

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



Tuesday 20th - Sunday 25th February 2024

Cycle **217 miles** to Dublin and arrive in time for the Six Nations
Ireland v Wales match on Saturday 24th February 2024



Tŷ Hafan



CHILDREN'S HOSPICE
HOSBIS I BLANT

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 Tŷ Hafan families.



Day by Day!

1

You will depart on Tuesday 20th February from the Swansea.com Stadium – home of the Ospreys – and cycle 67 miles to Tenby. The first half of the day will follow the cycle track towards Kidwelly. This is a great opportunity to settle into the saddle and get to know your teammates for this challenge.



2

Day two is a shorter day and will see you cycling 30 miles from Tenby to Pembroke Dock Rugby Club, exploring the tips of Pembrokeshire before boarding an afternoon ferry crossing from Pembroke Dock.

3

It's day 3 of the challenge and the first day of cycling in Ireland. You'll cycle 70 miles with a 1,300 feet elevation gain from Rosslare to Arklow, following the East coast of Ireland as you head closer towards Dublin.

4



It's the final day of your challenge – you're almost there! You have 70 miles of cycling with an elevation gain of 1,300 feet to complete from Arklow to Dublin. You'll cycle into Dublin ready to prepare for match day with a gathering in Temple Bar.

5

You'll wake up on Saturday morning with a great sense of achievement and will fill yourself up with food before heading into Dublin with some free time to explore before watching the game in the Aviva Stadium. Following a Wales victory... you'll have the rest of the day and evening to enjoy as you wish before returning to Swansea on Sunday (by coach and ferry, of course!)

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Life Changing, Humbling, Great Banter. I signed up having 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.

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.

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“ 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 Alternatively, if you’re ready to book your place, then please visit www.tyhafan.org/ride-to-the-rugby and click ‘take part’.

The cost to go on the trip is **£1,800**. **£1,200** of this covers the event costs and **£600** will be put towards Tŷ Hafan’s services. Your **£250** non-refundable registration fee goes towards this. It is up to you how you raise the funds to cover the total cost, just remember if you are fundraising the total amount then you must inform your sponsors that **£1,200** of the funds raised is to cover the cost of the trip – this must be clear to your supporters.



What is included:

- Coach transfer
- Ferry transfer
- Event cycling shirt
- Lunch on Tuesday, 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

