



Cycle France 2025 – What's Included

What's included

- Coach transfer from Mount Edgcumbe Hospice to Portsmouth Ferry terminal.
- Outbound ferry crossing from Portsmouth to Caen, Inbound ferry crossing from Plymouth to Roscoff.
- All accommodation for all nights: nights of Day 1 on the ferry, 2, 3, 4 and 5 hotel accommodation.
- Meals:
 - Day 2: Lunch and dinner
 - Day 3 & 4: Breakfast, lunch and dinner
 - Day 5: Breakfast
 - Day 6: Breakfast, lunch and dinner
 - Dietary requirements will be catered for
- Morning and Afternoon Break Stops, providing water, High5 Energy gels and drink mix, fruit, cereal bars and sweets.
- One support car – First Aid cover and basic bike mechanical support (basic spare bike parts will be taken but please note, we cannot predict every eventuality, therefore it is your responsibility to ensure that your bike is in full working order and in good condition prior to departure. If you need to access a bike shop for a mechanical issue, you will need to cover your own repair costs.
- Two support vans, carrying your day and overnight bag; you only cycle with what you need for that day.
- Cornwall Hospice Care Event Team (English speaking and conversational French).
- Dedicated Cornwall Hospice Care Point of Contact for fundraising support, advice and challenge logistical support.
- Challenge Medal at the finish.
- Cornwall Hospice Care technical cycling jersey and crew neck fundraiser t-shirt.
- Summer 2025 training ride, fully supported. Date and location to be confirmed.

- Late Summer 2025 technical evening to get to know each other and discuss bike maintenance, nutrition etc.

What's not included

- Your own travel to Mount Edgcumbe Hospice on Day 1.
- Meals on Day 1 (travel to Portsmouth – we will stop for evening meal), lunch and evening meal on day 5 (this will be on the return ferry to Plymouth).
- Any alcoholic drinks.
- Bike: you must supply your own (or hired) recently serviced bike.
- Garmin/navigational device and charger cable.
- Bike insurance.
- Travel insurance.
- Tips and gratuities.