

21st - 25th SEPTEMBER 2023



500 mile sponsored cycle relay across 3 days!

Extra Mile Challenges organises everything: Channel crossings, hotels, meals (including our fabulous end-of-Challenge gala dinner) and arrowed cycle routes which open up the hidden France and Belgium few tourists see. Our experienced course marshals are there to keep you safe and on track.

Enter in teams of 4

Teams ride in relay on the Friday/Saturday/Sunday, mostly on quiet minor roads. Each cyclist needs to be prepared to cycle around 45 miles a day, typically in 4 or 5 stages, you can choose to cycle further if you wish. Suitable for experienced and amateur cyclists - ride at your own pace, but get back for dinner!

Get sponsored

Your chosen charity gets 75% of what you raise, with the other 25% (plus gift aid) going to the organisers' charities. We only ask each cyclist to raise a minimum of £300 in sponsorship (£1,200/team)

Have fun

Teams return year after year to enjoy the superb camaraderie and brilliant event to engender corporate team-building. Whether supporting each other out on the road or swapping stories over dinner, you'll love the Extra Mile experience.

Where we're going

We cross the channel on Thursday 21st September and drive to our hotel in Valenciennes (only about 2 hours from tunnel) where we stay for 2 nights. Our last 2 nights, we stay at the Circus Casino Resort in Namur, Belgium. The return drive to the tunnel on Monday is only about 3 hours.

To enter please [click here](#)



Day 1 - Friday 22nd September

The challenge begins with a circular route heading south from Valenciennes through farmland, a few forests and alongside the Canal Sambre a L'Oise towards Laon area. The route returns to the hotel, where dinner awaits!

Day 2 - Saturday 23rd September

On day 2 we cycle east to Namur, half of the route being in the Parc Naturel Régional L'Avesnois before we drop down to the River Meuse. Our hotel for the next two nights is Circus Casino Resort de Namur on the banks of the Meuse.

Day 3 - Sunday 24th September

The final day is another circular route this time heading east from Namur towards the hills of the Spa Francorchamps area and the German border before returning to the Circus Casino resort where we hold our traditional Gala Dinner to celebrate the completion of this year's challenge.



What you'll need

A support vehicle capable of carrying 4 bikes and 4 team members. A saloon or estate car with cycle racks works well. Larger vehicles may be subject to extra charge. Bikes that can go the distance. Road bikes are fastest and best, but hybrids and mountain bikes are sometimes used. We're relaxed about electrically-assisted bikes- you still have to pedal!

To enter

£400 deposit secures a team entry (spaces are limited). The team entry fee is amazing value at just £495 per person (£1,980 per team) payable by 1 July 2023 which covers:

- Channel crossings for team members, support vehicle and cycles.
- 4 nights' hotel accommodation in twin rooms, including breakfast.
- 4 nights' dinner, including gala dinner on last night.
- Route directions, arrowed junctions, course marshals, brilliant cycling on mostly empty roads.

To enter please click here

Discover more online

extra-mile.org.uk

facebook.com/extramilechallenges

About Extra Mile Challenges

We are a registered charity (no. 1100243) which raises money for other charities nominated by participants in our events. We are a voluntary organisation and we distribute 100% of the team sponsorship to charity with no deduction for administration or event costs.

We are supported by The Rotary Clubs of Milton Keynes Grand Union and Bedford Park. In return they nominate the organisers' charities which receive 25% of teams' sponsorship.

Organisers' charities



Schoolreaders
improving literacy • increasing life chances

Our sponsors

By sponsoring our event, these generous local businesses keep your entry costs low:

