Cycle Milan to Venice
30 April – 4 May 2020

Cycle 355km in three days on this enchanting ride from Italy’s fashion capital of Milan to the countless canals of Venice.

For more information and to register online:
www.dream-challenges.com

t: 01590 646410 e: events@dream-challenges.com
Cycle 355km in three days on this enchanting ride through the postcard-perfect country of Italy. Join us on a stunning three-day cycle from the Italian fashion capital of Milan to the countless canals of Venice.

Following an idyllic, flat route, we admire enchanting scenery all the way, from pretty rolling hills to fresh water lakes to the exquisite architecture Italy is renowned for.

As if that isn’t enough to get excited about, we also stay a night in fair Verona, home to Romeo and Juliet and we finish the challenge at the mind-boggling city of Venice. A city like no other, Venice has a whopping 118 little islands separated by canals and linked by around 400 bridges. This is where we part ways and you’re free to spend longer in Bella Italia or make your own way back home to the UK.

Worried about fundraising? Don’t be…
Cycle Milan to Venice 2020 is an Open Challenge, which means you choose how you fund your adventure.

You can self-fund and pay the challenge costs yourself without the pressure of a minimum sponsorship target; or you can choose sponsorship and commit to raising a minimum amount for a charity of your choice. It’s your chance to do something amazing for the cause closest to your heart; whether you choose to support your local hospice, a small sanctuary or a national charity. It’s completely up to you.

Places for this heavenly cycle are likely to go faster than hot pizza, so please register soon to avoid disappointment.
The Itinerary

Day 1 | UK - Milan
Our Italian adventure properly begins when we meet at our hotel in Milan. For this challenge, you arrange your own flights to and from Italy. This is so that you can travel from your local airport and easily extend your stay in Italy before and/or after the challenge. Our hotel will be easy to get to from the airport and we’ll send you clear directions nearer the time. This evening, you’ll check into our hotel, say hello to our Dream Team and then your time is your own.

Day 2 | Milan – Brescia | approx. 120km
We wake up this morning to meet as a group for breakfast at the hotel and our challenge briefing. All prepped and raring to go, we transfer away from the city traffic to the outskirts of Milan. Here, we mount our bikes and head East, towards the hills of Northern Italy, which make mesmerising views as we draw closer. Our pretty route takes us through tranquil towns and suburbs and we stop for lunch en route to the gorgeous Lake Iseo. This is the first of several stunning lakes we’ll see on our challenge and signals that we’ve almost finished our day’s cycle. Eventually, we reach the nearby city of Brescia, where we stay for the night. You can always count on Italy for magnificent architecture and Brescia does not disappoint. Originally founded 3,200 years ago, Brescia has a beautiful historic centre and is home to the San Salvator Basilica, a former monastery.

“It was a totally awesome experience, one which I will remember for the rest of my life. The level of organisation was sublime and ran like clockwork.”
Dianne, Dream Challenges past participant
Day 3 | Brescia – Verona | approx. 105km
Today’s a true highlight of our idyllic cycle and we enjoy ridiculously beautiful scenery as we pedal towards the home of Romeo and Juliet. Although we cycle through the hills today, you’ll be pleased to know that our route is still flat as we continue east through the hills on the southern edge of the Dolomites. This brings us to the gorgeous Lake Garda, Italy’s largest lake, where we stop for lunch and admire our surroundings. We then hop back on our bikes to ride along the southern shore of the lake to our hotel in Fair Verona. Simply put, this city is heaven for romantics. Home to Shakespeare’s star-crossed lovers, Romeo and Juliet, every street is like something out of a movie set, full of balconies, flower beds and of course, exquisite architecture. If you have energy left in the evening, why not visit Juliet’s balcony and leave a message for her on the courtyard wall? It’s also rumoured to be good luck if you touch the breast of her statue.

Day 4 | Verona – Mestre | approx. 125km
Our last day of cycling takes us through wonderful rolling hills, though again, we manage to avoid a tough terrain and our route remains fairly flat, stopping for lunch along the way. Drawing closer to our finish line, we approach the metropolis of Venice and complete our ride when we reach Mestre, part of mainland Venice on the North Western shore of the Adriatic Sea. We dismount our bikes here as it isn’t possible to cycle right into the tourist centre without a dip in the sea! Tonight, we gather for a group dinner to bid ourselves a big Bravo for our fantastic achievement, before settling down for a well-earned rest.

Day 5 | Mestre – UK
Today, we part ways and after breakfast at the hotel, you’re free to make your own way back home to the UK or spend longer in this stunning city, exploring the unique islands of Venice as you wish.

A city like no other, Venice has a whopping 118 little islands, separated by canals and linked by around 400 bridges. A famous romantic landmark, Venice is renowned for its historic architecture and its gondolas, but those aren’t the only features of this special city. Venice is also an important location in European historic and artistic history, home and influence to many a work of Renaissance Art and the birth place of the composer, Antonio Vivaldi. Needless to say, there’s lots for you to see and plenty of great places to eat and relax.

“A great big thank you, I couldn’t have done it without you and we raised so much money!”
Vicki, Dream Challenges
past participant
Your questions answered

When is it?
30 April – 4 May 2020

How much does it cost?
Registration fee: £149
Self fund: £1,050
Minimum sponsorship target: £2,100

When’s the fundraising deadline?
20 February 2020

How do I sign up?
The best way to secure your place is on the Cycle Milan to Venice 2020 challenge page on our website:


MORE DETAILS
How does it work?
To take part in Cycle Milan to Venice 2020, you need to pay a non-refundable registration fee of £149, which is used to administer the challenge and pay deposits for the cycle in Italy. You then have two options to fund your challenge:

Option One - Sponsorship:
Select a charity, hospice or sanctuary of your choice and fundraise a minimum of £2,100 for them. Providing you have raised the funds by 20 February 2020, the charity you’re supporting will pay the challenge costs (£1,050) on your behalf. The challenge costs include accommodation, food, bicycle hire, guides and challenge support. The rest of the funds will go directly towards the charity’s invaluable work.

Option Two - Self funding with sponsorship:
If you still want to help your favourite charity in a big way, but don’t want the pressure of a minimum fundraising target, this is the option for you. Pay the challenge costs yourself (£1,050) by 20 February 2020 and then fundraise as much as you can for the charity, hospice or sanctuary of your choice or make a donation.

*Please note that flights aren’t included for this challenge, so you’ll need to arrange and pay for these yourself.
How fit do I have to be?
This challenge is not designed for Olympic athletes – it is designed for people looking for an amazing goal to train and get fit for. A number of the people who will take part on this challenge will have a low fitness level when they sign up. Cycle Milan to Venice 2020 is the perfect motivation to get fit and have the experience of a lifetime.

I’m worried about signing up on my own...
Please don’t be! The majority of people will sign up on their own and our Dream Challenges are renowned for the amazing camaraderie and life long friendships made as our groups take on these incredible feats together. Once you’ve signed up for the challenge, we’ll send you a link to a private Facebook group for everyone registered for Cycle Milan to Venice 2020. Please feel free to use this space to swap questions, advice and updates with your fellow cyclists on your training and fundraising. You may also want to reach out to the fellow participants in this group to see if there’s anyone in your local area you can meet up to train and fundraise with.

Am I too old?
Absolutely not! One of the amazing things about the challenge is that people of all ages will come together to do something very special. The age range is likely to be from 18 to a youthful 80.

Do I need special equipment?
A cycle helmet is essential and must be worn at all times. Cycling shorts are also recommended and everyone will need their own water bottles or a CamelBak-type hydration system. Apart from that, no specialist equipment is required. We will supply you with a list of everything you will need to take before you go. Cyclists will have the use of 18 or 21-gear bikes and we suggest you bring the saddle or gel cover you are used to riding on.

As you are arranging your own flights to and from Italy, along with your transfers to and from the airport, you are of course, welcome to bring your own bike. Please bear in mind, though, that you will need to check your airline’s regulations for this and to budget for any extra charge. If you plan to bring your own bike, you must bring it in a bike bag, not a box. We also strongly advise you to buy specialist bike insurance.

Hand bike users are more than welcome to participate in this challenge and will need to bring their own hand bike. If you plan to use a hand bike, please get in touch with us by emailing events@dream-challenges.com or calling us on 01590 646410.

Will I have to carry my kit?
No, your main luggage will be transported each day by our support team. We advise you to pack light and remember to bring your own helmet. You will need a bag to go on your bike or a waist bag for things like your camera, sun cream, tissues etc. Any extra items you may need during the day can be carried on the support vehicle, which you will have access to at the snack stops and lunch.

Where will we sleep overnight?
We will stay in comfortable, three-star class hotels throughout the challenge.
Your questions answered contd.

**Can I extend my stay at the end of the challenge?**
Yes of course! As you are responsible for organising your own flights to and from Italy, it is completely up to you which dates you book them for (as long as they give enough time for you to take part in the full challenge). You need to arrive at our first hotel on Day 1 (30 April) to say hello to our Dream Challenges team and get a good rest. We meet as a group for the first time the next morning for breakfast and our challenge briefing. We’ll send you details and directions closer to the time.

**What other costs will I pay?**
Your flights to and from Milan will not be included, so you do need to arrange and pay for these yourself, along with your personal travel insurance to cover your challenge. Also, you need to arrange your own dinner on Day 1, as well as your lunch and dinner on Day 5 (we provide breakfast), when you’ll have a free day in Venice and make your own way home.

**What about insurance and visas?**
You will need to take out your own personal travel insurance, covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we can send you. Otherwise, you can take out your own insurance, providing it covers you for a charity cycle ride in Italy. UK citizens currently don’t need a tourist visa for entry into Italy. We will let you know if this changes.

**How will you support me?**
The Dream Challenges team are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions that you may have about your training or the challenge itself. Once you have registered, we will send you a realistic training programme to help you get fit for the event. The programme builds up gradually as the event gets closer.
THE CAUSE
Cycle Milan to Venice 2020 is an Open Challenge, which means you can either self fund your adventure or you can raise money for a charity, hospice or animal sanctuary of your choice. It’s your chance to do something big for the cause closest to your heart.

Of course, popping a pound in a donation box is great; but fundraising and representing them with pride, while you achieve something incredible is a massive pedal up. You’ll raise lots of awareness of the charity and encourage other people to support them too, who otherwise may not have even heard of them - and all the funds you raise will do wonders for their cause. So this cycle won’t just be life-changing for you; it’ll be life-changing for everyone you’ll be helping too.

THE CAMARADERIE
Our Dream Challenges are renowned for the incomparable camaraderie, life-long friendships made and overwhelming sense of achievement our heroes get while conquering these amazing feats. There’s nothing like coming together with other inspiring people, who share your passion for reaching your goals, experiencing the world and helping to make it a better place.

THE CHALLENGE
Cycle Milan to Venice 2020 is the ultimate motivation for you to get fit. Cycling 355km in three days is not exactly a ride in the park and shaping up for it is a great goal to get you off your couch and onto your bike. The training plan we provide for you is very achievable and you’ll even find it fun with your Italian adventure to get excited for! What’s more, our cycles aren’t just physically challenging, they’re mentally challenging as well. Cycling over 100km for each of the three days and pushing yourself out of your comfort zone is an incredible feat and the sense of achievement you’ll experience will be unforgettable!

“The team spirit was incredible with great new friends made and a lifetime of memories.”
Mark, Dream Challenges past participant
Conditions of entry

1. A non-refundable registration fee of £149 is required to participate in this challenge and should be paid direct to Dream Challenges.

2. If you have selected:
   - **Option One – Sponsorship:** You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must raise the agreed minimum amount of sponsorship as specified by your chosen charity, 100% of which must be sent to your charity by 20 February (ten weeks prior to the challenge departure date) and will be used to cover your challenge costs, including accommodation, food, guides, bike hire and challenge support.
   - **Option Two – Self fund:** You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must pay the full challenge costs of £1,050, which will need to be paid to Dream Challenges by 20 February 2020 (ten weeks before the start of the challenge) to secure your place. You agree to raise as much sponsorship as you can and/or make a personal donation for the charity of your choice.

3. Under Option One, if you are unable to raise the minimum sponsorship required you will forfeit your right to a place on the challenge or you could make up the shortfall yourself.

4. If you do not take up your place for any reason, you must inform Dream Challenges and your charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship returned. You must send all sponsorship forms and sponsorship money collected to your charity.

5. The good reputation of your charity is paramount. You must agree to act lawfully and to follow the fundraising guidelines laid out by the charity you are supporting.

6. All participants taking part do so at their own risk. Dream Challenges has organised flights, accommodation, food, guides etc and is fully bonded by the Civil Aviation Authority ATOL No. 10456. In making these arrangements Dream Challenges is acting as your agent and is unable to accept liability for any loss or damage, however arising, or for cancellation of the challenge due to circumstances beyond their control.

7. Itineraries, schedules and accommodation may change and other alterations may occur, which are beyond the control of Dream Challenges.

8. If you are refused passage/entry/exit to or from Italy, any additional costs incurred are your responsibility.

9. You must not be dependent on alcohol or drugs or have any criminal convictions.

10. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport for the challenge. Passport control and other authorities will reserve the right to refuse entry.

11. Your travel insurance must cover health/accident/loss/repatriation during the challenge. You must supply proof of travel insurance ten weeks prior to departure or you may forfeit your place on the challenge.

12. For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.

13. The tour operator and local staff should not be subject to inappropriate verbal or physical behaviour. In any such case we reserve the right to exclude any person from the challenge.

14. You must agree to be bound by Dream Challenges’ Booking Conditions. Click the link for these conditions and for details of your ABTOT cover: Booking Conditions.

15. You must be at least 18 years of age before the departure date of the challenge unless permission has been given by Dream Challenges.

This contract is governed by English Law and the exclusive jurisdiction of the English Courts. The challenge is operated by Dream Challenges. Flights and ground arrangements are ATOL bonded (10465) through Dream Challenges Ltd, Newcourt House, New Street, Lymington SO41 9BQ.