

Ride to the Rugby is the definition of team work,  
camaraderie and blood, sweat and tears!



**Tuesday 14 – Sunday 19 March 2023**

Cycle 217 miles to Paris and arrive in time for the  
Six Nations France v Wales Match on Saturday 18 March 2023



**Being part of a group of 50 riders, all sharing the same experience and cycling 217 miles in tough conditions. That's a memory that will stay with you forever. All with the knowledge that the fundraising you undertake for this challenge will really make a difference to a Tŷ Hafan family.** This event is slightly different to previous years and all of the cycling will now take place in France. This allows us to experience more of this beautiful country, which has always been a firm favourite for riders who have taken part in the event previously.

## Day by Day!

1

You will depart on **Tuesday 14 March** from the Principality Stadium in Cardiff via coach to Calais. On Wednesday, you'll wake up, have some breakfast in the accommodation and begin with 77 miles of cycling from Calais to Arras with a 1,000 feet elevation gain. Cycling through Northern France, you will immediately start to enjoy the French Countryside. You will cycle close to the Belgian border and will quickly start to recognise place names from the history books! You'll end your day in Arras, arriving via Vimy Ridge.

2

It's now day 2 of your cycling challenge and you are probably starting to have aches and pains but that won't stop you completing 60 miles with a 1,400 feet elevation gain from Arras to Amiens. You'll cycle through the Somme region of France and will be joined by a local historian where as a group, we will pay our respects to Welsh International Rugby players who made the ultimate sacrifice during the great war, including Johnnie Williams a triple Grand Slam winner and British Lion.

3

It's day 3 and you've nearly completed the challenge, however you still have 80 miles of cycling with a 2,000 feet elevation gain from Amiens to Paris! With the finish in sight and motivation from our team captains and support team, you'll no doubt make it to the end with smiles and some tears. As you head into Paris, you will conclude the final leg by cycling around the Arc de Triomphe, an incredible feeling to end this incredible challenge!

4

You'll wake up on Saturday with a great sense of achievement and will fill yourself up with food before heading into Paris with some free time to spare before watching the game in the Stadium. Once Wales win... which we will of course, you'll have the rest of the day/evening to enjoy the bars/restaurants in Paris before kipping down for the night ready to depart on the Sunday back to Cardiff...via coach of course!

Life Changing, Humbling, Great Banter. I signed up haven't never ridden a road bike but was a big fan of Tŷ Hafan and wanted a challenge. Everything is there for you, help with fundraising ideas, training days and a bond you won't forget. I struggled the first day and was ready to quit after 25 miles but a few words of encouragement, great team captains who basically taught me how to ride and the reason why I signed up got me through. The final 2 miles to the stadium was something I'll never forget, everyone riding on masses, no stopping and everyone together. I signed up that very night for Paris the following year but covid has delayed it but can't wait to get going in 2023.  
**You will not regret it** - Chris, Ride to the Rugby Dublin 2020.

At times I felt like stopping, but then **I remembered why I started and who I was doing it for** - Ride to the Rugby 2019 participant.



🗨️ I never even owned a bike before this challenge, now I'm pro. 🗨️

Lisa Williams

## More Information:

The conditions may be cold but that makes this challenge all the more exciting! If you would like to find out more, please email [events@tyhafan.org](mailto:events@tyhafan.org) Alternatively, if you're ready to book your place, then please visit [www.tyhafan.org/ride-to-the-rugby](http://www.tyhafan.org/ride-to-the-rugby) and click 'take part'.

The cost to go on the trip is **£1,500**. **£1,000** of this covers the event costs and **£500** is sponsorship. Your **£200** non refundable registration fee goes towards this. It is up to you how you raise the funds to cover the cost, just remember if you are fundraising for the full amount, then you must inform your sponsors that the **£1,000** is to cover the cost of you going on the trip - this must be clear to your supporters.



### What is included:

- Coach transfer
- Ferry transfer
- Event training top
- Event cycling shirt
- Lunch on Wednesday, Thursday and Friday along the cycle route
- Participant water during the ride and energy supplements
- Breakfast every morning (except Tuesday)
- Accommodation each night (sharing of two)
- Ticket to the Six Nations match
- Invitation to a kit night held at Pencoed Rugby Club prior to the event (date to be confirmed)
- Invitation to two training rides before the event
- Opportunity to come along to our pre-event get together
- Designated Fundraising Officer to help you reach your sponsorship target
- Fundraising materials



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