

## Action Medical Research London To Paris 2020



Duration: 5 days

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Kent countryside, we cross the Channel and continue through the small villages and medieval market towns of Northern France. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement. Our last day in Paris allows us to explore the sights and soak up the romantic atmosphere of this majestic city!

### DETAILED ITINERARY

#### Day 1: London – Newhaven – Dieppe

An early start from central London allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. We continue south towards Croydon, riding through beautiful rolling Surrey countryside and small, quiet villages. As we head further south a long climb takes us into Sussex; we then follow rolling roads up and over the beautiful chalk downs and descend into the harbour town of Newhaven. We board the ferry and have dinner en-route to Dieppe. Night hotel.

*(Dinner on ferry not included)*

**Cycle approx. 120km (75 miles)**

#### Day 2: Dieppe – Lisieux

We enjoy a hearty breakfast before heading out on today's challenging ride. Leaving Dieppe, initially along the coast, we soon ride inland and south through the beautiful Saône valley. This is a lovely area that cuts through the low-lying hills; we pass lots of small tranquil villages enroute. We skirt the small town of Yerville and cycle southwest, arriving at the banks of the wide River Seine. Crossing 30km short of the river-mouth is an impressive experience as large vessels ply the waters far upriver. Keeping the sweeping curve of riverbank to our right, we pedal through the Brotonne Forest, a picturesque area of oak and beech trees surrounded by a wide loop of the Seine. Leaving woodland and river behind, we continue southwest until we reach Pont-Audemer, a pretty town of half-timbered buildings and canals lying on the River Risle. From here we continue, still southwest, through small villages and hedged farmland, to our finishing-point, Lisieux. Night hotel.

**Cycle approx. 140km (88 miles)**

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### Day 3: Lisieux – Vernon

Leaving Lisieux behind us, we head due east through rolling farmland and villages. This is farming countryside, renowned for its production of cheeses, cider and calvados. Continuing east to Brionne, a small town on the River Risle, we cross the river and ride southeast to Neubourg. We stop for lunch, then continue through green forests which provide a real contrast to the first part of our day. Heading through villages north of Evreux, we cross the River Eure and then ride the final leg to Vernon, an historic town on the Seine where we stay for our final night before arriving in Paris. Night hotel.

**Cycle approx. 108km (68 miles)**

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### Day 4: Vernon – Paris

Our final day's cycling takes us south on small village roads to Breval; from here we continue predominantly east on a slightly larger road through Septeuil and Crespières, small traditional towns. As we reach the suburbs of Paris we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. Crossing the River Seine for the final time, we reach the suburb of Boulogne-Billancourt and continue through the Paris streets to our finish beneath the lofty arches of the Eiffel Tower. We check into our hotel and enjoy a great celebration to mark our achievements. Night hotel.

**Cycle approx. 122km (76 miles)**

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### Day 5: Paris – London

After breakfast you are free to explore the famous sights of Paris. Later you can enjoy the huge spectacle that is the Tour de France! We don't have a set area to gather, but the 71m-wide Champs-Élysées is by far the best place to watch the laps before the final sprint; head over with your new cycling buddies, pick a spot and enjoy the incredible atmosphere. Spectators gather early to watch the world's most famous cycling event arrive home, and if you want a good view you are advised to get there many hours before the peloton! You are responsible for getting yourself and your bags to the Gare du Nord in time for your evening Eurostar train back to St Pancras, where you will be reunited with your bike. If you would rather see the whole Tour de France finale, we would suggest that you stay in Paris for an extra night and make your own travel arrangements back to the UK (at your own cost). If you intend on doing this, you will need to inform us prior to the confirmed deadline, so that we may cancel your return

ticket and reduce your trip cost accordingly.

(Lunch & dinner not included)

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## WHAT'S INCLUDED

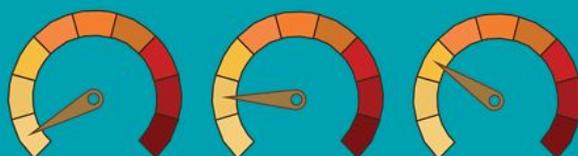
- All accommodation (twin share)
- All meals (exceptions detailed in itinerary)
- Lunches (provided by local restaurants or caterers)
- Cross channel ferry and Eurostar transport
- Discover Adventure leaders, mechanics and doctor
- Full vehicle support and local guides, cooks, drivers, etc.
- Marked route
- Bike transport back to St Pancras
- GPX files & over-view maps

## WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Alcoholic drinks
- Transport to/from start/finish point
- Cycle helmet and bike
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

## GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.  
Please note: This document was downloaded on 29 Mar 2020, and the challenge is subject to change.