

ST FOR FITNESS ■ RIDES ■ HOW TO ■ BIKES ■ GEAR

CYCLING

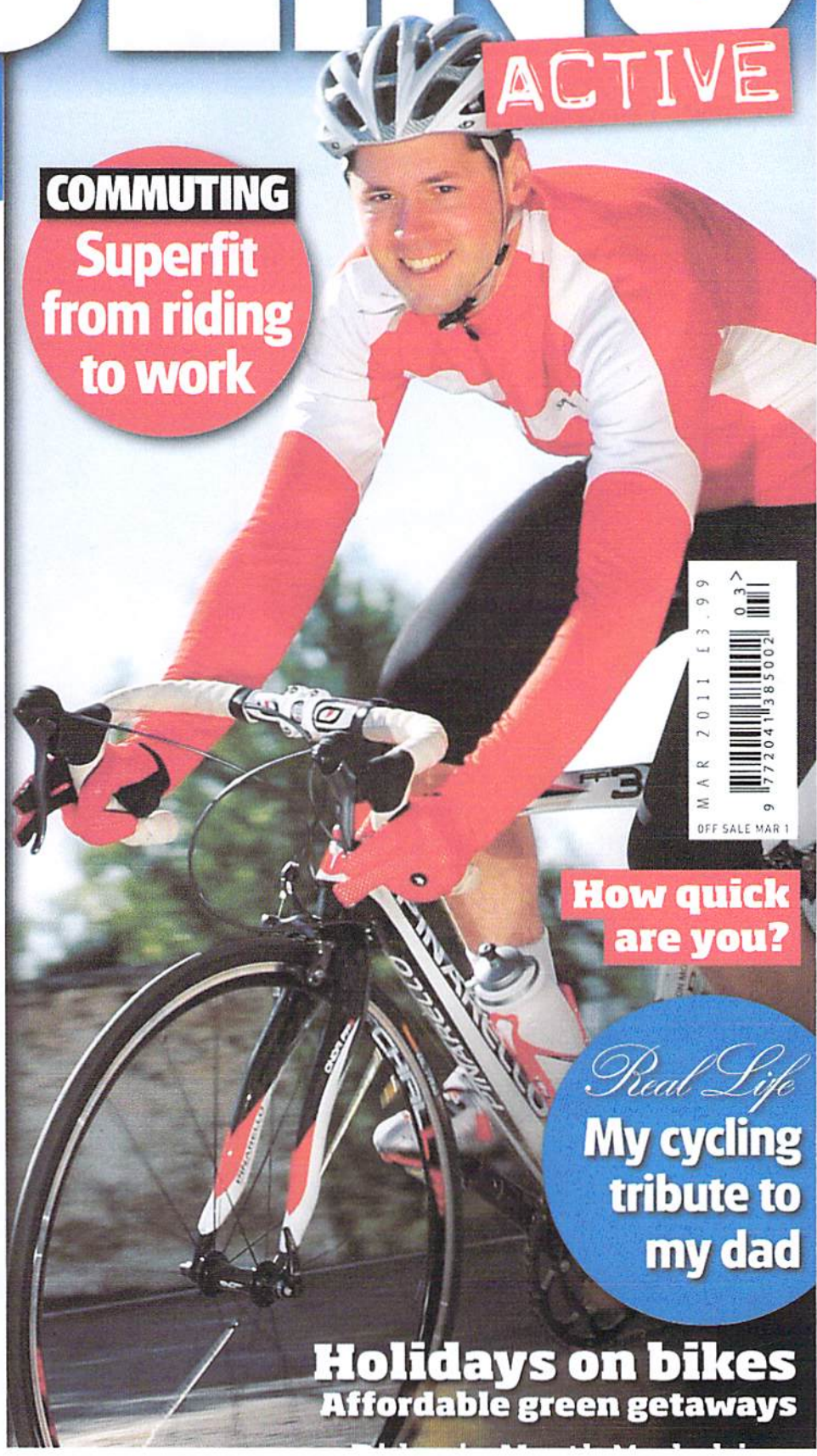
For cyclists
by cyclists

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How quick
are you?

Real Life
My cycling
tribute to
my dad

Holidays on bikes
Affordable green getaways

is hilly and the average
red is 35 miles. The price
moderation, food, guiding and

4: "Trek Travel sees cycling
to many of the world's
bicycling advocacy in order to
are for biking — not just for
ryone. I personally attend the
nit in Washington DC each
representatives for funding
tion. For more, visit: [www.
ThanGreen.cfm](http://www.ThanGreen.cfm)"
8 inc. bike hire
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charity and; Paris, France

? The chance to cycle
is while raising money
arity. This trip includes
over one long weekend.
don, takes in beautiful
and finishes at the Eiffel
comfort on the Eurostar

4: "As a company, we have
he carbon footprint of our
are making a huge effort
ination countries too.
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onate £315 per trek to
uding Whizz-Kidz, a disabled

er cent to charity), plus
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? A chance to explore the
ttany, unlike any other
its own distinct culture.
f cycling holiday, providing
the 680-mile coastline
ages, both on foot and by
les Mont Saint Michel, the
Malo, oyster parks and

: "The natural landscapes
of the richest, yet at the
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rienced leadership and
nt and techniques. For us, it
that such wilderness travel
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out...
rns organiser:
s.co.uk

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' Cycling trip through the
re is the longest river
he Massif Central and

and ends in the market town of Amboise. A
weekend version of this trip also available.

KEEPING IT GREEN: "This trip has low
environmental impacts, and puts a little bit back
into rural local communities, and helps conserve
rural lifestyles. We have at our UK offices
worked to reduce our carbon footprint through a
reduction of energy use and energy conservation
measures."

COST: £649-689 (eight days)

www.exodus.co.uk

Also worth checking out...

Accommodation provider based at the foot of
Mont Ventoux: www.veloventoux.com

Wine-lover's paradise

Burgundy

WHAT'S ON OFFER? Featuring one of France's
longest greenways, Burgundy is described as
"a cyclist's paradise". Covering 20-44
miles each day, the itinerary incorporates
opportunities to sample the region's
exceptional wines and visit world-famous
medieval castles. The area is well-known for
its colourful landscapes and equally colourful
gastronomy.

KEEPING IT GREEN: "During this tour you
will get the best out of fine local produce —
sampling Burgundy's exceptional wines and
the tasty, authentic cuisine. Relying on local
guides and family-owned hotels, you will be
ensured a warm, personal welcome. Forget
the nondescript and indistinguishable big chain
hotels; we use genuine places with local charm."

COST: From £595 (eight days)

www.cyclomundo.com

Also worth checking out...

... the Pyrenees road cycling tours on offer
from: www.pyractif.com

Croatia

Little-known pleasures

Croatia

WHAT'S ON OFFER? This tour starts on the
Korcula Island and ends in the beautiful
Dubrovnik countryside of Konavle. During
seven days, you will explore Croatia's
coasts, medieval towns, old villages, pebble
bays and natural parks. The price includes
accommodation, hire, route planning, and all
the necessary transfers.

KEEPING IT GREEN: "We keep our groups
small (max 16 people) and we use bikes as
much as we can to keep the environment clean
and unspoiled. We also support local ecological
associations, and our staff were directly
involved in afforestation (planting of pine trees
in Dubrovnik area after fire disaster in summer
2007)."

COST: From £608 (eight days) inc. bike hire
www.dubrovnikviator.com

Slovenia

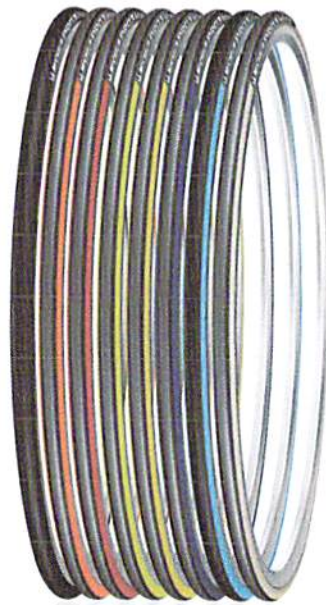
Clear waters of Slovenia

Tolmin, Slovenia

WHAT'S ON OFFER? A four-day break
in Slovenia, based in a small town called
Tolmin. The tour is described as "moderately
challenging", mostly off-road on mountain
bikes and takes in views of the Julian Alps.



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(High Density Puncture Protector)
under thread means improved
puncture resistance
- **Lightweight:** Only 200gm each

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