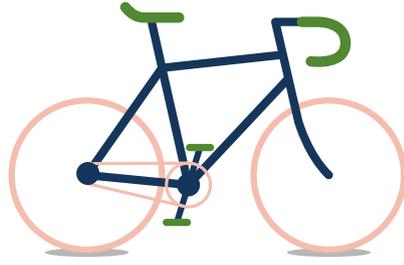


Irish Hospice Foundation

# Cycle Challenge



## Munich to Milan

## 5 Countries Tour – An Alpine Adventure

Friday 20th - Thursday 26th June 2025



Irish  
Hospice  
Foundation

To die and grieve well wherever the place

[hospicefoundation.ie](http://hospicefoundation.ie)



# Cycle Challenge 2025

## The Route in Summary

Embark on a breathtaking cycling adventure through the heart of Europe, beginning in Munich and culminating by the serene shores of Lake Maggiore. Along the way, you'll traverse five countries, explore historic towns, and soak in spectacular natural and cultural landscapes.

**Day 1:** Arrive in Munich, a city renowned for its rich history and cycling-friendly infrastructure.

**Day 2:** Cycle through Bavaria's scenic landscapes of forests, lakes, and castles, with a short detour to the iconic Neuschwanstein Castle before reaching Füssen.

**Day 3:** Ride alongside the German Alpine Road, passing picturesque towns, before crossing into Austria and arriving at Lake Konstanz, one of the largest and most famous lakes in central Europe.

**Day 4:** Follow the Rhine River into Switzerland. The route will bring us to the enchanting principality of Liechtenstein, and end the day in Chur, Switzerland's oldest town.

**Day 5:** For those seeking an extra challenge there will be an option to conquer the San Bernardino Pass, a rewarding climb offering stunning alpine vistas, followed by a thrilling descent to Bellinzona, home to UNESCO World Heritage castles. There will also be a shorter option available on this day.

**Day 6:** Cycle along the Ticino River Valley into Italy, with options for panoramic routes overlooking Lake Maggiore, ending in the charming resort town of Baveno. We will round off the trip with a celebration dinner together.

**Day 7:** Depart from Milan after a week of unforgettable cycling, camaraderie, and exploration.

This tour combines challenging yet accessible cycling with world-class scenery, cultural landmarks, and historic highlights, making it a truly memorable journey.

## Cyclists of All Levels Welcome

We welcome cyclists of varying levels as we offer alternative routes on many days and will support you throughout the trip. We also have space for a limited number of electric powered bikes, please check with us on availability. Advanced cyclists have the option to take on extra climbs most days, whilst the rest of the group continue on the standard route. Please contact us if you would like details of the detour climbs for this trip.

## The Challenge

You will be cycling over 500km (excluding optional climbs and routes) over five days, whilst raising vital funds for Irish Hospice Foundation (IHF).

We enlist the help of the fantastic team at Cycling Safaris to plan our route and hotels, guide our groups, transport luggage and look after our cyclists for the duration of the trip.

*Cycling Safaris*

Irish Hospice Foundation has worked with Cycling Safaris on every cycle challenge since the first one in 2009. We are delighted that they are back with us.

# Itinerary

## MUNICH TO MILAN – 5 COUNTRIES TOUR

### DAY 1 – FRI 20 JUNE

#### Arrival

Direct 07:15 Aer Lingus Dublin to Munich flight and transfer (approx 40 Minutes) to Munich Hotel.



### DAY 2 – SAT 21 JUNE

#### Munich to Fussen (110km /715m)

Munich is well served by bike lanes and so it is a relatively easy ride to head out towards the Eichelgarten, a peaceful forest criss-crossed with bike and walking paths.



This is now quintessential Bavaria, with forests, lakes, castles and the backdrop of mountains.

Starnberg is at the heart of the Bavarian lake district and a great place to enjoy a coffee.

Fussen lies at the edge of the Mountains and is synonymous with the great Bavarian Castles. A small detour just before the town will bring you to Neuschwanstein Castle, the famous extravagant turreted edifice built for King Ludwig 2.

### DAY 3 – SUN 22 JUNE

#### Fussen to Bregenz (101km / 815m)

Yesterday loosely followed some of the famous 'Romantic Road' whereas today will be more East to West, which is shadowing the German Alpine road. This cycle keeps the backdrop of the mountains, while avoiding the major climbs.



This will bring you to the attractive town of Immenstadt and the nearby beautiful Grosser Alpsee, the largest natural lake in the region.

We cycle most of the day in Germany before crossing the border into Austria and arriving at the shores of lake Konstanz. This is one of the largest and most famous lakes in central Europe, with beautiful clear waters, lakeside resorts and historic landmarks. The town of Bregenz is famous for its lively festival held each summer.

### DAY 4 – MON 23 JUNE

#### Bregenz to Chur (95km / 387m)

The start of the day makes directly for the river Rhine.

Not long after picking up the riverside path you cross the border into Switzerland. This riverside path, despite the surrounding mountains, keeps the cycling easy and virtually traffic free. A small detour away from the river is made to venture into Liechtenstein, the 6<sup>th</sup> smallest country in the



world, yet one of the richest, and a fairytale of castles and mountains ruled by a monarch.

Cycling back into Switzerland, you'll come into Chur, the oldest town in the country and a gateway to the Alps, with a virtually intact historical centre that is traffic free to explore.

### DAY 5 – TUE 24 JUNE

#### Chur to Bellinzona (90km/1400m or 130km /2160m)

Today is the big day of the journey as to venture south requires climbing a mountain pass. For this journey we choose the San Bernadino Pass. There is a 6km tunnel for the majority of the traffic, leaving the old historic route for the tourists and cyclists. It signals the transition from the Central German speaking Switzerland to the sunnier Southern Italian speaking part. The climb gains 1432m to reach 2065m. However, this is spread over 45km, so it averages a very manageable 3%. Aside from the wonderful scenery the reward is a fantastic downhill of 50km that drops almost all the 2000m to the Ticino valley. Bellinzona is a UNESCO world heritage site boasting 3 of the best preserved castles in Switzerland.



A shorter option is to ride to Splugen and then transfer through the tunnel. This will make the ride less challenging.

### DAY 6 – WED 25 JUNE

#### Bellinzona to Baveno (90km/695m or 110km/1745m)

The last day is a fairly easy one as the Ticino river valley leads to the shores of Lake Maggiore. Less well known than the other northern Italian lakes, it is therefore a little less busy, but no less beautiful, boasting villas, castles and mountain views. The route will ride the northern shore, crossing into Italy.



Here it is worth taking a short climb to a slightly elevated position. This still rides alongside the lake but offers a different perspective on a very quiet road. The more difficult ride continues further up into the green hills behind the lake. Climbing through the forest the road finally reveals wonderful panoramas down to the lake, 1100m below. Baveno is a lakeside resort town, famous for its mineral water springs and gently sloping green hills that naturally finish at the lakeside.

### DAY 7 – THU 26 JUNE

#### Departure

Private transfer from Baveno to Milan Malpensa for the 16:40 direct Ryanair flight to Dublin.

# How do I sign up?

## The Participation Fee is €4,000

*This fee can only be guaranteed for participants that register and pay their registration fee by Friday 11th April 2025.*

This fee is split into two elements:

- Tour cost total €2,000
- Fundraising €2,000

The tour cost of €2,000 must be paid as follows:

- Registration fee of €300 on sign-up.
- Balance of €1,700 due on or before 30th April.

The fundraising of €2,000 must be paid as follows:

- First payment of €1,000 due on 31st May 2025.
- Second payment of €1,000 before departure or later by arrangement.

## Information Briefing

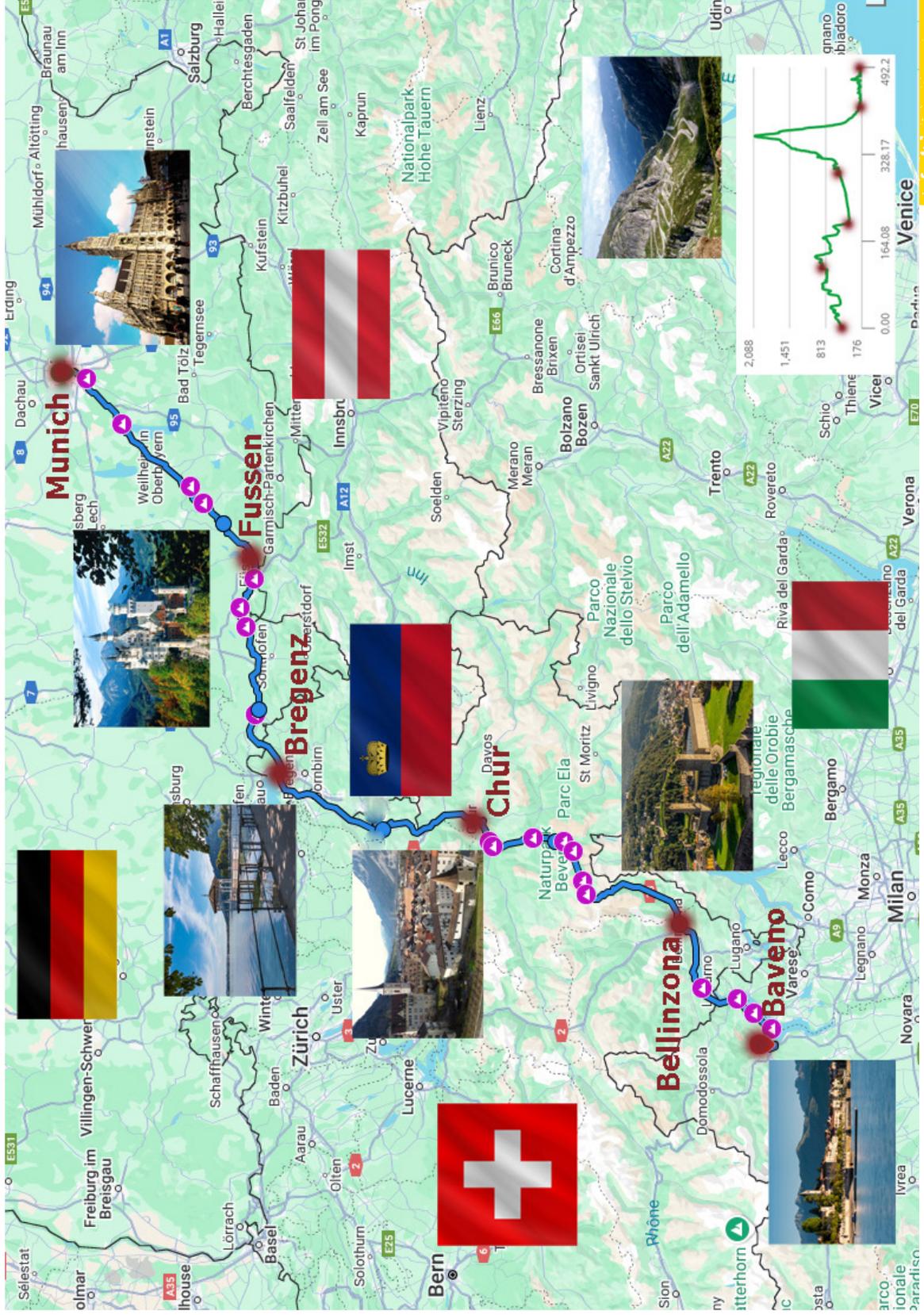
An information briefing will take place in May and all participating cyclists are welcome to join us. This is your opportunity to meet us, the Cycling Safaris team as well as your fellow participants.

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.



# Cycle Challenge Munich to Milan



# 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 11th April 2025.
- Pay your €300 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 €2,000 is paid.

Registrations taken after 11th April 2025 may incur extra costs. This will be made clear to participants in advance of registration.

## Sponsorship Targets & Deadlines

Total Participation Fee: €4,000

- Payment 1: Pay registration fee – €300.
- Payment 2: Pay balance of tour cost €1,700 on or before 30th April
- Payment 3: By 31<sup>st</sup> May €1,000 of your fundraising should be lodged to Irish Hospice Foundation
- Payment 4: Before departure on 20th June remaining €1,000 of your fundraising should be lodged to Irish Hospice Foundation. If you need more time to complete your fundraising after the cycle has taken place this can be arranged by request.

## Fundraising Support

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

- Access to fundraising materials and IHF merchandise. Including contactless payment solutions for bucket collections.

- An online sponsorship account - friends, family and colleagues can sponsor you online through your own personalised web page on [www.idonate.ie](http://www.idonate.ie)
- A direct phone number and email address for an IHF fundraiser

## Fitness Levels

This cycle crosses the naturally undulating terrain across Europe. 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. If you choose to stay on for the weekend in Italy, you will be responsible for organising your own accommodation and flights.
- **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. Lunch is not provided on day 1 or 7.
- **Dinner.** On days 1, 2, 3, 4, 5, 6, dinner will be provided to the group either in a local restaurant or in the hotels.
- **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

Flight to Munich on 20th June and return flight from Milan on 26th June. For those staying on for extra nights you must make your own return flight arrangements.

## Weather

Cycling at this time of year is usually pleasant and sunny, but you should come prepared for all weather 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 Cycling Safaris in Dublin approximately 1 week in advance of the trip for it to be transported to Germany.

Please ensure that it has been recently serviced. We will arrange for your bike to be transported safely back to Ireland where it will be available for collection from Cycling Safaris in Dublin.

## 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 7.

# The difference you can make

By taking on the IHF Cycle challenge, you will be supporting people all over Ireland who are facing end of life and bereavement.



## Nurses for Night Care

Nurses for Night Care is our free at-home night-nursing service for patients diagnosed with illnesses other than cancer. Nurses travel to patients' homes to provide professional care for the final nights of their life. They bring comfort and relief to the patient, and provide important respite and reassurance to relatives as they prepare for the final farewell and, ultimately, their bereavement.

**In 2023, 2,920 nights of nursing care were delivered to 1,000 people across Ireland.**



## Bereavement Support Line

Our Bereavement Support Line, in partnership with the HSE, is a national freephone service available from 10am to 1pm, Monday to Friday on 1800 80 70 77. It provides a space for those who have lost a loved one, friend or colleague to talk about their loss and grief. Anyone concerned about someone else who is grieving can call for information and guidance. Our volunteers do their best to provide comfort and emotional support and will offer information that might help the caller, including details on practical supports.

**In 2024, 1,181 calls were handled on the Bereavement Support Line.**



## Information and Support Line

Facing or caring for a friend or family member with a life-limiting illness can be both a challenging and uncertain time for anyone. Our Information and Support Line is a confidential line that provides signposting, practical supports, and resources about end-of-life care, advance care planning, and palliative care in Ireland. It is available on freephone 1800 60 70 66 from 9am to 1pm, Monday to Friday.

## Caru

Supporting Care & Compassion  
at End of Life in Nursing Homes  
A continuous learning programme

## Caru

Caru is a free continuous learning programme developed by Irish Hospice Foundation and the All Ireland Institute of Hospice and Palliative Care (AIHPC) in collaboration with the HSE. Caru supports and empowers nursing home staff in the delivery of compassionate and person-centred palliative, end-of-life, and bereavement care to residents and family members in nursing homes.

Learn more at [caru.ie](https://www.caru.ie)

# Terms and Conditions

## Irish Hospice Foundation Cycle Challenge 20th - 26th June (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), logistics, transportation, 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 can arrange flights to and from the Event for the convenience of Participants. All flights booked by Irish Hospice Foundation are booked through a third-party transport provider, with no affiliation to Irish Hospice Foundation, and Irish Hospice Foundation has no control over the price, chartering or scheduling of the flights. Irish Hospice Foundation cannot accept liability for any delay in a Participant's travel arrangements from or to Ireland whether the cancellation or delay is caused by adverse weather conditions, rescheduling by a transport provider, port authority, mechanical breakdown or industrial action.
5. 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 11th April 2025 along with your €300 deposit payment. By 30th April 2025 the balance of costs, €1,700 must be paid to secure your place on the trip. On or before 31st May 2025 you should have raised and lodged €1,000 of fundraising.

Before our departure on 20th June the remaining €1,000 of your fundraising should be lodged to IHF. If you need more time to complete your fundraising after the cycle has taken place this can be arranged by request.

10. **If you are unable to obtain the minimum target amount of sponsorship (€2000) you are liable to forfeit your place on the Event and your non-refundable registration fee of €300; 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 €2,000 of the €4,000 comprises the cost of registration and participation in the Event.
12. Should Irish Hospice Foundation cancel the Event, the registration fee of €300 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:

#### Passport, Visas, Vaccinations

Each Participant is responsible for arranging and must be in possession of a valid passport and any visa required for the whole of their journey. Information about these matters or related items (climate, clothing, baggage, personal gear etc.) is given in good faith but without responsibility on the Company. It is the responsibility of each Participant to check if visas or vaccinations are required to travel.

#### 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**

Participants taking their own equipment on the Event are responsible for any charges for transportation levied by the transport provider, including excess baggage. 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 bicycles 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.

### **Delays**

The timings of road, ferry or flight departures are estimates only. We cannot accept liability for any delay in your travel in your travel arrangements from or to Ireland whether the cancellation or delay is caused by adverse weather conditions rescheduling by transport provider, port authority, mechanical breakdown or industrial action. Where long delays result in lost challenge time, no refunds are given by hotels or suppliers. Similarly, transport providers do not offer compensation for delays.

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.
22. Participation in the cycle is at the sole discretion of Irish Hospice Foundation.

# Registration form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS AS CLARITY IS ESSENTIAL WHEN MAKING FLIGHT BOOKINGS

## 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 \_\_\_\_\_

Relationship \_\_\_\_\_

Phone (day) \_\_\_\_\_

Phone (mob) \_\_\_\_\_

## PASSPORT DETAILS

*NB: Passport must be valid for 6 months after date of travel*

Name (as on passport) \_\_\_\_\_

Passport Number \_\_\_\_\_

Expiry Date \_\_\_\_\_

Place of Issue \_\_\_\_\_

Date of Issue \_\_\_\_\_

Nationality \_\_\_\_\_

Country of Residence \_\_\_\_\_

## INSURANCE

Do You have travel insurance\*  Yes  No

\*Travel insurance is Mandatory. Clients are responsible for ensuring that they are in possession of private Travel Insurance with protection for the full duration of the tour in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment, with adequate cover.

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 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, Ireland. Louise can be contacted on (01)6793188 or louise.mccarron@hospicefoundation.ie

Do you have any special dietary requirements?  Yes  No

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

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)	168	170	174	178	182	184	186+	186+
Chest(cm)	78-82	83-88	89-94	95-100	101-106	107-112	113-118	119-122

## FLIGHT DETAILS

OUT	FRI 20 June	EI 352	Dublin	07:15	Munich 10:45
RETURN	THU 26 June	FR 1455	Milan	16:40	Dublin 18:15

Are you planning on taking the flight out with us on Friday 20th June?

Yes  No

Are you planning on taking the return flight with us on Thursday 26th June?

Yes  No

If you are not flying with us you must inform IHF before the 31st March 2025.

If you are travelling separately from the group you are responsible for your own accommodation for the extra nights and your flight(s). We will be happy to provide you with the name and details of the relevant hotel.

## PLEASE NOTE: All accommodation will be shared

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

Yes  No Please specify name \_\_\_\_\_

There are a limited number of rooms available at a supplementary cost of €340. 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 Rules and Regulations 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 €300 made payable to Irish Hospice Foundation

Please charge €300 to my  VISA  MASTERCARD  Debit card

Card Number \_\_\_\_\_ (Tick as appropriate)

Exp Date \_\_\_\_\_ CVV No \_\_\_\_\_

Name on Card \_\_\_\_\_

Address Of Cardholder \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Irish Hospice Foundation  
Morrison Chambers,  
32 Nassau Street, Dublin 2,  
D02 X627

hospicefoundation.ie  
info@hospicefoundation.ie  
#IHFCycle2025



Registered Charity Number 20013554



Irish Hospice Foundation

Cycle  Challenge

[hospicefoundation.ie](http://hospicefoundation.ie)