

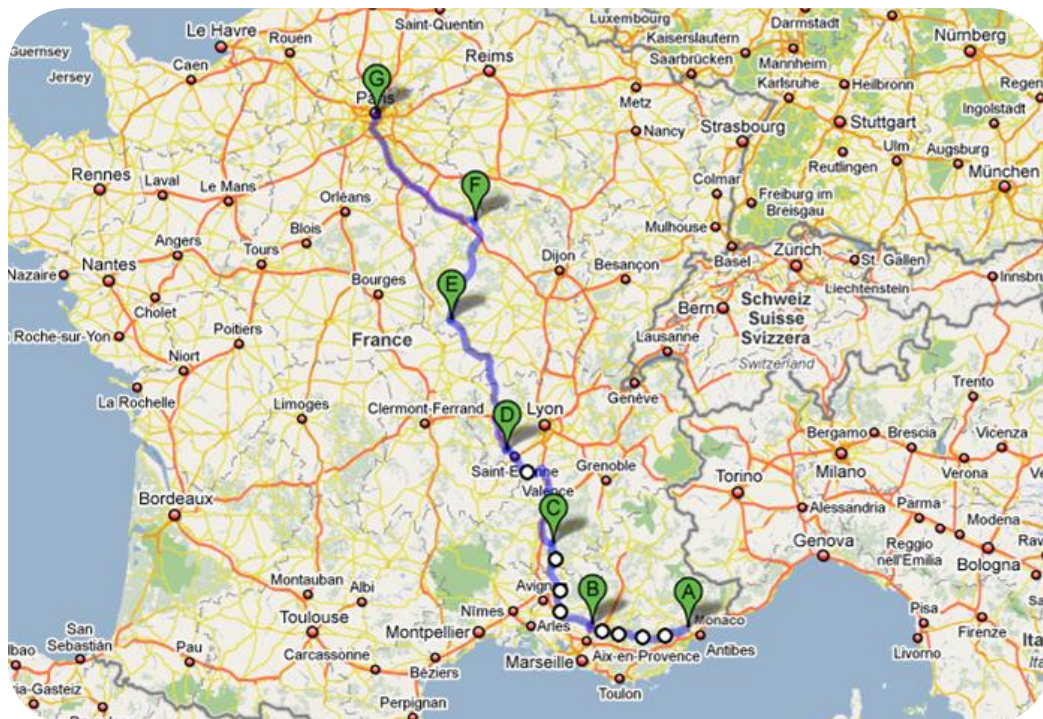
## DALLAGLIO CYCLE SLAM 2010 *Stage 1- Rome to Nice*



**The Route:** ROME to NICE 670 km

- Day 1:** A really tough start to the challenge. Once we have negotiated ourselves out of the Capital, 120km and several inclines will lead us to the beautiful Lake Bolsena for the night.
- Day 2:** Another really tough day will begin at Bolsena and finish in Certaldo. 140km is a huge distance but will be made easier by the beauty of Tuscany and 3 of Italy's finest vineyards, Orvieto, Montepulciano and Chianti.
- Day 3:** Well earned REST DAY whilst England take on Italy back in Rome
- Day 4:** Leaving Certaldo for the coast today. Luckily today's 140km is mostly flat apart from a tough climb around Lucca, approximately half way to our destination, La Spezia.
- Day 5:** 'King of the Mountains' day today! A REALLY tough start is rewarded with a relatively flat afternoon's cycle past Genova to Voltri. Total distance is 120km.
- Day 6:** Flat, flat, flat all the way today and an awful lot of coastline. The journey from Voltri covers 130km to San Remo, where a bus awaits to take us the 100km or so over the border to Grasse for stage 2 or Nice Airport for home.

## DALLAGLIO CYCLE SLAM 2010 *Stage 2 - Nice to Paris*



**The Route:** NICE to PARIS 760km

- Day 1:** There are some big climbs to kick start the second leg but also many kilometres of flat cycling. On the plus side the route follows through many of Provence's vineyards and today finishes in Pertuis after a modest 160km!
- Day 2:** Similar level of difficulty as yesterday over 160km, plenty of hills but plenty of flat patches to recover on. In order to navigate part of the Alps (which are unpassable at this time of year) there will be a bus waiting at La Begude de Manzenc ready to take us to Saint Just en Chevalet.
- Day 3:** Compared to the last 2 days, the next 130km between Saint Just and Decize are going to be a walk in the park. The only problem is that we will have to keep our fingers crossed that we don't see snow!
- Day 4:** Another 140km, another wine region! This time the tour finishes up in the beautiful Chablis – enjoy!
- Day 5:** This is stop number 2 on our 6 Nations tour, the Stade de France and also the end of the second stage after a modest 170km in the saddle.

## DALLAGLIO CYCLE SLAM 2010 *Stage 3- Paris to Twickenham*



**The Route:** PARIS to TWICKENHAM 410km

- Day 1:** For those core riders a mere 410km will seem like a breeze on the way back to London. This first stretch covers 100km, provided we can get out of Paris and make it on our way to Montdidier.
- Day 2:** Very flat start to the day over the battlefields of the Somme. A detour to the memorial is a must, and after striking off another 100km we rest in Marconne for the night.
- Day 3:** A little hillier than the beginning of the stage but nothing compared with the first two! 80km to Calais and we'll be ready to board the Eurostar back to the British Isles.
- Day 4:** Ashford to Twickenham over 130km, just need to traverse the capital and tick of number 3 of the stadia tour!

## DALLAGLIO CYCLE SLAM 2010 *Stage 4 - Twickenham to Fishguard*



**The Route:** TWICKENHAM to FISHGUARD 410km

- Day 1:** Leaving the day after England v Ireland at Twickenham may prove difficult for some, but there are 110km to go until we can rest again at our destination this evening, Marlborough.
- Day 2:** Over the Seven today to visit our fourth country and fourth stadium on the tour. The Welsh capital looms after a 130km stint through the West Country.
- Day 3:** Well earned REST DAY in Cardiff.
- Day 4:** Thankfully skirting around the edge of the Brecon Beacons, today riders cover 110km to the county town of Carmarthen
- Day 5:** This is the shortest day of the tour so far. Continuing the journey through South Wales, it is a mere 60km to the ferry port at Fishguard where the boat awaits to take us to Rosslare for the final leg!

## DALLAGLIO CYCLE SLAM 2010 *Stage 5 - Rosslare to Edinburgh*



**The Route:**    **ROSSLARE to EDINBURGH**    **550km**

**Day 1:**        This stage begins with the longest ride since the continent, mainly following 150km of coastline all the way to our penultimate stadium stop, Lansdowne Road.

**Day 2:**        Hopefully not nursing a sore head, today the tour edges us closer to the Irish border. On a day significantly shorter than yesterday, we will cover a minimal 60km to our last overnight stop outside of Great Britain, Drogheda.

**Day 3:**        Crossing the border today we make our way to the Northern Irish capital. After a 120km stint, I'm sure half a Guinness will go down very well, particularly with a rest day tomorrow!

**Day 4:**        REST DAY, at some stage we will make our way over the water to Stranraer ready for tomorrow's efforts.

**Day 5:**        Our introduction to Scotland begins in style as we cycle through the beautiful Galloway Forest Park today, totalling 100km to Thornhill.

**Day 6:**        On the penultimate day of cycling we begin the ascent up to Edinburgh with a gentle 70km ride to the small town of Lanark.

**Day 7:**        Finally here it is – day 24 in the saddle! After the last 50km Lawrence et al will arrive at Murrayfield shattered but elated I'm sure!