

# Marseille to Monaco Cycle Challenge

## 6th - 10th June 2007



On 7th June a team of cyclists set out to cycle some 350 miles from Marseilles to Monaco along the cote d'azur a gruelling journey in the hot sun, climbing steep hills and even equally as gruelling alcoholic soiree's.

The ride included a near fatal accident (Nigel was hit by a van mirror and knocked over the crash barrier into a ditch cracking his shoulder blade, ribs and gashes) and several accidents with

cuts and grazes.

The room sharing, hangovers in the hot sun, 5 mile hill climbs, 95 mile 12 hr cycling in one day (they got lost) - were probably the worst experiences but the scenic views, jokes, horseplay, camaraderie and arrival celebrations in the evening/morning more than compensated for the suffering!.



The cycle tour is to raise money for two charities - The **Lowe Syndrome Trust** for medical research into Lowe Syndrome an incurable children's disease who suffer from cataracts (blindness and glucoma), arthritis, Kidney disease and autism - and **Breast Cancer Care** - the leading provider of breast cancer information and support across the UK. See <http://m2mtour.wordpress.com/>

The tour has been organised by unpaid volunteers Nigel Verdon and support Van driver Michael Collin (who is also chair of the charity service UK and treasurer of Breast Cancer Care.

Participants included: Andrew and Judith Jackson, Andrew Addison, Brian Connell, Colm Connell, Nicky Amor, Nigel Verdon, Simon Taylor, Val Cross, Danny Farmer, Dave Ingram, Declan Gilley, James George, Martin Jones, Michael Colin (van driver and food man), Mick Fennings,

The route encompassed

6th June - Arrive in Marseilles via plane, train and automobile and staying in the **Novotel Marseilles Airport**.

7th June - Marseilles to **Cassis** - a climb over the Col de la Gineste and long descent into Cassis staying in the **Hotel Mahogany**

8th June - Cassis to le **Lavandou** - a mix of coastal and vineyard cycling passing through the wine region of Bandol and staying in **Hotel California in** Le Lavandou

9th June - Le Lavandou to **Juan Les Pins** - along the coast road passing through **St. Tropez, St. Maxime** and passing the **Esterel mountains** (along the coast road) through **Theoule Sur Mer** passing into Cannes; past **Palais des Festivals** where the Cannes film festival is held and into Juan Les Pins to the **Astoria Hotel**

10th June - Juans Les Pins to Monaco - following the coast road through Antibes, Nice, **Villefranche** (where Lance Armstrong used to live/train), **Eze-sur-Mer** and ending up in Monaco

11th June fly back to UK

PS: another tour is planned for Italy in June 2008.

