

FRANCE & SWITZERLAND Paris to Geneva Cycle

This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.

Duration: 6 days / 5 nights

Trip Grade: Tough

Dates:

17 Jun – 22 Jun 2012 16 Jun – 21 Jun 2013
9 Sep – 14 Sep 2012 8 Sep – 13 Sep 2013

Payment Options:	2012	2013
Fundraising:		
Registration Fee	£149	£149
	+	+
Fundraising Target	£1850	£1900
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Self Payment:		
Registration Fee	£149	£149
	+	+
Trip Cost	£740	£760

Please note Registration Fee is in addition to Trip Cost / Fundraising Target

This exciting, short cycling challenge links the two classic cities of Paris and Geneva, crossing the Swiss border with a fabulous *Tour de France* climb in the beautiful Jura Mountains.

Our route takes us south-east from Paris, crossing rolling chalk hills, quiet woodland and rural plateaux. The landscape is dotted with small medieval towns and Romanesque churches as we cycle through the famous



vineyard regions of Champagne and Burgundy. Skirting Dijon, we head to the Roman spa town of Lons-le-Saunier, at the foot of the Jura.

Our legs feel well-prepared as we tackle the hair-pin bends of the *Col de la Faucille* (1323m), a climb frequently used in the *Tour de France* and the toughest part of our challenge. Crossing into Switzerland, we finish beside the lake in beautiful Geneva.

ITINERARY

Day 1: London – Paris by Eurostar

We depart for Paris on a morning Eurostar from London St Pancras, after loading our bikes onto the support vehicles. On arrival, we transfer to our hotel and are free to enjoy the sights of Paris before meeting again for dinner and a detailed trip briefing. Night hotel.

(Lunch not included)

Day 2: Paris – Sens

Up early for our first day in the saddle! We head south-east out of Paris, roughly following the course of the River Seine. Before long we have left the suburbs behind us, and enjoy cycling through open, agricultural landscapes. Our route takes us over the rolling chalk hills that make this region so good for wine-



growing. We pass through areas of green woodland and many small, traditional villages. This region is very historic, with many towns and villages dating back to medieval or Roman times. There are no tough climbs on this first day, but we'll no doubt be pleased to see the medieval Burgundy town of Sens, complete with its beautiful town hall and gothic cathedral. Night hotel.

Cycle approx 125km (80 miles)

Day 3: Sens – Semur-en-Auxois

Today sees another long day's ride, but we will share a huge feeling of satisfaction as we count off the miles! Our route undulates as we head through open fields of barley and wheat, and wilder forested areas. Pinot noir is the main grape of the vineyards we see on south-facing slopes. We stop for lunch in Chablis then cycle on small, quiet country lanes connecting the abundant farms and villages that dot the landscape. We approach the picturesque medieval hill-top town of Semur-en-Auxois and head to our hotel which overlooks this fine location. Night hotel.



Cycle approx 125km (80 miles)

Day 4: Semur-en-Auxois – Lons-le-Saunier

Another early start! We cycle south-east, catching a glimpse of the medieval hilltop village of Chateauneuf before passing through the quiet town of Beaune, situated on the Burgundy wine-trail. We cross the River Saône, heading towards Verdun. There are numerous reservoirs in this region which break up the browns and greens of the fields that we cycle through for most of the day. Our day's cycle is mainly flat, though there are a few short, sharp inclines to test our leg muscles! The landscape changes towards the end of the day as we enter the Jura region, but we reach the lovely Roman spa town of Lons-le-Saunier and save the real hills for tomorrow! Night hotel.



Cycle approx 150km (94 miles)

Day 5: Lons-le-Saunier – Geneva

A shorter day today, but our big challenge looms as we cross the Jura Mountains into Switzerland! We set off from Lons-le-Saunier and start climbing steadily almost straightaway. It's important to pace yourself and not over-do it, as although the first part is strenuous, the real climb has not yet begun. The scenery quickly becomes wilder, uncultivated Jura country, and it's not long before our efforts are rewarded with wonderful views across the valley. We take our time, enjoying the fabulous landscapes and resting our legs on the downhill stretches towards Saint-Claude as we wind our way further into the mountains and gradually up to our highest point, the Col de la Faucille (1323m). Hairpin bends take us almost 12km uphill before we reach the top; this climb has featured in the *Tour de France* on many occasions, and we should feel justly proud of ourselves for reaching the summit. In clear weather we should get great views of the Mont Blanc massif. From here, we enjoy a fantastic, well-earned descent down to the international border with Switzerland, and we cruise to our lakeside finish point in Geneva. This evening we enjoy a great celebration! Night hotel.

(Dinner not included)

Cycle approx 110km (70 miles)



Day 6: Geneva – London

Free time to explore Geneva until it's time to transfer to the airport.

(Lunch & Dinner not included)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

GENERAL INFORMATION

TOUR COST

All accommodation is included as well as transport (by Eurostar), transfers (see note below) and all meals except four as specified in the itinerary. It also includes full trip support of experienced Discover Adventure leaders, drivers and mechanics (see Trip Support below).

Your airport transfer at the end of the trip is also included. We will provide at least one transfer (depending on group size) and will provide you with further details on registration.

The tour cost does not include your homebound flight (see information below), personal travel insurance, four meals as specified, a bicycle, drinks or personal items. It also does not include entrance fees to any optional sites or attractions you may wish to visit. Bear in mind that airlines are likely to charge a fee for bike carriage.

Costs in-country

We recommend you budget for the following costs in-country:

- Meals not included: £40-50

Remember to allow extra for drinks, snacks, souvenirs & other personal expenses. This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency.



FLIGHT & TRANSFER INFORMATION

We do not arrange a homebound flight for this challenge, enabling you to take advantage of the many competitive fares between Geneva and different UK cities. Airlines include British Airways, Air France, Bmibaby, Flybe and Easyjet.

We recommend you book flights that depart Geneva in the morning.

The best deals are usually open to those who book early, but bear in mind that we do need a minimum number for this trip to run, and booking your flight before you are advised the trip is guaranteed is entirely at your own risk. Please be aware that the best deals usually allow little flexibility if you need to change them.

Please ensure that you inform your airline that you will be travelling with your bike when you book. It may not be possible for them to guarantee bike carriage at a later date. Most airlines charge a bike carriage fee, which you are responsible for paying. We can provide you with guidelines on packing a bike for flight, but it's best to check the airline's specific instructions.

We will arrange at least one transfer from the hotel to the airport, depending on the group size. Exact time(s) may be determined by the times of the majority of the group and will be communicated nearer to trip departure.

ENJOY THE EXPERIENCE!

Travelling, whether in the UK or abroad, is always unpredictable. Whether it's the varying state of public toilets, puncturing in the rain, quirky accommodation staff ... it's all part of the challenge you are signing up for!

We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow cyclists and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

ACCOMMODATION

Accommodation is in 2-3* hotels, picked for their proximity to our route. The hotels are comfortable with en suite facilities; standards may vary between the hotels.

FOOD

All food is included except four meals where specified. Lunches are generous buffet-style with plenty of energy food to keep you going! Dinners are generally eaten in the hotels.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Bear in mind that being vegetarian is not generally well-understood in France, so meals may not be as varied as you are used to. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities, where you are free to explore and find something to suit your budget.



PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it must be valid for at least six months after entry into France and Switzerland. There is no visa requirement for UK citizens. Other nationalities should check entry requirements.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio.

You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This ride is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the ride less enjoyable – and we want you to have the time of your life!

CYCLING INFORMATION

Terrain

The cycling is mainly undulating. Distances are fairly long, averaging 120km per day; you should make sure you are fit enough to manage these distances confidently.

We ride mainly on small country roads. Traffic is light on most of the roads but when we pass through busy areas we may go through as a group. French drivers are generally far more considerate to cyclists than here in the UK.

The final climb is long and tough. Using *Tour de France* terminology, it is usually rated 4th Category, which designates it as an official mountain climb (though the least severe of the 5 categories used). It will give you an unbeatable sense of achievement on your final day: you must have trained for this, be used to cycling and very familiar with the range of your gears. You cycle approximately 510km on this trip overall.



We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Bikes

We strongly recommend that you ride a road/racing bike (rather than a mountain bike) for this trip due to the long distances involved on well-surfaced roads. However Discover Adventure can provide hybrid or mountain bikes at an extra cost if you wish.

Bike Repairs

There will be a range of spares in the vehicle along with a full tool kit. However it is impossible for us to carry spares for every eventuality so it is vital that when bringing your own bike it is in good order before departure.

It is imperative that you supply your own helmet and wear it at all times while cycling, with the straps done up.

Clothing & Equipment

We could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures and remember that weather conditions can change quickly. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

The climate is generally good in the regions we pass through at this time of year, though temperatures can vary widely and weather conditions can be unsettled. Rain is always a possibility and it may be windy in flatter areas. In the mountains the weather can change rapidly.

May / June	14 - 28°C
Aug / Sept	16 - 32°C

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our challenges so that everyone can go at their own pace: this is not a race.

TRAINING WEEKENDS: £139 SPECIAL OFFER

Only when you book online at the same time as registering for your main challenge

Discover Adventure Cycle Training Weekends in Wiltshire are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other cyclists, you're bound to find it incredibly useful!

For dates and further information see our brochure or website.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

TRIP SUPPORT

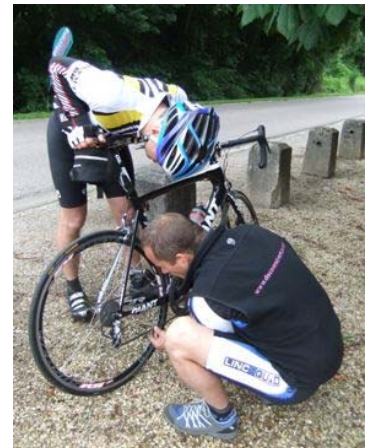
Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.



All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well-marked, making you lunch and sorting out any mechanical problems. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.



Luggage

Support vehicles are with the group all of the time. All luggage and spares will be carried in them.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a small daypack or large waist-pack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Bikes will be well-packed and protected during outbound transit in our vehicles, but if you have an expensive or delicate frame, you may prefer to bring extra lagging to protect it more, or a soft bike bag. On your return journey, your bike can be flown back with you (airlines usually charge a small fee for this) – you will need to bring a cardboard bike box or bike bag with you to pack your bike for flight.

TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency mobile phones, first-aid kits and other safety apparatus where necessary. Your crew will always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action

in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



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