

## Shriver Family Bike Tour for Sarcoma Research

### Detailed Itinerary

You should send the time and date of your arrival in Aarhus and the name of the hotel where you will be staying in Aarhus to us (Bruce and Bev) before June 15<sup>th</sup>. We will arrange for a bike tour information packet to be left at your hotel for your arrival. Among other things, it will contain route maps and brochures, to aid you in planning your stay in Denmark. It is very important that you adhere to certain times that are given in the schedule below; in particular, when buses, trains, and ferries leave and when guided tours and dinners begin. Missing a bus or a train can, for example, result in your missing the better part of a day's activities.

Remember, you can bike as much as you want or as little as you want on this bike tour, from a few miles/kms a day to over 50 miles/80 kms a day. We have indicated in the information packet which bike routes we will take on the tour. We will be happy to review the route maps with you and discuss some of the alternate routes that you might take (some distances and level of difficult are listed on our web site). If you take an alternate route: (a) let us know in advance so we know the proper head count for buses, etc. and (b) you must get to the next meeting point (e.g., a museum tour, a bus departure or our evening dinner) on time. Again, missing a bus or a train can result in your missing the better part of a day's activities.

#### Pre-Tour Saturday, June 28th, Aarhus (TBABI<sup>1</sup>)

1. Make arrangements to get to Aarhus. Depending on how you arrive in Denmark (plane, train, etc.) there will be many local options. A special note has been written on how to get to/from Tirstrup airport (the airport about 30 km north of Aarhus) and it will be sent to you.
2. Overnight at hotel or B&B in Aarhus. Many of the Team Sarcoma cyclists will be staying at the *Get-In* in Aarhus.
3. All tours and meals are on your own. Some of you may want to visit one or two of the wonderful museums and shopping districts in Aarhus and take in some of the night life in the evening.

#### Pre-Tour Sunday, June 29th, Aarhus (TBABI)

1. There will be a mass for those who have sarcoma, their families and the Team Sarcoma cyclists at 10 AM at Our Lady's Catholic Church (Den Katolske Vor Frue Kirke) in Aarhus. The Mass will be said in Danish. The church is located on the right in the last block of the walking street (Søndergade) as you walk toward the main train station (Hoved Banegård). Everyone is invited to attend.
2. All tours and meals are on your own. Let us know if you'd like to go biking and we can help arrange this.
3. Overnight at hotel or B&B in Aarhus.

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<sup>1</sup> TBABI = To Be Arranged By the Individual

### Day 1, Monday, June 30th, Aarhus

1. Your breakfast, lunch and tours are on your own. Again, let us know if you'd like to go biking and we can help arrange this.
2. Taxi, bus, bike or walk to The Old Town (Den Gamle By). The guided tour of The Old Town begins at 5PM and lasts until 6 PM. Meet at the main entrance at 4:50 PM so the tour can begin on time.
3. Team Sarcoma kick-off dinner at "Simonsen's Have" in The Old Town, 6:30-8:30 PM
4. Overnight at hotel or B&B in Aarhus (TBABI). If you have shipped your bike to Denmark, we can help you arrange storage for your shipping box until we return to Aarhus on July 5<sup>th</sup>.

### Day 2, Tuesday, July 1st, Odense

1. Breakfast at hotel or B&B.
2. Take taxi to the Main Train Station. Bring all of your luggage and your bike if you've shipped one to Denmark. Arrive no later than 7:45 AM so we can board the train together.
3. Train # IC 116 departs Aarhus at 8:02 AM for Odense on the Island of Fyn. Train # IC 116 arrives in Odense at 9:45 AM. A representative of Fyntour will meet us at the station and arrange for taxis to take us to the Hotel Knudsens Gaard.
4. Register at the hotel, take luggage to rooms, and get fitted for bikes, receive instructions, etc. Remember to bring your own biking helmet to Denmark.
5. Bike approximately 3 km (2 miles) to H. C. Andersen's House. Eat lunch, on your own, along the way. Guided tour to begin at 1:00 PM. Arrive at the main entrance of H. C. Andersen's House at 12:50 PM so the tour can begin on time.
6. Bike approximately 1 km (.6 mile) to the Danish Railway Museum and take a self-guided tour of the museum.
7. Bike approximately 3 km (2 miles) to Peter and Margot Kornerup's home (Langelinie 158) for refreshments at 5 PM. Directions are in your information packet.
8. Bike approximately 1.6 kms (1 mile) to Hotel Knudsen's Gaard. Dinner for Team Sarcoma will begin at 6.30 PM in the Hotel Knudsens Gaard's Garden Room.
9. Overnight at Hotel Knudsens Gaard.

### Day 3, Wednesday, July 2nd, Egeskov, Faaborg, Svendborg

1. Breakfast at Hotel Knudsens Gaard.
2. Have your luggage and bikes in the courtyard by 8:30 AM.
3. The bus for Egeskov Castle will depart Odense at 9:15 AM.
4. The guided tour of Egeskov Castle begins at 10.00 AM.
5. The bus for Faaborg will depart Egeskov at 12:30 PM.
6. Bike from Faaborg to Svendborg (approximately 32 km / 20 miles). Eat lunch along the way at a place of your choosing.
7. We recommend arriving at the Hotel Svendborg by 5:30 PM to register, shower and relax before dinner.
8. Dinner for Team Sarcoma will begin at 6:30 PM in the hotel dining room.

9. Overnight at the Hotel Svendborg.

Day 4, Thursday, July 3rd, Ærø

1. Breakfast at Hotel Svendborg
2. You can depart Svendborg on either the 7:45 AM or 10:45 AM ferry for Ærø. The ferry ride takes approximately 1 hr. and 15 min. You will bike to the ferry, which is approximately a 10 -15 minute bike ride from the hotel. When you bring your luggage down to the hotel reception area, tell the receptionist it is for the "Shriver Tour"
  - a. For those taking the 7:45 AM ferry, have your luggage in the hotel reception by 7:15 AM. Bike from the hotel to the ferry to arrive no later than 7:30 AM.
  - b. For those taking the 10:45 AM ferry, have your luggage in the hotel reception by 8:30 AM. The hotel stops serving breakfast at 9 AM. Bike from the hotel to the ferry to as to arrive no later than 10:30 AM.
3. You're on you own to bike and explore Ærø, visiting Ærøskøbing, Søby and Marstal. There are about 60 km (37.5 miles) of bike routes on Ærø and several famous collections of "ships in bottles" and manor houses (e.g., Søbygaard)
4. We recommend arriving at the Hotel Ærøhus by 5:30 PM to register, shower and relax before dinner.
5. Dinner for Team Sarcoma will begin at 6:30 PM in the dining room.
6. Overnight at Hotel Ærøhus.

Day 5, Friday, July 4th, Rudkøbing, Tåsinge, Svendborg, Odense

1. Breakfast at Hotel Ærøhus
2. Have your luggage and bikes in the hotel courtyard by 7:15 AM.
3. Take bus at 7:30 AM from the Hotel Ærøhus to the ferry in Marstal.
4. Depart Marstal on the 8:20 AM ferry for Rudkøbing. The ferry ride takes approximately 1 hour.
5. Bike from Rudkøbing to Tåsinge to Valdemar's Castle, approximately 13 km (8 miles).
6. The Guided tour of Valdemar's Castle begins at 10.30 AM.
7. Bike from Valdemar's Castle to Svendborg, approximately 7 km (4.4 miles). Eat lunch at a place of your choosing.
8. The sailing trip on the old Danish wooden sailing ship, Meta, begins at 2.00 PM. Be there by 1:50 PM or you'll miss the boat.
9. Leave the rented bikes at the train station at 5 PM where a representative of Fyntour will load the m onto a truck. We will no longer use them. If you did not rent a bike, you will need to bring your bike to the train station (see Item 10).
10. We will take the 5:40 PM train from Svendborg to Odense, which arrives at 6.26 PM. Be at the train station no later than 5:30 PM so we can board the train together.
11. From the train station in Odense there is 5-10 minutes walk to the Hotel Windsor. You will be joined by a representative of Fyntour. Our luggage will be taken by luggage transport from the Ærø Ferry directly to the Hotel Windsor in Odense and will be waiting for us.

12. Dinner for Team Sarcoma will begin at 7.30 PM in the dining room in the Hotel Ansgar, right down the street from the Hotel Windsor.
13. Overnight at the Hotel Windsor.

#### Day 6, Saturday, July 5th, Billund and Aarhus

1. Breakfast at Hotel Windsor
2. Have your luggage in the Hotel Windsor lobby by 8:45 AM.
3. Our bus, a red and white bus marked with the name of the bus company (Øster Hæsinge Turistfart), will pick us up at the Hotel Windsor. We will depart for Billund at 9:15 AM, immediately after the luggage is packed.
4. Our bus will arrive in Billund around 10:30 AM. We will spend the day at Legoland. Eat lunch on your own.
5. We will take the exact same bus to Aarhus. It will depart Billund for Aarhus at 3:00 PM. Please be there no later than 2:50 PM. Do not miss this bus.
6. We should arrive in Aarhus around 4:30 PM. The bus will drop us off at the CAB INN. If you are not at the CAB INN, please take a taxi to your hotel.
7. Take a taxi to Ole and Ruth Østerby's home (Stenklovervej 22, Risskov) for the closing reception which will begin at 7:00 PM and end at 9:30 PM.
8. Overnight in Aarhus (TBABI). Many of the Team Sarcoma cyclists will be staying in the CAB INN in Aarhus. Those who stored bike boxes in Aarhus need to pick them up.

#### Post-tour, Sunday, July 6th, Leave Aarhus

1. Breakfast at hotel or B&B in Aarhus (TBABI)
2. There will be a mass those who have sarcoma, their families and the Team Sarcoma cyclists at 8 AM at Our Lady's Catholic Church. Everyone is invited to attend.
3. Leave for airport.

**NOTE:** If you have a problem with your rented bicycle that you cannot resolve yourself, you need to call Fyntour at 45 20 60 33 10. They will come and repair the bicycle or provide you with a replacement within 2 hours. They hope that you will be able to undertake minor repairs (e.g., a flat tire) or that one of the other Team Sarcoma cyclists will help you with such repairs. Liddy, Bruce, Jr., Mark and Tom will probably be able to help with most bike adjustments and minor repairs.