



## Alzheimer's Society 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 - Calais** An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It is not long before we are among the rolling fields and villages of rural Kent, passing orchards and traditional oast houses where hops are stored. We follow country roads across the hills of the North Downs to Dover and the coast. Taking the ferry to Calais, we have dinner on board and cycle the short distance (approx 5 miles) to our hotel. Night hotel. *(Dinner on ferry not included)*

**Cycle approx. 136km (85 miles)**

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**Day 2: Calais - Arras** After a hearty breakfast, we head south through beautiful French countryside. Our route takes us along small, quiet roads through villages and small towns. During the afternoon we ride past small War Cemeteries such as at Noordpeene and Gauchin, a reminder of the remarkable history of this region. The terrain is reasonably flat to begin with but becomes more undulating as we travel south. We spend the night in Arras. Night hotel.

**Cycle approx 125km (80 miles)**

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**Day 3: Arras - Compiègne** This morning, after a couple of long days in the saddle, our legs may feel a little tired. We continue south through villages and along quiet undulating French roads to the more forested region around Compiègne, where we spend the night. This attractive town lies on the banks of the River Oise. Night hotel.

**Cycle approx 125 km (80 miles)**

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**Day 4: Compiègne – Paris** Our final day's cycling takes us southwest, initially through small villages and woodland before we meet the outskirts of Paris. Needless to say, the volume of traffic increases but our destination and the finish is in sight! We cycle through the Parisian streets, sweeping around the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower. We head to our hotel and get ready for a celebration meal to mark our achievement. Night hotel.

**Cycle approx 96 km (60 miles)**

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**Day 5: Paris – London** After breakfast you are free to explore the city; why not go up the Eiffel Tower or visit renowned attractions such as the Arc de Triomphe, the Louvre and Notre-Dame Cathedral. You are responsible for getting yourself and your bags to the Gare du Nord on time for your afternoon Eurostar train back to St Pancras, where you will be reunited with your bike. *(Lunch & Dinner not included)*

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## WHAT'S INCLUDED

- All accommodation (twin share)
- All meals (exceptions detailed in itinerary)
- 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 & online 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](#)



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 14 Aug 2020, and the challenge is subject to change.