



**Denplan & Dentaid Partnership**  
**Devon Coast to Coast**  
**Saturday 28 August – Monday 30 August 2010**

Denplan and Dentaid are organising a Coast to Coast bike ride in Devon, which is taking place from Saturday 28 August – Monday 30 August. We are following the famous 103 miles from Ilfracombe to Plymouth and are offering cyclists the option to cycle the whole route, just a day, or even just a few miles.

The Devon Coast to Coast route covers spectacular scenery from the beaches and estuaries of North Devon to the beautiful green valleys of the Torridge, the Tavy and other West Country rivers.

The journey will begin on Saturday 28 August starting at Ilfracombe, although we would recommend you arrive the night before so we are ready for a prompt start in the morning.

Day 1: Ilfracombe – East Yarde	(42 miles)
Day 2: East Yarde – Bridestowe	(28 miles)
Day 3: Bridestowe – Plymouth	(33 miles)

Much of the route follows cycle ways built along old railway lines, including the famous Tarka Trail, Granite Way and the Plym Valley Trail. With almost half the route following traffic free paths, the route is a great opportunity to gather your practice together, dust off your bikes and join us for a moderately challenging ride.

To participate, we are asking that you try to raise as much as you can (plus a £25 per person non refundable deposit). We also ask that you pay for any expenses during the trip such as accommodation and food.

This ride is an excellent opportunity to get your practice team together, whether you join us for 1 day or 3, it's a great chance to get fit and have fun whilst making a real difference to the lives of people in disadvantaged communities across the world.

With the money raised from this ride, Dentaid will be able to continue empowering and supporting millions of people who, without your help, would continue to suffer the agonising pain of tooth decay and disease with no hope of relief.

If you wish to join us on this exciting and challenging weekend of cycling, please send a cheque for your deposit (made payable to Denplan Ltd) and return it with the names and address of who is taking part to:

Gemma Mills  
Denplan Ltd  
FREEPOST SO23 093  
Denplan Court  
Victoria Road  
Winchester  
SO23 7BR

