REGISTRATION

Your registration is £150 with a minimum sponsorship of £1,300 (total costs are £800).

Participants are asked to bring their own bike and helmet.

Your package includes:

- Accommodation, all meals, and snacks for each day of the challenge
- First Aid qualified guides
- Luggage transfer during the trip
- Two support vehicles
- Basic bike maintenance
- All relevant insurances

To register please complete the form below and return to:

**New Ways c/o Docherty
10 Liberia Road
London N5 1JR**

For more details on this Tour de Normandy cycle challenge please contact Stephen on 07802 286584 or at stephen@sdbm.co.uk

Registration form (cheque for £150 enclosed)

Name

Address

.....

..... Post code

Day time telephone number

Evening telephone number

Email

THANK YOU!

Your support of the NEW WAYS Tour de Normandy 2015 cycle
is very much appreciated.

