



## Co-operation Ireland Rugby World Cup 2023 Cycle Tour 8-17 September 2023

### Tour Information

#### Target Amount

Each participant is asked to raise £3,500/€4025 in support of the [Co-operation Ireland Future Leaders Programme](#). £2500/€2875 covers the tour costs which leaves a donation of £1000/€1150 to Co-operation Ireland.

#### Payment Stages

Payment of a non-refundable deposit of £500/€575 will secure your place on the Challenge.

The Registration Form should be completed and returned with the deposit as early as possible before 31 March 2022 as places are limited due to ticket availability for matches.

A second payment of £1500/€1725 is due to be paid by 1 April 2022.

A third and final payment of £1500/€1725 is due to be paid by 1 April 2023.

#### Cancellations

Payment dates have been set to enable Co-operation Ireland to meet the Tour Operator's deadlines for tour costs such as flights, hotels and match tickets. The deposit is non-refundable. Any further payments made are non-refundable after the due dates.

#### Registration

The initial registration with deposit can be made online through the Co-operation Ireland website or download the [Registration Form](#).

The deposit can also be made by bank transfer (request bank details), by credit/debit card (details to be completed on the Registration Form) or by cheque made payable to Co-operation Ireland.

Registration forms should be completed and returned to: Winnie Orr, Co-operation Ireland, 5N Weaver's Court Business Park, Linfield Road, Belfast BT12 5GH or by email to [worr@cooperationireland.org](mailto:worr@cooperationireland.org).

#### Payment Methods

A monthly Standing Order payment to Co-operation Ireland can be set up to help spread the cost. Please ask for the Co-operation Ireland bank details so you can easily set this up through your own online banking.

The event is registered on [Justgiving](#) where you can set up your own fundraising page. All money raised through the page goes directly to Co-operation Ireland.

Payments can be made at any stage by bank transfer, credit/debit card or cheque.

### What's Included in the Challenge

- › Return Flight Dublin to Bordeaux and Nantes to Dublin
- › Airport transfers
- › 9 x Night B&B Accommodation on a twin sharing basis in minimum of 3\* hotels
- › Official category 4 Match tickets to both matches in Bordeaux on 9 September and Nantes on 16 September.
- › Return Bike Transport to France or hired hybrid bike (if necessary due to terrain being unsuitable for road bikes)
- › 7 x dinners (on cycling days and a Farewell Dinner)
- › Snacks and water
- › Luggage transfers
- › Back up crew with mechanic
- › Cycling guides
- › Tour organiser representative
- › Fully Researched Routes for the 6 days cycling

Return flights from London to Bordeaux and Nantes to London can be organised, if required, to fit in with Dublin flight timings.

### Bike Size Guide (For Hired Bikes)

	Rider Height		Suggested Hybrid Frame Size	
	Feet & Inches	Centimetres	Frame Size (inches)	Frame Size (cm)
S	5'2" - 5'6"	158cm - 168cm	15" - 16"	38 - 42
M	5'6" - 5' 10"	168cm - 178cm	17" - 18"	43 - 47
L	5'10" - 6'1"	178cm - 185cm	19" - 20"	48 - 52
XL	6'1" - 6'4"	185cm - 193cm	21" - 22"	53 - 57

### Other Details

Participants should ensure they are fit and active to undertake this fun, but challenging bike tour.

Bike Repair Mechanics will be part of the support crew, but participants should ensure they can fix their own punctures and other small repairs.

All participants must wear a helmet.

Participants can bring their own saddle and pedals if preferred.