



Euro Cities Cycle

In aid of Fighting Blindness

May 2-8, 2011

See Europe on two wheels during our 610km cycle through Amsterdam, Brussels and Paris. Tandem bikes available.



**Fighting
Blindness**

Research. Counselling. Cures.

Fighting Blindness funds world-leading research into treatments and cures for blindness. It also provides a unique professional counselling service for people with visual impairments and their families.

Euro Cities Cycle: Amsterdam – Brussels – Paris

What could be better than cycling to Paris in the springtime? The Fighting Blindness Euro Cities Cycle passes through Amsterdam, Brussels and Paris on a beautiful tour of low plains, busy cities and rural farmland. Each city has something different to offer, appealing to cycling enthusiasts, culture vultures, history buffs and foodies.

Tandem bikes are available for riders with visual impairments.



Day 1 Dublin - Amsterdam

After flying in from Dublin, we will cycle along the canals leading to Amsterdam—a bohemian, liberal and quirky city built for cycling. In the evening, we'll enjoy a relaxed meal and briefing of the challenge ahead. You can then opt for a quiet night of recuperation, or you can head out and experience the infamous Amsterdam nightlife.

Day 2 Amsterdam—Breda (115km)

We'll pick up speed and cover a lot of ground as we cycle along the beautiful canals that lead south out of the city. Our route passes De Biesbosch National Park, beautiful nature reserves and winding country roads on our way to Breda.

Day 3 Breda—Brussels (115km)

Today we enter our second country of the tour. We'll tackle our first hills of the cycle upon entering Belgium. After stopping for a well-deserved lunch, we'll cycle south of Leuven into Brussels. We'll take the quieter roads into the city and all cycle together onto the Grand Place—the famous main square of Brussels.

Training for Your Cycle

With a little preparation, even the novice cyclist can get ready for the open road. We recommend that you train at home before the trip using racing bikes. For more cycling tips, visit www.FightingBlindness.ie.

Fighting Blindness 14 Week Cycle Plan

By following this training schedule, you'll easily cover 100km per day on the Euro Cities Cycle.

Weeks 1-4

Cycle 15-20 minutes during two days of the working week, increasing your time by 5 minutes each week until you can comfortably ride for 30 minutes. On the weekend, cycle for 1 hour, increasing to 1.5 hours.

Weeks 5-6

Cycle 30-40 minutes three times during the working week, this is approximately 8-10 miles. On the weekend, cycle for 2 hours (approximately 25-30 miles).

Weeks 7-8

You are now ready to cycle six days per week. On Mondays, cycle at a slower pace than normal during the recovery spin, allowing your muscles to recover from the weekend.

Monday: 5 mile recovery spin

Tuesday: 10-15 miles

Wednesday: 5-10 miles

Thursday: 10-15 miles

Friday: 5 miles

Saturday or Sunday: 2-2.5 hours (30-40 miles)

Challenge
Date

May 2-8,
2011



Day 4
Brussels—Lille (120km)

It is a flat route today as we cycle through the Belgian countryside on our way to our third and final country of the trip. Today we'll stop in Lille, France, a recent European Capital of Culture. Lille is famed for its Flemish architecture and historic old town. One of Lille's quaint taverns will be the setting for our evening meal.

Day 5
Lille—Amiens (120km)

Today we ride through the stunning scenery of rural France and pass countless sleepy farm villages in the Somme Valley. This evening, we'll stay in Amiens—famous for its gothic cathedral, designated a UNESCO World Heritage Site in 1981 for the beauty and harmony of its art and architecture.

Day 6
Amiens—Paris (140km)

On our final day, we'll push ourselves for a long and rewarding cycle into the French capital. As a grand finale, we'll salute our achievements during a celebratory meal in a gourmet Parisian bistro.

Day 7
Paris—Dublin

You'll have a free morning to enjoy the City of Lights before our return flight to Dublin.

Weeks 9-10

Monday: 10 mile recovery spin
Tuesday: 15-20 miles
Wednesday: 10 miles
Thursday: 15-20 miles
Friday: Rest
Saturday: 15 miles
Sunday: 40-45 miles

Weeks 11-12

Monday: 10 mile recovery spin
Tuesday: 20-25 miles
Wednesday: 15 miles
Thursday: 20-25 miles
Friday: Rest
Saturday: 15-20 miles
Sunday: 45-50 miles

Weeks 13-14

Monday: 10 mile recovery spin
Tuesday: 25 miles
Wednesday: 15 miles
Thursday: 25 miles
Friday: Rest
Saturday: 25-30 miles
Sunday: 50-60 miles

Maintain your training from week 14 until you leave for your trip.

Thanks to Dennis Toomey of Paralympic Cycling Ireland for his training tips.

Your cycle experience with us

Fighting Blindness is with you every step of the way on your challenge. We'll provide all the support you need to reach your fundraising target with our sponsorship pack full of ideas, marketing materials and advice. We'll also help you reach your training targets with briefing materials and tips from previous cycle challenges.

Included in your cycle:

- Bikes and bike equipment
- Return flights to Dublin
- Tour reps
- Challenge medics
- Bike mechanics
- All accommodation
- All meals, except in free time
- Snacks and water along the route
- Baggage transfers

How do I sign up?

- Contact Fighting Blindness to receive your registration pack or sign up at www.FightingBlindness.ie.
- Return your registration form with €300 to secure your place.
- Receive your sponsorship pack and begin fundraising. We ask that you raise a minimum of €3,500 to pay for the cost of the trip and to help support our work to find treatments and cures for blindness.

Contact Fighting Blindness for more information:

1 Christchurch Hall, High Street, Dublin 8
Call: 1 709 3050
Text: 'Cycle' + your details to 087 970 0100
Email: trek@fightingblindness.ie
Reg Charity Number CHY 6784

www.FightingBlindness.ie

This itinerary is subject to change.

“For me it will certainly be an experience I will never forget. I really can't wait for the next trek...Everything was organised to perfection. It was truly professional.”

Fiona O'Dwyer
Patagonia Trek

Registration Fee: €300
Minimum Fundraising Target: €3,500

Distance: 610 kilometres

Rating: Moderate

Fitness: Good

Accommodation:
2-3* hotels, twin/triple sharing



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