



DREAMBUILDING
St Wilfrid's New Hospice Appeal

FREQUENTLY ASKED QUESTIONS

How much does it cost?

Your £350 entry fee includes ferry crossings with a shared cabin on the way out, two overnight stays at hotels on route, goody bag, cycling jersey and public liability insurance. This also covers the cost of our support team who will be transporting luggage and providing basic first aid and rider support, where required.

How much sponsorship do we have to raise?

As much as possible, but we ask riders to raise at least £500 towards the DREAMBUILDING project. Here are some [Fundraising ideas](#) to help get you started.

Where does the money go?

The rider's entrance fee covers all the overheads required to run the event. 100% of all sponsorship raised will go directly towards St Wilfrid's Hospice DREAMBUILDING appeal.

How many riders will there be?

Depending upon whether couples, families or individuals enter the event, we have a minimum of 20 and maximum of 40 places available on this ride. This is split across the two routes of 50 and 75 miles.

How many miles do we ride each day?

Thursday 2nd May – cyclists may ride directly to Portsmouth if they would like. Otherwise, we suggest you catch the train, or drive, and make your own parking arrangements. Please note there is no parking available at the ferry terminal itself. We will provide riders with the specific meeting point and time closer to the date of the ride.

Friday 3rd May – It's straight off the ferry to tackle the first 50/75 miles Caen, taking you past Sword, Juno and Omaha beaches, before arriving at the first hotel in Grandchamp-Maisy.

Saturday 4th May – fully rested, it's off for the second 50/75 mile stretch, which takes you on to Utah beach and then through beautiful countryside, before arriving at Cherbourg for your second night's stay.

Sunday 5th May – riders have the day at Cherbourg to enjoy at their leisure, perusing the market, museums and cafes, before catching the 5pm ferry back to Portsmouth.

Where will we stay overnight?

On Thursday 2nd May you will spend the night in a shared cabin on the ferry. Single occupancy cabins are also available at an additional supplement; please speak to a member of the DREAMBUILDING team if you would like to arrange this.

On Friday 3rd May you will spend the night at the Adonis Grandcamp Residence Les Isles de Sola in Grandcamp-Maisy.

On Saturday 4th May you will spend the night at the Mercure, Cherbourg Centre Port.

What speed do we need to cycle at?

This is not a race! Riders are encouraged to cycle at their own, comfortable pace. For 2019 we have two routes available, as follows:

Group A – this is for less experienced riders and will be a maximum of 50 miles per day (100 miles in total).

Group B – this is for more experienced riders who would like to ride at a faster pace, so will be over a longer distance of 75 miles per day (150 miles in total).

The ride is open to all abilities so it's likely you will find someone riding at your pace, among the two groups. However, if there isn't, you won't be alone on the road; there will be two support vehicles on-hand should riders require any assistance. Should an emergency arise, one of these vehicles will be despatched to attend.

What sort of bike can I ride?

You will need a road-worthy, well-maintained bike that will get you through the two days cycling. Providing it meets these criteria, then you may ride anything

from a road/race bike, hybrid, touring, mountain, tandem, trike or electric bike if you choose.

Do I have to wear a helmet?

Yes, all riders must wear a helmet. Any riders without a helmet will not be able to participate in the event. Lights and a bell are also a legal requirement when cycling in France.

Where will our bikes be stored overnight?

On the ferry, bikes are stored securely in the hold. We have arranged a secure location at each of the hotels, where your bikes may be stored overnight. Please ensure you bring a padlock with you so that you may secure your bikes when you make stops on the ride. On the last day you may leave your bike at the hotel until departure.

Will there be food and drink available?

With the exception of breakfast at the two hotels, food and drink is not included. Therefore, please come prepared with any energy bars or snacks you might need during the ride and £ sterling to purchase meals on the ferry, and Euro's to buy meals in France. We recommend carrying at least two water bottles on your bike which can be filled up when you stop.

What sort of roads do we cycle on?

We try to avoid main roads and choose quieter side roads with a variety of interesting landscapes. Both routes will be undulating, so please be prepared to tackle a couple of hills along the way.

What do I have to carry on my bike?

All the bags are carried in the support vans. All you need to carry with you are: route notes, a map, money, passport, your rider info card (provided by us in advance of the event), EHIC card, water, snack/energy bar if required, repair kit, a mobile phone with the support team numbers programmed in.

What do I need to pack?

We recommend you pack minimal cycling clothes for the three days, plus something to wear in the evenings. Some people prefer to wash their cycling clothes each day, which saves on packing and means they have fresh clothes each day. Please note there is a strict baggage allowance, so please don't pack, or purchase, anything too big or heavy. Please also ensure that you have any energy bars/drinks you need for the ride, puncture repair kit, mobile phone, sun cream,

map, money and passport, along with sufficient medications required for the duration of the event, as well as some spares.

Are there any specifications around the size and weight of your luggage?

When you arrive at the ferry terminal, all your bags will be loaded onto the van, ready to transport on to the first hotel. Therefore, you will need a separate 'overnight' bag with anything you need for the overnight trip on the ferry, and the next morning (including your passport). This will need to fit into your larger bag and each rider's total luggage must not exceed 12kg.

Will there be any first aid support on the ride?

Yes, there will be at least one first aider in each of the support vehicles. They will be able to administer basic first aid and will be the first point of contact if anyone sustains any injuries or becomes unwell. They will arrange an ambulance if required and provide assistance with visiting a local doctor or hospital if needed.

Do I need travel insurance?

Yes, you will need your own travel insurance and it is recommended you obtain, if you don't have one already, a European Health Insurance Card (EHIC). The EHIC card gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area and Switzerland. [Find out more and register for this card.](#)

Don't forget your passport and keep this in your overnight bag on the outward trip!