

The challenge of a lifetime...
...for the charity of your choice

London to Paris

Cycle



Slip into your lycra, hop on your saddle and let's ride!



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**Four days, three hundred miles,
two capital cities...
one awesome ride!**

Your cycle challenge...

This has to be one of the best fundraising cycle events available! Our 300 mile, 4 day bike ride takes us through the beautiful Kent countryside to Dover, before crossing the Channel and continuing through the rolling, green fields of Northern France, passing the war memorials and cemeteries of the Somme. The pièce de résistance of this cycle challenge will be a spectacular view of the Eiffel Tower, which marks our finish line in the centre of this famous city. The days will be long, but on reaching Paris our efforts will be rewarded when we celebrate our achievements Parisian style!

Your itinerary...

Day 1 London to Calais

After registration at the start point in Bexley, we set off early to avoid the main hustle and bustle of the London traffic. It's not too long before we're cycling to the outskirts of London and hitting the countryside of Kent. It's a long cycling day today but upon reaching the port of Dover and seeing the famous white cliffs, there'll be a great sense of achievement. We then board the ferry to Calais and have dinner whilst on board. Upon reaching Calais, it's just a very short push onto our hotel where we have a well deserved rest and get our heads down for the night.

**Cycling distance –
approx. 73 miles**

Day 2 Calais to Arras

Following breakfast at our hotel we leave Calais behind us, remembering to stay on the right! We begin cycling on smooth, flat roads for approximately 10 miles, before we start to pull up towards our first water stop. The route then becomes more undulating as we cycle through the French countryside up to our lunch stop. Some small climbs after lunch bring us to a gentle descent into the beautiful mediaeval town of Arras, one of the prettiest towns in northern France, where we check into our hotel.

**Cycling distance –
approx. 78 miles**





**Day 3
Arras to Compiègne**

After a hearty breakfast, we continue with our cycling and head south through the Region of the Somme and its WWI battlefields - rolling, green meadows studded with the many war memorials and cemeteries of the First World War.

Following traditionally French, tree-lined avenues, we approach our next overnight stop in Compiègne. Since 1968, Compiègne has been the starting place of the "Paris-Roubaix", the most famous French cycling race after the Tour de France.

Cycling distance – approx. 75 miles

**Day 4
Compiègne to Paris**

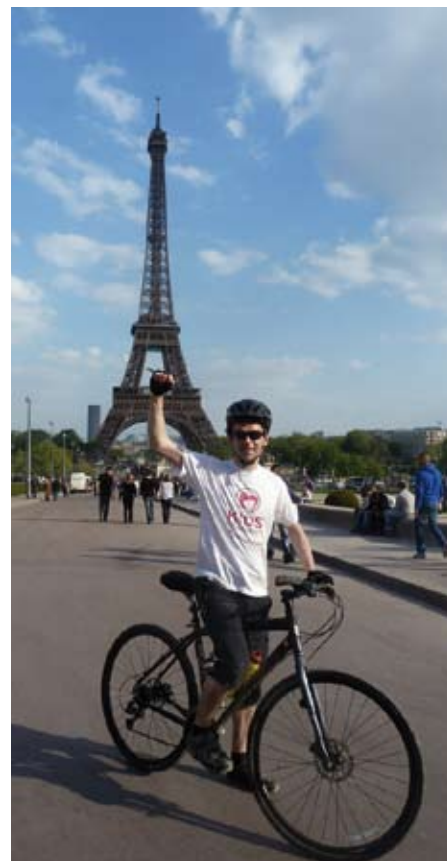
The final day of our European cycling adventure! Our last day in the saddle sees us leaving Compiègne riding through the beautiful forest surrounding the town - it was in this forest that the 1918 Armistice was signed. Our route then continues through pretty towns and villages towards the outskirts of Paris.

Cycling is the national sport of France and it's not uncommon to see locals cheering and waving us on. We cycle through the hustle and bustle of the Parisian streets until we reach the Louvre where we stop to re-assemble, then ride as a group up the majestic Champs Elysées to our finish line at the Eiffel Tower! This evening we toast our achievements at a celebratory dinner.

Cycling distance – approx. 66 miles

**Day 5
Paris to UK**

After breakfast at our hotel, you are free to enjoy the sights and sounds of Paris. Take a trip up the Tower, visit the renowned Arc de Triomphe or famous Notre Dame Cathedral, or simply soak up the atmosphere in one of the many cafés – the choices are endless! In the afternoon, each participant will be responsible for getting themselves to Gare du Nord in order to catch the Eurostar back to England. Bicycles will be transported back to London by our crew in the support vehicles and will be waiting for you on arrival at the starting point, ready for you to continue your homeward journey.



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favorite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This cycle ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 4 consecutive days, covering approximately 300 miles so expect to be in the saddle for about 7-8 hrs per day – the fitter you are, the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to put you in the right direction.

Where will we stay?

We will stay in local hotels en-route, which range from 2* and 3* – remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves – other than this, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

Food matters...

All meals will be provided with the exception of breakfast on day 1, the evening meal on the Ferry crossing from Dover to Calais and lunch and dinner on day 5. Whilst cycling, we will either stop at local cafes/restaurants or eat open air buffets – this depends on the size of our group. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your enclosed registration form.

What's included?

One way ferry crossing from Dover to Calais, one way Eurostar ticket from Paris to London, all accommodation with the exception of the evening prior to the start of the challenge, lunch on day 1, breakfast, lunch and dinner on days 2, 3 and 4, breakfast on day 5, water/refreshment/snack stops – one in the morning and one in the afternoon, vehicles for back up and support, route markers, English speaking guides, mechanic and medical support, transfer of bicycles back to starting venue in London, transfer back to starting venue from St Pancras. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital to ensure that your bike is in full working order and good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

Accommodation the night prior to the start of challenge, breakfast on day 1, evening meal on Ferry crossing from Dover to Calais, lunch and dinner on day 5, alcoholic drinks and tips, bicycle hire – it is requested that all participants bring their own bike – road bikes are highly recommended, bicycle insurance, travel insurance.

Can I stay in Paris after the challenge?

Unfortunately, we are not able to arrange for you to stay in Paris after this challenge as Eurostar will not allow us to change the dates of any of our group tickets. You can of course make your own arrangements to return at your convenience and stay in Paris as long as you wish, but remember you will need to keep your bicycle with you too.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges leaders from the UK. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle with a medic and mechanic will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and are allocated on a first come, first served basis, so try to register as soon as you can! You will need to complete the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges, along with your registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, we will be in touch with you sending you further information on what to expect from this awesome adventure. Your charity will also be in contact with you to discuss your fundraising.

Have you got what it takes to pedal 300 miles over 4 days from London to Paris?

Call us on 01244 676 454
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