

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

LONDON TO PARIS CYCLE

JUMP INTO THE SADDLE AND
CYCLE FROM CAPITAL TO
CAPITAL



 **GLOBAL
ADVENTURE
CHALLENGES®**

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FOUR DAYS, TWO CAPITAL CITIES, ONE AWESOME ADVENTURE!

Day 5

Paris to UK

After breakfast at our hotel, we 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 early 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.

(Please note, this is a complex itinerary and subject to change)



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This cycle ride has been graded as Challenging (1) on our challenge grading scheme, and is 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.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will stay in local hotels en route, which range from 2* to 3* - remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be 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 at open air buffets - this depends on the size of our group. We cater for most 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
- Lunch on day 1, breakfast, lunch and dinner on days 2, 3 and 4, and breakfast on day 5
- All accommodation with the exception of the evening prior to the start of the challenge
- Refreshment stops including water, fruit, and a variety of snacks/energy bars/cereal bars every 15-20 miles cycled approx.
- Vehicles for back up and support
- Route markers or cycle guides
- English-speaking guides
- Global Adventure Challenges Event Crew
- Mechanic support. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

What's not included?

- Breakfast and dinner on day 1, lunch and dinner on day 5
- Alcoholic drinks
- Bicycle hire - each participant must bring their own recently serviced bicycle
- Bicycle insurance
- Travel insurance
- Tips and gratuities

Can I stay in Paris after the challenge?

Unfortunately, we are unable to arrange for you to stay in Paris after this challenge. 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. If you do decide to make your own return to the UK please notify Global Adventure Challenges as

soon as possible, as your challenge balance may be adjusted accordingly.

What support is there on the challenge?

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 will follow the group providing medical and mechanical 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 challenge 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 charity in order to make 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 allocated on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to 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.

REGISTER ONLINE TODAY!

WWW.GLOBALADVENTURECHALLENGES.COM

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