

GRANFONDO

MARCO PANTANI

DATE 20TH SEPTEMBER – 23TH SEPTEMBER 2019

DAY 1

Friday 20th September

- Flight with British Airways BA540 departing from London Heathrow at 8.00, arriving at Bologna G. Marconi Airport at 11.10.
- Private transfer to 4* Hotel Lungomare a Cesenatico, <http://www.hlungomare.com/it>
- Check In Hotel
- Buffet Lunch in hotel
- Bike preparation (tools and track pump available on site)
- 2/3 hours Ride with Guide
- Return on the Hotel, relax in the wellbeing centre & yoga on the beach
- Visit to the Marco Pantani Museum
- Dinner in Cesenatico

DAY 2

Saturday 21st September

- Breakfast
- 3-4 hours bike ride
- Watch the arrival of the UCI 1.1 Memorial Marco Pantani Pro Race
- Return on the Hotel, relax in the wellbeing centre & yoga on the beach
- Dinner in Hotel

DAY 3

Sunday 22th September

- Early Breakfast
- Granfondo Pantani
- Pasta Party
- Return on the Hotel, relax in the wellbeing centre & yoga on the beach
- Aperitif in Cesenatico
- Dinner in Cesenatico with Marco Pantani's Mother

DAY 4

Monday 23rd September

- Breakfast
- 3 hours Ride
- Lunch back at the hotel
- Dismount the bikes

- Private transfer to Bologna Airport departure at 3.30pm
- Return with British Airways BA545 departing Bologna at 18.50 and arriving at London Heathrow at 20.10

What is included in the All Inclusive Package:

- Half Board Accommodation (Breakfast & Dinner)
- Daily Guide Rides with different level of training with professional & expert guides/trainer
- Post Training Food Buffet between 12:30 to 16:30
- All the meals in the hotel
- Alcoholic & non-alcoholic drinks in the hotel during the meals
- Wellbeing Centre & Gym Access
- Secure Underground Bike Parking with washing area & tools area
- Entry to Marco Pantani Museum
- Entry for the Granfondo Pantani (medium or long route) plus race pack
- Private Airport Transfer from BLQ to Cesenatico
- Support Vehicle
- Gels, Bars, Mineral Salt & Bananas for the rides
- Program for non cyclists
- Special Edition Cycling Kit for the trip
- British Airways Flight from London Heathrow to Bologna including 2 cabin bags plus 23kg Baggage allowance (Bike bag)
- Dinner with Marco Pantani's Mum
- Rental for Touring Bikes
- Laundry for Cycling Kit & technical wear
- Traditional Local Present
- Discount code for Yellow Jersey Insurance
- Assistance on site
- Yoga Lessons on the beach weather permitting

At your own cost:

- All lunches
- Bike Bag hire available at £ 50, please advise if required
- Ultix Bike Bag special offer to Purchase £ 375
- Travel insurance, Discounted code will be provided
- Incidental expenses
- Spare inner tubes
- Spare parts
- Bike Rental, Pinarello bikes can be rented on site for the weekend
- Other expenses

Price per person:

- £ 850 per person in Single Occupancy
- £ 750 per person in Double Occupancy
- £ 700 per person non Cyclist Single Occupancy
- £ 600 per person non Cyclist Double Occupancy

REMEMBER To Bring:

- Helmet – **no helmet no ride!**
- Eyewear – clear and tinted lenses
- Cycling Cap
- Baselayers
- Short Sleeve Jerseys
- Long Sleeve Jersey
- Bib Shorts
- Rain Jacket
- Gilet
- Arm Warmers
- Leg or Knee Warmers
- Socks
- Cycling Shoes
- Gloves
- Overshoes
- Water Bottles 500-750ml
- Suncream / Lip Balm
- Mini Pump or Co2 canisters
- Spare Inner Tube/s
- Allen Key
- Spare tyre

Nutrition Advice for RIDERS(if you want):

- Energy drinks and water should be at the core of fuelling as they keep you hydrated and fuelled.
- General guides are 60-90g per hour or 1g per kg of bodyweight and
- 500ml of water per hour.

Normal energy requirements are:

- 4x Energy Drink Sachets
- 1-2 Energy Bars
- 3-4 Energy Gels

RECOMMENDED NUTRITION STRATEGY

Start Ride:

- One bottle of energy drink
- One bottle of water

During the ride:

- Consume bottles of water and energy. Essential to hydrate and fuel up the climb,
- sipping little and often.
- Eat and energy bars.

When riding please remember to take care of each others on and off the bike.

We leave together and we come back together on any ride with exception of the Sunday race for which instructions will be given on site.

In Italy we will be cycling on the other side of the road...

NB: We require confirmation by Friday the 28th of June 2019 with payment of a deposit of £200 per person as flights need to be booked soon to avoid prices increase.

Balance to be paid by the end of AUGUST 2019.

Payments can be made into the account:

Account name: Stefano Dall'Aglio

Account number: 10083182

Sort Code: 16-10-27

Bank: RBS