



# 18<sup>th</sup>-22<sup>nd</sup>

## SEPTEMBER 2025

### 500 mile sponsored cycle relay across 3 days!

We're off to the three nations border triangle of France, Germany and Switzerland (with Luxembourg an added bonus) – echoing our first Challenge in 2003. Extra Mile Challenges organises everything: Channel crossings, hotels, meals (including our fabulous end-of-Challenge gala dinner) and arrowed cycle routes around the historic Jura Mountain region. Our experienced course marshals are there to keep you safe and on track.

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for more info

### 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 team to raise a minimum of £1,200 per team in sponsorship (£300 per cyclist).

### 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 18<sup>th</sup> September and drive to our hotel based in Metz, where we stay for 2 nights. Our last 2 nights, will be in Mulhouse close to the borders of Germany and Switzerland

### Day 1 - Friday 19<sup>th</sup> September

A loop from our Metz hotel base broadly north-east through France, Luxembourg and Germany. We cross the river Moselle four times including a stunning 2-mile descent through vineyards to the bridge at Piesport.

### Day 2 - Saturday 20th September

Today we transit south through France to our second base at Mulhouse. Our route includes the amazing 28-mile Routes des Crêtes (Google it!) - a ridge road at high altitude in the Vosges. We plan a "scatter" dinner on Saturday at Mulhouse for an opportunity to see the sights and hostelries of the city.

### Day 3 - Sunday 21<sup>st</sup> September

Today we loop clockwise from our hotel through Germany, Switzerland and France. This is broadly a large ring around Basel crossing the river Rhine twice. In total we will have experienced cycling in four very different countries, truly excellent. One similarity though is that they all have a number of climbs (and descents)!

Sunday evening will be our grand gala dinner celebrating another successful Extra Mile Challenge and the wonderful fundraising carried out.

## 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 to just 42 teams by hotel room availability). The team entry fee is amazing value at just £2100 per team (£525 per person) payable by 1 June 2025. This covers:

- Channel crossings for team members, support vehicle and cycles.
- 4 nights' hotel accommodation in twin rooms, including breakfast.
- Single rooms may be available at a supplement, reflecting 2 singles:
- 3 nights' dinner including the last evening celebratory Gala Dinner - you have a free night on the Saturday to arrange your own dinner in the City of Mulhouse.
- Route directions, arrowed junctions, course marshals, brilliant cycling on mostly empty roads.

## 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.



## Commercial supporters

We are grateful to these generous local businesses whose support keeps your entry fee low.

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## Organisers' charities



Bedford



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.

## Discover more online

[extra-mile.org.uk](http://extra-mile.org.uk)

[facebook.com/extramilechallenges](https://facebook.com/extramilechallenges)



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