

# Le Tour de France

Ronan Pensec Travel



## 2010 Tour de France Cancer Cycle Challenge

15-29 July - from the Pyrenees to Paris  
with host and cycling legend Ronan Pensec



The McGuinness McDermott Foundation, Flinders Medical Centre Foundation and Flight Centre have partnered to give 40+ participants the opportunity to experience a Tour of a lifetime with cycling great **Ronan Pensec** as your host.

By fundraising and taking part you will support special care for kids with cancer in the Haematology & Oncology Centre at the WCH and vital cancer research in the LIVESTRONG Cancer Research Centre within the new Flinders Centre for Innovation in Cancer.

### Fast Facts

**Challenge:** Cycle in the 2010 Tour de France  
*(non riders are welcome)*

**Trip length:** 15 days

**Dates:** Depart Adelaide July 15 - Return July 29

**Grade:** Varied levels of fitness

**Trip costs:** \$9,978 (\$2,200 of which will support both charity projects)

**Contact:** For more information or to secure your place please call Will Maley at Flight Centre on 08 8425 8600 or [will.maley@flightcentre.com.au](mailto:will.maley@flightcentre.com.au)

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# 2010 Tour de France Cancer Cycle Challenge



This experience will take you through some of the most spectacular Pyrenees scenery in France, taking in 8 stages of the 2010 Tour de France with the opportunity to cycle 6 of these stages and soak up the excitement of the final win on the Champs-Elysees in Paris. This trip will leave participants with a great sense of achievement.

**Thursday, July 15 - Depart Adelaide to Amsterdam – Malaysia Airlines via Kuala Lumpur**

## Day 1 - Bienvenue en France!

Arrive in Amsterdam and transfer to Toulouse with KLM Airlines. In Toulouse you will be met by your guide before transferring to [Hotel Saint Antoine](#) or [Grand Hotel d'Orleans](#) in [Albi](#). You will have time to go for an easy ride to warm up for the week to come before meeting with Ronan and the rest of the group to enjoy your first French dinner.

## Day 2 - Tour de France Stage 14, (mountain stage) Rodez/Revel

The start of your Tour de France adventure – stage 14 marks the beginning of the Pyrenees mountain stages. The final of this stage promises to be amazing as Saint-Ferreol's 3<sup>rd</sup> class 2.4km climb encourages attacks just 7.5km from the finishing line. In the morning ride 85km of the route to the finish line then stay on to watch the pros. Then transfer to [Hotel Latitudes Golf de Toulouse](#) in Seilh for the next two nights and dine with the group in the hotel's restaurant L'Aropostale.. The hotel is located very close to Toulouse which has many tourist attractions.

## Day 3 - Stage 15, (mountain stage) Revel/Ax 3 Domaines

Ride 60km of stage 15 to the tricky finish Ax 3 Domaines (9.1km, 7.3%), a mountain pass in the Pyrenees. Then head to Ax les Thermes to watch the pros on their way to the finish line. Enjoy a leisurely ride to the village of Tarascon before returning to the hotel.

## Day 4 - Stage 16, (mountain stage) Pamiers/Bagnères de Luchon

This morning's breathtaking ride will take you to the daunting Port de Balès (19.2km, 7.8%, 1755m), a difficult but exhilarating climb. The Tour de France riders have passed through the Port de Bales only once before in 2007. This ride gives you the opportunity to experience the same Tour atmosphere as the pros with the crowd cheering you on as you climb. After the race you will be taken to [Hotel Domaine de Ramonjuane](#) or [Relais des Pyrénées](#) in [Bagnères de Bigorre](#) for the next four nights.

## Day 5 - Stage 17, Bagnères de Luchon/Pau

The 17th stage will be one of the most significant for riders to win the Tour, and features the four great passes in the Pyrenees: Col de Peyresourde, [Col d'Aspin](#), [Col du Tourmalet](#) and [Col d'Aubisque](#). After breakfast ride 63km of the same route as the pros into the Aubisque then watch the riders cross the finish line. The landscape is wild and beautiful with spectacular views of the surrounding mountains.

## Day 6 - Rest Day, Pau

Tour riders take a well deserved rest in [Pau](#), giving you ample opportunity to explore the surrounding areas or spend time in the town where you might get the chance to get your favourite riders autographs.

## Day 7 - Stage 18, Pau/Tourmalet

Stage 18 is the most threatening stage for Tour favourites and will be a decisive day for the win. After breakfast ride from the hotel to the top of the Tourmalet, the icon of the Pyrenees and high spot of the 2010 Tour. Non-riders will be guided to the Col du Tourmalet to watch the stage – then back to the hotel for dinner.

## Day 8 – Stage 19, Salies de Bear/Bordeaux

Enjoy a relaxing day on this completely flat stage where the pros will have their first opportunity in days to fight to break away. Once the stage ends the group will transfer to [Hotel Quality Suites Bordeaux Beales](#).

## Day 9 – Stage 20, Time Trial Pauillac/Bordeaux

This is the Tour's major time trial – 51 km through the heart of the celebrated vineyards of [Bordeaux](#). As the start time is only known a few hours before the race those who wish to ride will leave in the early morning (note. due to this you may not be able to finish the whole stage and will be driven directly to the finish line to watch the pros). After the race, jump on the TGV fast train to Paris where you will stay at the [Hotel Elysees Regencia](#) near Champs Elysees for the next three nights. Luggage and bikes will be transferred for you.



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## Day 10 - Stage 21, Longjumeaux/Paris Champs-Elysees

Completing the Tour de France on the Champs Elysees is a distinguished achievement and an exciting showdown for spectators. The morning is yours to explore [Paris](#) before heading to the Champs Elysees to see the final stage of the 2010 Tour de France from reserved grandstand seating. Depending on the challengers, you might get to see cycling greats like Lance Armstrong, Cadel Evans and Alberto Contador battle out the final win. Celebrate this memorable trip with the group over dinner on the River Seine.

## Day 11 – Enjoy beautiful Paris!

The day is yours to sleep in relax and roam the streets of this eternally beautiful city. You might decide to check out Mona Lisa's enigmatic smile at the [Louvre](#), climb the iconic [Eiffel Tower](#) or stroll through bohemian [Montparnasse](#).

## Day 12 - Depart Paris on Malaysia Airlines to Adelaide via Kuala Lumpur

After breakfast it is time to say your goodbyes. If you are staying on in Paris the [Flight Centre](#) team will be happy to help you.

## Wednesday, July 29 - Arrive in Adelaide



## Your host Ronan Pensec

Ronan Pensec is one of the most renowned cyclists of the 80s, who left his mark as one of the best climbers of his generation.

Hailing from the western tip of Brittany (a region with a huge passion for cycling), Ronan brought about the heyday of the famous Peugeot team which he started in 1985.

His ability for stage-races led him to a 6<sup>th</sup> place finish in the 1986 Tour de France and a 7<sup>th</sup> place finish in the 1988 Tour. Ronan Pensec continued his career, under Roger Legeay's guidance on the Z team with Greg LeMond as his leader. One of his most glorious moments was to wear the Tour de France's prestigious yellow jersey in 1990.

His experience on the Tour de France - eight times as a rider and twelve times as a television consultant - means that he not only knows the Tour intimately but he also knows the people involved.

His goal is to make it possible for cycling enthusiasts to make their most precious dream come true: to be a spectator and a participant in the Tour de France. **A week to live out your passion to its full potential by being one of the few privileged to discover the inside experience of the Tour de France.**

## How does it work?

1. Register to secure your place (\$1300 non-refundable fee)
2. Create your fundraising plan to raise the required \$2,200 (or set your own target) – we will help you with advice and support to achieve your goal. Alternatively you can make a tax deductible donation of the full amount.
3. Choose your preferred charity for any funds that you raise beyond the initial \$2,200
  - a. Flinders Medical Centre Foundation – supporting vital research within the LIVESTRONG Cancer Research Centre in the Flinders Centre for Innovation in Cancer.
  - b. McGuinness McDermott Foundation – supporting the Haematology & Oncology Centre at the WCH.
  - c. Both – divide your fundraising efforts equally between the two projects.
4. Get fit for the cycling challenge – ask us about pre-departure training sessions
5. Ensure that your trip cost payments are made by the set dates – 120 days prior to departure, 90 days prior to departure and 60 days prior to departure.
6. Enjoy all the excitement of the 2010 Tour de France!

**Note:** The group will be split into two sub-groups to cater for different fitness levels. Each group will be accompanied by a staff rider and a back-up vehicle with a technician and supplies. Should you prefer not to ride any stages a coach will be available to drive you. Please note that this trip is one that participants of any fitness level can enjoy – cycling at his/her own pace and partners and non-cyclists are also welcome to join the trip.



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## Make your trip to the 2010 Tour de France count!

Cancer research and care projects continue to be a high priority in securing the health and wellbeing of our loved ones and the community at large.

The McGuinness McDermott and Flinders Medical Centre Foundations have chosen two important projects as the recipients of the funds raised on the 2010 Tour de France Cancer Cycle Challenge – cancer care for women and children in the Haematology & Oncology Centre at the WCH and vital cancer research within the LIVESTRONG Cancer Research Centre in the new Centre for Innovation in Cancer at Flinders.

The initial fundraising target of \$2,200 donated or raised by each participant in the Challenge will be distributed equally between both of these projects.

If however one project is particularly close to your heart you can set yourself a target beyond the initial \$2,200 donation for one or both projects – the decision is yours and we can guide you through this step.

For further information regarding fundraising please visit [www.everydayhero.com.au/event/2010TDF](http://www.everydayhero.com.au/event/2010TDF) or contact:

[McGuinness McDermott Foundation](http://www.mcguinties.com.au)  
08 8161 8016

[Flinders Medical Centre Foundation](http://www.flindersmedicalcentre.com.au)  
08 8204 5216

## How do I register?

All you need to do is complete a booking form and make a non-refundable deposit of \$1,300 to confirm your place on the Tour. Flight Centre has partnered with the Flinders Medical Centre Foundation and McGuinness McDermott Foundation to make the best tour package available for the participants. Please contact:

Will Maley at Flight Centre  
08 8425 8600 – or via email on [will.maley@flightcentre.com.au](mailto:will.maley@flightcentre.com.au)

## What's included?

- Return flights from Adelaide with Malaysia Airlines including taxes
- Flight from Amsterdam to Toulouse including taxes
- Accommodation for 10 nights (single room accommodation may be organised at an extra \$1450 fee - subject to availability)
- 10 breakfasts and 9 dinners
- Reserved Grandstand seating on the Champs Elysees for the final leg of the 2010 Tour de France
- 2 English speaking support riders who will accompany the group in France
- 1 driver and 1 mechanic assistance vehicle
- Daily travel in luxury private coach
- Daily luggage transportation
- Special bike trailer for the safe transport of your bikes
- The road book of The Tour with detailed maps and daily stage routes
- Official Tour Jersey
- Local taxes

## What's not included?

- Travel insurance
- Lunches and 1 dinner
- Extra charge for a single room
- Personal expenses, aperitifs
- Bike hire if required

