



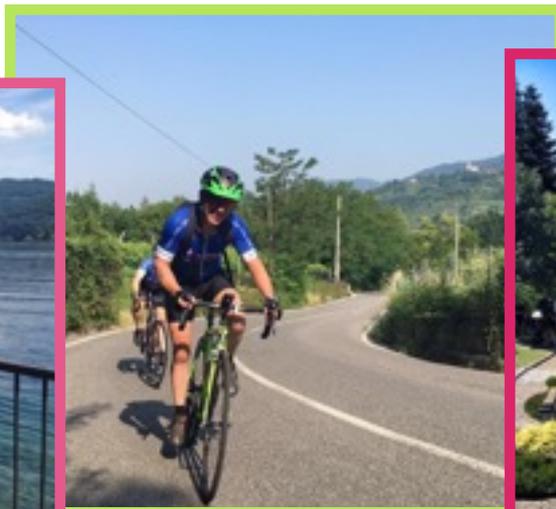
prevent
breast
cancer

11-16 September 2017

The Italian Job!

Cycle over 320 miles along the lakes and through the mountains, whilst raising funds and awareness for Prevent Breast Cancer.

Itinerary



Day 1 - Arrive in Novara:

On arrival in Novara you can check into your hotel and spend your free time exploring the hotel spa and other amenities. You will meet the crew at registration this evening, who will give you details of your first day of cycling. Your bikes will have arrived safely in advance and will be ready and waiting for you to start your challenge. As participants will be arriving throughout the day and evening, tonight's evening meal is not included but there are dining facilities at the hotel and in the nearby town.

Day 2 - Novara to Stresa:

Approximate cycling distance 80 miles

Heading straight out into the countryside from the hotel, you can warm up your legs along flat, winding, country roads, as we head north towards the lakes and mountains. A long, sweeping downhill run will take you to the first of your Italian Lakes - Lago Orta! Enjoy lake views as you follow its Western shore before climbing up through mountain gorges to your second lake - Lago di Mergozza. Depending on your legs you can choose your afternoon's route at this stage. Heading out together from lunch to the Nature Reserve 'Fondo Toce' you can either follow the route South, along the shore of Lago Maggiore or you can enjoy an afternoon of short, sharp up hills and technical downhills. The two routes meet again in the beautiful town of Verbania, before heading along the lakeshore to Stresa, where you can enjoy a drink and a dip in the pool at your lakeside hotel.

Day 3 - Stresa to Como:

Approximate cycling distance 71 miles

This morning you follow the shore of Lago Maggiore. Stop for a coffee in Arona's cobbled square before heading north along Maggiore's opposite shore to Angera. Sitting under the gaze of Angera's impressive hilltop monastery, dangling your feet in the water, you can take a relaxing break before heading across country, where things start to get a bit hillier on your way to Switzerland! You will cycle past Lago di Monate and Lago Varese on your way to Lago di Lugano and the Swiss border. Shortly after crossing the border you will have lunch, where you can wander down to the lakeside to enjoy your meal. After lunch we continue along the lake shore and back to Italy, enjoying some incredible switchbacks on the descent. Our next destination is Lago Como and the city of Como itself, where you can head up to the rooftop of your hotel to enjoy another well deserved drink and a dip in the pool on the rooftop terrace.

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Itinerary Continued

Day 4 - Como to Lovere:

Approximate cycling distance 86 miles. Add 10 miles for The Madonna!

Today is the day you have been training for! Riding out of Como you will start to climb above the eastern edge of Lago Como, affording you the most spectacular views across the water. The smooth tarmac winds and dips along the lakeside and through quaint villages perched on the hillside, taking you all the way into Bellagio, where you will have your first drinks stop at the waters edge and a chance to take coffee in town.

You have another choice at this point today. If the undulations of the last 19 miles have been enough for you, you can continue along the lakeside, where the route flattens out, all the way into Lecco. Alternatively you can tackle the MADONNA! A cyclists pilgrimage, the Madonna del Ghisallo is named after the patron saint of cycling and climbs 500m at an average gradient of 9% to a chapel and museum (with a cafe) at the top of the hill. For those who take on the challenge, you will be rewarded with an incredible descent over 10 miles, where you will join the main route on your way to Lecco.

After lunch and the challenges of the morning you will have a long, flat spin out, to cover some distance between Lago Como and Lago Endine to the east. As you reach the last 20 miles you will hit another climb, but will be rewarded with the most incredible views and sweeping switchbacks as you work your way down to Lago Endine and over the last hill to Lago Iseo and your hotel for the night.

Day 5 - Lovere to Verona:

Approximate cycling distance 91 miles

Although today is a flatter route, we still have a fair distance to cover before we cross the finish line in Verona, so after breakfast we get our cleats back on and hit the road! We follow the eastern edge of Lago Iseo, making the best use of the cycle path, to get away from the traffic and enjoy the views over the lake. As we pull away from the lake, we wind our way between the vineyards before reaching our first big hill and our lunch stop. Once over the crest of the hill, we can enjoy the descent, as we make our way to Lago Garda. Cycling along the lake's edge, we cross small bridges and ride down cobbled streets, where you can stop for a coffee and watch the world go by. As we hit the final stretch toward Verona you will start to feel the excitement of your journey coming to its climax. We will meet at a holding point and cycle the last few miles together, through the city streets, over the bridges and into the famous Piazza Brà, where you can celebrate with your team at the end of another successful Chapeau ride!

Day 6 – Departure Day

After a leisurely breakfast, the event comes to an end. Your bikes will be safely transported back to the UK leaving you hassle free to continue with your onward arrangements.

Chapeau Events reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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Frequently Asked Questions



What's Included?

- Full bike transport from the UK and back, if required.
- All accommodation
- All meals except one as specified in the itinerary.
- Complete transport of luggage between hotels during the ride
- Full trip support including mechanics, first aid, drivers and full route support
- Water stops
- Celebration meal in Verona at the end of your ride.

What's Excluded?

- Flights and transfers, both inbound and outbound
- A bicycle
- Personal travel insurance
- Evening meal on day 1
- Drinks, personal items or entry to any optional tourist sites you may wish to visit.
- Remember to allow extra for drinks, snacks, souvenirs and other personal expenses.

We strongly recommend you carry a credit card in case of personal emergency.

What can I expect from your accommodation?

Accommodation is in 3-4* hotels, picked for their proximity to our route. All the hotels we choose are excellent with en-suite facilities, offering exceptional value for money; standards however may vary between the hotels. The price of this trip is based on two people sharing a room. If you are travelling on your own don't worry, we will pair you up with somebody in a similar position. You can also opt for a single room, but this will incur a supplementary charge.

What food is included and does it cater for all diets?

Evening meals and breakfasts will be provided at the hotels, apart from the evening of day 1 as specified in the itinerary above. Lunches are provided by Chapeau Catering and are a generous buffet-style (hot and cold) with plenty of energy food to keep you going! In addition, we will provide refreshments at each cycle checkpoint of which there will be 2 each day, in addition to lunch of course and consisting of water, juices and high-energy snacks – 1 in the morning and 1 in the afternoon. Chapeau can cater for all special dietary requirements provided you let us know well in advance of the trip.





How much does it cost?

You will need to pay a £100 registration fee, to secure your place on the challenge and we then ask you to raise a minimum of £1500 for Prevent Breast Cancer, half of which needs to be raised eight weeks prior to the event, since part of your sponsorship will be used to pay for your place on the ride.

How will I get my bike to and from Italy?

There will be pre arranged drop off and pick up points in London and Manchester, or at a central location close to you if taking part in a bespoke ride, before and after the ride for the drop off and collection of your bikes. We will then transport your bikes to and from the event, to give you a lot more flexibility in your travel and to avoid you having to pay expensive baggage costs.

Who will be there to support me during the event?

Your trip will be led by experienced Chapeau Events crew. Our crew are selected for their experience in cycling events around the world, their friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. Our crew leaders are also trained in expedition first-aid. You are in very safe hands with the Chapeau Events crew.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well-marked, sorting out any mechanical problems or giving you a lift in our back vehicle – our "Love bus". At Chapeau Events we pride ourselves on our high crew: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Will I have to carry my kit?

No, your bags will be transported each day from hotel to hotel, so all you will need to carry is what you need for that day's ride. On reaching our hotels, at the end of each day, you will hand over your bike for safe overnight keeping and collect your luggage. Each morning, you will hand over your luggage and collect your bike. Obviously space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kit-bag.





What about insurance?

It is a pre requisite of event participation that you have adequate travel insurance to cover any medical costs and your personal possessions for the duration of the ride. This is not included in the Event price and will need to be arranged independently.

We will require a copy of valid insurance before travel. We also recommend that you apply for a European Health Insurance Card (EHIC), as the NHS will cover most medical care when travelling in Europe. You can apply for an EHIC at your local post office.

How will I know where I'm going?

This is a fully supported ride and as such you will have a dedicated Event Crew at your service throughout the event. They will mark the route with fluorescent arrows, provide you with refreshments, fix any mechanical problems with your bike, offer first aid and lots and lots of encouragement!

How fit do I need to be?

Chapeau events attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. You will be in the saddle for upward of 70 miles a day for 4 consecutive days, so you should ensure, as a minimum that you are comfortable riding a 60-70 mile day and have achieved this regularly before you leave for the trip. The profile on some days can be hilly, so you should include some hilly rides in your training. We design our challenges so that everyone can go at their own pace; this is not a race.



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The Italian Job cycle is designed and delivered by Chapeau Events



For more information about this or other rides, please visit
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