



# Millevaches

TRIATHLON HOLIDAYS

## DETAILED ITINERARY

Remember... all of this can be completely tailored to what you want to do. This is just an example to show how each part of the day might work. We can't think you would want to do this every day!

TIME	ACTIVITIES	WHAT WE DO
Before 9:30am ish	Breakfast peacefully in the gîte. Help yourself from your well-stocked kitchen at whatever time you prefer, to be ready to leave by 9.30am. ish	Pack the back up truck with Picnic & Drinks Spare parts Swimming towels & spare kit you might need
9:30am ish	Depart on bikes. Cycle 35km to the Lake.	Andrew cycling with the group. Anna following in the back up truck.
11:30am ish	Arrive at lake. Swim in lake. If you are keen, swim 400metres round the buoy and back. If you are hot and tired, have a splash about and a swim with our dog!	Back up truck parked ready. Look after bikes. Hand out swimming towels.
12:30pm ish	Eat a picnic... such as Cheese/ham baguette Sausage rolls Cake/Fruit	Hand out food till you are full! Take photos! Collect swimming towels & sort out repairs. Offer lifts to anyone who prefers not to cycle.
1:15pm ish	Depart on bikes. Cycle 30/40/50km back...you decide.	Back up truck follow, or goes straight back if everyone is happy.
Arrive back	Long hot shower! Rest. Tea and cake. Wash your cycling kit. Clean your bike. Think what you might want to do tomorrow.	Prepare dinner.
5pm ish	Run - if you have energy left. Select from our list of runs by length and elevation! Shower again on return.	Back up truck takes you to run location. Takes you on guided run.
7pm ish	Eat dinner	Bring you dinner in the gîte.
8:30pm ish	Relax on terrace. Stroll round the woods. Plan the route for tomorrow. Shower again if you wish!	Clear up dinner. Plan the route with you.
When you are tired	Sleep	We get ready for the next day.