

# Cycle MALIN TO MIZEN FOR MARIE CURIE

8-15 June 2019

Register online now at  
[mariecurie.org.uk/malin](http://mariecurie.org.uk/malin)  
or call 0800 716 146



Care and support  
through terminal illness

# YOUR ADVENTURE STARTS HERE

## MALIN TO MIZEN

Discover the natural beauty of Ireland by bike while raising money for your local Marie Curie Nurses. 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.



Brian Morrison/Marie Curie

### TAKE ON THE CHALLENGE OF A LIFETIME FOR MARIE CURIE

We're here for people living with any terminal illness, and their families – our work is only possible thanks to amazing supporters like you. When you cycle the length of Ireland, you'll be helping our nurses provide expert care, guidance and support. Every mile you cycle will help people living with a terminal illness, and their loved ones, get the most from the time they have left together.



## WHERE YOUR MONEY GOES

**£180** pays for a Marie Curie Nurse to look after someone living with a terminal illness overnight in their own home

**£350** pays for five people to attend day therapy at a Marie Curie Hospice, benefitting from gentle exercise, emotional support and more.

**£400** pays for someone to stay in a Marie Curie Hospice for 24 hours, so that they can receive the hands-on care they need in their final days.

“ *Brilliant challenge. Great support - all I had to do was pedal. We were so well looked after and the participants were a great bunch of people.*

Marie Curie cyclist



## DAY 1

### Malin Head – Buncrana

30 miles

After meeting and registration, we head out for a half-day's cycling. You'll experience 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. (For those meeting in Belfast, you'll travel by coach to Malin Head.)

## DAY 2

### Buncrana – Enniskillen

71 miles

After a flat opening section, we move on to quiet country roads and a steep hill. The day continues with rolling hills, including a few challenging ones. The route offers great views over the emerald countryside as we pass through Newtonmore, over various rivers, then down to Enniskillen. Possibly the challenge's hardest day.



## DAY 3

### Enniskillen – 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 – Nenagh

84 miles

Today we'll cover the most miles, but over the flattest terrain, mainly on minor roads. We end the day in the historic town of Nenagh.

## DAY 5

### Nenagh – Mallow

68 miles

The mountains of the south-west provide a dramatic backdrop for much of our ride today. However, our route is fairly flat, apart from a couple of hilly sections when we get close to the mountains.

## DAY 6

### Mallow – Clonakilty

64 miles

It's a real mixed day today. From Mallow we move past the remainder of the mountains towards the south coast. We enjoy lots of flat sections as well as a few challenging hills that reward us with some stunning views. We end our ride at Clonakilty – we've made it to the south coast!

## DAY 7

### Clonakilty – Mizen Head


51 miles

As we head west towards our final destination, we see glimpses of the beautiful coastline during the morning. Fittingly, the final afternoon offers probably the best and most stunning scenery of the whole trip as we reach Mizen Head and bring a fantastic challenge to a close.

## DAY 8

### Return home

Transfers by coach back to Cork, Dublin or Belfast.



**“ Cycling the length of Ireland was a challenge I really wanted to take on. I made new friends, saw the beauty of this country in a way that very few do. I was thrilled by the experience, and what a fantastic cause - a win-win for everyone.**

Seamus Logan, Malin to Mizen cyclist

# ESSENTIAL INFORMATION



Registration  
fee  
(non-refundable)

£250

8 day trip  
with seven days'  
cycling

8 days

Fundraising  
target

£1900

Trip  
grading

tough

# FREQUENTLY ASKED QUESTIONS

## What are the highlights?

Over the seven days of cycling through rural Ireland, you'll see this unique country and experience the famous Irish hospitality in a way that not many tourists have the opportunity to do. From the historic country towns of the North to the dramatic mountain backdrops of the South West, covering the length of Ireland under your own steam will be an experience you'll never forget.

## Who can take part?

Anyone over the age of 18 who is looking for a challenge can take part. The group size will be between 35 and 40 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 incredibly 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 of cycling up to 84 miles. This challenge is not suitable for those who have not cycled this distance in their training rides.

## WHAT'S INCLUDED



Local transfers



Support vehicle



Accommodation



Cycle leader



All meals



Bike maintenance



## **Will I need specialist kit?**

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

## **What is not included?**

- Registration fee
- Personal spending money
- Your own personal kit
- Bikes
- Travel insurance
- Cost of spare parts

## **What food and drink will be available?**

Water will be provided during the ride and at every meal. All meals are provided on the challenge and will include lots of carbohydrates such as pasta and potatoes as well as cereal, bread, fresh fruit, vegetables, meat and eggs. There will be vegetarian options at every meal. Please let us know in advance of any special dietary requirements.

## How will I be supported?

Beforehand: You will be sent a fundraising pack with great tips on how to meet your fundraising target. We will be in touch regularly and will organise a briefing day where you'll meet other participants and hear more about the challenge.

During the trip: Your group will be accompanied by a cycle leader and bike mechanic as well as a Marie Curie representative. Your luggage will be transported to each night's accommodation.

## Can I cover the cost of the trip myself?

We ask you to raise a minimum of £1,900. A minimum of £1,000\* will go directly to Marie Curie, as well as anything you raise over the minimum sponsorship. If you would like to pay for the trip yourself please contact us on 0800 716 146\*\* for more information.

## What will the weather be like?

Summertime weather in Ireland can be unpredictable. In June we would expect average temperatures of around 15 degrees celsius. However, we may also experience rain and high winds. We recommend participants to come prepared for all weather conditions.

\*Based on minimum participant numbers.

\*\*Calls are free from landlines and mobile phones.

Your call may be recorded for quality and training purposes.

Lines are open Monday to Friday, 9am–5pm.

# FUNDRAISING FOR MARIE CURIE

**When you take on an overseas challenge for Marie Curie, we're here to help and support you every step of the way.**

## Your local Marie Curie fundraiser

Once you've registered, you will be put in touch with your local Marie Curie fundraiser who will help you with your fundraising plans and offer advice whenever you need it.

## Welcome pack

We'll send you a welcome pack and fundraising guide full of tried and tested tips to help you smash your target. If you'd like to see some ideas for fundraising before you get your pack, check out this page on our website.

[mariecurie.org.uk/event-fundraising-tips](http://mariecurie.org.uk/event-fundraising-tips)

## Getting started

A great first step is setting up a JustGiving page. This is the quickest and easiest way to tell people that you're fundraising and to gather your sponsorship online.

## Get personal

Tell people why you're doing this challenge. People respond best to personal stories. Don't forget to add some photos or videos.

## Make the most of social media

Announce your sponsorship page and ask people for donations on Facebook and Twitter. Add your JustGiving web address to your email signature so everyone you contact can see it. And don't forget to tweet it too!

## Supersize your fundraising

See if your employer will match your fundraising pound for pound, or up to a fixed amount. And ask your sponsors to Gift Aid their donation.

## Get in touch

Please do get in touch if you have any questions or want support.

We'd love to hear from you on **0800 716 146**.\*\*

   [mariecurieuk](https://www.instagram.com/mariecurieuk)

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# REGISTER NOW

For more information visit  
[mariecurie.org.uk/overseas](https://mariecurie.org.uk/overseas)

If you have any questions feel free to call us on  
**0800 716 146**\*\* or email  
[events@mariecurie.org.uk](mailto:events@mariecurie.org.uk)



We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.

[mariecurie.org.uk](https://mariecurie.org.uk)



Charity reg no. 207994 (England & Wales), SC038731 (Scotland) B345a