



Le Tour de Café 2020

LONDON - PARIS

18TH MARCH - 22ND MARCH 2020

www.phaseworldwide.org

PART ONE | THE CHALLENGE

INTRODUCTION

Le Tour de Café is a challenge set up by Bristol-based charity PHASE Worldwide. We want to inspire the coffee industry to support work changing lives in remote areas of Nepal, by challenging roasters, café owners, and baristas to cycle from London to Paris in three days to visit the Café! Festival & Expo, Paris' biggest and best coffee festival.

The challenge is a fantastic way for individuals and businesses to connect with others in the coffee industry, and at the same time, make a difference to people living in some of the most remote parts of the world.

Our team of 14 coffee-loving heroes will start their ride from London on Wednesday 18th March and arrive in Paris on Friday 20th March. They will then spend Saturday 21st March at the Café! Festival & Expo before returning to the UK on Sunday 22nd March.

The cost of the challenge involves a **£200 registration fee** and a minimum fundraising target of **£1,500**. The challenge is suitable for riders of all abilities.





WHAT DOES LE TOUR DE CAFÉ INVOLVE?

Cycling from London to Paris is a truly inspirational experience. The 200-mile ride takes you through the beautiful British countryside before crossing the channel into the rolling green fields of Northern France. The pièce de résistance is the incredible view of the Eiffel Tower which marks your finish line. Once in Paris, the team will all head to the Café! Festival & Expo together for a day of coffee-fuelled enjoyment.

WHAT IS COVERED?

Your ride will be fully supported by our experienced support team. All travel, accommodation, and meals between Wednesday 18th – Sunday 22nd March are included in the cost. We will also provide you with a Saturday Café! Festival & Expo ticket. Your return travel to the UK is also included and can be via the Eurostar or a flight to Bristol/London. Bikes can also be taken back by the support team to either London or Bristol at your preference on Sunday 22nd March.



PART TWO | FUNDRAISING

FUNDRAISING

In order to take part in Le Tour de Café, each individual must pay a £200 registration fee and raise a minimum of £1,500 during the run-up to the challenge.

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To secure your place, you must complete the [online booking form](#) and pay your £200 registration fee. This is used to cover the costs of your travel, accommodation, and event running costs. Remember, the quicker you sign up, the longer you'll have to fundraise!

Raise the minimum £1,500 fundraising target by 18th March 2020. All funds you raise will be used to support PHASE Worldwide's work in changing lives for some of the most remote communities in the world.

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PHASE Worldwide will support all team members with advice and fundraising materials.

We are also happy to attend some of your fundraising events to talk about the work you will be supporting in Nepal.



ABOUT THE CHARITY



Your adventure will be in aid of a great cause, supporting access to basic healthcare in Nepal.

PHASE Worldwide believe that everyone, everywhere, even those in the world's most remote places, should have access to primary healthcare, basic education and livelihood opportunities.

For 14 years we have been changing lives in remote and rural communities high in the Himalayas, helping to break the cycle of poverty.

PHASE Worldwide currently supports community health posts in the most remote areas of Nepal reaching 45,000 people per year.

In some of these areas, a trip to the local health post can mean a walk of several days, putting lives at risk. Access to basic healthcare, that we so often take for granted here in the UK, can be the difference between life and death in these communities.

www.phaseworldwide.org

Registered UK Charity No. 1112734 |
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