



Participant Guide

GBI Europe 2023



Dear GBI Participant,

In 2023, following our motto “We cycle for charity,” we will embark on our 16th annual GBI Europe tour. From a spontaneous idea in 2008, together with motivated cyclists from over 30 countries, we have built our ambitious community.

After two challenging years, heavily affected by the pandemic, we will cycle this year again with over 250 international riders within seven days from Bratislava in Slovakia via Austria to Munich in Germany and you will have the choice of two challenging routes of between 630 km and 900 km and with climbs between 4,600m (track 1) and 8,220m (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.

When you join us this year, you will find among new teamleaders also many new participants and potential new friends from so many countries like Germany, Saudi Arabia, Jordan, Egypt, Qatar, South Korea, UEA, Ghana, Spain, Greece and Kuwait- just to mention the top countries. A warm welcome to our new GBI’ans!

Over thirty staff members incl. myself and our committed tour sponsors addmore and Vodafone are looking forward to welcoming you in Bratislava soon!



Your Michael Leuenberger
Tourdirector
Global Biking Initiative

Bratislava – Munich

11th – 17th June 2023

630 km [Track 1] / 900 km [Track 2]



Munich

17th June 2023

Stockerau

Linz

Herzogenburg

Steyr

Vienna

Inzell

St. Georgen i/A

Bratislava

11th June 2023

Bad Aibling

Salzburg



addmore
■■■



PRIOR TO THE TOUR

- ✓ Make sure your profile is up-to-date on www.gbi-event.org
- ✓ Align yourself with your teamleader
- ✓ Train for the ride
- ✓ Raise at least the minimum required donation for your local charity
- ✓ Make sure that you have appropriate accommodation prior and during the ride
- ✓ Plan your journey to Bratislava and your return from Munich
- ✓ Check your bicycle
- ✓ Check your mandatory international travel-, health- and accident insurance incl. visa
- ✓ Check-in online prior the tour

TOUR SCHEDULE AND TRACK

PRIOR THE TOUR

... FRIDAY, 9TH JUNE 2023

Adress: Vienna House Easy by Wyndham
Galvaniho 16880/28
SK-821 04 Bratislava
[48°09'46.1"N 17°10'55.8"E]

from 15:00 Hotel Check -in (only for guests with two pre-nights)

... SATURDAY, 10TH JUNE 2023

Adress: Vienna House Easy by Wyndham
Galvaniho 16880/28
SK-821 04 Bratislava
[48°09'46.1"N 17°10'55.8"E]

from 15:00 Hotel Check -in (only for guests with one pre-night)

16:00 - 17:30 Teamleader Briefing (only for teamleaders)

- Tour Overview

- pick-up your routing device (if pre-ordered)

16:00 - 19:00 Onsite Pre-Registration (only for pre-night guests)

- pick-up your starter bag

Please note: Onsite services on Friday or Saturday are only available to participants who hold a pre-night registration. Especially onsite pre-registration or provision of additional storage capacity for luggage and bicycles can only be provided to pre-night guests.

If you hold a valid pre-night registration, please check-in at the Hotel reception and make sure that you receive your bicycle box label which allows you to store your items in the GBI storage room. GBI staff will be onsite at the above mentioned time slots to support you and to complete the pre-registration.



Vienna House Easy by Wyndham

... SUNDAY, 11TH JUNE 2023



START

Adress: Vienna House Easy by Wyndham
Galvaniho 16880/28
SK-821 04 Bratislava
[48°09'43.6"N 17°10'55.4"E]

09:00 - 10:00 Onsite Registration

- pick-up your starter bag
- pick-up your rental bicycle (if booked with GBI partner)
- 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

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

- Welcome
- Tour Overview
- Logistics

10:30 Tour Start

ARRIVAL

Adress: Sport Centre Alte Au
Alte Au 6
A-2000 Stockerau
[48°22'58.9"N 16°12'13.0"E]

Hotels: City Hotel Stockerau Hotel Hopfeld
Hauptstraße 49 Hauptstr. 29
A-2000 Stockerau A-2000 Stockerau

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:30 - 20:00 Dinner

(only for GBI Camp and prebooked hotel guests)



Opening Ceremony

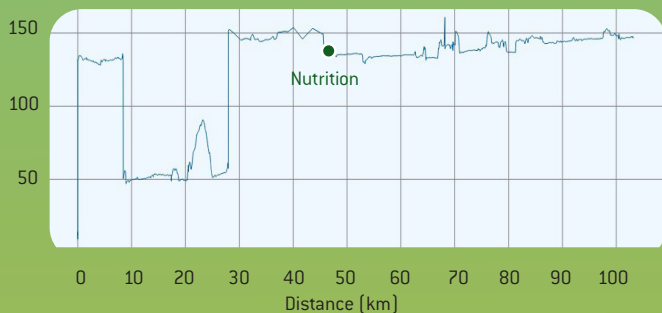
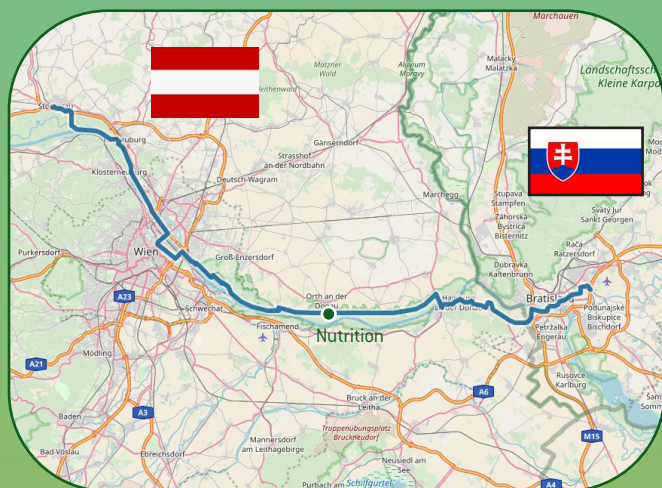


Sport Centre Alte Au

TOURSCHEDULE AND TRACK (11TH JUNE 2023)

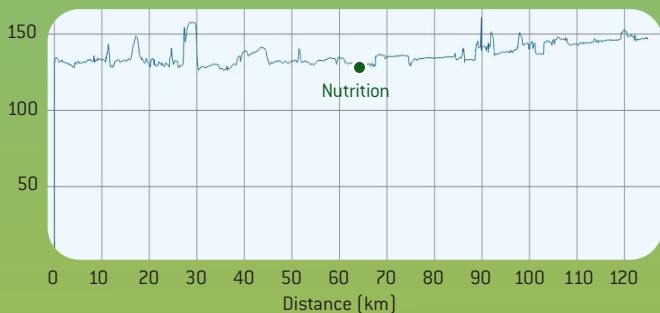
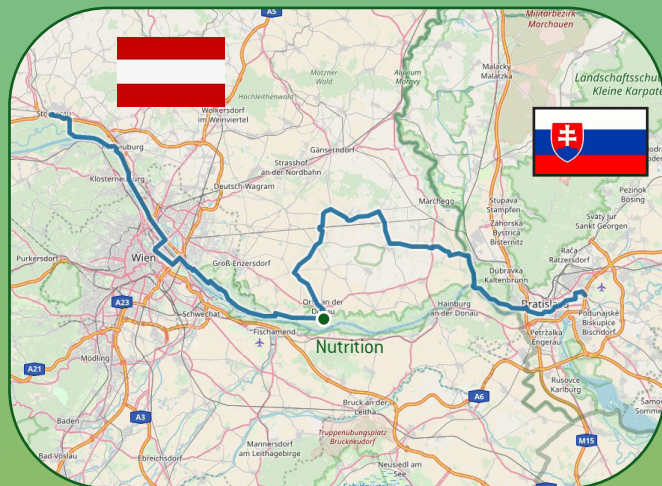
TRACK 1

Distance: 104 km
Climb: 310 m



TRACK 2

Distance: 125 km
Climb: 360 m



General Route Information:

*As every year, please drive carefully and try to stay on the routes that we have reviewed for you!
Most of the time we are on roads with very little traffic, but here too a car can suddenly drive by!
If there is a bike path next to the road, you must use it! There is a penalty if you don't use them and it's dangerous to cycle on roads!*

After welcoming the participants and a short tour briefing, the tour director Michael Leuenberger will officially start the tour at the GBI tour hotel in Bratislava.

The teams first head to the city center of the Slovakian capital before they soon reach the Danube river, which will guide us today. Not far behind Bratislava we cross the border to Austria. Until we reach Vienna we are following the nice, but heavily frequented Danube Cycle Path. A short detour to the Prater and downtown Vienna is a must before we continue cycling along the Danube. Our first destination in Stockerau is not far from Vienna.

Track 2 detour through the Weinviertel region of Lower Austria and off the Danube, before joining Track 1 again at the nutrition point.

TOURSCHEDULE AND TRACK

... MONDAY, 12TH JUNE 2023



START

Adress: Sport Centre Alte Au
Alte Au 6
A-2000 Stockerau
[48°22'58.9"N 16°12'13.0"E]

07:00 - 08:30 Breakfast (Camp/Hotel)

(for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time)

07:30 - 08:30 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

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
- individual team departures

10:00 GBI Camp closes

ARRIVAL

Adress: Anton Rupp Sporthal
Dammstraße 1
A-3130 Herzogenburg
[48°16'43.0"N 15°42'20.2"E]

Hotel: Motel 267
Stifterstraße 1
A-3100 St. Pölten

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:30 - 20:00 Dinner

(only for GBI Camp and prebooked hotel guests)



Stockerau

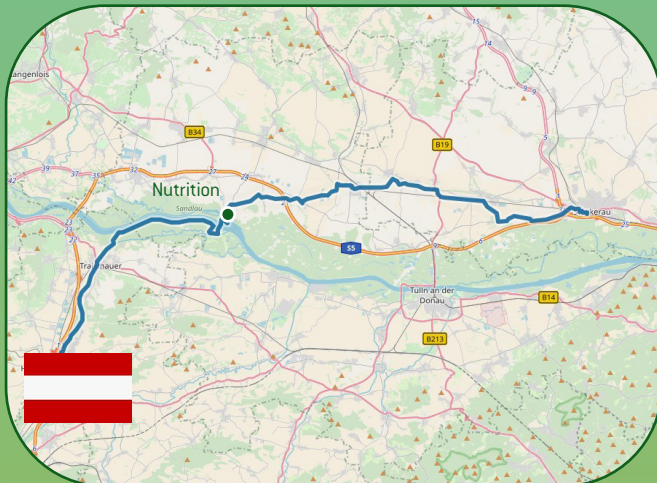


Anton Rupp Sporthall

TOURSCHEDULE AND TRACK (12TH JUNE 2023)

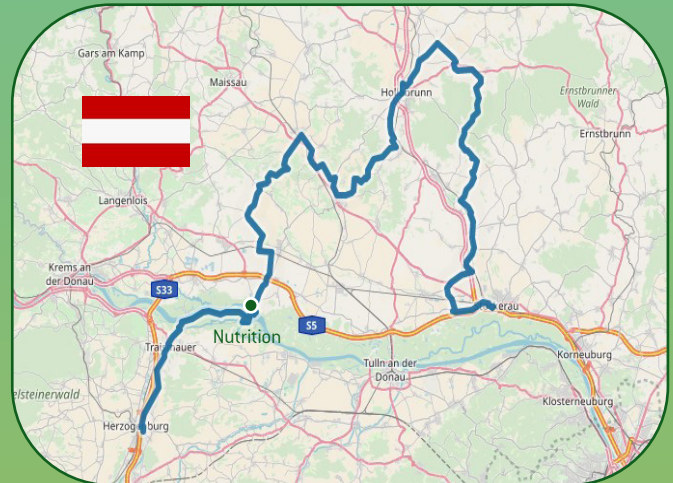
TRACK 1

Distance: 54 km
Climb: 134 m



TRACK 2

Distance: 116km
Climb: 828 m



Today Track 1 is very short, but we are cycling within a great scenery. We first stay north of the Danube and cycle comfortably westwards on flat terrain. At Altenwörth we cross the Danube river and follow it for a short while on the Danube Cycle Path. Afterwards we turn into the Traisental valley, a well-known wine region in the Mostviertel. The last part of the day we cycle along the Traisental river towards our stage destination in Herzogenburg.

Track 2 explores the Weinviertel north of the Danube much more in detail. There are several challenging climbs to be mastered before we reach the Danube crossing in Altenwörth and continue on Track 1.

TOURSCHEDULE AND TRACK

... TUESDAY, 13TH JUNE 2023



START

Adress: Anton Rupp Sporthal
Dammstraße 1
A-3130 Herzogenburg
(48°16'43.0"N 15°42'20.2"E)

07:00 - 08:30 Breakfast (Camp/Hotel)

(for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time)

07:30 - 08:30 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

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
- individual team departures

10:00 GBI Camp closes

ARRIVAL

Adress: Town hall Tabor (Stadthalle)
Kasernengasse 6
A- 4400 Steyr
(48°02'51.0"N 14°25'16.1"E)

Hotels: Aiden by Best Western Stadthotel Styria
Im Stadtgut Stadtplatz 40-42
A-4407 Steyr A-4400 Steyr

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:30 - 20:00 Dinner

(only for GBI Camp and prebooked hotel guests)



Herzogenburg



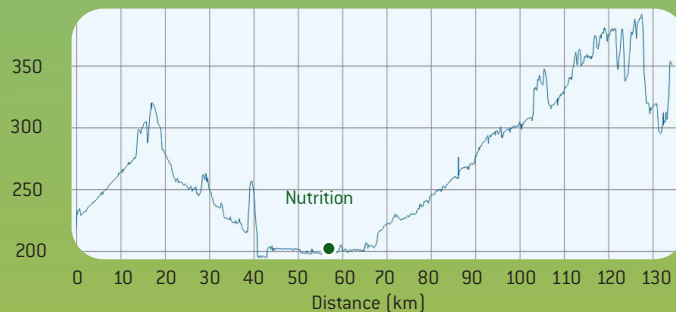
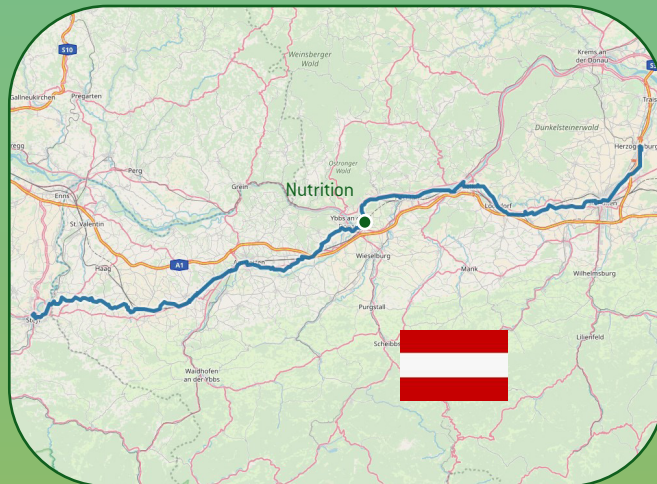
Town hall Tabor

TOURSCHEDULE AND TRACK (13TH JUNE 2023)

TRACK 1 & 2

Distance: 135 km

Climb: 645 m



This stage is the longest of the tour. We follow the Traisen river to St. Pölten, the provincial capital of Lower Austria, before we reach the Danube river again. The very impressive Melk Abbey, overlooking the Danube is worth a short photo stopp. We follow the river for 25 kilometers to the city of Ybbs, where we turn away from the Danube and have to cycle continously, but only slightly uphill for the next 55 km. After some ups and downs we reach the city of Steyr in the Enns Valley, but have to do one last climb of about 50 meters height up to the GBI camp.

Due to the length of the route, there is no separate track 2 today.

TOURSCHEDULE AND TRACK

... WEDNESDAY, 14TH JUNE 2023



START

Adress: Town hall Tabor (Stadthalle)
Kasernengasse 6
A- 4400 Steyr
(48°02'51.0"N 14°25'16.1"E)

07:00 - 08:30 Breakfast (Camp/Hotel)

(for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time)

07:30 - 08:30 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

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
- individual team departures

10:00 GBI Camp closes

ARRIVAL

Adress: Attergauhalle
Schulstraße 4
A-4880 St. Georgen im Attergau
(47°56'04.6"N 13°29'07.8"E)

Hotels: Hotel Das Zeit
Kreuzstr. 30
A-4860 Lenzing

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:30 - 20:00 Dinner

(only for GBI Camp and prebooked hotel guests)



Steyr



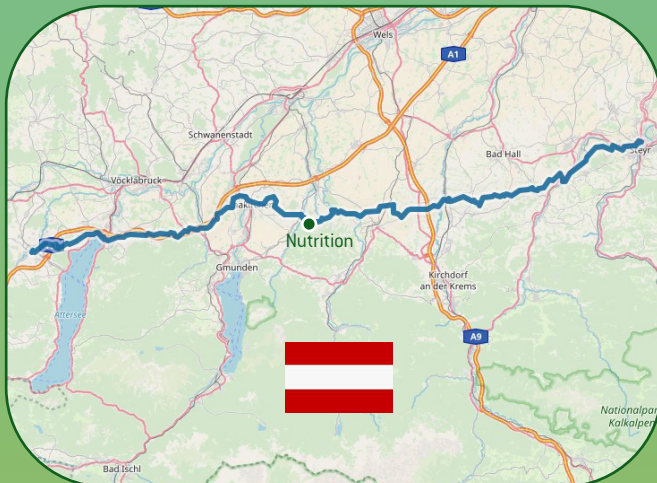
Attergauhalle

TOURSCHEDULE AND TRACK (14TH JUNE 2023)

TRACK 1

Distance: 93 km

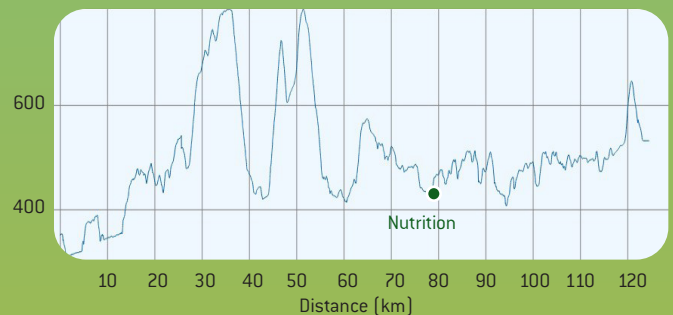
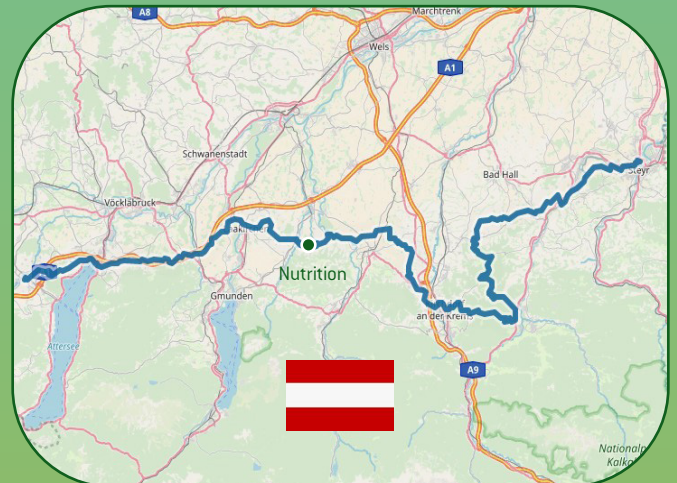
Climb: 1.287 m



TRACK 2

Distance: 125km

Climb: 2.105 m



The Alps are (at least) in sight. Whenever we are cycling along a river there is some time to relax. But don't rejoice too long as the next hill is certainly waiting behind the next river bend. The terrain is now significantly bumpier than in the past few days and a foretaste of the next stages.

After an exhausting stage we reach Seewalchen on the north shore of Lake Attersee and can have a stopover, possibly combined with a refreshing dip in the lake. As soon as we are leaving the lake the route is getting challenging again with a tough climb and downhill before we reach our destination at Sankt Georgen.

Track 2 sniffs real mountain atmosphere for the first time at the foothills of the Alps around Kirchdorf an der Krems. There are two major climbs and downhills of several hundred meters to be mastered.

TOURSCHEDULE AND TRACK

... THURSDAY, 15TH JUNE 2023



START

Adress: Attergauhalle
Schulstraße 4
A-4880 St. Georgen im Attergau
(47°56'04.6"N 13°29'07.8"E)

07:00 - 08:30 Breakfast [Camp/Hotel]

[for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time]

07:30 - 08:30 Hotel Bus departure

[if GBI Hotel booked, according daily individual timetable]

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
- individual team departures

10:00 GBI Camp closes



St. Georgen im Attergau

ARRIVAL

Adress: Sporthall Max Aicher Arena
Reichenhaller Str. 79
D - 83334 Inzell
(47°45'10.4"N 12°45'04.7"E)

Hotel: ibis Styles

Ludwigstr. 35
D-83435 Bad Reichenhall

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

[if GBI Hotel booked, according daily individual timetable]

18:30 - 20:00 Dinner

[only for GBI Camp and prebooked hotel guests]

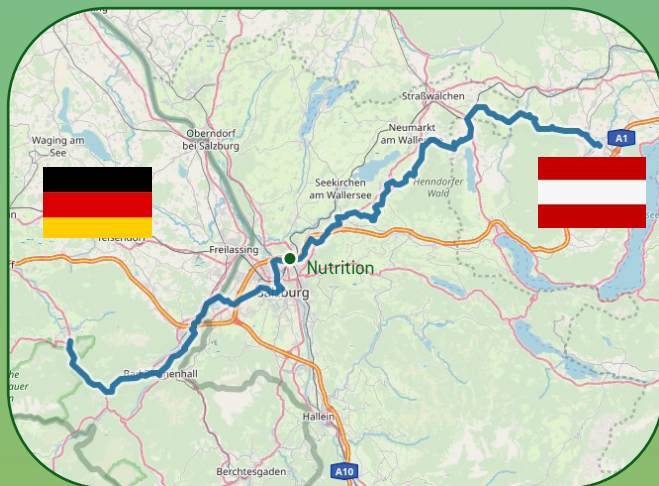


Sporthall Max Aicher Arena

TOURSCHEDULE AND TRACK (15TH JUNE 2023)

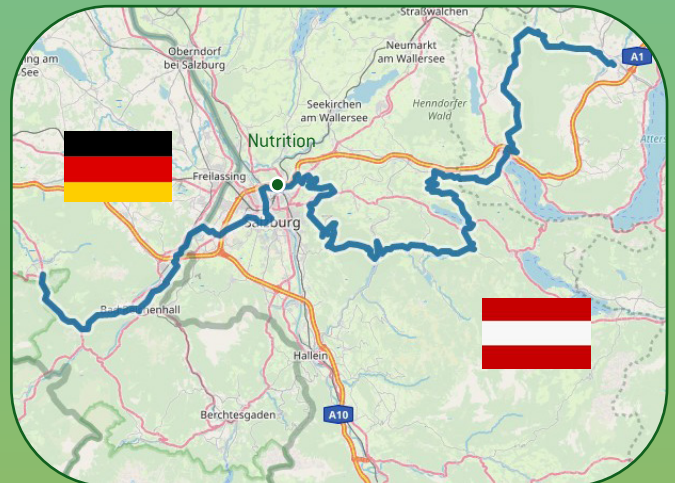
TRACK 1

Distance: 91km
Climb: 1.016 m



TRACK 2

Distance: 130 km
Climb: 2.091 m



Today we are cycling through the Salzkammergut region with lovely lakes and villages, but also with some challenging climbs. About halfway of today's stage we reach Salzburg. Many sights and the great atmosphere of the city invite you to stop here, maybe even for a lunch break.

If you want to climb the Mönchsberg you can enjoy a unique panoramic view. Strengthened with a few Mozart balls, we continue and soon we reach the German border. Bad Reichenhall invites you to make another stop before heading starting the last 10 kilometers uphill to Inzell.

Track 2 detours within the Salzkammergut and comes along Mondsee and Fuschlsee and takes significantly more altitude than track 1.

TOURSCHEDULE AND TRACK

... FRIDAY, 16TH JUNE 2023

addmore
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START

Adress: Sporthall Max Aicher Arena
Reichenhaller Str. 79
D - 83334 Inzell
(47°45'10.4"N 12°45'04.7"E)

07:00 - 08:30 Breakfast (Camp/Hotel)

(for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time)

07:30 - 08:30 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

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
- individual team departures

10:00 GBI Camp closes

ARRIVAL

Adress: Fliegerhalle
Otto-Wels-Straße 2-4
D-83043 Bad Aibling
(47°52'45.5"N 11°59'28.7"E)

Hotels: Schmelmer Hof Hotel Johannisbad
Schwimmbadstr. 15 Rosenheimer Str. 45
D-83043 Bad Aibling D-83043 Bad Aibling

B&B Hotel Rosenheim
Eduard-Rüber-Str. 1
D-83022 Rosenheim

16:00 GBI Camp opens

17:00-21:00 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

18:30 - 21:00 Sponsoring-Dinner with live music

(free for all participants, sponsored by addmore)



Max Aicher Arena Inzell

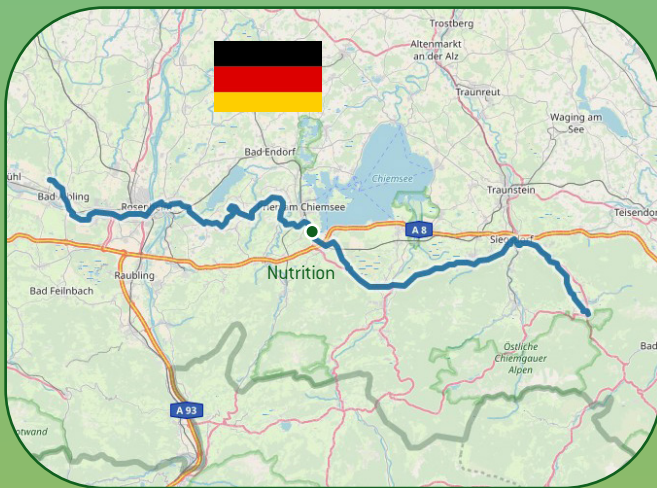


Fliegerhalle Bad Aibling

TOURSCHEDULE AND TRACK (16TH JUNE 2023)

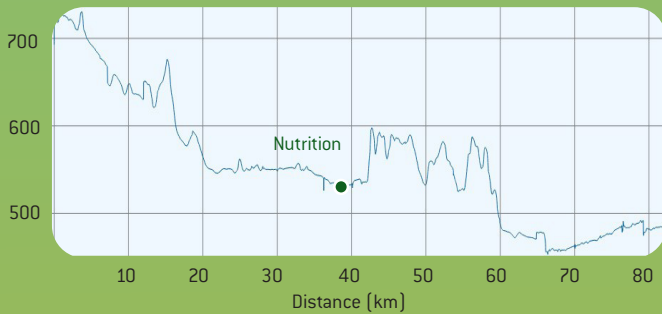
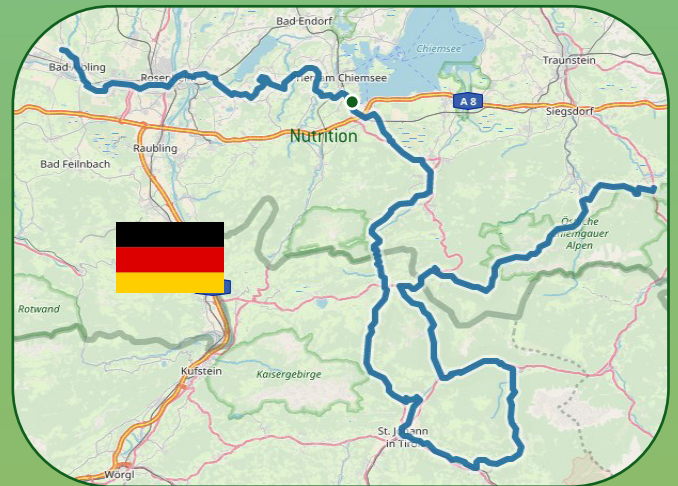
TRACK 1

Distance: 83 km
Climb: 496 m



TRACK 2

Distance: 171 km
Climb: 1.290 m



From Inzell we are cycling at the foothills of the Alps through southern Bavaria. We reach Lake Chiemsee at its very southwestern edge and with a little detour we can do a coffee stop directly at the lake.

Later that day we reach the city of Rosenheim and continue along the Mangfall river to Bad Aibling, today's stage destination on a former US Army site.

Track 2 is very challenging today. We detour to the Tyrolean mountains with many kilometers as well as challenging ascents. Via St. Johann in Tirol it turns us back to track 1.

TOURSCHEDULE AND TRACK

... SATURDAY, 17TH JUNE 2023



START

Adress: Fliegerhalle

Otto-Wels-Straße 2-4

D-83043 Bad Aibling

[47°52'45.5"N 11°59'28.7"E]

Meeting Point:

Wasserwacht München-Riem

Group Cycling

De-Gasperi-Bogen 10

D-81829 München

[48°07'43.9"N 11°42'34.6"E]

07:00 - 08:30 Breakfast (Camp/Hotel)

(for GBI Camp and Hotel guests only; hotel breakfast time may differ from GBI Camp time)

Final Arrival:

SportScheck Allwetter

Münchner Str. 15

85774 Unterföhring

[48°10'51.6"N 11°37'49.9"E]

07:30 - 08:30 Hotel Bus departure

(if GBI Hotel booked, according daily individual timetable)

12:30-13:00 Meet for final group cycling

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
- individual team departures

13:00 Start Group Cycling

13:40 Arrival

14:00 Closing Ceremony

14:30 Wrap-up

10:00 GBI Camp closes

16:00 Bus departure to Munich airport, Frankfurt airport and Düsseldorf

(if bus transportation booked)



Bad Aibling

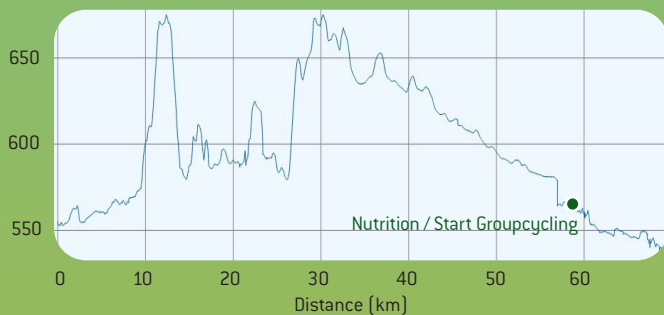
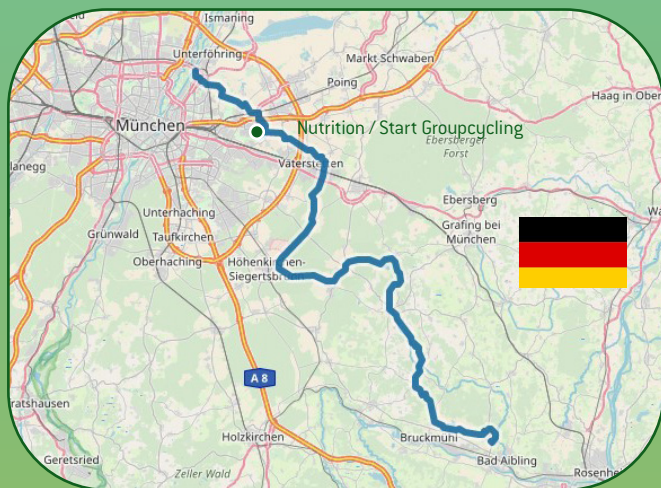


Closing Ceremony

TOURSCHEDULE AND TRACK (17TH JUNE 2023)

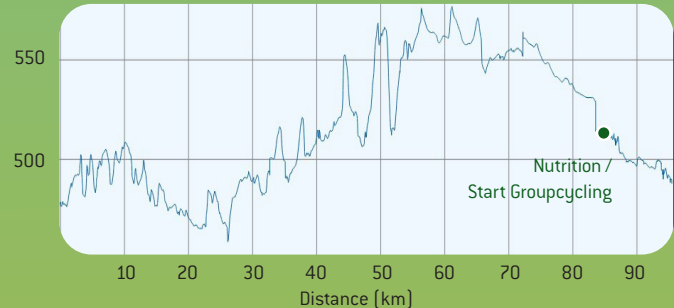
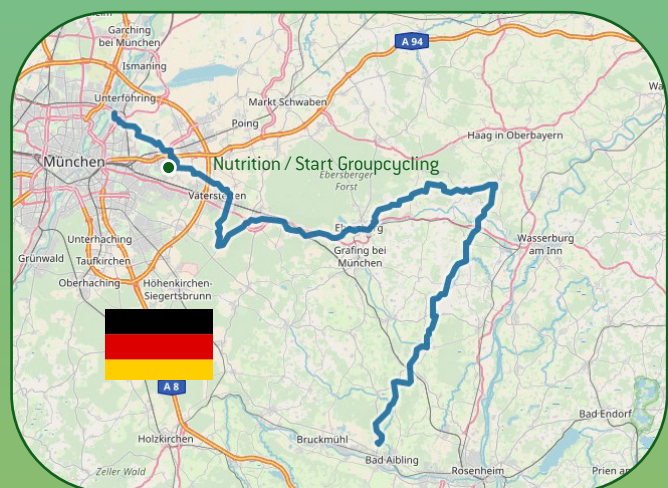
TRACK 1

Distance: 57 km + 12 km
Climb: 379 m



TRACK 2

Distance: 84 km + 12 km
Climb: 490 m



The last day has still some climbs in the first part, but later it will go more or less a little bit down. We pedal through nice forests and rural area, before we reach Munich from the east.

Our tour finish at a sports area in Unterföhring is very close to Munich and located at the river Isar. The last twelve kilometers, we'll cycle all together in one large group.

Track 2 initially leads in a northerly direction before joining track 1 for the group cycling.

GOOD TO KNOW

CURRENCY

ELECTRICITY

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

You can use 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).

The currency in Germany, Austria and Slovakia is Euro (EUR).

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.

In some shops and restaurants, you might still need cash.

LANGUAGE

The official GBI language is English. Communication will be held in English. All staff speak English as well, most staff also German. In the touroffice you will also find personal speaking Arabic.

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

In Slovakia, the official language is Slovak, in Austria and Germany, the official language is German. In all three countries, a lot of people also speak English.

AIRPORTS

Probably the best way to get to Bratislava is via the international airport in Vienna (VIE) and then taking the train to Bratislava. The journey to the GBI start location takes about 90 minutes by public transport from Vienna airport.

In Munich the closest airport is its international airport Munich (MUC).



CLIMATE

GBI Europe takes place mid June. The average temperature this time of the year in this climate zone is 25°C. At night, the temperature can drop down to 13°, and reach a high of 34° during the day.

In average, we can expect some rain for a couple of hours on two or three days during our tour.

During summer, in Northern Europe the days are longer (approx. 17 h) than the nights; sunrise is around 05:00 and sunset around 21:00.

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.

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

- ✓ Online registration and online check-in
- ✓ Onsite registration in Bratislava incl. individual starter bag
- ✓ Official personalized tour jersey
- ✓ Opening ceremony in Bratislava
- ✓ Closing ceremony in Munich
- ✓ Daily energy bars, water, energy-drinks and fruits at departure
- ✓ Two address tags for your luggage and a named tague for your bicycle
- ✓ Two checked tracks for each day incl. GPX tracks for download
- ✓ Garmin routing devices for teamleaders (on request)
- ✓ 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 with infocenter
- ✓ Service vans along the tracks for pick-up services
- ✓ Media service along the tracks for media documentation
- ✓ Luggage transport from GBI Camp to GBI Camp
- ✓ Daily GBI Camp with arch, facilities and secured bicycle park
- ✓ Mattress and single tent^[*]
- ✓ Hotel accommodation, hotel transfer^[**]
- ✓ Dinner^[***] and breakfast^[****]
- ✓ Sponsored dinner incl. live music and drinks
- ✓ Participation certificate
- ✓ A lot of fun and unforgettable moments
- ✓ Great international and cross-cultural companionship

CHECKLIST

... WHAT YOU KEEP IN YOUR LUGGAGE

Item	Comment	Mandatory
<input type="checkbox"/> Sleeping bag	Only necessary if you have booked the GBI Camp	✓
<input type="checkbox"/> Mattress coversheet and pillow incl. -cover	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"/> Towel	Only necessary if you have booked GBI Camp. At all venues, you will need your own towel.	✓
<input type="checkbox"/> Travelling bag / suitcase	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 and has to be re-packed. Luggage over 30kg will be rejected.	✓
<input type="checkbox"/> Bike Case	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. You won't have access to it during the tour.	
<input type="checkbox"/> Power adapter	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"/> Casual wear and sneakers	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"/> Socks	It is recommended not to use brand new socks for longer rides. Use socks which you have used already.	✓
<input type="checkbox"/> Travel detergent	You might have to wash some of your clothes during the ride.	
<input type="checkbox"/> Bathing suit	Along the route there are some outdoor and swimming pools available. And some GBI Camp venues have open shower facilities with multiple shower heads.	
<input type="checkbox"/> Bicycle spare parts	Our technical support provides standard spare parts. If you requires special parts (e.g. bike spokes, tubeless tires, etc.), you should provide these spare parts, the mechanics are happy to mount them for you. Please also bring your own replacement tubes and -tires.	✓
<input type="checkbox"/> Ear Plugs	If you stay in the GBI Camp, it might a good idea to bring ear plugs with you.	

CHECKLIST

... WHAT YOU TAKE WITH YOU DURING THE DAY

Item	Comment	Mandatory
<input type="checkbox"/> Bike repair set / toolbox	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"/> First Aid Kit	Just in case you have to provide first aid until the medicals arrive.	
<input type="checkbox"/> Toilet paper	You never know (each team should have at least a roll).	
<input type="checkbox"/> Tube	Essential! You might get a flat tire. Make sure the spare tube fits the tire and you know how to replace it. The Technical Support won't provide services on the track. The Pick-Up Vans won't provide transportation because of flat tires.	✓
<input type="checkbox"/> Lock	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"/> Brake block / -shoes	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"/> Front and rear lights incl. (spare) bulbs	You have to make sure that you are visible if you ride at nighttime or in tunnels. Therefore: no light: no ride!	✓
<input type="checkbox"/> Vaseline	Some need it to deal with the saddle for days in a row.	
<input type="checkbox"/> Chain oil or spray	Nothing is more annoying than a noisy chain.	
<input type="checkbox"/> Mobile phone incl. charger	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"/> Magnesium pills	It might be a good idea to bring some magnesium with you to prevent or deal with muscle cramps.	
<input type="checkbox"/> Suncream	A must! Cycling all day in summer requires sun protection.	✓
<input type="checkbox"/> Helmet	It is mandatory to wear a helmet at all times whilst you are cycling. No helmet, no ride!	✓
<input type="checkbox"/> Hat	Just to cover your head when not riding.	
<input type="checkbox"/> Warning vest	It is not legally compulsory but you might prefer to wear one while cycling.	
<input type="checkbox"/> Cycling trousers	It is recommended to wear special cycling trousers for such long distances.	
<input type="checkbox"/> Windbreaker	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"/> Backup glasses	If you wear glasses.	
<input type="checkbox"/> Sunglasses	It's summer, so we expect some sunny days	
<input type="checkbox"/> Passport / identity card / Visa	Make sure that you have all required personal documents to enter the European Union / Schengen Agreement countries (http://en.wikipedia.org/wiki/Schengen_Agreement)	✓
<input type="checkbox"/> Airpressure checker	A nice tool to make sure that your tire pressure is optimal.	
<input type="checkbox"/> Money / Credit card	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"/> Important phone numbers	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"/> Health/accident insurance for foreign countries	It is your responsibility to have a valid accident and health insurance for the countries you cycle through.	✓
<input type="checkbox"/> Medicine for personal use	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"/> Mosquito repellent	It could be a good idea to have some anti-insect spray, etc.	
<input type="checkbox"/> Lip balm	To protect your lips against sunburn and dryness.	
<input type="checkbox"/> Drinking bottle	Keep hydrating yourself regularly while cycling. GBI will provide one branded drinking bottles at event start.	✓
<input type="checkbox"/> Country Flag	Little country flag for your bicycle, showing your origin and for what country you are raising fund for.	

WHO IS WHO

Pascal Lauria



wake e.v.
women and kids education



Canada

Ulrich Böhm



RTTL
Wir helfen Kindern



Germany

Association
Petits Princes



France

Emmanuel Baudet

Kojo Graham



LAMISI
LAST MILE 7 SCHOOL INITIATIVE



Ghana

Fragkiskos Vellis



Greece

Diego Perona



atenpace
ASOCIACIÓN
AYUDA A LA ATENCIÓN
EN PARÁLISI



Spain

Moataz BaheieIDin



Egypt

Gyöngyi Viczián



Vodafone
Magyarország
Alapítvány



Hungary

Denyse Tesire



Rwanda

Jamie O'Toole



Autism
Assistance
Dogs
Ireland
Changing the world for children with autism



Ireland

WHO IS WHO

Clemens Steger



Austria

Abdullah Ansari



Kuwait



Qatar

Majed AlHouti



Saudi Arabia

Ali Obeidat



Jordan

Dong Kwan Han



South Korea

Haitham Samman



UAE

Ahmed Morsi



Australia



South Africa

Ingrid Verhoeven



Belgium

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 several hundreds 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.

HOTEL IN BRATISLAVA

During the registration it was possible to book a hotel accommodation in Bratislava 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 Bratislava 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.

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

If you have booked GBI Camp, we typically sleep in larger dormitories, sometimes 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 --> events --> GBI Europe 2023 --> Downloads

TEAMS(*)



“Spin Matter Experts” The SMEs
Ramy Elkably

1 | 24



addmore
Kai Helten

1 | 25



Australia
David Brand

2 | 27



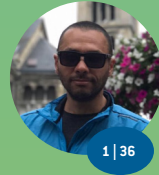
Black Iris
Mohamed Sahin

1 | 22



Dubai Eagles
Karim Ramadan

1 | 36



Dubai Falcons
Haitham Samman

1 | 36



Dynamic Korea
Joong Ho Kim

2 | 25



Fast on Track
Thomas Küpper

1 | 20



Fun-Bikers
Csongor Garami

1 | 22



Green in Action
Moataz Bahei-Eldin

1 | 28



HB Riders
Fragkiskos Vellis

2 | 25



Heavy on Wire
Ulrich Böhm

1 | 22



Kuwait
Abdullah Ansari

1 | 20



LTE
Thomas Busalla

2 | 22



Qatar Cyclists Center 1
Ahmed Alharbi

1 | 26



Qatar Cyclists Center 2
Ahmed Alharbi

2 | 26



Relaxed Cyclists
Frank Kränkl

1 | 19



Riding Together
Se Ho Pyo

1 | 20

sponsored team
track | avg. speed

open team
track | avg. speed

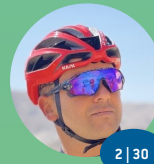
(*) per 15th May 2023

TEAMS(*)



Riyadh Cyclist
Saad Alhenaidi

1 | 25



RUM 01
Ali Obeidat

2 | 30



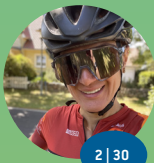
RUM 02
Khalil Muhalwas

2 | 30



RUM 03
Tamer Obeidat

2 | 30



RUM 04
Cindy ElBader

2 | 30



Saudi Arabia 1
Majed Alhouti

1 | 22



Saudi Arabia 2
Majed Alhouti

1 | 22



Saudi Arabia 3
Majed Alhouti

1 | 26



Solstice Rocks
Oliver Harzen

1 | 23



Spain Cervezuelos
Andres Hurtado Fernandez

1 | 25



Stream-Cycler
Wolfgang Fresser

2 | 26



Super Cyclists
Clemens Steger

2 | 28



Gladiators
Kojo Graham

1 | 21



Ungemütlich 40
Paul Gordon

2 | 28



Vodafone Cyclists
Alexander Schade

1 | 22



Wadi Hanifa
Khalid Akrash

1 | 21



Zügig 18
Dieter Kluger

2 | 26

sponsored team
track | avg. speed

open team
track | avg. speed

(*) per 08th May 2023

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 like tubes and tires available. If you need additional or 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 18:00. 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.

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.



CATERING/DINNER



A dinner is being served in the GBI Camp. this dinner is included in the GBI Camp package and was also available during the registration period for hotel package guests as an addition option.

Please note that it is unfortunately not possible to order dinner ad hoc during the event, if you haven't ordered this additional service prior the ride.

Dinner is typically served from 18:30 - 20:00, but please see latest information at the touroffice during the ride.



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 and the luggage has to be unpacked. 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'll have the possibility to ship them from Bratislava 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.



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 return 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 at the tour kiosk.

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



BREAKFAST

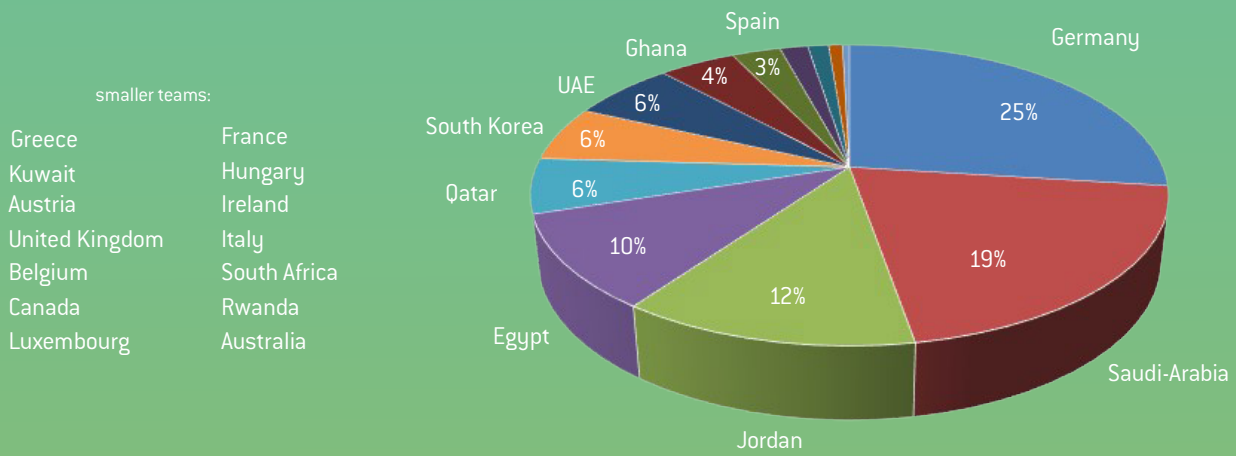
If you have booked GBI Hotel accommodation during the ride, continental breakfast will be provided in the hotels from typically 06:30 onwards.

If you hold a GBI Camp booking, breakfast will be provided between 07:00 and 08:30. This breakfast contains at least coffee, hot tea, bread, butter, marmelade, egg, ham, cheese and fruits.

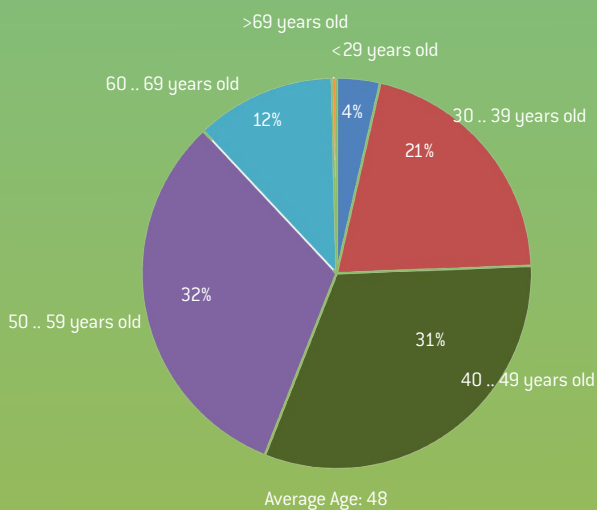
Please note that if you miss to present your GBI Camp bracelet, you will be rejected from joining the breakfast at the GBI Camp.



GBI EUROPE 2023 STATISTICS (*)



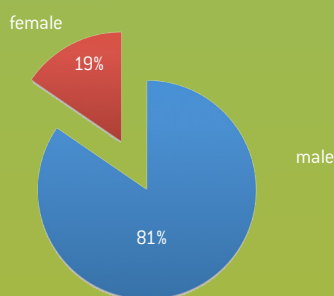
Countries



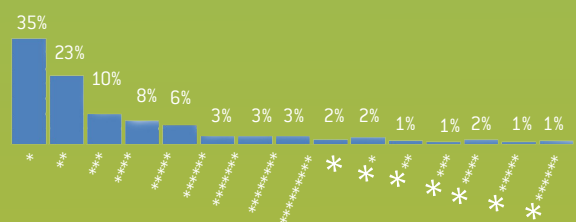
Age



Bicycle Models



Gender



Stars

(how often a rider has participated so far)

(*) per 16th May 2023

SHOP(*)



GBI Jersey

40 .- Euro



GBI Trousers

65 .- Euro



GBI Rain Jacket

25 .- Euro



GBI Europe 2023 Book
[pre-order during the ride, shipment after the tour]

20.-/25.- Euro



GBI Tent [old branding]

30 .- Euro

[*] Merchandising articles can be ordered on 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 BRATISLAVA...



GBI WE CYCLE
FOR CHARITY

addmore
■■■

