Budapest to Zagreb Bike Ride Cyclist Guide
A big hello (and thank you)

We hope you’re as excited as we are for your amazing challenge this summer! Here’s everything you need to know to prepare for an incredible trip.

Hello and thank you from everyone at Breast Cancer Now. We’re the UK’s largest breast cancer charity – and we’re determined to stop women dying from this devastating disease.

Every rider who takes on the Budapest to Zagreb challenge is raising money so we can continue our cutting-edge research into breast cancer. So thank you for cycling for us.

#TeamNow

Share your progress and fundraising page on social media. Don’t forget to tag @breastcancernow and use #TeamNow.

Make sure you like our Breast Cancer Now Students page on Facebook for pictures and updates throughout the trip. And follow @breastcancernow on Instagram and Twitter.

Make the most of fundraising on the trip by using social media:

• Take a picture of yourself ready to go at the start line and post it with an update
• Live stream the finish point and tell everyone how you feel as you complete your challenge
• Post a picture of your medal and tag a thank you to all of the people who donated and helped you get there.

Four days of pedal power

Four remarkable days of cycling lie ahead, but there are a few things which need to be packed first.

Each rider must bring two bags with them:

One luggage bag (a soft, robust holdall is recommended). This will contain most of your belongings – you’ll hand it in every morning and collect it when we arrive at the evening accommodation.

One day bag (a small rucksack is recommended). You’ll get access to your bag at certain points throughout the day.

And don’t forget to pack all the essentials...

- Insurance policy and passport (and photocopies, kept separate from originals)
- x3 sports socks and extra pairs for evenings
- Hi-vis waterproof jacket / bike poncho
- One water bottle for bike (hired bikes will have a water bottle holder)
- Casual wear for free time
- Small personal medical kit

- Cycling shorts (padded) and suitable shoes for cycling
- Cycling gloves
- Cycle helmet
- x3 sports t-shirts or cycling jersey
- Towel

Please check the weather before you travel and make sure you bring appropriate water/sun proof clothing and sunscreeen.
Three amazing countries

Riders will cycle through Hungary, Slovenia and Croatia. And rest assured, you’ll be well looked after by our team.

You will be given a full safety briefing at the start point, but please read the expectations outlined below:

- On the ride you will be supported by cycle guides – for your own safety you must listen to the guides at all times
- Always cycle in single file and leave enough space between you and other cyclists
- If you need to stop always move as far off the road as possible
- You will be cycling in a group so you need to be aware of everyone around you at all times to avoid any incidents
- You must inform a member of staff of any injuries immediately
- Don’t push yourself too hard, cycle in your own ability group
- If you have a puncture, pull over and a guide or mechanic will come to you to help
- We strongly discourage excessive alcohol consumption when you will be cycling the following day – it could result in you being unable to cycle
- You will be required to arrive at designated points at set times; if you are late you will hold up the whole group
- You will receive an emergency contact card at the start point. Please keep this with you at all times.

Two safe wheels

A good bike means a good ride. So here’s a bit more about the bikes you’ll be using.

Everyone will be fitted for a bike on the first day of the event. This bike will be pre-allocated based on the height information you’ve provided. The hire of a hybrid bike, which is appropriate for the route, is included in the cost of the tour.

The bike allocated will be personalised to suit your cycling style and you can bring your own pedals, bar ends and saddles if you wish. If you would like to upgrade to a road bike this can be organised for an additional cost of £60. Just get in touch with Classic Challenge they can make the arrangements.

At the finish point bikes will be returned to Classic Challenge. You’ll have the rest of the trip to explore Zagreb. The group will be travelling back to the UK on Friday, which is included in the trip costs. If you’re not travelling back with the team you will need to pay for and organise your onward travel, and inform us that you won’t be returning to the UK with us.

Carbs, carbs, carbs...

All food and drink on the trip will be provided (apart from the free day in Zagreb) and will be wholesome and energy-filled to keep those legs pedalling. Breakfast, lunch and dinner will be provided in hotels and restaurants. Snacks and water bottle fill-ups will be provided at every break, and will include dried and fresh fruit, biscuits, crisps and sweeties!
Cycling 300 miles in four days across three incredible countries will be one unforgettable experience. Here's what a typical day of cycling will look like:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.30am</td>
<td>Wake-up raring to go</td>
</tr>
<tr>
<td>7.00am</td>
<td>Fuel-up at breakfast</td>
</tr>
<tr>
<td>8.00am</td>
<td>Warm-up, get briefed and start the day's ride</td>
</tr>
<tr>
<td>Refuel</td>
<td>There will be two morning breaks (20 minutes each)</td>
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<tr>
<td>Lunch</td>
<td>Stop for up to 1 hour</td>
</tr>
<tr>
<td>Refuel</td>
<td>Another afternoon break (20 minutes)</td>
</tr>
<tr>
<td>6.00pm</td>
<td>Arrive at destination</td>
</tr>
<tr>
<td>Evening</td>
<td>All riders will eat together followed by a briefing for the next day's cycling</td>
</tr>
</tbody>
</table>

Please note: Budapest and Zagreb are one hour ahead of UK time.
25 June 2017  
Fly from London to Budapest  
Depart: 08:50 London Heathrow

26 June 2017  
Arrive: 12:15 Budapest  
Check-in at hotel  
Cycle tour on hire bikes  
Group meal  
Free evening in Budapest

27 June 2017  
Cycle from Siófok to Nagykanizsa  
80 miles

28 June 2017  
Cycle from Nagykanizsa to Varaždin, Croatia via Slovenia  
80 miles

29 June 2017  
Cycle from Varaždin to Zagreb  
70 miles  
Evening – celebration meal and night out in Zagreb

30 June 2017  
Fly from Zagreb to London  
Arrive: 14:10 London Heathrow  
Depart: 12:30 Zagreb

Day 1  
Departures and arrivals  
The trip will depart from London Heathrow airport. We will meet at Terminal 3, by the BA check-in desks, at 06:20, on Sunday 25 June. Please look out for staff in Breast Cancer Now or Classic Challenge clothing (bright blue).

When we return, you can arrange for anyone meeting you to come into the airport at the arrivals gate, where we’ll be waiting, or meet you in the pick-up zone. The flight lands at 14:10 on Friday 30 June.
Research holds the key to a world where everyone who develops breast cancer lives. We believe that if we all act now, by 2050, we will live in that world.

We’ve got a once in a lifetime opportunity to stop women dying from breast cancer. Your time, your energy, your commitment – you will make all the difference.

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breastcancernow.org