



Tour of the Roses 2023 – Basic Itinerary

1. What you can Expect

Ahead of the Tour

The Tour of the Roses 2023 (The Tour) prides itself on the support it offers to all participants, both with regards to cycling proficiency and fundraising. The Road Captains provide multiple weekly training rides, designed for all levels of ability, instructing them on road safety and aiding them in improving their confidence and overall health and fitness. The Tour of the Roses 2023 Committee (The Committee) provides a great many opportunities for fundraising as well as the tools to assist you in one common goal, fundraising for the Smile for Georgie Foundation and thus with the purpose of making a difference and bringing smiles to the people of Guernsey through small acts of kindness. More can be found on our website: www.smileforgeorgie.org.gg/

Further to the training and fundraising, participants can expect to be invited and very much encouraged to get involved with a wide variety of Tour social events, these often double-up as fundraising events and a fantastic opportunity to bond with fellow participants as well as to have a great time! Examples include quiz nights, gig nights, off-island “training” weekends, private cinema evenings, and much, much more!

During the Tour

The Committee encompasses members with the most comprehensive knowledge and experience of major cycling events, across 15 different countries, and taking many hundreds of people off island on similar events. This wealth of experience allows for an event stemming from the Channel Islands of unparalleled quality. We pride ourselves on the support we provide and on ensuring the challenges, enjoyment and, above all, safety of our riders and staff are catered for at all times. The Tour hosts an array of highly skilled individuals in their respective areas, including Road Captains, qualified Project Managers, Medics, Mechanics, and a team of Support Staff boasting various skillsets.



The Tour will provide pelotons which are constantly headed and footed by Road Captains, with support vehicles in close company, ensuring the groups remain safe and continue to progress at an adequate pace to reach the daily checkpoints in a timely fashion. At the checkpoints, riders will receive carefully selected nutritious food and refreshments.

The Tour takes the riders through some beautiful and serene countryside as well as stopping at some of iconic French towns and cities. The route has some long sections of flat terrain, but also some challenging climbs, and will require dedicated training from all participants. As always, a comprehensive support team will be on hand to assist any riders who require it.

2. Route and Check Points

The route for the Tour, as well as the daily checkpoints and their respective distances, will be provided in the full itinerary closer to the time of departure. The route will also be available for download well in advance of the tour in a GPX format (suitable for all major cycling GPS hardware devices), as well as being 100% compatible the RideWithGPS app, available on both Android and IOS. The vast majority of the route has been physically checked over by Committee members who have cycled the route in advance of taking the group there, to ensure the highest degree of suitability and, primarily, safety for all participants.

3. Daily Schedule

Each day will vary due to the different distances and arrival times/locations at the daily destination. The Committee have however made best efforts to smooth these days out, wherever possible, but this is to a degree dictated by where suitable accommodation is situated which can provide the highest quality experience for our participants.

Each day will begin with an optional morning yoga/stretching session before breakfast. Breakfast will be supplied in the hotel or in a pre-arranged location nearby. Riders will cycle to allocated checkpoints where support staff will be awaiting their arrival with food and refreshments being provided from the support vehicles at the checkpoint. Upon arrival at the daily destination, riders are free to do as they wish in the evenings. Options will be made available by the Support Team on some evenings for group entertainment. The evening meal will be supplied at the hotel or in a pre-arranged location nearby. This will be detailed in the Full Itinerary, issued well in advance of The Tour departure date.

4. Accommodation

Accommodation will be provided for every rider every night. In most instances the accommodation provided will be based on dual occupancy with 2 single beds (with the exception of those couples who have agreed to one shared double bed). However, in some locations twin-bedded accommodation is



in short supply and it will be necessary on those occasions for some to share a double bed or for rooms of greater occupancies to be used. This situation will be kept to an absolute minimum and the inconvenience will be shared around from one night to the next. Couples will be given priority on double rooms. While there will be some choice of who you share with, the final decision for room occupancy will be made by the Committee. As much planning in advance as possible will take place to avoid confusion and conflict at the time.

5. Menu

Please be advised that a buffet style service will be provided for all breakfasts and most evening meals at the hotels or pre-arranged locations nearby, unless stated otherwise in the Full Itinerary. If you have any specific dietary requirements, please ensure that you have clearly stated this on your Registration Form and/or made clear (in writing) to The Committee.

6. What Next

Registration! If you wish to register for The Tour, or if you have any further questions, please do get in touch. The best place to reach us is by e-mail: TouroftheRoses@gmail.com. Once you have joined the Tour, you will be invited to the official Tour of the Roses 2023 FB team page, this is also a very useful method of communication and will be the primary means of mass information dissemination used by The Tour. We look forward to hearing from you, cycling with you, and making some incredible memories with you which we promise will last a lifetime!

7. Covid-19

Unfortunately, due to the unpredictability of the Covid-19 situation, there is the possibility of disruption to the training regime or to the Tour itself. The Committee will provide updated information on this if such an occurrence arises. In the event The Tour cannot depart as planned, the event will be postponed until such time that it is feasible and, most importantly, safe to do so.