



CUH Charity

Cork University Hospital

'Saving and Changing Lives'

CUH Charity - Cork to Paris Cycle



Day 1 Wednesday 23rd September - Cork to Ringaskiddy Port 20km (cycling)

Meeting at CUH you can enjoy a send-off, before cycling the short distance to Ringaskiddy Port where you will board the 4pm Brittany Ferries departure for Roscoff.

Day 2 Thursday 24th September - Roscoff to St Brieuc 121km / 890m

The ferry arrives in Roscoff at 8am, making for a good departure after an early breakfast. Being a small port and town it is easy to access quiet roads, following the coast.

This leads up the estuary to the half-timbered houses, nestling around the waterfront of Morlaix, dominated overhead by the viaduct.

From here the cycle rides the rolling, pleasant terrain that is typical of Brittany. There are no big climbs, but not much flat riding either.



St Brieuc is lovely historic city, comprising wood and stone buildings, that contrasts the nearby valleys and coast.

Day 3 Friday 25th September - St Brieuc to Rennes 119km / 1227m

The flat terrain of the bay of St Brieuc is soon left behind as the forests, rolling hills and chateau of the region provide some lovely cycling roads. These roads will lead to the town of Dinan. Enclosed by nearly three kilometres of ramparts, the town and its 14th-century castle proudly overlook the Rance river. This is a step into the atmosphere of the Middle Ages, with half-timbered houses, a reminder of the town's wealthy past busy with weavers and tanners.

The destination today is Rennes, twinned with Cork. The city basks in a buzzing yet easy-going atmosphere, appealing to the heart and the mind with a leisurely welcome and plenty of surprises in store. Along its cobbled streets you'll love its lively café terraces, Arc Deco architecture, friendly restaurants, local markets, festivals and designer boutiques.

Day 4 Saturday 26th September - Rennes to Alencon 155km /1090m

The longest day of the ride is fortunately covering some much faller terrain as Brittany gives way to Normandy. Here there are more Chateau along the route and the small, charming town of Vitre provides one of the prettiest fairytale castles. Much of the rest of the day crosses the Normandie-Maine Regional Natural Park. This vast park covers 2,500 square kilometres across 4 different departments. The pick of this area for nature lovers is the Alpes Mancelles with many wooded hills and river valleys. This will lead you to the UNESCO listed Alencon, with its rich lacemaking heritage.



Day 5 Sunday 27th September - Alençon to Chartres 122km / 829m

Shortly after leaving Alençon, out of nowhere is a surprising bicycle museum (The Beautiful Escape it is known) with bikes and memorabilia from history and the Tour de France.

This is still an area with plenty of nature, passing through the Belleme Forest and the Parc naturel régional du Perche. This bu



colic landscape soon gives way to the distant Gothic towers of the famous cathedral of Chartres completed in 1220. Around this magnificent edifice and along the Eure river are many fine gabled buildings that host fine shops and cafes and restaurants.

Day 6 Monday 28th September - Chartres to Paris 101km / 672m

Today there is a celebratory feeling that the job is almost done, just a mere 100km to the Eiffel tower.



The route takes us initially through quiet valleys and wooded areas before arriving in Versailles on the outskirts of Paris. We pass the gilded wonder that is the Palace of Versailles before leaving the traffic to ride on traffic free roads through forests and parks to get our first view of the Eiffel tower.

Cycling through the Bois de Boulogne past the Longchamps Racecourse to the Trocadero we have protected cycle lanes most of the way to the Eiffel Tower where we finish our ride with a celebratory drink. Our hotel is located centrally just minutes from

the finish. Here we have a final celebratory dinner tonight before heading out to sample the nightlife of this iconic city.

Day 7 Tuesday 29th September - Return to Cork

After a relaxing breakfast you will fly home from Paris – or you can choose to stay on an explore the city further. Your bike will be brought back to Cork in our van.

Fundraising Target:

The fundraising target is a minimum of €3,450 based on shared accommodation. Single supplement limited: supplement €310.00 for five nights in hotel (not available on ferry) if you are interested in the single room option, please reach out to

Monika@cuhcharity.ie

Your Fundraising covers all costs, Including:

- 5 nights in hotels & 1 night in en suite cabin on ferry
- 6 breakfasts, 5 lunches, 6 dinners, snack stops/feed stations on route

- Luggage transfers between hotels, ferry, back up van
- Service of an experienced guide on the bike on approximately 1:10 basis
- Service of an experienced bike mechanic
- Transport of your bike back to Cork.
- Flight back from Paris (if you wish – you can always choose to stay on and enjoy this beautiful city).