

Frequently asked questions

Who can take part?

Anyone over the age of 18 who is looking for a challenge is able to take part. The group size will be a maximum of 75 riders. The majority will be on their own, but some will go with friends, partners or relatives. This event will be tough and exhilarating, but will be fantastically rewarding and suitable for anyone with a bit of grit, determination and willingness to work as part of a team.

How fit do I have to be?

All our challenges are designed to suit people who are fit and have trained to take part – the fitter you are the more you will enjoy the adventure. We expect all participants to be prepared for challenging days cycling up to 140 kilometers. This challenge is not suitable for those who have never cycled before.

Will I need specialist kit?

We will send you a recommended packing list in your welcome pack which will detail any specialist equipment you may need.

What is not included in the package?

- Personal spending money
- Your own personal kit
- Bikes
- Tips and gratuities
- Travel insurance

What food and drink will there be?

For breakfast there will be a combination of continental and Irish cooked breakfasts, lunch will be a wide variety throughout the week. Please let us know in advance of any special dietary requirements.

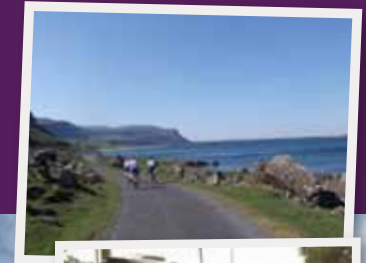
Accommodation

Each night we stay in good standard hotels with leisure facilities available 6 of the 7 nights. Sharing will be on a twin room basis although singles can be booked for a small fee.



Cycle Malin to Mizen for Northern Ireland Children's Hospice

Sat 3rd to Sat 10th
May 2014



For more information
T: .028 9077 7123
E: fundraising@nihospice.org
www.nihospice.org

Charity Number: XN45696

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Northern
Ireland
Children's
Hospice

Malin to Mizen

Discover the natural beauty of Ireland by bike whilst raising money to help Northern Ireland Children's Hospice. Starting at Ireland's most northerly point, Malin Head, you will cover 427 miles over seven days, ending the challenge at Mizen Head in the south...

Get on your bike for Northern Ireland Children's Hospice

Northern Ireland Children's Hospice are looking to recruit 25 people capable of completing an extraordinary cycling challenge in May 2014!

With 427 miles to cycle over 7 days, this cycle challenge is daunting and you may even encounter pain, but think of the difference you can make to the 300 children Northern Ireland Children's Hospice cares for every year. With 300 children depending on us at Hospice, we need to raise £30 for every hour of hospice care we provide. By joining the Malin to Mizen cycle you will be turning your pedal power into vital pounds that will really make a difference to these local kids and their families. So, get on your bike and contact us on 028 9077 7123 for more details on how to register.



Register your interest today!
Call 028 9077 7123 or email
fundraising@nihospice.org

Itinerary

Day 1

Malin Head to Buncrana – 30 miles

After meeting and registration we have a half days' cycling on day one. There is a bit of everything in these first 30 miles from the rugged landscape at Malin Head, to an attractive coastal section, and a series of short sharp hills.

Day 2

Buncrana to Enniskillen – 71 miles

After a flat opening section, we move onto quiet country roads and a challenging hill to start. The day continues with rolling hills, a few of which are challenging. It offers great views over the wonderful green countryside, as we pass through Newtonmore, over various rivers then down to Enniskillen. Possibly the hardest day.

Day 3

Enniskillen to Longford – 59 miles

This is a flatter day than yesterday with the occasional undulation. We make our way down past the many lakes in this part of the country as they dominate the landscape. The roads remain quite winding but better surfaces should make them a bit faster too as we head for the bustling town of Longford.

Day 4

Longford to Nenagh – 84 miles

This day covers the longest mileage but the flattest terrain. It offers the best chance to make up this distance, despite being mainly on minor roads, before we arrive in the historical town of Nenagh.

Day 5

Nenagh to Mallow – 68 miles

The mountains of the south west provide a dramatic backdrop for much of today as we pass round the side of them. Despite this it is fairly flat

overall, except for a couple of hilly sections when we are at our closest to the mountains.

Day 6

Mallow to Clonakilty – 64 miles

A real mixed day today as from Mallow we move past the remainder of the mountains towards the south coast. Lots of flat sections to make up good time but also a few challenging hills that offer the reward of some stunning views. At Clonakilty we have made it to the south coast.

Day 7

Clonakilty to Mizen Head – 51 miles

As we head west towards our final destination, we see some attractive glimpses of the coastline on the first half of the day. Fittingly the final afternoon offers probably the best and most stunning scenery of the whole trip as we approach Mizen Head to bring to a close a fantastic challenge.

Essential information

- Eight day trip, seven days' cycling
- Trip grading: Tough
- Minimum of £1,700 to be raised, including initial £100 to book your place!

What's included

- Local transfers to Malin Head and back from Mizen Head, Ferry travel from and back to Troon available
- Accommodation
- Cycle Ride Leader & First Aid cover
- Luggage transfers whilst cycling
- All meals
- Bike maintenance
- Support vehicles

