

Cyclists in preparation for 4,500km cross-Europe charity cycle ride.

Two cyclists are currently preparing to cross Europe from Greece back to the UK for charity over June and July. Maxwell Needham and Daniel Groves are currently in training for their fundraising ride in aid of Oxfam Syria crisis appeal, Mountain Rescue England & Wales and Shekinah Mission. The trip will take an estimated six weeks and will cover over 4,500KM passing through 14 separate countries on route.

Dan and Max met at the Plymouth University in the Cycling club in 2011 and have been passionate about anything bike related since. Having previously cycled 2,000km (1300 miles) whilst undertaking the John O' Groats to Lands End tour back in 2014, they came up with the idea for this trip. The trip is primarily funded from the pair's savings and a generous £1,100 grant from the Roland Levinsky fund at Plymouth University where Maxwell is presently completing his Masters. Lyon distribution has also supported the trip by providing the pair with discounted equipment for the trip.

Dan and Max are scheduled to fly to Thessaloniki in Greece where their journey will commence at the start of June. The following six weeks will be spent on the road undertaking a self-supported tour, hopefully aiming to return home around July 16th .

As part of their trip the lads are fundraising for three charities that they are passionate about which serve the needs of communities on a local, national and international scale. Max said "I'm supporting Shekinah mission, a local charity providing opportunities for people in recovery and the homeless. It's great to think we can make a difference and support these vulnerable individuals that we can so easily just walk past and miss.". "Mountain Rescue England and Wales is a notoriously underfunded organisation which needs our support" said Dan "its unpaid volunteers are ready to respond to calls for help at any hour on any day of the year – many teams struggle to find the funds they need to run each year". The last charity they are supporting is the Oxfam Syria appeal as their route will not be dissimilar to that of many refugees. Oxfam are providing humanitarian assistance and would greatly value public support and donations as they operate under trying conditions.

If you'd like to support the above charities, information can be found on <https://www.justgiving.com/teams/Eurovelo2016> and if you're interested in following Dan and Max's adventure you can find the Facebook page by searching "Eurovelo 2016".

Dan has published the full details of the trip, including the route profile, on his website at <https://danielgroves.net/notebook/2016/04/eurovelo>

More information on next page.

FOR MORE INFORMATION PLEASE CONTACT:

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NOTES TO EDITOR:

We have some on line information pages we have set up so far with the intention of adding more information as we progress with our trip and fundraising so feel free to use content and pictures from here:

Additional images can be obtained by contacting Daniel Groves, who will happily provide with additional imagery.

- Dans website Blog for the trip: <https://danielgroves.net/notebook/2016/04/eurovelo/>
- Previous John O' Groats to Lands End trip undertaken by us with blog and photos:
 - <https://danielgroves.net/adventures-photography/2014/11/JOGLE/>
 - <https://danielgroves.net/adventures-photography/2014/12/JOGLE-2/>
- Just giving fundraising page: <https://www.justgiving.com/teams/Eurovelo2016>
- Facebook page for people to follow trip progress: <https://www.facebook.com/eurovelo2016>