



UNICEF Zurich to Milan Cycling Challenge 2018

Welcome to the UNICEF 2018 Cycle Challenge!!

Riding all the way from Zurich to Milan via the famously gorgeous Lago di Como, we not only visit the internationally renowned lake, we also make our way there via the most iconic of Italian Climbs, the Passo dello Stelvio. We will ascend twice; first from the Swiss side and then from the classic Northern Italian approach. Time to get the legs spinning in preparation for the ride of your life!



Departing from Zurich we follow the shores of Lake Zurich as we make our way to the ski resort town of Davos. Expect breath-taking mountain scenery as we head into the heart of the Swiss Alps. Day two will have us continuing through the heart-stopping scenery of the Swiss Alps until we reach the bottom of the Stelvio (Swiss side). We wind our way to the top and the Italian border before a monster of a descent into Prato Allo Stelvio for our nights accommodation.

Our second ascent of the Stelvio takes place on the morning of day three, attacking the climb from the classic North Italian direction. Our morning triumph will be rewarded with a fantastic descent all the way to the shores of Lake Como and the town of Domasso. After a night on the shores of Como, we make our final journey along those shores, through the town of Como , heading onwards and downwards to the fashion capital Milan!

Trip Dates and Timings

- **Thursday 13th September - Arrive Zurich,**
Meet your Adventure Cafe support crew.
Unpack your bikes, bike checks, welcome meeting and pre-ride briefings
- **Friday 14th - Cycle from Zurich to Davos.**
155km / 2500m Along the shores of Lake Zurich and into the heart of the Alps.
Overnight at Hotel Ochsen in Davos
- **Saturday 15th - Cycle from Davos to Prato Allo Stelvio.**
110km / 3250m Riding over the Stelvio from the Swiss side.
Overnight at HOTEL TRAUBE in Prato Del Stelvio
- **Sunday 16th - Cycle from Prato Allo Stelvio to Lake Como.**
165km / 2250m Cycle to the shores of Lake Como, but not before completing the Passo dello Stelvio from the North Italian approach.
Overnight at Hotel Vischi in Domaso
- **Monday 17th - Lake Como to Milan.**
100km / 1600
Cycle the shores of Lake Como or take an optional ferry across to Bellagio and visit the chapel of Ghissallo del Madonna, the patron saint of cycling.
- **Tuesday 18th - Return Journeys from Milan.**
There will be one or two bike transfers arranged to the Airport according to flight times





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Included / Excluded

What's Included:

- 5 nights comfortable hotel style accommodation
- 5 breakfasts
- Fully qualified and first aid trained support crew
- 4 days guided cycling, with qualified and first aid trained ride leaders
- Full medical , mechanical and support vehicle backup
- Baggage transfer
- Ride briefing and Route Maps for each day's ride
- Snacks , water stops and picnic lunches
- Adventure Café booking pack with training information

What Isn't Included:

- Transport to and from Zurich / Milan
- Dinners
- Room extras in hotels
- Spare parts in case of breakage on your bike. (i.e. specialist parts, disc brakes, suspension forks etc)
- Bike Hire
- Personal Travel Insurance
- Bike transfer to/from the event.



Lunch Arrangements

Lunches will be sourced each day by the support crew in a good quality buffet/picnic format, or pre-ordered in a local cafe where suitable. Please advise Adventure Café of any special dietary requirements or allergies.

Dinner Arrangements

Adventure cafe will research and make advanced dinner reservation on behalf of the group in suitable restaurants our destination towns each day.

Dinners are not included in the trip fee - the group will settle dinner bills directly with the restaurants each evening.

Medical Info—IMPORTANT!

Please ensure you have informed us of any medical conditions on your Booking Form. We need to know if you have any conditions that may affect your safety and comfort on this trip, including Heart Conditions, Epilepsy, Diabetes, recent operations and allergies. Please discuss with your Support Crew if you have any concerns that may affect your challenge.

You should carry an EHC (European Health Insurance Card) and should take out your own travel insurance , covering non-competitive cycling activities .



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Equipment Required

For The Rides:

- Bike (see notes) - good fast hybrid or road bike
- Helmet (compulsory, must be worn at all times)
- Small rucksack for use as a "day bag" (will be easily accessible from the support van) with essentials for during your rides
- Spare inner tubes— at least 2 each
- Pump
- Multi-tool & Tyre levers
- Bottle cages and water bottles (we have a couple of long days - water will be available from our support van through the day, but you'll need to be able to carry 2-3hrs worth of fluids)
- Cycle clothing (padded lycra shorts recommended)
- Change of clothes - you'll be riding for 4 days.
- Waterproof Cycling Jacket
- Warm clothing, eg arm warmers, hat and gloves (it can be a lot colder up a mountain that you'd expect and you will feel chilled on the long descents, even in good weather)
- Eye protection - either clear or tinted glasses (or interchangeable lenses) will protect your eyes from dust, insects , wind and bright sunshine
- Bike shoes (if you have cycling specific clip-in shoes) or sturdy trainers
- Money (Euros / Cash card / Credit card)
- Mobile phone (with Leaders no. inputted)
- Extra Nutrition bars if you have your own personal favourites!

Other Items

- Passport
- Money (Euros / Cash card / Credit card)
- Personal Insurance (compulsory, see our website link) and EHIC (European Health Insurance Card)
- Wash Kit
- Personal medications
- Comfortable casual clothing for off the bike/travel to & from the event
- Mobile phone /bike computer chargers
- EU plug adapter

Please pack as light as possible, using just one bag for your main luggage - there will be ample room in the support van for every one's luggage if we all pack with conserving space in mind.

Please do not leave personal items loose in the vans - keep the either in your day bag (if you need access to it during the ride),in your main luggage or on your person. We cannot be held responsible for keeping track of your "bit's and pieces" through the trip!

The Weather

At this time of year we can generally expect warmer dryer conditions, however weather in the mountains is unpredictable at any time of the year, and you should be aware that at altitude temperatures will be lower.

On rides that involve hard work during long climbs, followed by a long descent. you can quickly go from feeling very warm to very cold from the windchill on wet clothing. Always carry a jacket to put on at the top.





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Accommodation

We will be staying in comfortable hotel accommodation, sharing in twin rooms (unless a single supplement has been requested) —we have sought out the most suitable available options to cater for your group. The accommodation will be fairly basic yet adequate for our needs with restaurants situated either within the hotel, or nearby.

Night One - 13/09/18 - Zurich

Hotel Olympia Zurich, Badenerstrasse 324, Aussersihl, 8004 Zürich, Switzerland

Night Two - 14/09/18 - Davos

Hotel Ochsen, Talstrasse 10, 7270 Davos, Switzerland

Night Three - 15/09/18 - Prato del Stelvio

Hotel Traube, Paese, I, 39029 Stelvio BZ, Italy

Night Four - 16/09/18 - Domaso

Hotel Vischi, Via Case sparse 14, 22013 Domaso, Italy

Night Five - 17/09/18 - Milan

Best Western Hotel Major, Viale Isonzo 2, Porta Romana, 20135 Milan, Italy

Adventure Café Contacts

Adventure Café HQ

01823 444 246

Team Leader

Tom King
07859420584

Cycle Leader/ Support Vehicle

Andy McLaughlin
0777 1693797

Please input these numbers to your phone before the event!





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Bike Information

We recommend road or sport hybrid type bikes for this trip, Your bike should be in good mechanical working order, (if in doubt, book it in for a service!) with new hard-wearing tyres fitted., and plenty of life left in the brake pads (this ride involves some serious descending!). You may wish to set the bike up with lower gearing for the climbing that will be involved: a compact chain set or even triple chain ring and/or fitting a cassette with some lower gearing options. If in doubt feel free to call the Adventure Cafe office for advise, or consult your local bike shop.

We will carry a selection of typical parts and spares appropriate for this challenge, so it's useful to us if you can please inform us of your type of bike (i.e. road/tourer, hybrid) as well as your make and model.

If you have any unusual or specialist parts (i.e. hydraulic disc brakes), special spokes, discs (if you have disc brakes), then please bring them along with you and they can be carried in the support vehicle.

We will assist you in the case of any mechanical breakdown, however, a small fee will be levied for any replacement parts used.

Our support vehicles will also carry some spare bikes—as emergency cover for serious mechanicals.

You must carry a tyre lever, multi-tool, spare inner tube, and pump with you at all times on the event. Your leader will be close at hand to assist you—but you should ensure you have these items.

Bike Transportation:

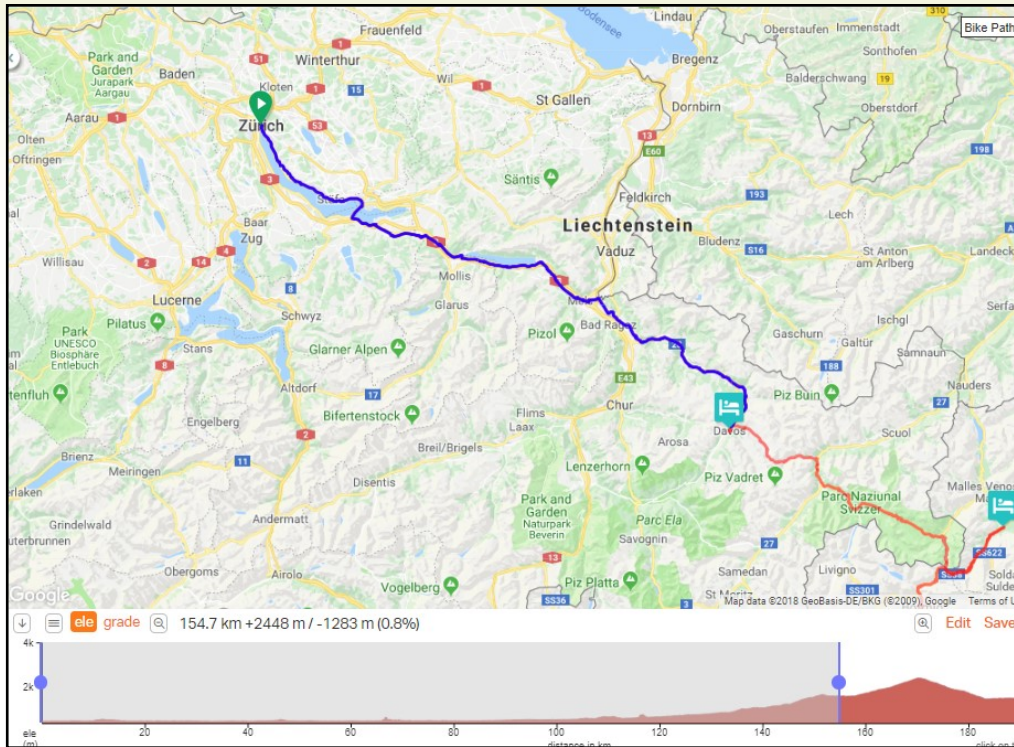
For this event, you will be bringing your own bikes with you to Zurich. If you are travelling by air, in your own bike bag or box.

Transfers for your bike from the airport to the hotel can be arranged with the crew at an agreed time . This will be one or two trips on the 13th and 18th to be discussed once your arrival details are confirmed

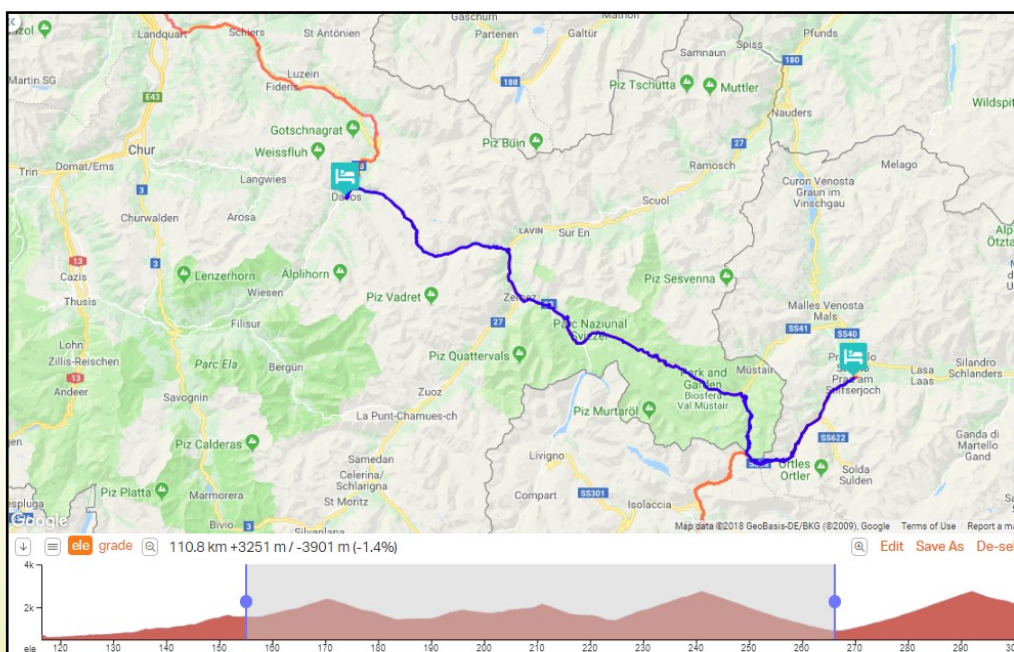


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Day 1— Zurich to Davos, 157km +2400m

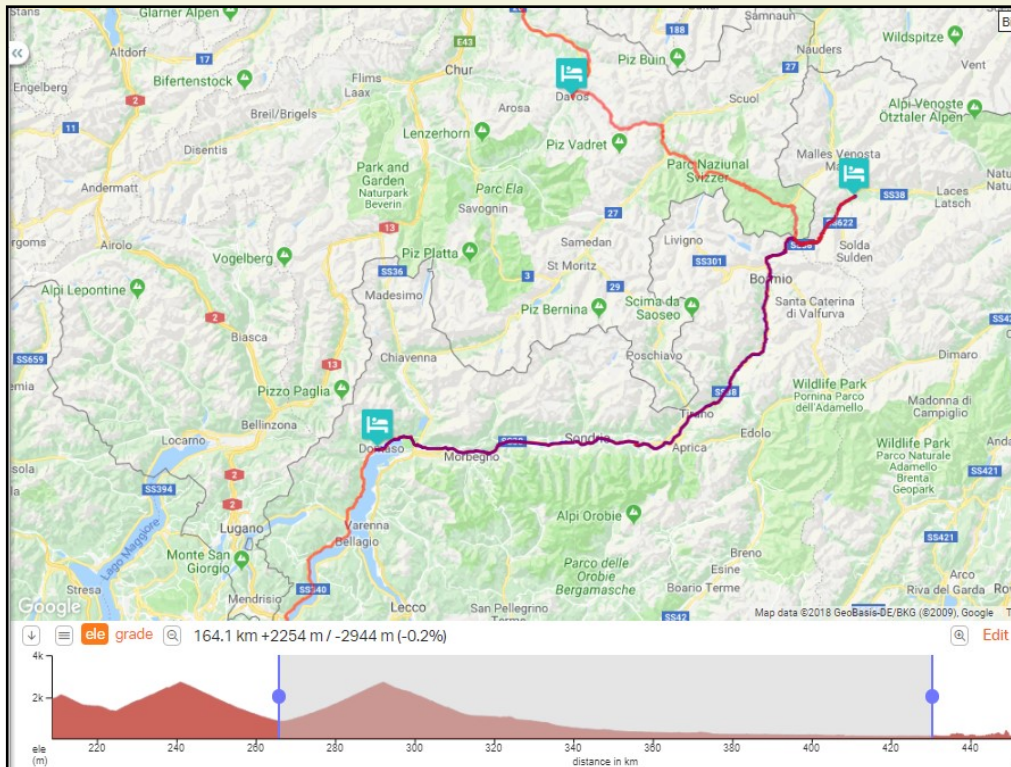


Day 2— Davos to Prato del Stelvio 115km +3250m

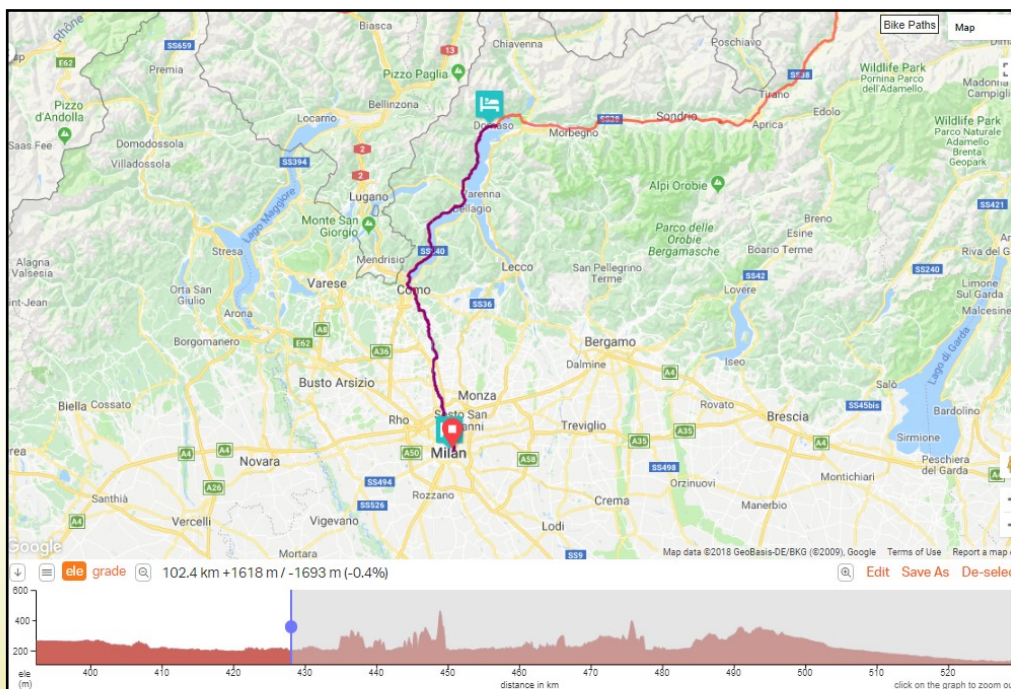


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Day 3— Prato del Stelvio to Domaso, 164km +2200m



Day 4— Domaso to Milan, 103km +1600m





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Cycling Safety Guidelines...

Please take your time to read the following information on cycle safety and road etiquette.

Descending is a potentially very hazardous activity on a bicycle as speed increases significantly—please ready the following guidelines:

On reaching major descent – re-check brakes, blocks, and your wheel's quick releases.

Please follow leader's instruction and keep your speed well under control.

Single file when descending – no overtaking.

Keep eyes up – and brake well before corner – no late braking.

Keep hands poised over brakes – in maximum braking position – on drops when descending – less chance of hands flying off – more braking power.

Leave much larger gap between riders

Slow descending in wet – you will develop major skid if you brake hard, and you may not be able to slow.

Brake well before the corner – DO NOT BRAKE IN THE MIDDLE OF THE CORNER – especially if at all wet.

Hold a proper safe road line around the corner – remember this is not the TdF – you will not have a closed road! I.e. stay on the correct side of the road.

Keep eyes on the road – and look out for imperfections / grit etc on the road – it will have a significant impact at the higher speeds that you will be riding at.

Let cars pass – do not frustrate them by blocking their way. They will drive close to you – and if you come off – it will be a double whammy... run over as well as crashing – not a good day!

Wear glasses – preferably adjusted to the light conditions – dark glasses in dark woods are not a good combo. But glasses will protect your eyes from flies / dust / stones etc.

Make sure you stay in control at all times on descents.

In Case of Emergency (I.C.E.)

If it is serious (ie a road traffic incident) - please:

1. Stop traffic.
2. Administer any first aid if possible
3. Call the emergency services—112
4. If it is possible, move the casualty out of the road
5. Contact the event leader

In case of a less serious incident—please move out of the road, and contact the event desk and one of the event team will attend as soon as possible.

1. You should thoroughly check the operation of your bike prior to riding it: especially brakes, spokes, tyres, gears, skewers
2. Always wear a helmet on this challenge.
3. Make sure you carry a small extra layer.
4. Ride in single file UNLESS you are on a quiet back road.
5. You will have ride leader acting as a guide for this trip and it is strongly encouraged that you ride as a group, with the ride leader. On long climbs, it is expected that the group will break up - and then regroup at the top. The group will also wait for one another, marking turns and junctions along the route. If you are very confident in your own ability to navigate, you may wish to cycle on to the lunch stop or the next break location. In this case you MUST inform your ride leader that it is your intention to leave the group. Please be aware that in leaving the group, there is a possibility that you will get lost.... We can't prevent this!
6. Please NEVER wear headphones during the event.
7. Please do not consume any alcohol whilst on the challenge. This is compulsory, even if the pubs look tempting, keep it to the end of the ride!
8. Be very careful in wet conditions of slippery surfaces for your tyres. Especially tram tracks / railway lines/manhole covers etc. and even just sharp corners.
9. Be careful in case of high winds and the danger of being blown out of position on the road.
10. Always treat traffic with caution, always avoid confrontation on your bike, it is simply not worth it.
11. If you have to cross a road junction wait until the whole road is clear before executing the turn. This will be safer than leaving yourself exposed in the middle of a junction.
12. Be careful of any debris in the road, especially at the roadside on busier roads. This is where sharp objects and puncture hazards collect. Beware!
13. Please ensure you have your leader's mobile phone number and the support driver also, this will be useful in emergency!
14. Please avoid cycling in groups very close together. This is a sure fire way of crashing and coming off your bike.
15. Please be very cautious when approaching or riding through built up areas, animals, children, people, and doors opening on parked vehicles.
16. Please take things steady on downhill—especially as you approach corners on a downhill. Also—please be especially careful on wet days on fast downhill.
17. If you use SPD's (clip pedals) - please be sure to unclip well before it is necessary—don't wait till the last minute! Also—make sure the clip adjustment is not too tight— you may end up regretting it—and ending up on your back in the middle of a road junction!
18. ALWAYS look where you are riding—most hazards arrive from in front of you—keep eyes up and forwards!

