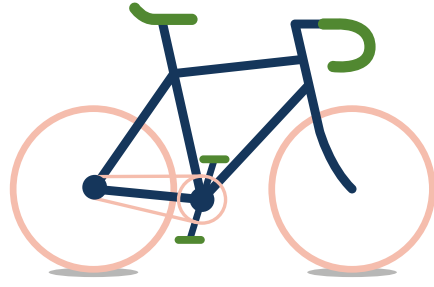


Irish Hospice Foundation

Cycle Challenge



THE COLS OF KERRY

Friday 8th - Monday 11th October 2021



Join us as we
embark on our first
Staycation Cycle
Challenge



hospicefoundation.ie



Cycle 2021 Challenge

Get on your bike and join us as we cycle some of the most scenic and best climbs that Ireland has to offer. You'll be part of our longest-running annual event and will explore some of the beautiful parts of Ireland with expert guidance and support.

Cyclists of all levels welcome

We welcome cyclists of all levels and we will offer alternative routes on both days. Advanced cyclists can tackle some extra climbs through the Kerry mountains, whilst the rest of our group continue with the standard route.

The Route in Summary

The Challenge

You will be cycling over 180km in two days, whilst raising vital funds for Irish Hospice Foundation.

Cycling Safaris

We enlist the help of the fantastic team at  to plan our route and hotel, guide our groups and look after our cyclist for the duration of the trip.

We have worked with Cycling Safaris on every cycle challenge since the our very first one in 2009. We are delighted they are back with us as we take on the Cols of Kerry.

Kingspan have supported all our cycle challenge events. We are grateful for their amazing friendship over 12 years, 2009-2021



Itinerary



Day 1 – Friday 8 October

On arrival in Killarney, you can check into your accommodation and take your bike on a relaxing spin around the National Park before meeting the rest of the group in our hotel at 6pm.



Day 2 Sat 9 October

Molls Gap/Kenmare Loop 85km (800m) or 120km (1745m)

The day begins easily enough meandering through the National Park. It's worth a moment to stop at the lovely Torc Waterfall before the first section of the Molls Gap climb brings you to the famous Ladies View. It's then another 7km of rolling terrain with the last 2km bringing you to the top.

It's downhill to Kenmare which makes an ideal stop for a coffee before the route splits. The straight-forward option takes the backroads to Kilgarvan, famous as the home of the Healy-Raes, where the longer option re-joins. The longer route tackles Priests Leap which, according to The Irish Times, is "a rite-of-passage route for serious cyclists through the Kerry mountains". This climb skirts into the border of Cork and although less well-known, is one of the toughest. Over 4.6km

the gradient averages 8% topping out at 463m. However, it's the maximum gradient at 17% that really tests the mettle. From the top, Bantry Bay and Whiddy Island lie before you along with a technical descent. The route back into Killarney pleasantly rides the backroads past Lough Guitane.



Day 3 Sun 10 October

Ring Of Kerry 101km (1,122m) or 173km (1560m)

The route today ventures to the heart of the Macgillycuddy Reeks and tackles two climbs on a wonderful circuit. Initially the route is easy enough along some lovely quiet roads passing the beautiful Lough Acoose. Then, the scenery gets wilder as the first climb at Ballaghbeama Pass follows. After the descent and just before Molls gap, we veer into the spectacular Black Valley which is sandwiched between the National Park and Carrauntoohil. This leads to the world-famous Gap of Dunloe, that as a climb is not particularly long, but offers plenty of wonderful scenery. Another descent leads to Kate Kearney's Cottage and the short ride back to Killarney. The day will end with a celebration dinner back at the hotel.

Day 4 Mon 11 October

Departure Day

Checkout from hotel is 12pm allowing for a leisurely breakfast before heading home.

How do I sign up?

The total participation fee is €1,000.

This fee can only be guaranteed for participants that register and pay their registration fee by Friday 30th July 2021.

The total participation fee of €1,000 is split into two elements:

- Tour cost total €505
- Fundraising €495

The tour cost of €505 must be paid as follows:

- Registration fee of €100 on sign-up.
- Balance of €405 due 21 days after receipt of registration fee.

The fundraising must be paid by 1 September 2021.

Information Briefing

An Information briefing will take place in September and all participating cyclists are welcome to join us. This is your opportunity to see us, the Cycling Safaris team as well as your fellow participants.

We will talk you through aspects of the route and will answer any questions you might have about the trip. We'll give you advice on equipment and training, what to bring on the trip (and what to leave at home!) and give you additional information to help with your fundraising.

The session is intended to be a useful briefing to get you ready for your challenge and we strongly encourage you to join us. However, we'll share all the presentations with everyone afterwards and will be happy to answer any questions you have about any aspect of the trip and your fundraising for Irish Hospice Foundation.



“I hope you will join this wonderful trip that raises important funds for such a worthy cause. I look forward to seeing old friends and making new ones as we travel across Kerry.” Paul Kimmage. Journalist and former professional cyclist

Helpful Facts

If you want to move quickly and guarantee a place, this page contains all the essential information that you will need to know before signing up.

SECURING YOUR PLACE

To secure your place you need to:

- Fill in and return the enclosed registration form by Friday 30th July 2021.
- Pay your €100 non-refundable registration fee. You can do this using the form enclosed or on the IHF website.
- No arrangements will be made until the full Tour Cost of €505 is paid.

SPONSORSHIP TARGETS & DEADLINES

Total Participation Fee: €1,000

- Deadline 1: Pay registration fee – €100.
- Deadline 2: Pay balance of tour cost €405, 21 days after receipt of the application form and registration fee to secure your place on the trip.

N.B. No arrangements will be made for you until the balance of the tour cost is paid.

- Deadline 3: 1 September 2021. By this date, you must have raised and paid a further €495, bringing your total Participation Fee €1,000, otherwise you jeopardise your place on the trip.

FUNDRAISING SUPPORT

Our team of professional fundraisers at Irish Hospice Foundation (IHF) will provide you with fundraising support including:

- Access to fundraising materials and IHF merchandise.
- An online sponsorship account - friends, family and colleagues can sponsor you online through your own personalised web page on www.idonate.ie
- A direct phone number and email address for an IHF fundraiser.

FITNESS LEVELS

This cycle crosses the naturally undulating terrain of Ireland. Although not a flat route, we will stick mostly to the foothills and not seek out great climbs. However, for the more experienced cyclists and those looking for a greater challenge, there are chances to tackle some hillier terrain.

It has to be recognised that **strong legs and a good cardiovascular fitness are essential** - you will be in the saddle for approximately 6 hours a day.

We can provide you with the following support to help you train:

- Professionally prepared training guide.
- An information session including a question-and-answer session with event staff.

Self-motivation and training beforehand are essential!



SUPPORT TEAM

A support team of staff and vehicles will organise the ride and be responsible for:

- Mechanical support.
- First Aid support.
- Guiding the route.
- Organising water/snack and lunch stops.

FOOD & ACCOMMODATION

- Accommodation is provided for every night of the trip. It is shared twin rooms in a 3* or 4* hotel. Please indicate anyone that you would like to share a room with on your registration form. Single rooms are available for an additional fee.
- Water/snack stops. At least 2 stops (one in the morning and one in the afternoon) will be organised on each day of cycling. Snack stops will consist of energy bars, fruit, and other snacks suitable for cyclists. If you have specific snacks you eat whilst cycling, we recommend you bring them along for yourself.
- Lunch. Lunch stops are organised to take place in cafes/pubs, consisting of sandwiches/baguettes. As we usually stop for brief lunch stops, it is not always practical to have a hot meal at them.
- Dinner. On days 1, 2, 3 dinner will be provided to the group either in a local restaurant or in the hotel.
- Special dietary requirements. We are only able to accommodate food allergies, specific

diets (i.e. vegetarian, vegan) and/or religious or medical dietary requirements. Personal preferences cannot be accommodated. Please remember to give details on the medical questionnaire that you receive once you have registered.

TRANSPORT

We are not providing transport to or from Co. Kerry and ask you to make your own arrangements. There is limited parking at the hotel(s) and we ask you to call in advance of your stay and pay any charges directly to the hotel.

WEATHER

Cycling at this time of year is usually pleasant, but you should come prepared for all weathers as the climate can change. Please bring warm and cold weather gear, waterproofs and sunscreen.

BIKE INFORMATION

You will need to bring your own bike to Killarney.

WHAT IS NOT INCLUDED

- Travel insurance – you will need to take out your own insurance for travel and participation.
- Bike insurance.
- Personal spending money.
- Lunch on Day 1.
- Lunch and dinner on Day 4.





Irish Hospice Foundation

**Nurses for
Night Care**

Cycle for Care

Pedal Power - The difference you can make.



Our Nurses for Night Care service provides care to people in their own homes at end of life in every county in Ireland.

Throughout the COVID-19 pandemic nurses having been working throughout the night to support more people than ever to spend their final days at home in their own bed, with their families at their side.

In 2019, over 2250 nights of care was provided to 696 families at a cost of over €742,000.

Voluntary funds like those raised through the cycle challenge are vital in making this care a reality.

**Grant a final wish,
support Nurses for Night
Care.**



- Demand for Nurses for Night Care has doubled over the past five years and continues to grow. About €900,000 is needed to fund the service in 2021.
- Three out of every four people want to die at home, but only about one in four get to do so, according to our research.
- Nurses for Night Care brings hospice care and principles to adults, children and families where and when they are needed. We run this service in partnership with the Irish Cancer Society.
- The care and reassurance the nurses provide throughout the night to a loved one, in their own home is immeasurable for the person and their family.
- Cyclists who raised funds for us over the years have played a major role in supporting this care.
- Your weekend in the saddle will mean precious nights of nursing home for those using our Nurses for Night Care at home. You really are helping us make a difference.

Terms and Conditions

Irish Hospice Foundation Cycle Challenge 8-11 October 2021 (the "Event")

1. Each person taking part in the Event (a "Participant" or "you" or "your") is acting as a volunteer for Irish Hospice Foundation and is responsible for and obtaining all necessary permits and permissions in respect of public collections.

GENERAL

2. Irish Hospice Foundation has appointed Irish Cycling Safaris Limited to organise accommodation (on a shared basis), first aid and guides for the Event and accepts no liability for any loss or damages howsoever arising or for cancellation of the Event for any reason.
3. Irish Hospice Foundation has no control over the organisation and running of the Event and all participants take part at their own risk.
4. Irish Hospice Foundation has no control over what happens on the Event and is, therefore, under no liability in contract, negligence, or otherwise for any matter occurring during the Event or for any loss or damage sustained by any Participant during those dates. Any complaint must be notified directly to Irish Cycling Safaris Limited within 14 days of the end of the Event, in accordance with Irish Cycling Safaris Limited's Booking Conditions, as set out in clause 19 below.
6. The total liability of Irish Hospice Foundation to a Participant under or in connection with these terms and conditions (the "Participant Terms and Conditions") or the Event, whether arising from breach of contract, tort (including negligence) or otherwise, shall be limited to a total aggregate amount of €75. Irish Hospice Foundation shall not be liable to a Participant for any indirect or consequential loss or damage.
7. These Participant Terms and Conditions should be read in conjunction with the Irish Hospice Foundation's Privacy Notice which is available on our website, <https://hospicefoundation.ie/privacy-policy/>
8. These Participant Terms and Conditions, and all matters arising from them, will be subject to Irish law and the exclusive jurisdiction of the Irish Courts.

REGISTRATION FEES AND DONATIONS

9. To secure your place you will need to: Fill in and return the enclosed registration form by 30 July 2021 along with your €100 deposit payment. By 20 August 2021 the balance of costs, €405, must be paid to secure your place on the trip. Before 1 September 2021 you must have raised and paid at least €495 of Sponsorship. This brings your minimum total €1000, otherwise you jeopardise your place on the trip.

10. If you are unable to obtain the minimum target amount of sponsorship (€495) you are liable to forfeit your place on the Event and your non-refundable registration fee of €100; donations will only be refunded directly to the donor, upon written request by the donor.
11. You must make it clear to all your prospective sponsors that €505 of the €1,000 comprises the cost of registration and participation in the Event.
12. Should Irish Hospice Foundation cancel the Event, the registration fee of €100 will be refundable to you; donations will only be refunded directly to the donor, upon written request by the donor.
13. Should you not be able to take up your place on the Event, donations and registration fees will not be refundable to you; donations will only be refunded directly to the donor, upon written request by the donor.
14. All funds raised in the name of Irish Hospice Foundation in connection with the Event must be paid as soon as practicable to Irish Hospice Foundation.

SAFETY RULES

15. Safety approved cycling helmets are compulsory.
16. You may not deviate from the official route.
17. You are to obey the local traffic regulations, traffic officers and authorised marshals at all times.
18. You may not use your mobile phone or a personal music system while cycling.

IRISH CYCLING SAFARIS LTD BOOKING CONDITIONS

19. Irish Cycling Safaris Ltd (the "Company" or "we") accepts bookings subject to the following conditions:

Insurance & Cancellation Insurance

Travel insurance is mandatory for all Participants during the Event organised by the Company. Participants participate in the Event solely at their own risk and bring the Participant's personal property, including baggage, on the Event at their own risk. Participants are wholly responsible for arranging their own insurance. Participants are responsible for ensuring that they are in possession of private travel insurance with protection for the full duration of the Event in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment, with adequate cover ("Travel Insurance"). Participants should ensure that there are no exclusion clauses limiting protection for the type of activities included in the Event. Participants should satisfy themselves that any Travel Insurance arranged through the Company is what they require and should arrange supplementary insurance if need be. Participants will be deemed to have read the insurance cover.

Ground arrangements during the Event are fully insured through the Company.

Itinerary

While we endeavour to follow our itinerary there may be exceptional circumstances when this is not possible. We reserve the right to cancel or modify the itinerary as necessary. Due to the nature of the trip arrangements have to be planned well in advance, so changes may have to be made and the Company reserves the right to do this. Should a material change be necessary the Company will inform you as soon as reasonably possible. A material change includes, for example, a significant change of destination or route time by more than 12 hours.

Medical Form

Prior to the Event you will be asked to complete a medical questionnaire. If you are over 60 years of age or if you have any medical condition that could be adversely affected by exercise, particularly a heart condition or asthma, you must provide the Company with a medical certificate from your doctor. By signing this form you are confirming that, to the best of your knowledge, your general state of health is good and that you take full responsibility for your health and personal wellbeing.

Minimum Age

Participants must be over the age of 18 on the day of departure. The Company reserves the right to refuse participation to anyone at any time without having to disclose the reason.

Challenge Participation

We accept your booking on the understanding that you realise the hazards involved in this type of event, including injury or death, disease, loss or damage to property, and that you come on the Event at your own risk. We accept no liability for any injury resulting from the hazards of cycling or any other activity included in the itinerary, or for any other mishaps to you or your property, and in particular as a consequence of strikes, wars, riots, sickness or other such happenings. Any independent travel arrangements that you make are also at your own risk. While on the Event, illegal behaviour or conduct considered unsuitable will not be tolerated and could result in the Participant being asked to leave the Event with no refund. The decision to participate in the Event or parts therein lies with each Participant.

You must adhere to current public health guidance at the time of the Event. Masks, if required, are your responsibility and the Company cannot be responsible for ensuring all others around you are wearing them.

Equipment

You must wear a helmet on this trip. Participants are responsible for ensuring that their bike is in a suitable condition for participation in an event of this nature. The Company will endeavour to accommodate Participants, but cannot guarantee that correct tools and spares will be available. Participants will be expected to pay for any spares they require during this trip.

The Company cannot accept responsibility for loss or damage of any kind to your bicycle during the Event. If you have concerns regarding your individual bike you should consider appropriate bicycle insurance. During the course of the Event, your bicycle remains your exclusive

responsibility. Every reasonable effort will be made by the Company to provide suitable overnight storage for your bicycle, however no liability can be taken by the Company regarding accidental damage, theft, improper maintenance etc. of your bicycle.

If your bicycle is being transported by the Company during the Event you must clearly label it and make it available to the driver at the agreed date/time. In the event that your bicycle is not clearly labelled by you or made available in accordance with a prior arrangement, then your bicycle cannot be collected or returned by the Company.

Any other of your personal items, excluding bicycles transported by prior agreement during the Event, remaining at the end of the Event that are not collected by you will be disposed of by the Company. This includes cycling shoes, jackets, helmets and any other items, regardless of value or personal attachment.

If you have a complaint

Should you have a complaint about any of the Event arrangements, you must tell both the relevant supplier and the Company's representative whilst on the Event or within 14 days of the end of the Event. It is only if the Company and the relevant supplier know about problems that there will be the opportunity to put things right.

This Event is conceived and operated by Irish Cycling Safaris Ltd. Irish Cycling Safaris Ltd, Harbour Square, 4 Crofton Rd, Dún Laoghaire, Dublin.

WAIVER

20. Participants hereby acknowledge that they take part in the Event and all functions and events related thereto at their own risk. Participants hereby agree for themselves, their executors, administrators, heirs, next of kin, successors and assigns to waive release and discharge and to neither have nor institute any claims whatsoever against Irish Hospice Foundation or the Company. This waiver covers death, disability, personal injury, damage to and loss of property of a participant and is effective whether or not such death, injury, damage or loss may have been caused directly or indirectly or wholly or partly by any act or omission including negligence, of Irish Hospice Foundation or the Company or their respective servants, agents and contractors and will bind the heirs, executors and/or trustees of the estate of a participant.
21. We are delighted that Paul Kimmage is supporting us. We cannot however guarantee his participation.

Registration form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS AS CLARITY IS ESSENTIAL

PERSONAL DETAILS

Title _____

Name(s) _____

Surname _____

Address _____

Date of Birth (must be over 18) _____

Sex (M/F) _____

Phone (day) _____

Phone (mob) _____

Email address _____

NEXT OF KIN

Title _____

Name(s) _____

Surname _____

Address _____

Relationship _____

Phone (day) _____

Phone (mob) _____

Do you have any special dietary requirements? Yes No

If yes, please give details. Please note we can only cater for allergies not preferences

During the fundraising time before the cycle your fellow cyclists may wish to contact you. If you agree to have your email shared with the other cyclists ONLY please tick the following box

All information on Irish Hospice Foundation Cycle Challenge 2021 is correct at time of going to press.

Participation in the cycle is at the sole discretion of Irish Hospice Foundation. Please return your completed registration form to Louise McCarron, Irish Hospice Foundation, 32 Nassau Street, Dublin 2, and Ireland. Louise can be contacted on (01)6793188 or louise.mccarron@hospicefoundation.ie

IHF OFFICIAL CYCLE CHALLENGE 2021 CYCLING JERSEY

Please see size chart and tick size req.

Size XS S M L XL XXL 3XL 4XL

JERSEY SIZE CHART

	XS	S	M	L	XL	XXL	3XL	4XL
HEIGHT cm	169 – 176	172 – 176	175 – 179	178 – 182	181 – 185	184 – 188	187 – 191	190 – 193
CHEST cm	69-96	92-96	96 – 100	100 -104	104 -108	108 -112	112 – 116	116 -120

ACCOMMODATION PREFERENCES

Do you have a preference for who you wish to share with?

Yes No Please specify name _____

There are a limited number of single rooms available at a supplementary cost of €150

If you wish to have a single room and are happy to pay this supplement please tick the following box.

We will endeavour to accommodate each single room request but as there is limited availability they will be handled on a first come first served basis.

I have read and agree to abide by the Terms and Conditions in the accompanying event brochure which I understand may change from time to time and be posted on the web site www.hospicefoundation.ie. In particular, I have read and agree to the terms of the Waiver at clause 20.

Signed: _____ Date: _____

PAYMENT DETAILS

I enclose a cheque for the amount of €100 made payable to Irish Hospice Foundation

Please charge €100 to my

(Tick as appropriate) VISA MASTERCARD Debit card

Card Number _____

Exp Date _____

CVV No _____

Name on Card _____

Address Of Cardholder _____

Irish Hospice Foundation
Morrison Chambers,
32 Nassau Street, Dublin 2,
D02 YE06

hospicefoundation.ie
info@hospicefoundation.ie
#IHFcycle2021



Irish
Hospice
Foundation

Registered Charity Number 20013554