



# Giro del Chianti

## Friends of Jewish Blind & Disabled Cycle Challenge

Sunday 12th May - Wednesday 15th May 2019

Tuscany - the word itself is evocative, conjuring images of classic Italian landscapes, rolling hills, cypress trees and medieval hilltop towns. We invite you to explore this beautiful region in a challenging, yet thoroughly enjoyable adventure.

The region offers superb cycling and is an international training ground, attracting riders from all over the world. Cycling is a way of life here and is taken seriously. We spend our first evening in the charming medieval town of Castellina in Chianti, a town synonymous with fine wine and hearty traditional Italian cuisine.

The following morning we head south through the olive groves to the atmospheric twin-castled hilltop town of San Gimignano a fascinating 'town of towers' and one of the best-preserved medieval settlements in Italy.

Moving onwards we ride into the Chianti region via a network of minor roads which lead us through a

seemingly never-ending series of scenic villages and beautiful vineyard vistas. Ultimately we enter the Colline Pisane where we'll end the ride with an afternoon spent sampling the Pisan wines for which the region is famous.

Following a short, optional ride on our final morning we'll enjoy lunch together before heading back to Pisa airport.

We've enlisted the help of professional cycle tour operator Saddle Skedaddle to ensure smooth running, comfort and safety at all times. Please join us and support Jewish Blind & Disabled in our quest to provide a life of independence, dignity and choice for physically disabled and visually impaired adults in our community.





## Friends of



## About Jewish Blind & Disabled

Our core philosophy is that every individual is entitled to a life of dignity, independence and choice. Our mission is to provide this life for any adult in our community, from the age of 18 upwards, who is physically disabled or vision impaired. To this end, we are delighted to announce that in addition to our developments of state-of-the-art mobility apartments, we are launching a brand new Independent Living Advisory Service which will take our unparalleled expertise in enabling Independent Living to people wherever they may live.

Our state-of-the-art mobility apartments are located within modern, well-maintained custom designed buildings providing a caring and welcoming, Jewish environment where our tenants can get on with their lives safe in the knowledge that support is always on hand 24/7 if required.

Without these unique facilities many of our tenants would have no choice but to live a life of dependence on others, or even be forced to move into residential care often at a relatively young age.

## Tenants

We currently have some 360 tenants covering a very broad spectrum ranging from their early 20's and encompassing an array of different disabilities including multiple sclerosis, Huntingdon's Chorea, cerebral palsy, rheumatoid arthritis as well as sight related disabilities and those disabilities that come with age.

## Buildings

We currently have seven developments in Bushey Heath, South Woodford, Wanstead, Chigwell, Kingsbury, Finchley & Mill Hill East giving us a total of 297 mobility apartments, 155 in North West London and 142 in the North East, housing some 360 adults who are physically disabled or vision impaired.

Our latest development which is adjacent to Cecil Rosen Court will add an additional 19 apartments to this portfolio when it opens early in 2019.

## Support Services

The support that we give is specifically designed to enable adults with physical disabilities or impaired vision to live independently. We ensure that assistance is on hand 24 hours a day, seven days a week from our resident house managers and, in addition, we have a Tenancy Support team based at head office who help tenants who need assistance with ongoing matters such as putting together care packages etc.

In addition we now also have our new Independent Living Advisory Service to advise and assist people with physical disabilities or impaired vision who are unable or unwilling to move into one of our specialist developments.

## Supporters

As an independent charity that does not receive any government funding Jewish Blind & Disabled are so very grateful for the support that we receive.

By participating in our Friends of JBD Cycle Challenge you will be helping people who have no other organization to whom they could turn to enable them to live with independence, dignity and choice.

Thank you





## The Friends of Jewish Blind & Disabled Cycling Challenge

Sunday 12th May - Wednesday 15th May 2019

**Day 1 Arrival in Pisa - Transfer to Castellina in Chianti - Introductory loop ride (D)**

**Distance approx 30km**

**Ascent approx 500m**

The Skedaddle team will be waiting to meet us on arrival at Pisa International Airport - Galileo Galilei (PSA) and will transfer us, by bus, to Castellina in Chianti. The journey to our hotel will take approximately 90 minutes. After introductions and initial safety briefing the guiding team will lead us out into the surrounding countryside for a short afternoon warm-up ride. The exact route and itinerary for this introductory ride will depend on flight schedules, arrival times and energy levels however there is plenty of great riding to choose from. If time allows, the remainder of the day may be seen taking in some other local attractions, such as the town's namesake castle and adjoining

archaeological museum, the network of tunnel walkways that surround the town and nearby Etruscan tombs. Later we will pay an early evening visit to a local producer of San Giovese wines before heading back to the hotel for our first evening meal together.

**Day 2 Castellina in Chianti to San Gimignano (B,L,D)**

**Distance approx 95km**

**Ascent approx 1600m**

Our first full day on the bike will take us into the heart of the Chianti region and we'll spend much of our time riding through the ever-present vineyards. The beautiful roller coaster route will lead us to the medieval hamlet of Radda in Chianti, another famous wine-producing town and a favourite amongst the cycling community as a staple feature in the world famous L'Eroica cycle sportive which takes place entirely on vintage bikes.



After looping back towards Castellina we'll enjoy some welcome respite from the hills as we drop down into the Valle d'Elsa where we can pay visits to charming towns such as Monteriggioni and Casole d'Elsa. Pushing on we'll arrive at our last challenge of the day as the road rises up towards San Gimignano, the fascinating "town of towers", reputed to be one of the prettiest and best-preserved medieval settlements in Italy.

B = Breakfast L = Lunch D = Dinner





### Day 3 San Gimignano to Chianni (B,L)

Distance approx 65km

Ascent approx 1200m

Heading west as we leave San Gimignano, the network of beautiful meandering minor roads leads through rural woodlands and numerous typical small towns and villages. As we ride beyond the town of Castagno, named after the chestnuts that grow abundantly in the surrounding countryside, the road gradually ascends into the woody hills of Poggio Bucciattosi from where we will embark on a fabulous descent into the Valdera valley.

The valley marks our arrival in Colline Pisane, the home of Pisan wines and what better way to end this shorter but



challenging stage than a late lunch at an idyllic wine estate? Situated near our accommodation and with no riding scheduled for the rest of the day, we can enjoy a delicious lunch, accompanied by the wines produced on the estate. After a short tour of the winery we will transfer to our hotel where the rest of the evening is ours to spend as we please. There is no meal included this evening however anyone still with an appetite will find plenty of options available in the numerous restaurants in Chianni.

### Day 4 Optional Ride & Departure (B,L)

Distance approx 30km

Ascent approx 600m

Alas our final day has arrived and while some of us may want to spend the morning relaxing there is a short optional ride available for anyone feeling in need of a few more kilometres. Regardless of whether we ride or not we'll all meet back at the hotel in time to pack up and enjoy lunch together before transferring back to the airport for the homebound flights.

## Departures & Prices

- 12th May to 15th May 2019
- Duration: 4 days
- Price per person: £1,125\* (excluding bike rental)
- Estimated flight price: £200
- Deposit amount: £250

\*price is based on a minimum of 10 participants and may have to be adjusted should numbers fall outside of that range.

### Optional

- Single Room Supplement: £175 (if required)
- Bike Rental: £95
- Travel Insurance: £34 (if required)

## Sponsorship

All participants are required to pay their own trip costs and in addition raise minimum sponsorship of £1,200. All funds raised will be used to support the charity's services.

Jewish Blind & Disabled will be in contact with details of how to raise money, set up a sponsorship page and send donations to the office.



## Holiday Summary

- Place to place
- 3 nights hotels
- 3 days riding
- Breakfast, 2 picnic lunches, 2 evening meals included
- 1 wine tasting lunch on day 3 and 1 evening wine tasting
- Professional guiding and vehicle support
- Airport transfers

## Travel Options

We recommend that all participants fly into and out of Pisa International Airport - Galileo Galilei (PSA)

The recommended flights are:

### OUTBOUND

Sun 12th May 2019

LONDON HEATHROW (LHR): British Airways Flight BA604 departing London Heathrow (LHR) at 08.35 and arriving in Pisa (PSA) at 11.45

OR

LONDON STANSTED (STN) : Ryanair Flight No FR584 departing Stansted (STN) at 08.50 and arriving in Pisa (PSA) at 12.05

### RETURN

Wed 15th May 2019 LONDON HEATHROW (LHR): British Airways Flight BA607 departing Pisa (PSA) at 20.05 and arriving in London Heathrow (LHR) at 21.45

OR

LONDON STANSTED (STN): Ryanair Flight No FR589 departing Pisa (PSA) at 18.15 and arriving in Stansted (STN) at 19.40

Anyone opting to travel outside of these recommended schedules must arrive at the airport no later than the scheduled arrival time and plan to depart no earlier than the scheduled departure time.

## What's Included

- A) Hotel Accommodation (shared twin/double rooms) in good quality 3 star or 4 star hotels
- B) Meals as per the itinerary (B=Breakfast, L=Lunch, D=Dinner)
- C) Full tour service, including Skedaddle guides
- D) Unless stated, at least one leader qualified in first aid
- E) Support vehicle and luggage transfers
- F) Airport transfer on scheduled arrival day from Pisa airport
- G) Airport transfer on scheduled departure day to Pisa airport

## What's Not Included

- A) Bike hire (available if required)
- B) Flights and charges for travelling with your bike (if applicable)
- C) Meals not stated in the itinerary
- D) Travel insurance (available to UK residents if required)
- E) Single room (available if required)
- F) Personal clothing and equipment
- G) Personal expenditure (souvenirs, bar bills, hotel facilities etc)
- H) Entrance fees to museums and other attractions en route
- I) Airport transfers on days other than the scheduled arrival / departure days

## Accommodation

On all of our trips we aim to use locally owned accommodation which showcases the style and hospitality of the area you are visiting. Our pleasant and carefully chosen accommodation (shared twin or double rooms) will usually be ensuite in 3 star or 4 star hotels or guest houses.

## Food

Your trip includes breakfast, a buffet picnic lunch en route and evening meals on all except one evening.

Evening meals, where included, will be taken in our hotels or local hand-picked restaurants.

Please note that we will not be providing kosher meals. Group meals will be fish or vegetarian.

Vegetarians and people with other dietary requirements/intolerances can be catered for – please indicate at the time of booking if you have any dietary requirements.







## The Skedaddle Approach

We're passionate about pedallin' and there is no better way to soak up a country, its culture, see its wildlife and its people, than by bike!

'Fun', 'friendly', 'professional', and 'personal', are words that are used time and time again by our customers. Going that extra mile for our customers isn't an obligation - it's just what we do. Skedaddle tours are designed to relax and recharge, challenge, thrill and exhilarate.

We are able to cater for all levels of experience and fitness. We take great care of everyone who travels with us and we'll do everything we can to ensure that you enjoy your Skedaddle experience.

We recognise our responsibility to the people and places we visit. Our philosophy is to ensure that your trip can have a positive impact on the places you visit. We work in a way that endeavours to maximise the benefits to the areas and communities we visit and we work in long term partnerships with our local partners. Our approach looks to:

- Minimise the impact of our tours on local societies and cultures while enabling our customers to connect with the fantastic local cultures and communities.
- Maximise the benefits to local people economically in the places we visit.
- Manage our footprint to limit our environmental impact.

## Vehicle Support

At strategic points (where access allows), you have the security of our support vehicle. In the vehicle there will be some space for tired bikers, allowing the chance of a well-earned break if needed. You will also be able to leave extra layers or spare kit here during the day meaning there is no need to carry any equipment other than that you would carry on a normal day ride.

## How to Book

Before you book we recommend that you carefully read the trip notes, itinerary and our booking conditions. You will find full Terms and Conditions, including details of our cancellation policy here [www.skedaddle.co.uk/cycling/page/Booking\\_Conditions](http://www.skedaddle.co.uk/cycling/page/Booking_Conditions)

You can make a booking on our website [www.skedaddle.com](http://www.skedaddle.com)

The following link will take you directly to the appropriate bookings page on our site: [CLICK HERE TO BOOK](#)

Alternatively you can make a booking over the telephone. Call the Skedaddle office on 0191 265 1110 and quote the trip reference [JBD19/50](#).

On booking a non-refundable deposit of £250 per person is payable, the balance is payable 56 days prior to departure. If you book less than 56 days before departure full payment is due on booking.

## How to Pay

You can pay online as part of the booking process. To pay the balance for your trip you can log into your My Skedaddle account and make a payment online.

Payments can be made by credit or debit card over the telephone, by cheque or by bank transfer (contact

us for details [info@skedaddle.com](mailto:info@skedaddle.com))

## Confirmation

On receipt of your booking, we will send you acknowledgement of your booking by email. Along with the confirmation, we will send pre-departure information about your trip with Saddle Skedaddle; including health and medical considerations and a suggested packing list.

You will be able to access all this information by logging into the My Skedaddle area of our website, [www.skedaddle.com](http://www.skedaddle.com)

## Travel Insurance

It is a condition of your booking that you are covered by a medical and personal accident insurance policy that includes repatriation to your home country and cover for the biking activity. For UK residents we can offer a policy which fulfils all of our requirements and can be booked per trip or as annual cover. Please contact us for more details. If you decide not to take the Skedaddle policy we will require details of your chosen policy including policy name, number and 24hr medical emergency telephone number for your insurance provider, before the start of your trip.

## Protection

As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Saddle Skedaddle has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992.



In the event of Saddle Skedaddle's insolvency, protection is provided for non-flight packages commencing in and

returning to the UK and other non-flight packages excluding pre arranged travel to and from your destination. Please note that packages booked outside the UK are only protected when purchased directly with Saddle Skedaddle.

In the above circumstances, if you have not yet travelled you may claim a refund, or if you have already travelled, you may claim repatriation to the starting point of your non-flight package.

## Baggage

Your allowable baggage is one main piece of luggage per person other than your bike. Preferably this bag will be either a backpack/rucksack or 'sports bag' so as to assist in transportation, and one small daypack. The daypack may be useful for carrying your additional outer-layer clothing and snacks while cycling. This will also be useful as your 'travel' bag for such items as cameras, MP3 Players etc.

Please note, if you are flying, the normal plane hold allowance is around 15-20kgs and all excess baggage charges must be met by you. Some airlines may only include cabin baggage as standard and you will need to request hold baggage separately. Check with your airline or contact the Skedaddle office if you are in doubt about the allowance.

## Health & Vaccinations

We recommend you have a dental and medical check-up before the holiday.



## Our Guides

All our guided trips have at least two guides, and support staff as appropriate. What makes Skedaddle guides head and shoulders above other cycle guides is their focus on providing a great cycling experience and excellent customer service. From the very start to the very end of your trip, you'll be in safe hands.

Skedaddle guides take care of all of the daily planning and organisation, leaving you free to get on your bike and enjoy the ride. Working with the Mountain Bike Instructors' Award Scheme (MIAS), Skedaddle developed its own unique in-house training programme that combines the best of cycling skills development with the Skedaddle approach to customer service, providing you with the perfect cycling tour.

Basic information about vaccinations and preventative treatments can be found at [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk).

European Health Insurance Card (EHIC).

UK residents are able to obtain medical treatment, should it become necessary, either free or at a reduced cost when temporarily visiting an EU country, Norway, Iceland, Switzerland or Liechtenstein by using a European Health Insurance Card (EHIC). The EHIC replaced the now redundant E111 and should be used in conjunction with a valid travel insurance policy. The application form for the EHIC is available from the NHS

and can be found via the following link: [www.nhs.uk/NHSEngland/Healthcareabroad/EHIC](http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC)

## Personal Spending Money

The local currency is the Euro. You can find up to date exchange rates by visiting [www.xe.com](http://www.xe.com). Outside of larger towns opportunities to draw money from an ATM or to exchange cash may be rare.

Some places may accept card payments but it is better not to rely entirely on this in the more rural areas. Your banks may impose charges for using your card abroad and you should





always warn your bank you will be travelling with your card prior to your trip.

## Passport and Visa

A valid passport is required for visiting this destination. If you do not currently hold one it is your responsibility to obtain one in good time. Please visit [www.fco.gov.uk](http://www.fco.gov.uk) for the most up to date entry requirements.

EU citizens can travel in other European countries up to the expiry date of their passport and do not require a visa. Citizens of other countries need at least 3 months validity on their passports and should check with the relevant embassy for further entry requirements.

## Travelling With Your Bike

Most participants will be taking advantage of the bike transportation provisions included in the package. However if you are flying with your bike it is worth noting that most airlines will charge a fee for bike carriage. This

amount varies from carrier to carrier but we recommend always booking and paying for this in advance which will usually save you money compared to paying at the airport. Please contact your airline for specific details for your trip. Most airlines will also require your bike to be properly packaged for transport. Most commonly this will be in a bike bag or box specifically designed for the job. There is a wealth of options when it comes to picking the right box or bag for your needs and we would be happy to discuss these with you. Please contact us if you require any help or advice.

## Bike Hire

If you don't own a suitable bike or would prefer to avoid bringing your own we have bikes available to hire. These bikes are typically Giant Defys, TCRs, or equivalent, great bikes with good quality components. If you do decide to hire we can include a helmet and all necessary spares for the trip. Please request helmets when booking.

The bikes will come with flat pedals as standard, so please do bring your own if you use clipless pedals.

## Equipment

We provide everything except a bike (unless you have opted to hire), personal equipment and clothing. If you are taking your own bike it should preferably be a road bike.

For our trips we recommend that your bike is fitted with either a triple or compact chainset or a 27 tooth bottom sprocket to ease the climbing. It is imperative that your bike is in good mechanical order. If you are not mechanically minded, we advise you to take your bike to a local bicycle dealer for a service. Our guide(s) will of course be taking a full tool kit and a selection of spares, which we will provide should the need arise but please be sure to carry your own basic tool kit, pump, spare tubes, and any specific spare parts you may require for your bike – especially unusual spokes.

You will need to bring your own accessories including, helmet, gloves and hydration pack/bottles for drinking water. It is also a good idea to bring shoes suitable for walking along with your cycling shoes as well as a light but waterproof rain jacket and a fleece/warmer layer for mornings and evenings. While riding with Skedaddle it is compulsory that you wear a helmet. If you don't have a helmet or don't intend to bring your own we may, subject to availability, be able to provide one on request. You will not be permitted to ride unless you wear a helmet.

Please contact us if you are unsure whether your bike or equipment will be suitable.



[www.skedaddle.com](http://www.skedaddle.com)

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