



Cycling Events

Get on your bike and raise vital funds to support **Self Unlimited**

We have a wide range of rides all over the UK and overseas, from London to Paris to the Great Wall of China. By taking part you can make a difference and help us continue to support people with learning disabilities by providing a network of housing, day opportunities and specialised support services to enable the people we support to live fulfilled lives at the heart of society.

For more details or to find out about other cycling opportunities please contact our Fundraising Team on 0116 2793225 or email events@selfunlimited.co.uk.

Land's End to John O'Groats Cycle

Cycle the furthest possible distance in the British Isles! We will cover almost 1,000 miles in 12 days, a real achievement!

Grade: Tough

Duration: 13 days

Departure dates: 4 May 2010, 31 August 2010, 28 September 2010



London to Geneva Cycle

Combine our London to Paris and Paris to Geneva trips to create the ultimate cycle challenge!

Grade: Tough

Duration: 10 days

Departure dates: 16 June 2010, 1 September 2010



London to Paris Cycle

A classic cycle challenge! After 300 miles and some strenuous hill-climbs, the sight of the Eiffel Tower evokes a real sense of achievement.

Grade: Moderate

Duration: 5 days

Departure dates: 5 May 2010, 16 June 2010



Cambodia

Ho Chi Minh to Angkor Wat Cycle

Ride from Vietnam's capital Saigon through the heart of the Mekong Delta to Cambodia and the famed temple complex of Angkor Wat.

Grade: Moderate

Duration: 12 days

Departure date: 9 October 2010



China

Great Wall Cycle Challenge

Cycle over 400 kms along the Great Wall of China. Experience rural life around the UNESCO Heritage Site. Explore Beijing's Forbidden City and Temple of Heaven. Optional Xian extension to see the Terracotta Warriors.

Grade: Not known

Duration: 10 days

Departure date: 14 May 2010



Vietnam Cycle

Prepare to be overwhelmed by Vietnam's natural contrasting beauty - from the patchwork of bright green rice paddies to the rugged mountains and white sandy beaches you can't fail to be bewitched by its traditional charm! This trip will take you from the modern city of Hanoi through the most rural parts of Vietnam.

Grade: Variable

Duration: 13 days

Departure date: 11 November 2010



Morocco

Trans High Atlas Mountains Cycle

Cycle from the fascinating city of Marrakech to the Atlantic coast, crossing the beautiful High Atlas and Ant-Atlas mountains en-route.

Grade: Tough

Duration: 9 days

Departure date: 2 October 2010



India

Cycle India 2010

The tour passes through a dramatic desert landscape, ancient temples and hilltop forts, visiting the Taj Mahal, the Pink City of Jaipur and finishes at Pushkar during the annual world-famous camel fair.

Grade: Challenging

Duration: Ten days

Departure date: 13 November 2010



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