



## Participant Guide

## GBI Europe 2019



**GBI** WE CYCLE  
FOR CHARITY

Dear GBI Participant,

In 2019, following our motto “We cycle for charity,” we will embark on our 12<sup>th</sup> annual GBI Europe tour. From a spontaneous idea in 2008, together with motivated cyclists from over 30 countries, we have built our ambitious community.

This year we will cycle within seven days and with over 400 riders from Milan in Italy via Innsbruck to Munich in Germany and you will have the choice of two challenging routes of between 660 km and 830 km and with climbs between 5,900 m (track 1) and 10,700m (track 2), all in aid of a great charitable cause.

In addition to a registration fee, an essential part of our philosophy is that every participant raises money for charities in their home country, with the minimum depending on their country’s GDP. Thanks to these contributions, every year to date we have raised an incredible six-figure sum that we officially hand over on the final day of the tour to representatives of the supported charities.

If you join us this year not for the first time, you will find among many new teamleaders also new participants and potential new friends from Columbia, South Korea and Syria. A warm welcome to our cyclists from these new countries!

As we take care of the environment around us, we will also introduce re-usable cups for our GBI lounge and compostable dishes and cutlery for the catering. With these modifications and your help, we will be able to minimize our waste at the GBI camps.

Over seventy staff members incl. myself and our committed tour sponsors Dell Technologies, Couchbase and Vodafone are looking forward to welcoming you in Milan soon!



Your Michael Leuenberger  
Tourdirector  
Global Biking Initiative

# Milan–Munich

30<sup>th</sup> June – 6<sup>th</sup> July 2019

660 km (Track 1) / ~ 830 km (Track 2)



DELL Technologies



vodafone

Couchbase

# PRIOR TO THE TOUR



Make sure your profile is up-to-date on [www.gbi-event.org](http://www.gbi-event.org)



Align yourself with your teamleader



Train for the ride



Make sure that you have appropriate accommodation prior and during the ride



Plan your journey to Milan and your return from Munich



Check your bicycle



Check your international travel-, health- and accident insurance incl. visa



# TOUR SCHEDULE AND TRACK

... SATURDAY, 29<sup>TH</sup> JUNE 2019



## PRE-TOUR

Adress: Holiday Inn Linate  
Via Bruno Buozzi, 2  
I - 20068 Peschiera Borromeo MI  
(45°27'01.9"N 9°17'25.7"E)

13:00 - 15:00 Staff Kick-Off (only GBI staff)  
- volunteer registration  
- from 14:00 onwards working in teams

15:30 - 17:30 Teamleader Briefing (only for teamleaders)  
- Tour Overview  
- pick-up your routing device (if pre-ordered)

18:00 - 20:00 Onsite Pre-Registration  
- pick-up your starter bag



Holiday Inn Linate

# TOUR SCHEDULE AND TRACK

... SUNDAY, 30<sup>TH</sup> JUNE 2019



## START

Address: Holiday Inn Linate  
Via Bruno Buozzi, 2  
I - 20068 Peschiera Borromeo MI  
[45°27'01.9"N 9°17'25.7"E]

09:00 - 10:30 Onsite Registration

- pick-up your starter bag
- pick-up your GBI rental bicycle (if booked)
- pick-up your bicycle (if transported by GBI)
- meet your team members
- fill your bottles and get nutrition
- attach name tag (from starter bag) on your bicycle
- put on your cycling outfit and GBI jersey
- load your luggage onto the GBI truck or Hotel bus

10:30 - 11:00 Opening Ceremony (mandatory)

- Welcome
- Tour Overview
- Logistics

11:00 Tour Start

## ARRIVAL

Address: PalaGeorge  
Via Giovanni Falcone 24  
I - 25018 Montichiari BS  
- VOLLEYBALL HALL -  
[45°24'46.1"N 10°24'27.8"E]

Hotel: Hotel Garda                      Hotel Faro  
Via Breschia 128                      Via Mantova 60  
I - 25018 Montichiari                I - 25018 Montichiari

16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes



Opening Ceremony

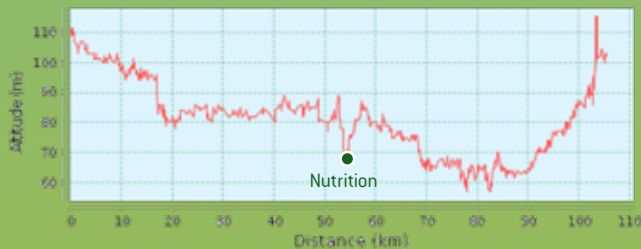
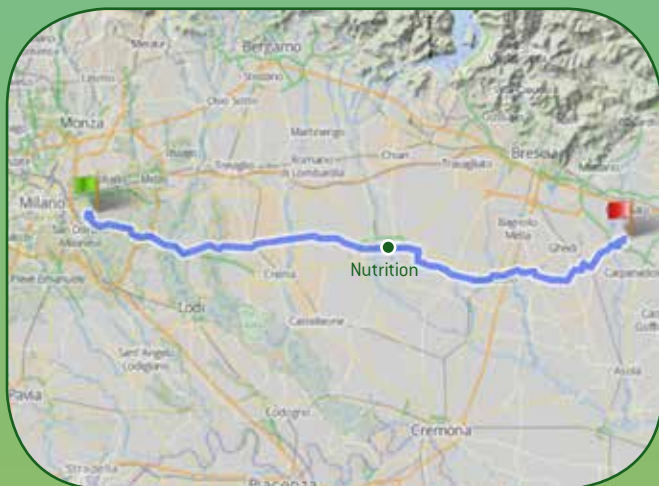


Sportarena PalaGeorge

# TOUR SCHEDULE AND TRACK (30<sup>TH</sup> JUNE 2019)

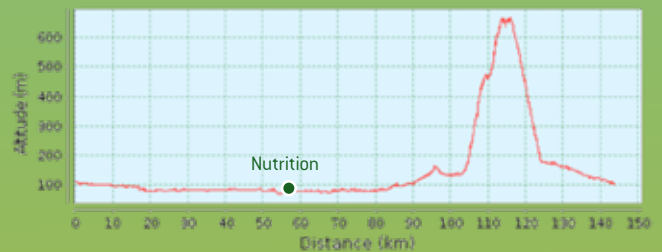
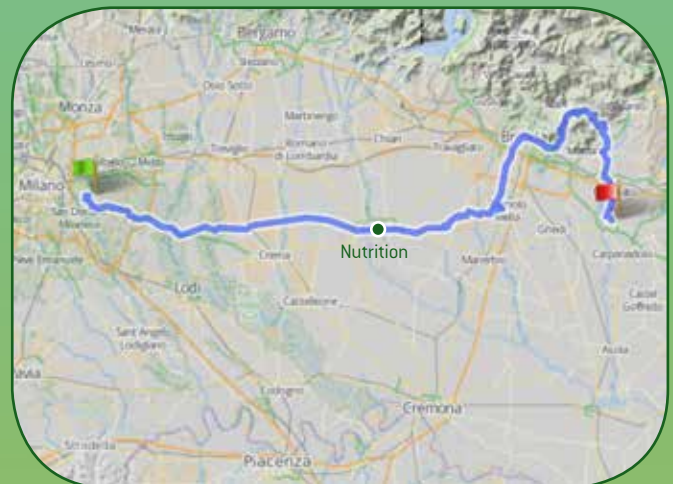
## TRACK 1

Distance: 106 km  
Climb: 419 m



## TRACK 2

Distance: 144 km  
Climb: 1.054 m



### **General Route Information:**

*As every year: Please drive carefully and try to stay on the tracks, which we have checked for you!*

*Most of the time we are on roads with really less traffic, but also here suddenly a car can pass.*

*When a cycling path is along to the road you need to use! There is a penalty fee when you do not use them and it is dangerous to cycle on roads!*

The welcome ceremony and a short tour briefing traditionally opens a GBI Europe tour. After that the participants start the tour within their teams. The first day is ideal for warming up. After we left the metropolitan area of Milan to the east, we will cycle on flat ground through the Po Valley. To the left we can see the Italian Alps in the distance, but track 1 will not touch them.

Our destination Montichiari is located about 10 km southwest of Lake Garda.

Track 2 will leave the regular track to the north and visit the city of Brescia. A hilly, but beautiful detour to the surrounding Brescian mountains will be the highlight of the day.

# TOUR SCHEDULE AND TRACK

... MONDAY, 1<sup>ST</sup> JULY 2019



## START

Adress: PalaGeorge  
Via Giovanni Falcone 24  
I - 25018 Montichiari BS  
(45°24'46.1"N 10°24'27.8"E)

07:00 - 09:00 Breakfast  
(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure  
(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start  
- check-out  
- meet your team  
- fill your bottles and get nutrition  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes

## ARRIVAL

Adress: Palazzetto Comunale  
Viale Rimembranza  
I - 37010 Cavaion Veronese VR  
- VOLLEYBALL HALL -  
(45°32'33.7"N 10°46'15.6"E)

Hotel: Hotel Eurocongressi      Hotel Montresor  
Via Lionello Fiumi 24      Via Mantegna 30/A  
I - 37010 Cav. Veronese      I - 37012 Bussolengo

16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure  
(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes



Montichiari



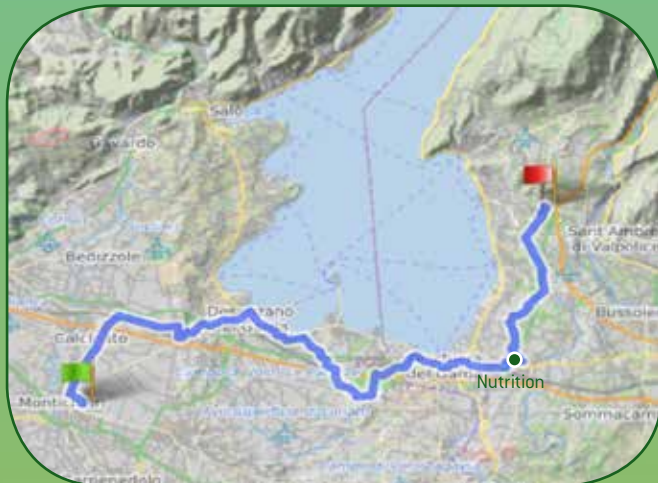
Palazzetto Comunale



# TOUR SCHEDULE AND TRACK (1<sup>ST</sup> JULY 2019)

## TRACK 1

Distance: 57 km  
Climb: 499 m



## TRACK 2

Distance: 99 km  
Climb: 899 m



Today a short cycling day along Lake Garda is on our tour schedule. Shortly after starting the day we will reach the southern coast at Desenzano, a marvellous lake town. After a short detour to the inland we again reach the lake at Peschiera del Garda, another pearl at the lake shore. With its fortification and old town it is a superb spot for a longer break. After leaving Peschiera we will cycle between the lake and the Adige valley northwards.

As our destination Cavaion Veronese is located on a hill, we have to climb for the last couple of kilometers.

Track 2 will leave Peschiera to the east and head towards Verona. Cruising through Verona (it's recommended to walk the bike in the inner city!) allows you to see some of the sightseeing monuments like the Arena di Verona or Casa di Giulia. We will follow the river Adige to Cavaion Veronese.

# TOUR SCHEDULE AND TRACK

... TUESDAY, 2<sup>ND</sup> JULY 2019



## START

Address: Palazzetto Comunale  
Viale Rimembranza  
I - 37010 Cavaion Veronese VR  
- GYM HALL -  
[45°32'33.7"N 10°46'15.6"E]

07:00 - 09:00 Breakfast  
(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure  
(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes

## ARRIVAL

Address: Centro Sportivo Trento Nord  
Via 4 Novembre 23/4  
I - 38121 Trento-Gardolo  
- GYM HALL -  
[46°06'17.9"N 11°06'51.0"E]

Hotel: Hotel Everest  
Corso Degli Alpini 14  
I - 38121 Trento

16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure  
(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes



Cavaion Veronese

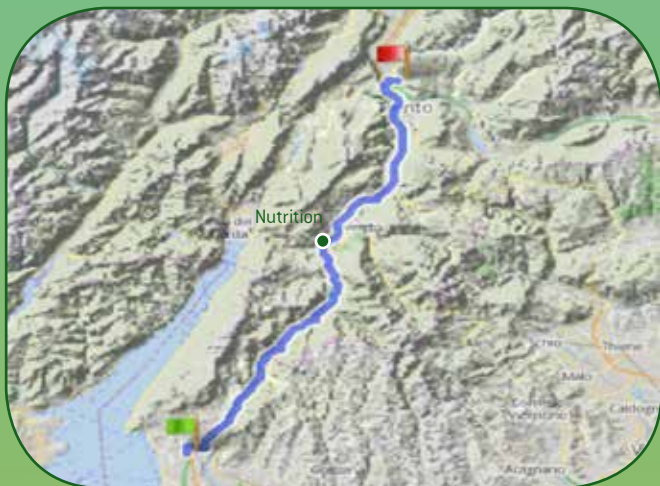


Centro Sportivo Trento Nord

# TOUR SCHEDULE AND TRACK (2<sup>ND</sup> JULY 2019)

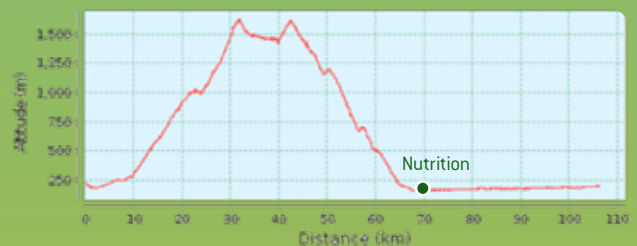
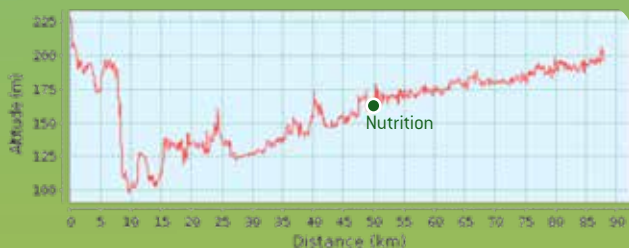
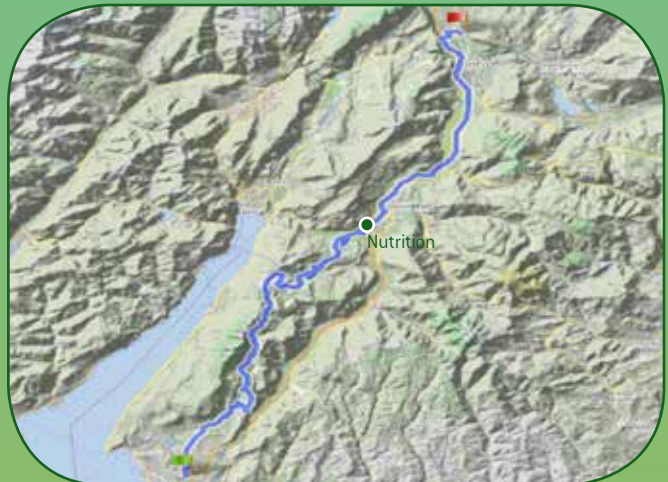
## TRACK 1

Distance: 88 km  
Climb: 613 m



## TRACK 2

Distance: 107 km  
Climb: 2.128 m



From our elevated camp location we first have to cycle down to the Adige Valley and then continue the Via Claudia Augusta cycling path. It is recommended to use this cycling path and NOT the streets! The mountains on our sides rise constantly the more we head to the north.

We will cycle the whole day with a slight, but steady incline. In Trento we will leave the Adige north of the city and arrive at our destination in Gardolo very soon.

Track 2 is heading for the first real mountain experience of the tour. Some kilometer after leaving the camp we have to climb up the mountain range of Monte Baldo, appr. 1400 height meters up. We will cycle through a beautiful mountain scenery with another tough, but short climb before descending to the Adige valley and joining the regular track to Trento.

If you decide to have a fun time in the local swimhall in Trento, mention 'GBI' and you will get a discounted entrance fee.



# TOURSCHEDULE AND TRACK

... WEDNESDAY, 3<sup>RD</sup> JULY 2019

**DELL**Technologies

## START

Adress: Centro Sportivo Trento Nord  
Via 4 Novembre 23/4  
I - 38121 Trento-Gardolo  
- GYM HALL -  
[46°06'17.9"N 11°06'51.0"E]

07:00 - 09:00 Breakfast

(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure

(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start

- check-out
- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

## ARRIVAL

Adress: Brixen Sportzone Süd  
Fischzuchtweg 21  
I - 39042 Brixen  
- GYM HALL -  
[46°42'22.6"N 11°39'06.3"E]

Hotel:	Hotel Clara Brennerstraße 64 I - 39040 Vahrn	Hotel Millander Hof Plosestr. 58 I - 39042 Brixen
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Hotel Goldenes Kreuz Kleiner Graben 8 I - 39042 Brixen	Hotel Tallero Via Mercato Vecchio 35 I - 39042 Bressanone
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16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes



Trento-Gardolo



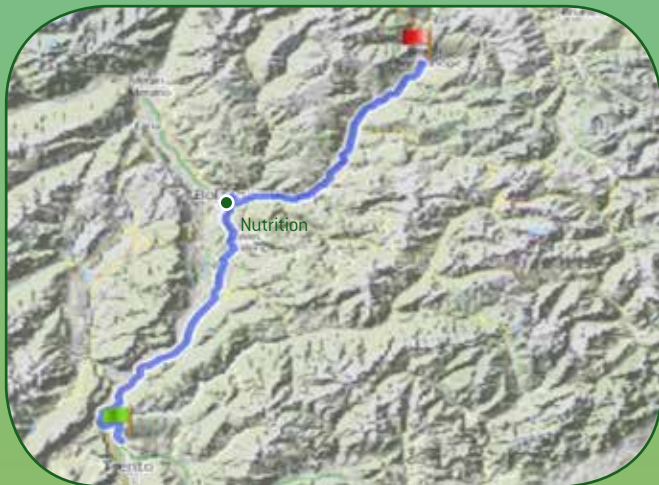
Brixen Sportzone Süd



# TOUR SCHEDULE AND TRACK (3<sup>RD</sup> JULY 2019)

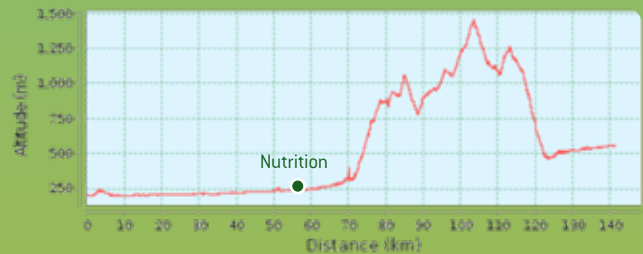
## TRACK 1

Distance: 104 km  
Climb: 1.227 m



## TRACK 2

Distance: 142 km  
Climb: 2.712 m



The first part of the day to the nutrition stop in Bozen will show us the beauty of the Adige valley. We cycle on the cycling path, always the river besides us.

After the nutrition stop the city of Bozen/Bolzano may be a good option for a lunch break. Now we turn into the valley of the river Eisack/Isarco, that cuts deep into the Dolomite mountains. The ascent is now increasing noticeably and the route is curvy, but you will have some impressive views meanwhile. Please keep on the marked cycling path and not enter the major streets instead!

Track 2 detours from the regular track some kilometer behind Bozen. Please switch on your lights when entering the tunnels on that route! We will discover the Seiser Alm/Alpe di Siusi area with many challenging climbs and great views, but also with challenging and steep descents. Be careful all the time!

After conquering the Passo Pinei (1437 m) we will descent to Val Gardena and later on to the Eisack valley to join again the regular track for the last couple of kilometers to Brixen.

# TOURSCHEDULE AND TRACK

... THURSDAY, 4<sup>TH</sup> JULY 2019



## START

Adress: Brixen Sportzone Süd  
Fischzuchtweg 21  
I - 39042 Brixen  
- GYM HALL -  
(46°42'22.6"N 11°39'06.3"E)

07:00 - 09:00 Breakfast  
(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure  
(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes



Brixen

## ARRIVAL

Adress: Olympia World Innsbruck  
Olympiastraße 10  
A - 6020 Innsbruck  
- EVENT HALL -  
(47°15'27.1"N 11°24'29.4"E)

Hotel:	Hotel Ramada Tivoli	Hotel Alpinpark
	Olympiastraße 41	Pradler Str. 28
	I - 6020 Innsbruck	I - 6020 Innsbruck

16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure  
(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes

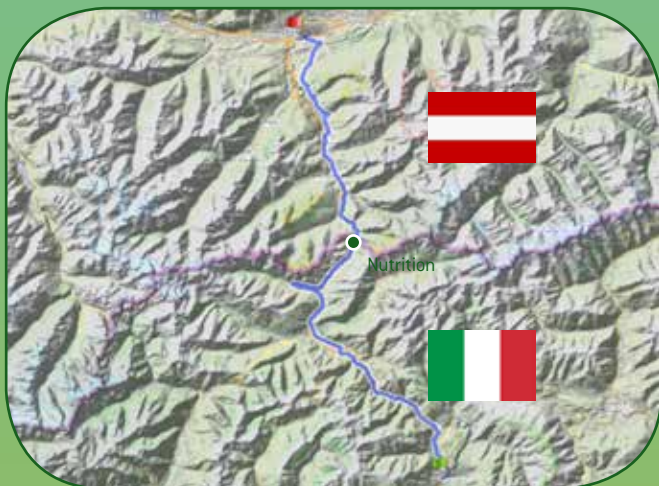


Olympia World Innsbruck

# TOUR SCHEDULE AND TRACK (4<sup>TH</sup> JULY 2019)

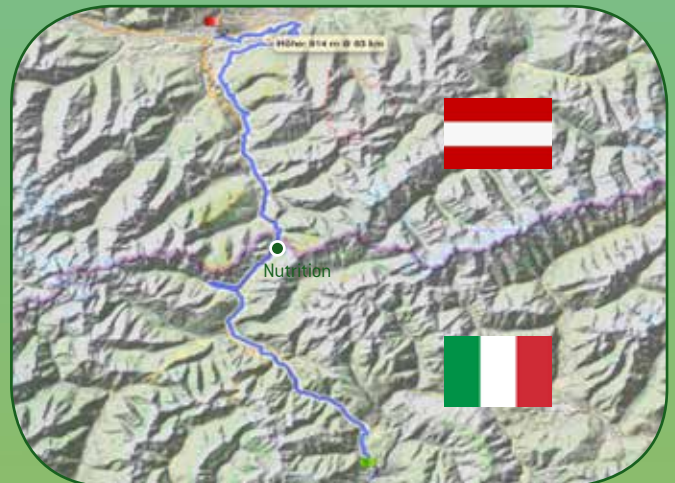
## TRACK 1

Distance: 95 km  
Climb: 1.633 m



## TRACK 2

Distance: 114 km  
Climb: 2.126 m



This is the queen's stage of the tour for Track 1. We will immediately start to climb the mountains after leaving the camp, approx. 800 m of climb must be conquered to the Brenner pass. We have to cycle on busy roads for the first 10 km, afterward we will switch to the Eisack cycle path.

In Sterzing there is a last chance to refresh yourself before you tackle the last part of the climb. After the nutrition point at the Brenner there are two very long descents down to the Inn valley and to our destination in Innsbruck.

As you will cross the border from Italy to Austria, make sure that you have your travel document (passport, visa) with you.

Be careful of some very difficult and steep parts of the descent, especially on the last part of the day from km 80 to Innsbruck!!

Before reaching the Inn valley, track 2 loops to the east along the mountains and high above the Inn valley.



# TOURSCHEDULE AND TRACK

... FRIDAY, 5<sup>TH</sup> JULY 2019



## START

Adress: Olympia World Innsbruck  
Olympiastraße 10  
A - 6020 Innsbruck  
- EVENT HALL -  
[47°15'27.1"N 11°24'29.4"E]

07:00 - 09:00 Breakfast  
(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure  
(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes

## ARRIVAL

Adress: Fliegerhalle Bad Aibling  
Otto-Wels-Straße 2  
D - 83043 Bad Aibling  
- HANGAR -  
[47°52'44.5"N 11°59'26.0"E]

Hotel: Hotel St. Georg  
Ghersburgstr. 18  
I - 83043 Bad Aibling

16:00 GBI Camp and Lounge opens

17:00-22:00 Hotel Bus departure  
(if GBI Hotel booked, according daily individual timetable)

18:00 - 21:00 Dinner (not included in basic fee)

22:00 Lights-off in the dormitory

22:00 GBI Lounge closes



Innsbruck



Fliegerhalle Bad Aibling

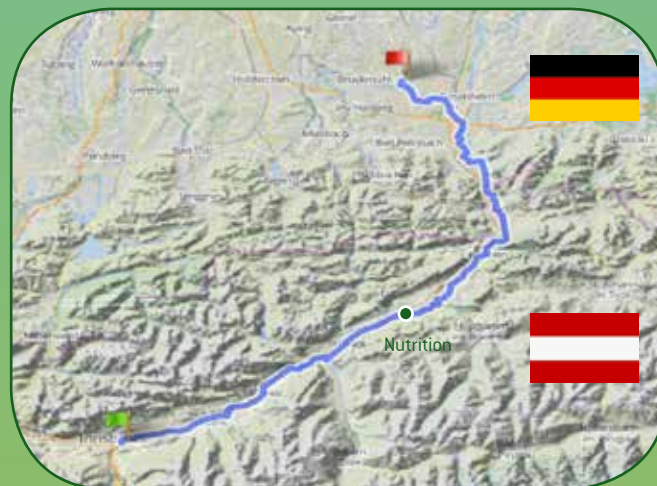


# TOURSCHEDULE AND TRACK (5<sup>TH</sup> JULY 2019)

## TRACK 1 & 2

Distance: 130 km

Climb: 840 m



Today there is no dedicated track 2, all cyclists will follow the same route downstream the river Inn.

Although we will descent in general, there are some smaller hills inbetween and it is a very long day with about 130 km.

To our left and right the Alps rise high while we cycle most of the time on the Inn cycling path, always close to the river.

The city of Kufstein might be a good spot for a lunch break.

As you will cross the border from Austria to Germany, make sure that you have your travel document (passport, visa) with you.

After crossing the German border you have to climb one challenging hill before returning to the valley and head to our destination in Bad Aibling.

Our Camp in Bad Aibling is located directly next to a satellite tracking station operated by the German SIGINT agency (Bundesnachrichtendienst) and therefore it is not allowed to operate drones at the GBI camp and it is forbidden to take fotos at the fence to the federal intelligence station.

# TOURSCHEDULE AND TRACK

... SATURDAY, 6<sup>TH</sup> JULY 2019



## START

Adress: Fliegerhalle Bad Aibling  
Otto-Wels-Straße  
D - 83043 Bad Aibling  
- HANGAR -  
(47°52'44.5"N 11°59'26.0"E)

07:00 - 09:00 Breakfast

(for GBI Camp guests only)

07:30 - 09:00 Hotel Bus departure

(for GBI Hotel guests only)

08:00 - 09:30 Getting ready and start

- check-out
- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

Meeting Point: Primery & secondary school Finsing  
Group Cycling Neufinsingerstraße 35  
D - 85464 Finsing  
(48°13'02.9"N 11°48'49.1"E)

Final Arrival: Volksfestplatz  
Predazzoallee  
D - 85399 Hallbergmoos  
(48°19'31.4"N 11°44'17.7"E)

13:30-14:00 Meet for final group cycling

14:00 Start Group Cycling to Munich

15:00 Arrival

15:15 Closing Ceremony

16:00 Wrap-up

17:00 Bus shuttle to Munich airport and trainstation  
Hallbergmoos

17:00 Bus departure to Düsseldorf/Frankfurt airport  
(if bus transportation booked)



Bad Aibling

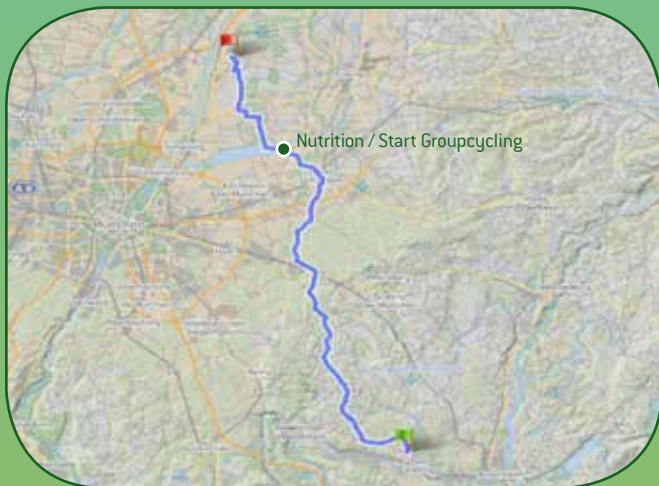


Closing Ceremony

# TOURSCHEDULE AND TRACK (6<sup>TH</sup> JULY 2019)

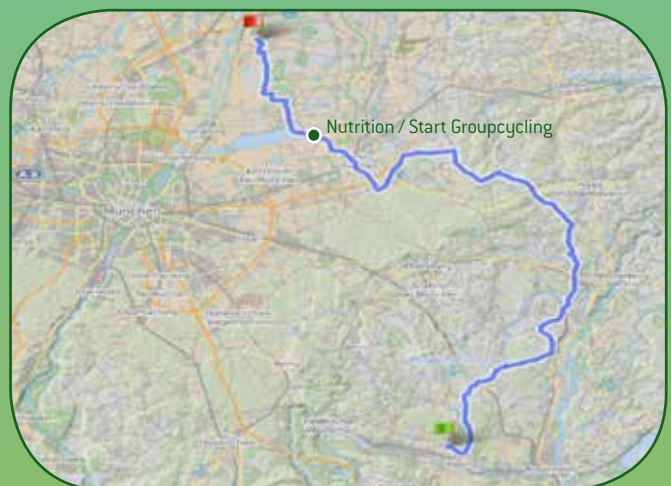
## TRACK 1

Distance: 54 km + 18 km  
Climb: 627 m



## TRACK 2

Distance: 78 km + 18 km  
Climb: 880 m



The last day will be quite relaxing compared to the the previous days. There are only two noticeable hills on our way.

We will cycle through the beautiful bavarian countryside east of Munich. There is always an opportunity for a photo stopp or a typical bavarian Brotzeit (snack) in one of the lovely beergardens along the route.

The village of Markt Schwaben might be indeed a good coffee or lunch break option, as it is very close to the start of the group cycling in Finsing.

Track 2 will start the day by cruising towards the river Inn again and later heading eastwards to Markt Schwaben.

The final group cycling for the last couple of kilometers is always a highlight of the last stage. North of Munich in Hallbergmoos we will celebrate a week of challenges and fun, new friends and exciting memories at the traditional closing event.

Now the time is coming to say farewell to your team mates and to go back home with a smile.

There are free shuttle services available to Munich airport and the trainstation (S-Bahn) in Hallbergmoos.

# GOOD TO KNOW

## ELECTRICITY

230 Volts and 50 Herz, this is what you will find everywhere alongside the route.

You will find in all countries the European CEE 7/16 (C) plug and in Germany the CEE 7/4 (F) plug.



There are free charging stations in the GBI Camp available for your mobile, routing device and e-bike batteries, supporting the above shown plugs (C) and (F).

## LANGUAGE

The official GBI language is English.

In all countries along side the route people often speak English as well.

In Italy, the official language is Italian but in the very north of the country (Südtirol, where we will cycle on day two to four) German is more used than Italian.

In Austria and Germany, German language is the only spoken language (often in some local dialects).

## AIRPORTS

Probably the best way to get to Milan is via its international airport Malpensa, for european connections also Linate and for most of the low cost carriers Orio-al Serio.

In Munich the closest airport is its international airport "Franz Josef Strauß".



## CURRENCY

The currency in Italy, Austria and Germany is Euro. Euro is also the only accepted currency at the GBI touroffice.

VISA and MasterCard are accepted in most of the shops and restaurants, sometimes American Express and Diners Club as well.

## CLIMATE

GBI Europe takes place early July. The average temperature this time of the year in this climate zone is 23°C. At night, the temperature can drop down to 10°, and reach a high of 36° during the day.

Although it is generally warm at lower altitudes, it can become very cool at higher altitudes. Therefore, always appropriate clothing should be carried.

In average, we can expect some rain on two or three of the days of our tour.

During summer, in Central Europe the days are longer (approx. 16 h) than the nights; sunrise is around 05:30 and sunset around 21:30.

## LOCAL CYCLING RULES

The bicycles must have a white reflector visible from the front and two yellow reflectors in the spokes, visible from the side.

Lifting an arm means that the cyclist will stop very soon.

Using motorways and highways are forbidden for cyclists.

If a dedicated cycling lane is available, you have to use them.

Priority is usually shown with road signs at each cross; there is no differentiation in priority between cars and bicycles, both categories have to follow the road signs. Public transportation usually have priority.



# WHAT IS INCLUDED IN THE REGISTRATION FEE

- ✓ Onsite registration in Milan incl. individual starter bag
- ✓ Official tour jersey
- ✓ Opening ceremony in Milan and closing ceremony in Munich
- ✓ Daily energy bars, water and energy-drinks, fruits at departure
- ✓ Two address tags for your luggage and a name tag for your bicycle
- ✓ Two checked tracks for each day incl. gpx tracks for download
- ✓ Garmin routing devices for teamleaders
- ✓ Daily nutrition points on the track with energy bars, drinks and fruits
- ✓ Daily technical bicycle support at departure and arrival
- ✓ Mobile paramedics on motorbikes with emergency equipment
- ✓ Mobile touroffice from 07:00 til 22:00 with infocenter
- ✓ Service busses along the tracks for pick-up service
- ✓ Media service along the tracks for media documentation
- ✓ Luggage transport from GBI Camp to GBI Camp
- ✓ Daily GBI Camp with arch, lounge<sup>(\*)</sup>, catering<sup>(\*)</sup>, facilities and bike parc
- ✓ Finisher medal
- ✓ Participation certificate
- ✓ Mattress, single tent and breakfast (for GBI Camp guests only)
- ✓ Hotel accommodation, hotel transfer and breakfast (for GBI Hotel guests only)
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

# CHECKLIST

## ... WHAT YOU KEEP IN YOUR LUGGAGE

Item	Comment	Mandatory
<input type="checkbox"/> <b>Sleeping bag</b>	Only necessary if you have booked the GBI Camp	✓
<input type="checkbox"/> <b>Mattress coversheet and pillow</b>	The mattresses are covered but the sheets will not be washed on a daily basis and you will get a different mattress every day. Using your own clean bed sheet can be a solution for hygiene related expectations (applicable only if you have booked the GBI Camp). Mattress size is 200x90x12mm.	
<input type="checkbox"/> <b>Travelling bag / suitcase</b>	Only one single bag per person is allowed (plus sleeping bag)! The weight has to be limited to 20kg. Between 20kg and 30 kg, a one-time extra charge will apply. Luggage over 30kg will be rejected.	✓
<input type="checkbox"/> <b>Bicycle bag</b>	You might use a special bag to transport / ship your bicycle. You can use your bicycle bag as suitcase but a second bag is not allowed. If you have two items, your bicycle bag will directly be brought to Munich and you will get it back after the final arrival.	
<input type="checkbox"/> <b>Power adapter</b>	You might find different power plug systems then used in your home country along the road. Make sure that you bring your adapter with you if necessary.	✓
<input type="checkbox"/> <b>Casual wear and sneakers</b>	Remember that you are not only cycling. You might want to go out for dinner in the evening. Therefore consider packing some casual trousers / shirts / shoes.	✓
<input type="checkbox"/> <b>Socks</b>	It is recommended not to use brand new socks for longer rides. Use socks which you have used already.	✓
<input type="checkbox"/> <b>Travel detergent</b>	You might have to wash some of your clothes during the ride.	
<input type="checkbox"/> <b>Bathing suit</b>	Along the route there are some public beaches. And at some venues swimming pools are available. And most GBI Camp venues have open shower facilities with multiple shower heads.	
<input type="checkbox"/> <b>Special spare parts</b>	Our technical support provides standard spare parts, which might fit to standard bikes. If your bike has special parts that maybe need to be replaced during such a tour (e.g. bike spokes, tubeless tires, etc.), you should bring these spare parts with you, the mechanics are happy to mount it for you.	
<input type="checkbox"/> <b>Ear Plugs</b>	If you stay in the GBI Camp, it might a good idea to bring ear plugs with you . There is always some noise in the gym hall when more than 200 people sleep in a single roomr..	

# CHECKLIST

## ... WHAT YOU TAKE WITH YOU DURING THE DAY

Item	Comment	Mandatory
<input type="checkbox"/> <b>Bike repair set / toolbox</b>	You might have to replace a broken tube during the ride. Please consider bringing a screw wrench and an alley key as well.	✓
<input type="checkbox"/> <b>First Aid Kit</b>	Just in case you have to provide first aid until the medicals arrive.	
<input type="checkbox"/> <b>Toilet paper</b>	You never know (each team should have at least a roll).	
<input type="checkbox"/> <b>Tube</b>	Essential! You might get a flat tire. Make sure the spare tube fits the tire and you know how to replace it.	✓
<input type="checkbox"/> <b>Brake wire</b>	Our technical support team provides standard wires but if you need to repair your brake wire during the day or if you have a special need, bring your own along.	
<input type="checkbox"/> <b>Air pump</b>	Make sure that your air pump fits your valve / tube (incl. adaptor for your valve).	✓
<input type="checkbox"/> <b>Lock</b>	A stolen bike is a very unfortunate event! Especially for you. Therefore: always lock your bicycle when you don't ride it. Don't forget your second key for the lock. GBI can't cover any cost for lost or stolen bicycles (not even from the bike part)	✓
<input type="checkbox"/> <b>Brake block / -shoes</b>	Make sure that your brakes are new or bring your replacements along. These are standard consumables that need to be replaced from time to time (approx. every 1.000 – 5.000 km).	
<input type="checkbox"/> <b>Front and rear lights incl. (spare) bulbs</b>	You have to make sure that you are visible if you ride at night-time or in tunnels. Therefore: no light: no ride!	✓
<input type="checkbox"/> <b>Vaseline</b>	Some need it to deal with the saddle for days in a row.	
<input type="checkbox"/> <b>Chain oil or spray</b>	Nothing is more annoying than a noisy chain.	
<input type="checkbox"/> <b>Mobile phone incl. charger</b>	It is always good to have a mobile phone on you when you get lost, in case of accidents, etc. but make sure that your battery is charged at all times.	✓

# CHECKLIST

## ... WHAT YOU TAKE WITH YOU DURING THE DAY (CONT.)

Item	Comment	Mandatory
<input type="checkbox"/> <b>Magnesium pills</b>	It might be a good idea to bring some magnesium with you to prevent or deal with muscle cramps.	
<input type="checkbox"/> <b>Suncream</b>	A must! Cycling all day in summer requires sun protection.	✓
<input type="checkbox"/> <b>Helmet</b>	It is mandatory to wear a helmet at all times whilst you are cycling. No helmet, no ride!	✓
<input type="checkbox"/> <b>Hat</b>	Just to cover your head when not riding.	
<input type="checkbox"/> <b>Warning vest</b>	It is not legally compulsory but you might prefer to wear one while cycling.	
<input type="checkbox"/> <b>Cycling trousers</b>	It is recommended to wear special cycling trousers for such long distances.	
<input type="checkbox"/> <b>Windbreaker</b>	To prevent cooling-out and in case of bad weather conditions. In particular in the mountain area the weather can change soon and on a long descent a windbreaker/jacket will keep you warm.	
<input type="checkbox"/> <b>Backup glasses</b>	If you wear glasses.	
<input type="checkbox"/> <b>Sunglasses</b>	It's summer, so we expect some sunny days	
<input type="checkbox"/> <b>Passport / identity card / Visa</b>	Make sure that you have all required personal documents to enter the European Union / Schengen Agreement countries ( <a href="http://en.wikipedia.org/wiki/Schengen_Agreement">http://en.wikipedia.org/wiki/Schengen_Agreement</a> )	✓
<input type="checkbox"/> <b>Airpressure checker</b>	A nice tool to make sure that your tire pressure is optimal.	
<input type="checkbox"/> <b>Money / Credit card</b>	You need some (local) currency during the ride, e.g. for refreshments, emergency issues, lunch, dinner, etc.	✓



# CHECKLIST

## ... WHAT YOU TAKE WITH YOU DURING THE DAY (CONT.)

Item	Comment	Mandatory
<input type="checkbox"/> <b>Important phone numbers</b>	You will be accompanied by hundreds of riders from all over the world but to stay in touch with the people who are close to you, despite the distance.	
<input type="checkbox"/> <b>Health/accident insurance for foreign countries</b>	It is your responsibility to have a valid accident and health insurance for the countries you cycle through.	✓
<input type="checkbox"/> <b>Medicine for personal use</b>	You are the only one who knows your medical needs. If there are any specific medical aspects the tour organization should know about, please inform the tour office upon registration.	✓
<input type="checkbox"/> <b>Mosquito repellent</b>	It could be a good idea to have some anti-insect spray, etc.	
<input type="checkbox"/> <b>Lip balm</b>	To protect your lips against sunburn and dryness.	
<input type="checkbox"/> <b>Drinking bottle</b>	Keep hydrating yourself regularly while cycling. GBI will provide one branded drinking bottles at event start.	✓
<input type="checkbox"/> <b>Country Flag</b>	Little country flag for your bicycle, showing your origin and for what country you are raising fund for.	

# WHO IS WHO

Saber Zainal



Bahrain

Pascal Lauria



Canada

Sebastián Casallas



Columbia

Ramy Elkably



Egypt

Ulrich Böhm



Germany

Emmanuel Baudet



France

Harry Newlands



Ghana

Tim Davy



Great Britain

Fragkiskos Yellis



Greece

Gyöngyi Viczián



Hungary

Nader Aizakibeh



Jordan

Pietro Licata



Italy

Dong Kwan Han



South Korea

Sara Al Hubail



Kuwait

# WHO IS WHO

Doris Lodea



Luxembourg

Alexandra Londoño



Malta

Melany Lottering



Netherlands

Carsten Wiecek



Norway



Daniela Wegener

Mahmood Al Jardani



Oman

Marouf Mahmoud



Qatar

Marius Coman



Romania

Denyse Tesire



Rwanda

Etienne Gerber



South Africa

Saudi Arabia



Abdullah Al-Wathlan

Hazar Al Ahmed



Syria

José Antonio Rodríguez Merino



Spain

Ilhan Kesken



Turkey

Haitham Samman



UAE

# FAQ

## WHAT IS THE GBI

GBI stands for Global Biking Initiative.

Since 2008, a fast growing global community spends time and effort in cycling for the good cause.

Each year, new countries are joining the GBI community, and more and more GBI events are organized on a yearly basis. The main event remains the GBI Europe, which takes about 400 participants from all over the world on week-long rides across several countries.

Participants raise funds for different charities of their choice in their home country. Local GBI organisations look after fund raising and fund spending - making sure that the donations are made for long term intended causes.

## CAN I CHARGE MY MOBILE

When we stay in sport halls or other budget locations like hostels, you will have the possibility to charge your mobile. There are usually multiple sockets available where you can charge your mobile phone.

Voltage: 240 V (alternating current) Frequency: 50 Hz Supported connector (plug) types: Type C (CEE 7/16) and Type E (CEE 7/7) .

Please note that we don't have adapters for plugs other than the ones mentioned above.

## DO I HAVE TO CYCLE EVERY DAY

In principle, a GBI tour is designed in a way that you can cycle all stages without a break in between. However technical issues with your bicycle or personal medical problems might prevent you from riding one or more legs of the tour. If such is the case, we will bring you by bus to the destinations of the daily rides.

## WHAT BICYCLE SHOULD I USE

You can bring any kind of bicycle to a GBI ride, as long as it only has two wheels. On a GBI tour you will mostly see ATBs, city bikes, road bikes or mountain bikes. Though rare, you may also see some e-bikes.

If you plan to join the GBI with an e-bike, please consider that a typical cycling day covers approx. 100 - 120 km. An average e-bike battery lasts for approx. 50 km or 4 hours before you have to recharge it. The batteries can't be charged at the standard multi-sockets in the gym-halls and have to be given to the touroffice.

## WHAT TRACKS ARE PROPOSED

Track 1 follows tarred roads and is typically around 100 km (+/- 20 km) long with moderate climbs.

Track 2 follows tarred roads as well and is approx. 50% longer than track 1 and have typically more climbs - ideal for more ambitious riders.

## ALCOHOL, DRUGS, ...

All that is legally allowed in the country we are cycling through is also allowed during a GBI. If you use, own, sell, buy or share illegal substances, you will be taken out from the GBI ride. This is especially valid for drugs and doping. Illegal behavior will further be brought to the attention of the local authorities. It is that simple.

If you are unsure whether a specific substance is allowed, please contact the tour office during the ride, or contact our support team prior to an event.

Regarding the use of alcohol: You can drink alcohol, especially during the evening hours. We will even offer beer and sometimes cocktails. But please respect the fact that some cultures don't allow the consumption of alcohol and some GBians will therefore not drink alcohol. Please make also sure that your consumption of alcohol doesn't affect your behaviour in a negative way that might affects your fellow riders.



# FAQ

## IS A HOTELSHUTTLE AVAILABLE

If you haven't booked the GBI Camp or GBI hotels, you probably plan to stay in individually booked hotels along the tour.

The GBI organization only provides shuttle services between GBI Camps and the GBI organized hotels for participants who have booked this option.

Hotelshuttle service times are stated every day at the touroffice.

The touroffice can help with contact details for local taxi services.

## IS A HOTEL IN MILAN INCLUDED

During the registration it was possible to book a hotel accommodation in Milan prior the ride. If you haven't booked this option, there hasn't been booked a hotel for you.

In principle, all arrangements prior the opening ceremony in Milan and after the closing ceremony in Munich have to be organized by the participants individually.

## WHERE DO I GET HELP

Prior the tour you can reach the GBI Support by e-mail on [support@gbi-event.org](mailto:support@gbi-event.org).

During the tour you can reach the touroffice on +49 174 3000 123

In case of emergency during the tour you can contact the official emergency rescue service on the international short number 112.

## CAN I CHANGE MY TEAM

You can always change your team. Just talk to your current and your new teamleader and let them accept the transfer.

If you are unsure which more appropriate team you should choose, contact the touroffice. They are more than happy to help you.

## I CAN'T ATTEND

There are always good reasons why in the last minute a participation has to be canceled. The employer rejects the planned annual leave because of important work to be completed, somebody in the family or even the participant gets ill and can't travel, etc.

Whatever the root cause for a cancellation is, please contact the GBI support immediately.

In such a case, the already raised fund can't be refunded. In case of cancellation more than one month prior the event, the registration fee will be transferred to your bank account (less the cancellation fee of 80.-Euro). Less than one month prior the tour or non-show the registration fee is not refundable.

## TELL ME ABOUT DORMITORIES

In all nights, we sleep in larger dormitories, typically in sport- or event halls.

There is also the possibility to use GBI provided single tents to create your own little privacy.

## CAN I USE THE GBI LOGO

The GBI logo is an international registered trademark and all related rights belong to the GBI organization.

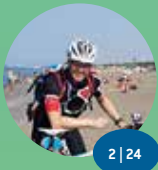
If you plan to use the logo for whatever reason (branding of your jerseys, printmaterial for fund raising activities, etc.) please contact the GBI Support in advance. In a lot of cases the use of the logo can be agreed on without any costs.

## WHERE CAN I GET THE TRACKS

All tracks and some more information can be downloaded from the GBI Homepage under [www.gbi-event.org](http://www.gbi-event.org) --> events --> GBI Europe 2019 --> Downloads



# TEAMS(\*)



**Vodafone Giga Power**  
Oliver Harzen

2 | 24



**Vodafone Giga Fun**  
Alexander Schade

2 | 22



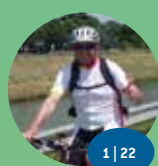
**Heavy on Wire**  
Ulrich Böhm

1 | 22



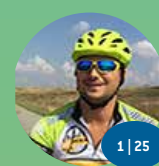
**Fun-Bikers**  
Csongor Garami

1 | 24



**Espresso Bar**  
Gerd Angress

1 | 22



**Transylvanian Wolves**  
Marius Coman

1 | 25



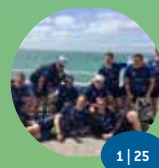
**Gemütiich 30**  
Markus Zindler

2 | 28



**Fast on Track**  
Thomas Küpper

1 | 20



**IoT**  
Torsten Kraff

1 | 25



**Olympia**  
Davide Vettore

2 | 26



**MWISE Road**  
Stefan Kreiling

1 | 25



**Long Tour Enterprise**  
Hergen von Waaden

2 | 25



**addmore 1**  
Kai Helten

1 | 20



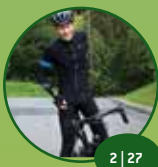
**addmore 2**  
Dirk Josten

1 | 20



**EuroAfricans**  
Laszlo Nagy

1 | 22



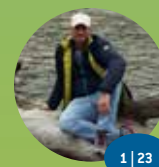
**Seven Principles**  
Thomas Gilberg

2 | 27



**Passt Scho**  
Karlheinz Schendera

1 | 18



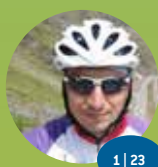
**Isar-Affen**  
Bernhard Wanner

1 | 23



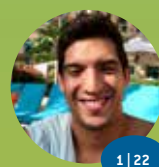
**Dell Technologies**  
Colin Herbst

1 | 27



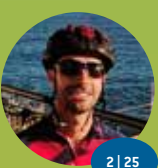
**Greece – Aegean Sea**  
Marinos Leroutsos

1 | 23



**Caribbean Power**  
Sebastian Casallas Pico

1 | 22



**Luzzu Lovers**  
John Gabarretta

2 | 25



**Couch-Cycler 2**  
Wolfgang Fresser

1 | 25



**Couch-Cycler 2**  
Werner Geyer

1 | 25



**not fast - but not fast tired**  
Werner Pieper

1 | 18



**#Turkish Delight**  
İlhan Kesken

1 | 21



**Classic Weekend**  
Akkoc\_Cagdas

1 | 21

sponsored team  
track | avg. speed

open team  
track | avg. speed

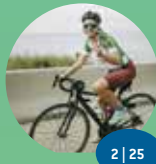
(\*) per 02<sup>th</sup> June 2019

# TEAMS(\*)



**Spain - Cervezuelos**  
Diego Perona

2 | 25



**Spain - Aguacate**  
Miriam Escudero

2 | 25



**Gladiators**  
Reynolds Blagooee

1 | 22



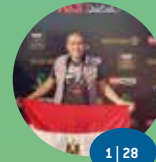
**Gladiators 2**  
Kal Nijjar

1 | 18



**Tour de Friends**  
Wise Sitsofe Droefenu

1 | 18



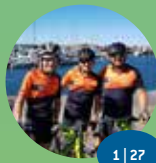
**Spring**  
Moataz BahyEldin

1 | 28



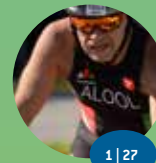
**GBI Titans**  
Ramy Elkably

1 | 25



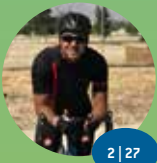
**RUM 01**  
Anton Abuzeid

1 | 27



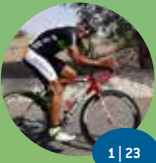
**RUM 02**  
Ali Jalal

1 | 27



**RUM 03**  
Ali Obeidat

2 | 27



**Nader Bikes**  
Nader Al-Zakibeh

1 | 23



**Black Iris**  
Mohammad Shahin

1 | 22



**Kuwait for a cause 1**  
Sara AL Hubail

1 | 15



**UAE - Pedal Warriors**  
Shady Eneim

1 | 32



**Qatar Cyclists A**  
Ali Alkuwari

1 | 28



**Qatar Cyclists B**  
Abdullah AlHammadi

1 | 28



**Qatar Cyclists C**

1 | 28



**Qatar Cyclists D**  
Abdulla al Thani

1 | 28



**Saudi Darrajati 1**  
Majed Alhouti

1 | 20



**Saudi Darrajati 2**  
Abdullah al Wathlan

1 | 25



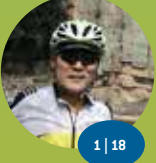
**Saudi Darrajati 3**  
Mohammed Alolayan

1 | 25



**Saudi Darrajati 4**  
Ahmed al Khudayr

1 | 30



**LAND OF THE MORNING  
CALM - KOREA1**  
Yong Kil Kim

1 | 18



**LAND OF THE MORNING  
CALM - KOREA2**  
SeHo Pyo

1 | 25



**LAND OF THE MORNING  
CALM - KOREA3**  
Yun Sun Lee

1 | 22

sponsored team  
track | avg. speed

open team  
track | avg. speed

(\*) per 02<sup>th</sup> June 2019

# SERVICES...

## TECHNICAL BICYCLE SUPPORT



In the GBI Camp is a technical bicycle support available to help in case of a technical failure during the ride.

The service is free of charge, material has to be paid.

The technical support has some standard bicycle components available. If you need special components for your bicycle, you will need to bring them (or organize them) on your own to the tour. The technical support is available to mount them.



This free of charge service does not exonerates you from turning up at the ride with a well prepared and 100% fit-for-purpose bicycle. **Any service requests at the beginning of the tour which are related to missing own preparation (e.g. brake replacement during the first couple of days, not-working lights, adjustments to gears, etc) will be rejected and only delivered at second priority on best effort basis at additional costs. This might delay or prevent your tourstart.**

## PICK-UP SERVICE

There is a pick-up service available between 09:00 and 21:00. This service can be called via the central hotline number in case you have a technical breakdown with your bicycle or a serious issue which prevents you from continue cycling. **This service is not available if you don't wish to continue because of rain, reluctance, etc. In this case you need to organize your transportation on your own.**

The pick-up service will follow the teams on the given tracks and collect the riders who requested help. Once the pick-up bus is full, you will be brought with your bicycle to an assembly point and from there later in the day to the GBI camp. This can take a few hours. Between the second and the fourth day there are some parts of the track where the pick-up bus does not have access to. In this case you might have to walk a few meters to the next access point.

Please consider that this service does not provide technical support on the track or shuttle services to trainstations, airports or hotels. It further does not provide direct transportation from the pick-up point to the GBI Camp.



## LOUNGE AND CATERING

After arrival at the GBI Camp, you will have the possibility from 16:00 till 22:00 to order alcoholic and non-alcoholic drinks at the GBI Lounge.

Between 18:00 and 21:00 dinner is offered in the GBI Camp for all riders who prefer not to go out to town.

For getting a re-usable cup at the GBI Lounge, use your token from your starterbag. By returning the re-usable cup, you will get your token back (to be used at the following day)

For both the lounge as well the catering booth you will need vouchers which can be bought at the touroffice (operating hours 07:00 - 22:00).





# SERVICES...

## LUGGAGE



There is **one piece of luggage of max. 20kg allowed** during the ride. For riders with a GBI Camp booking an additional sleeping bag of max. 3 kg is allowed.

A one-time oversize charge of 20.- Euro will apply for any luggage exceeding this limit. Luggage of more than 30kg will be rejected at all - no exceptions!  
If luggage pieces are tied together, they will be untied.



Each piece of luggage has to be marked with the official GBI luggage label with riders name, address-tags will be distributed at the onsite registration.

If you have a bicycle bag or additional luggage, you will have the possibility to ship them from Milan directly to Munich at no additional costs. This items will be ready for pick-up at the final destination and are not accessible during the ride.

Your bicycle has to be tagged with your name tag from the starterbag. Non-tagged bicycles won't be transported.

## MATTRESSES AND SINGLE TENTS

If you hold a GBI Camp booking, you will find in your starter bag a voucher for a mattress and a second voucher for a single tent. You can use these vouchers to receive your mattress and as an optional single tent. When you bring back your mattress and your tent in the morning, you will receive in return your vouchers.

If you miss to show your vouchers (most likely because you haven't brought back your mattress and/or tent in the morning), you will have to buy new vouchers at 10.- Euro each.

The mattresses are not personalized, it is therefore recommended to bring your own sheet to cover the mattress.



## BREAKFAST

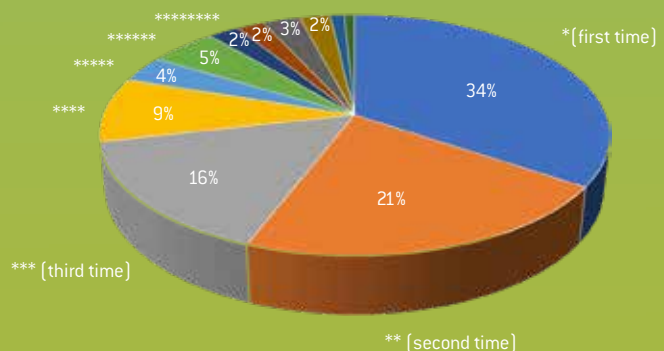
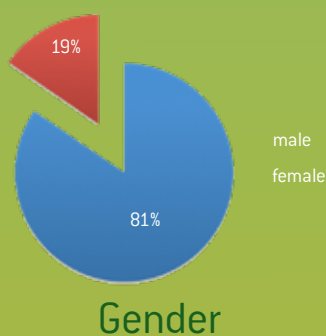
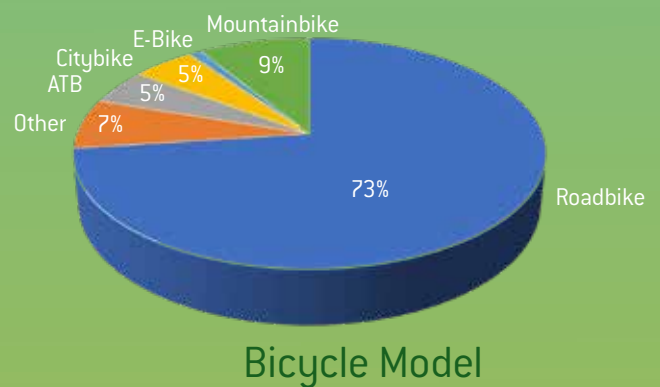
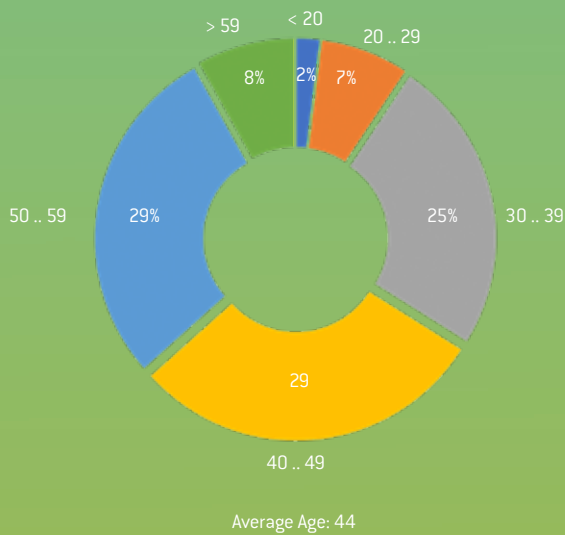
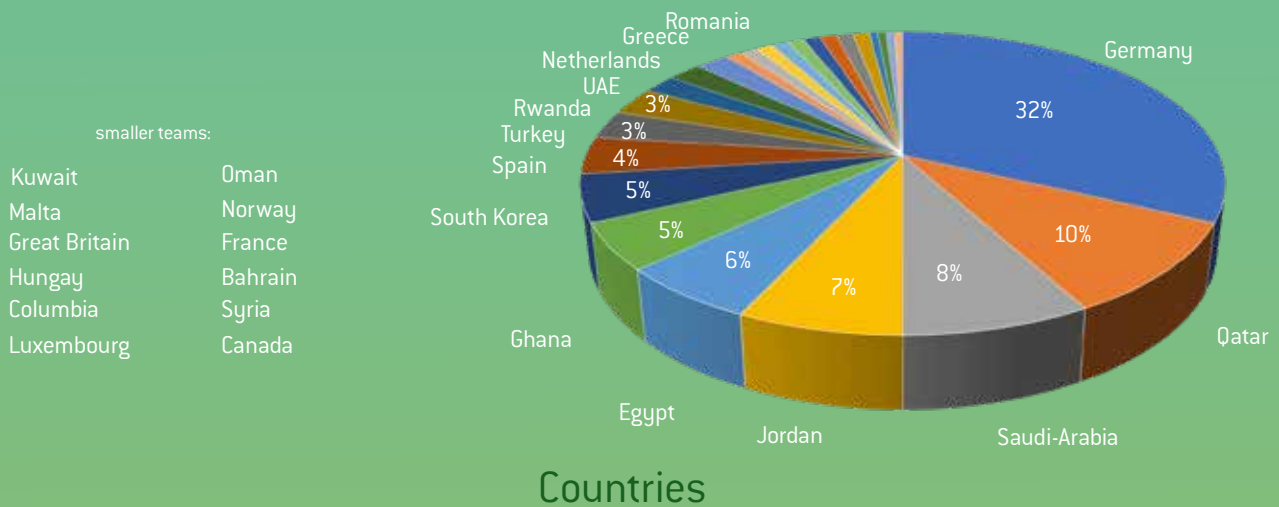
If you have booked GBI Hotel accommodation during the ride, continental breakfast will be provided in the hotels from typically 06:30 onwards.

If you hold a GBI Camp booking, breakfast will be provided between 07:00 and 09:00. This breakfast contains at least coffee, hot tea, bread, butter, marmelade, egg, ham, cheese and fruits.

**Please note that if you miss to present your GBI Camp bracelet, you will be rejected from joining the breakfast at the GBI Camp.**



# GBI EUROPE 2019 STATISTICS (\*)



(\*) per 2<sup>nd</sup> June 2019



# SHOP(\*)



GBI Europe 2019 Jersey 45 .- Euro



GBI Jersey 40 .- Euro



GBI Trousers 60 .- Euro



GBI Windbreaker 75 .- Euro



GBI Rain Jacket 25 .- Euro



GBI Europe 2019 Book 18 .- Euro  
[pre-order during the ride, shipment after the tour]



GBI Tent [old branding] 30 .- Euro

(\*) Merchandising articles can be ordered on [www.gbi-event.org](http://www.gbi-event.org) or at the touroffice during the tour . If you order them prior the ride, we will deliver the items together with your starter bag at the tour start.

WE LOOK FORWARD TO WELCOMING YOU  
IN MILAN...



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