

IRONMAN FRANCE 2010

There are various options available to us regarding travel and accommodation arrangements for next year. The information below is intended to provide some further information and prices for these options. If you have any questions or require clarification then please let me know.

All the best,

Steve Daniels

Nirvana Travel & Accommodation Packages

The options below are based on 2009 prices. The Travel Package includes;

- Return flights from Luton to Nice
- Airport meet and greet in Nice
- Transfers to/from hotel in Nice
- Accommodation at the Ibis Nice Notre Dame Hotel on a B&B basis (including early breakfast on race day)
- Nirvana Europe Ground Support

The Accommodation Only Package includes;

- Accommodation at the Ibis Nice Notre Dame Hotel on a B&B basis (including early breakfast on race day)
- Nirvana Europe Ground Support

Guaranteed 2010 Entry Slots for Ironman France can be arranged by Nirvana at £300 per competitor and would be added to the package price. A non-refundable deposit of £100 is required but this can be transferred to another person if needed.

Bike carriage can also be arranged by Nirvana - the cost of this service with EasyJet from Luton is £33. This would be added to the package price.

Hotel Overview

The Ibis Nice Centre Notre-Dame hotel is ideally located in the centre of Nice approx 15mins walk to the Ironman event site, 300 metres from the railway station and 6 km from the airport. The old city, the castle, the opera and the National Theatre are 5 min by tram. The Acropolis auditorium is 1.5 km away and the Mediterranean Sea is only 15 min away on foot. The hotel has 53 air conditioned rooms, some with Wi-Fi Internet access. A bar serving snacks 24 hours a day and pay parking are at your disposal.

Travelling

The more experienced Ironmen within the Organising Committee have suggested that it would be better to travel on the Wednesday before the event and return on the Tuesday following the event. This allows plenty of time to re-assemble your bike, visit the event site to register etc, ride some of the course, have a swim and

generally be relaxed ready for the event. This also allows shopping/relaxing time for your partners too.

Travelling back on the Monday is not recommended as you WILL be sore, stiff and generally knackered from the previous day's exertions!!

Shorter or longer stays can be arranged with Nirvana to meet individual's requirements.

Cost

The examples below are for 6 or 4 night's accommodation. Prices are per person based on 2 people sharing a twin or double room.

Option A: 6 Night Travel Package (Wednesday – Monday) - PRICE - £475

Option B: 4 Night Travel Package (Friday – Monday) - PRICE - £416

Option C: 6 Nights Accommodation Only (Wednesday – Monday) - PRICE - £319

Option D: 4 Nights Accommodation Only (Friday – Monday) - PRICE - £289

To calculate the total cost, take the price of your preferred option above and then add the Ironman France entry fee (£300) and Bike Carri (£33) as required.

Arranging Your Own Flights

If you choose an accommodation only package there are various ways to get to Nice. One option is to arrange your own flights - the following information was extracted from the EasyJet website and is based on dates around this years event dates. Prices are per person and vary depending on flight times, so I have shown those with arrival times at reasonable hours.

6 Night Stay (Wednesday – Monday)

- Depart Luton at 0725hrs / Arrive Nice at 1035hrs - PRICE - £40.99
- Depart Luton at 1305hrs / Arrive Nice at 1615hrs - PRICE - £60.99
- Depart Nice at 1350hrs / Arrive Luton at 1455hrs - PRICE - £33.42
- Depart Nice at 1645hrs / Arrive Luton at 1750hrs - PRICE - £33.42

4 Night Stay (Friday – Monday)

- Depart Luton at 0725hrs / Arrive Nice at 1035hrs - PRICE - £50.99
- Depart Luton at 1305hrs / Arrive Nice at 1615hrs - PRICE - £60.99
- Depart Nice at 1350hrs / Arrive Luton at 1455hrs - PRICE - £33.42
- Depart Nice at 1645hrs / Arrive Luton at 1750hrs - PRICE - £33.42

Baggage Cost

- 1 hold bag (max. 20kg) - PRICE - £12 return
- Bike carriage (12kg additional allowance) - PRICE - £33 return

To calculate the total cost of the flight, take the price of your preferred outbound and inbound flights above and then add hold baggage and bike carriage as required.

Travelling by Train

Another option for an accommodation only package is to travel by train. The following information was extracted from the Rail Europe & First Capital Connect websites. As you can only view dates/prices up to 90 days in advance these options are based on travelling in May this year. Prices are per person and vary depending on arrival/departure station in France. Other departure times are available but I have used this example as it provides reasonable arrival times and avoids using First Capital Connect during the peak price period.

6 Night Stay (Wednesday – Monday) travelling via Lille*

- Depart London St. Pancras at 0659hrs
- Arrive Lille at 0924hrs
- Depart Lille at 1030hrs
- Arrive Nice at 1755hrs

- Depart Nice at 1032hrs
- Arrive Lille at 1736hrs
- Depart Lille at 1835hrs
- Arrive London St. Pancras at 1903hrs

* Travelling via Lille requires a change of platform in Lille Station.

TOTAL PRICE FOR RETURN TRIP - £124 return

6 Night Stay (Wednesday – Monday) travelling via Paris**

- Depart London St. Pancras at 0727hrs
- Arrive Paris Nord at 1056hrs
- Depart Paris Gare Lyon at 1146hrs
- Arrive Nice at 1717hrs

- Depart Nice at 0941hrs
- Arrive Paris Gare Lyon at 1519hrs
- Depart Paris Nord at 1713hrs
- Arrive London St. Pancras at 1834hrs

** Travelling via Paris requires a change of station via Metro or taxi.

TOTAL PRICE FOR RETURN TRIP - £109 return

If you opt for a 4 night stay the price via Lille remains unchanged. However, if you travel via Paris on the Friday and return on the Tuesday the price rises to £134 return.

To calculate the total cost of the train fare, take the price of your preferred option above and then add £40.40 to cover the return cost from Bedford to London St. Pancras on First Capital Connect (based on cheaper option of buying single tickets)

Travelling by Car

The last option for accommodation only packages is to travel by car. The following information was extracted from the AA website and is based on travelling from Elstow to Nice via the Dover/Calais route.

The total distance is 933 miles and the driving time is 14hrs 13mins.

If you use the Eurotunnel crossing the return cost for a car is £122 (based on an outbound crossing time between 0600-0759hrs and a return crossing time between 1600-1759 hrs).

If you used the P&O Ferries route the cost for two people sharing a car would be £70 (based on outbound sailing time of 0830hrs and return crossing time of 1610hrs). The crossing itself takes 1hr 30mins.

To calculate the total cost of travelling by car, take the price of your preferred option above and then add fuel costs for your vehicle.