



## A Guide to the River Mosel Bike Ride Challenge

13th - 22nd August 2010

Registered charity number: 1111504



Dear Cyclist,

Welcome to the River Mosel Bike Ride Challenge 2010! Congratulations on signing up to this exciting event.

The bike ride is being jointly organised by Maternity Worldwide in UK and our sister charity Maternity Worldwide Deutschland. It is being led by team who have had years of experience in leading our annual Ethiopian bike ride amongst many other cycling events.

Over the next few weeks you will receive various communications from Maternity Worldwide. If ever you have any queries or would like additional help or support, please contact our General Manager, Tim Peacock on 01273 682241.

We are looking forward to meeting you soon!

Best wishes,

The Maternity Worldwide Team

## **Currency and Passports**

We will be cycling through France, Luxembourg and Germany all of which use the Euro.

Please make sure you bring your passport.

## **Itinerary of travel**

Participants will make their own arrangements for travel to London St Pancras International on the afternoon of Friday August 13<sup>th</sup> where we will start our journey. We have opted for rail travel throughout to reduce the environmental impact of the event. The challenge will officially start when you meet the Maternity Worldwide representatives at St Pancras. We will then travel by Eurostar to Paris, Gare du Nord, walk the short distance to Paris Gare de l'est and take the TGV to Mulhouse (south of Strasbourg) where we will spend the first night. On the morning of Saturday 14<sup>th</sup> August we will then travel a short distance by road to Bussang – the source of the Moselle/Mosel where our adventure truly begins.

Cyclists will have the option of carrying their own bicycle (in a cycle bag) and luggage by train to Mulhouse, or (in preference to Maternity Worldwide and more convenient for you) to leave their bike and main luggage at a central point in Brighton on or before the evening of Wednesday 11<sup>th</sup> August. Bikes and luggage left in Brighton will be transported in our support vehicle (leaving on Thursday 12<sup>th</sup> August) to Mulhouse by road. We understand this option may be more difficult for cyclists not originating in South East England.

From the source we will then follow the full course of the River Moselle through France, (hence the French spelling) Luxembourg and Germany to the confluence of the river with the Rhine in Koblenz (see detailed route itinerary).

The return journey: participants will stay in Ernst (on the Mosel) overnight on Saturday 21<sup>st</sup> (party night!) before we catch a train to Cologne (via Koblenz). From Cologne we take a high speed train to Brussels (Gare du Midi) and then on to London St Pancras International arriving early evening.

The River Mosel Bike Ride Challenge will officially finish on arrival back at St Pancras International.

Standard (second) class rail travel and transfers will be included from departure of St Pancras International and arrival back at St Pancras International in the cost payments made to Maternity Worldwide (see below).

## **Day to day ride**

The day to day distances of the bike ride have been carefully planned so that you do not exhaust yourselves, and you will have plenty of time to complete them! We will have different levels in the group and we account for this too. For those who don't think it sounds challenging enough we will arrange additional loops on request on some days including if possible to Luxembourg City. The bike ride is not a race, and we will take plenty of breaks for water and snacks. It is important that you drink to keep hydrated and don't over exert yourself on day one or you could end up exhausted and possibly injured for the rest of the week! We want you to enjoy the bike ride, so we will be encouraging you to take breaks to take photos, and to cycle in groups making the cycling much more enjoyable.

It is also a good idea to bring sun block/sun cream as well as a helmet (see below); cycling gloves, padded shorts, raingear in case of showers and a water bottle.

## **Route**

The route follows the full length of the Mosel River (Moselle in France) from the bubbling source at Bussang in the beautiful Vosges Mountains in France to the confluence where the Mosel dramatically meets the Rhine at Koblenz in Germany 545km (338 miles) later. The good news of course is that overall its downhill all the way!

The route takes in beautiful scenery and interesting towns and cities. Highlights include the source of the Mosel itself; the medieval city of Metz; the soaring vineyards and dramatic gorges, and castles on the German section, as the Mosel evolves from a trickle to a major river and emerges into its confluence with the Rhine at the beautiful city of Koblenz.

A detailed route map will be placed on the Maternity Worldwide website.

## **Entertainment**

If our previous Maternity Worldwide bike ride challenges are to go by – you will have a great time, you will meet people who share your passions to explore new places and enjoy new experiences. We will have fun along the way – wine tasting, taking in fantastic scenery and exploring fascinating towns and cities. To top all of this we arrive on Friday 20<sup>th</sup> in Ernst to their annual Wein Fest – which will be an amazing mix of wine, fireworks and meeting the friendly local people. To top this on Saturday 21<sup>st</sup> we will have our own celebration party in the forest above the vineyards with our colleagues from Maternity Worldwide Deutschland. This will be a mixture of wine from the Hausman family; barbecue; music and dancing.

### Summary of the itinerary

Day	Date	From	To	Distance Cycled (approximate)	Comment
1	Fri 13 <sup>th</sup> August	London St Pancras International	Mulhouse (France)	0	Own arrangements to London St Pancras International for afternoon travel by Eurostar to Paris and then by TGV to Mulhouse. Meet up with the support vehicle (and reunite with luggage where appropriate). Evening welcome drinks with our German friends. Accommodation in hotel.
2	Sat 14 <sup>th</sup> August	Mulhouse (France)	Epinal (France)	75km (46 miles)	Hotel breakfast then transfer by road to the source of the Moselle in Bussang. This beautiful location has a symbolic sculpture map of the river course. The Bike Ride is then officially underway!
3	Sun 15 <sup>th</sup> August	Epinal (France)	Toul (France)	75km (46 miles)	At the beginning of the cycle ride maps with the daily routes will be provided and also a mini-guide including some of the highlights of the sights on the way and some of the history. During these days you will have a hearty breakfast and a sandwich lunch provided by Maternity Worldwide both included in the accommodation cost. We will stop at interesting places along the route – highlights include the medieval city of Metz (with its characteristic architecture and gastro-haven covered market) and of course the vineyards hugging the banks of the river. On day 5 we will cycle along the river bank where the river forms the Luxembourg/German border. As the river gets wider the valley gets deeper forming a dramatic gorge with fairy-tale castles above us. There will be opportunities for wine tasting and for the intrepid we will try to add some additional cycle loops – including to Luxembourg City. The evenings will be spent relaxing or exploring the local towns and villages, practicing your French and German and sampling some fine wines. Evening meals will be at your own expense – however we will arrange (optional) group meals. On Friday 20 <sup>th</sup> August we will join the fantastic Ernst Wein Fest (wine festival) with parade and fireworks.
4	Mon 16 <sup>th</sup> August	Toul (France)	Metz (France)	75km (46 miles)	
5	Tues 17 <sup>th</sup> August	Metz (France)	Palzem (Germany)	65km (40 miles)	
6	Wed 18 <sup>th</sup> August	Palzem (Germany)	Longuich (Germany)	55km (34 miles)	
7	Thurs 19 <sup>th</sup> August	Longuich (Germany)	Kinheim (Germany)	60km b (37.5 miles)	
8	Friday 20 <sup>th</sup> August	Kinheim (Germany)	Ernst (Germany)	65km (40 miles)	On this last day of cycling we will be following the Mosel to its dramatic confluence with the Rhine where we will crack open the bubbly. We will then load bikes in the support vehicle and travel back to Ernst by train. In the evening we will have a party in the forest above the Mosel hosted by our MW German friends and winemaker family Hausman. Congratulations!
9	Saturday 21 <sup>st</sup> August	Ernst (Germany)	Koblenz (Germany)	55km (34 miles)	
10	Sunday 22 <sup>nd</sup> August	Ernst (Germany)	London	0	Travel by train from Ernst to Cologne via Koblenz. From Cologne we take the high speed train to Brussels and then the Eurostar to St Pancras International arriving early evening. Own arrangements for your onward journey.

## **Health and Safety issues**

Cyclists are responsible for their own safety and security during this trip. You are solely responsible for your possessions whilst taking part in this event.

For insurance purposes, we require you to wear a helmet at all times when you are cycling (to participate in the bike ride). Please also bring padded cycling gloves.

The cycle leader will give a daily briefing and will be available for support at the rest stops. In the event that you are unable to continue riding on a particular day, you will be able to travel with the support vehicle. Please bring your mobile phone with you so you will be able to liaise with the support vehicle. It is advisable to bring a lock for your bike and to have it insured!

All participants must have a European Health Insurance Card (EHIC) – you can apply for one at [www.ehic.org.uk](http://www.ehic.org.uk). Please ensure your tetanus vaccination is up to date and bring a first aid kit with you. Your travel insurance must cover you for cycling holidays and you will be asked to provide a photocopy of this insurance document for Maternity Worldwide before departure. You will also be asked to fill in a medical questionnaire.

## **Baggage**

Please bring a rucksack to be carried on your back or side panniers for your bike, as you will need to be able to push your bike and carry your luggage at the beginning and end of the ride.

## **Your bike and equipment**

We suggest you get your bike serviced before departure (to include brake pads and truing wheels) and bring a puncture repair kit and spare inner tube with you. There will be some bike shops if spares are needed, the main thing should only be punctures on a well serviced bike which you will be expected to mend yourself.

The cycle leader and medical representative have the authority to say if you cannot ride on a particular day.

## **Accommodation**

Bed and breakfast and hostel accommodation will be booked for all members of the party prior to departure by Maternity Worldwide. This will be based on sharing a room (same sex) unless agreed beforehand with Maternity Worldwide. **Please see costs section below.**

## **General behaviour**

You are taking part in a bike ride event for Maternity Worldwide, therefore your behaviour will reflect on the charity. Particularly in the evenings when we are socialising please be respectful of cultural diversity and local views.

## **Sponsorship**

You are expected to raise a minimum of £500 for this event.

We have included a Sponsorship form with this pack for your convenience. Don't be shy about asking people to sponsor you; even small donations make a huge difference. A good thing to mention is that £15 will help to ensure a safe birth.



Please don't forget to get your donors who are UK taxpayers to sign a 'Gift Aid' declaration; this means that Maternity Worldwide will receive an extra 28% from the government for each donation made, at no extra cost to the donor.

You can set up your own fundraising page on JustGiving so that your sponsors can donate securely online. In order to help you set up your own fundraising page go to [www.justgiving.com](http://www.justgiving.com) and follow the instructions to set up a page.

For more ideas ask Tim in the Maternity Worldwide office to send you the A-Z of fundraising!

## **Costs**

Cyclists will be responsible for all costs of the ride. Approximately £550 (depending on the number of participants taking part) must be paid in advance to cover the cost of rail travel and transfers, accommodation (B&Bs or hostels), breakfast and a substantial sandwich lunch on cycling days. Depending on your preferences we recommend you allow an additional £15-20 per day for your evening meal (excluding alcohol).

An initial non-refundable deposit of £150 (which forms part of the £550) will be required as your intention to take part in this event. This payment of £150 must be paid by **Friday 18<sup>th</sup> June 2010** and the remaining **£400 four weeks in advance of the departure date (i.e. 16<sup>th</sup> July 2010)**.

These costs are **in addition** to the £500 minimum sponsorship detailed above (excluding Gift Aid on any donations). This ensures that all of your sponsorship goes to the charitable work of Maternity Worldwide. Maternity Worldwide must have been in receipt (or able to see equivalent donations on your JustGiving page) of at least £300 of your sponsorship before departure from London on 13<sup>th</sup> August.

## **CONDITIONS OF ENTRY**

1. You must be at least 18 years old before the departure date, and be sufficiently fit to undertake the Bike Ride.
2. Itineraries, schedules, and accommodation may change. Other changes may occur that are beyond the control of Maternity Worldwide.
3. Maternity Worldwide is a registered charity, number 1111504 and a company limited by guarantee registered in England & Wales. Registered Office: Unit 9, level 4 South, New England House, New England Street, Brighton, BN1 4GH.
4. You must not suffer from alcohol or drug dependency.
5. We will be passing through wine growing regions. It is your responsibility to ensure that you do not cycle under the influence of alcohol and adhere to local laws governing this. Those who do not comply will be asked to leave the Maternity Worldwide River Mosel Bike Ride Challenge.
6. You should not have any criminal convictions.
7. Your passport must be valid for six months from the date that you plan to return to the UK.
8. You participate at your own risk.
9. You must provide your own personal equipment, including an appropriate bicycle (further

advice from Maternity Worldwide), a basic repair kit and cycling attire.

10. You must have adequate travel insurance that covers you for the Bike Ride. You may forfeit your place if, in Maternity Worldwide's opinion, you fail to provide proof of adequate travel insurance.
11. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers, and that any sums recovered under the policy will be paid to Maternity Worldwide. If the insurance company does not recognize your claim, you will be responsible for covering any cancellation charges borne by Maternity Worldwide.
12. Maternity Worldwide may, at its sole discretion, withdraw places on the Bike Ride, if it is believed to be in their best interest to do so.
13. If it becomes apparent that the Bike Ride will not meet the fundraising requirements, it may be necessary to cancel the event. Your £150 registration fee will be refunded.
14. Maternity Worldwide must be notified of your full name as it appears on your passport.
15. Distances quoted are approximate and Maternity Worldwide reserves the right to change the route for operational and other reasons (such as accommodation problems) without notice.
16. You must complete the Medical Questionnaire.
17. You must complete and sign the 'terms of participation River Mosel Bike Ride Challenge' waiver form

**Have a wonderful River Mosel Bike Ride Challenge!**

### **Checklist**

	✓
Passport	
Euros	
Travel Insurance	
EHIC	
Up-to-date Tetanus vaccination	
Bike (recently serviced)	
Rucksack/panniers	
Puncture repair kit and spare inner tube	



First aid kit	
Hat	
Sun block	
Helmet	
Cycling attire	
Water bottle	
Camera!	

**SPONSORSHIP FORM**

**EVENT:**

For Maternity Worldwide to obtain Gift Aid it is necessary for you to collect at least the house number and postcode of donors



Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Sponsor	Fixed Amount £	Phone no.	Address and Email	Newsletter?	<i>giftaid it</i>	Signature
			Email	<input type="checkbox"/>	<input type="checkbox"/>	
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			Email	<input type="checkbox"/>	<input type="checkbox"/>	
			Email	<input type="checkbox"/>	<input type="checkbox"/>	
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			Email	<input type="checkbox"/>	<input type="checkbox"/>	
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Please complete the form legibly in BLOCK CAPITALS giving your full name and address. Please help Maternity Worldwide increase the value of your donation by an extra 28% though GIFT AID. This will not cost you anything. We, who have given our names and addresses above, and who have ticked the box entitled 'Gift Aid', want Maternity Worldwide to reclaim tax on the donation detailed above, given on the date shown. We understand that each of us must pay income tax or capital gains tax equal to the tax reclaimed by the charity on the donation.

