



# THE BIG BATTLEFIELD BIKE RIDE 2019

## - NORMANDY BEACHES -

Join Help for Heroes on an exceptional and emotive bike ride, commemorating 75 years since the 1944 Allied invasion of Normandy, Operation Overlord; the largest seaborne invasion in history.

Test yourself with 5 days of challenging yet fun cycling, covering over 300 miles alongside your comrades; fellow fundraisers and members of the wounded, injured and sick service personal, and join them in remembering the fallen at thought-provoking ceremonies along the way.

Our exciting cycle challenge takes us from Cherbourg through Northern France to Paris, visiting some of the region's most significant World War 2 battle sites, including Pegasus Bridge and the Normandy Landing Beaches. It also commemorates many other aspects for the war in France, including medical evacuation, the role of women and of the resistance.

We have some long days in the saddle as we pedal through this historic region. Our expert battlefield historians will bring to life the experiences of those who were there, who lived to celebrate victory, and who brought their stories home. You will have time to reflect at daily ceremonies and to pay tribute to the memory of those who paid the ultimate sacrifice for peace.

Previously described by supporters as being "inspiring" and quite simply "awesome", the Big Battlefield Bike Ride (BBBR) offers you an exclusive opportunity to be part of something truly inspirational in 2019!

### KEY FACTS

<b>Dates:</b>	9 – 15 June 2019
<b>Cycling Distance:</b>	Approx. 350 miles
<b>Registration Fee:</b>	£199
<b>Suggested Minimum Fundraising:</b>	£2,700
<b>First Fundraising Target:</b>	£1,280

### DAILY OVERVIEW

**Sunday 9 June** – Meet at Portsmouth Harbour before boarding the ferry to Cherbourg. Coach transfer to hotels

**Monday 10 June** – Transfer to Sainte-Mere-Eglise where the ride will start led by our team of beneficiaries, cycling to Bayeux via Omaha Beach

**Tuesday 11 June** – First stop, Bayeux War Cemetery before the focus moves onto the D-Day Landings on Gold and Juno beaches finishing the day in Caen

**Wednesday 12 June** – An undulating day, visiting Pegasus Bridge, site of the first house to be liberated from the Germans in June 1944 before cycling on to Lisieux

**Thursday 13 June** – Today we visit picturesque Bernay, liberated by the Canadians in August 1944 before ending the day in Evreux

**Friday 14 June** – A hilly morning and flatter in the afternoon. Stops at Rommel's HQ and Vernon. Finishing in Paris before a celebration meal to mark your incredible achievement!

**Saturday 15 June** – Transfer back to London by Eurostar

**PLEASE NOTE: THE ITINERARY IS SUBJECT TO CHANGE AND A GOOD LEVEL OF FITNESS IS REQUIRED TO TAKE PART**

FOR MORE INFO, PLEASE CONTACT THE EVENTS TEAM

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