



BIG BATTLEFIELD BIKE RIDE 2019

FRANCE • CYCLE • YELLOW 2

ABOUT THE CHALLENGE

Our exciting cycle challenge takes us from Cherbourg through northern France to Paris, visiting some of the region's most significant World War 2 battle sites, including Pegasus Bridge and the Normandy Landing Beaches. It also commemorates many other aspects of the war in France, including medical evacuation, the role of women and of the resistance. We have some long days in the saddle as we pedal through this historic region, but we stop to pay our respects at many sites, and our tired bodies seem a small price to pay for the sacrifices made by the armed forces in WW2 and more recent years.

BIG BATTLEFIELD BIKE RIDE 2019 • 7 DAYS

Day 1: Portsmouth – Cherbourg

Meet in Portsmouth, morning ferry (0900hrs) to Cherbourg; transfer to hotel in Cherbourg. Evening dinner and briefing.

Day 2: Cherbourg – Sainte-Mere-Eglise - Bayeux

Transfer to Sainte-Mere-Eglise for the start of the ride; cycle to Bayeux via Omaha beach, a focus on the American involvement.

Day 3: Bayeux – Caen

Our first stop is the Bayeux War Cemetery before the focus moves onto the D-Day Landings on Gold and Juno beaches, plus a poignant ceremony at Arromanches.

Day 4: Caen – Lisieux

An undulating day, with an emphasis on the airborne involvement. We visit Pegasus Bridge, site of the first house to be liberated from the Germans in June 1944.

Day 5: Lisieux - Evreux

Today's focus is the resistance and the impact on French civilians and the local countryside. We visit picturesque Bernay, liberated by the Canadians in August 1944.

Day 6: Evreux - Paris

A hilly morning's ride, flatter in the afternoon with stops at La Roche-Guyon, site of Rommel's HQ, and Vernon. We finish in Paris before a celebration meal to mark our achievements!

Day 7: Return to London

Free morning in Paris; return to London by Eurostar

CHALLENGE INFORMATION

DETAILED INFORMATION

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels convenient to our route. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

There may be a limited number of single rooms subject to request, on a first-come first-served basis, after you have booked. Extra charges will apply.

Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Lunches are generally buffet-style while dinners are usually eaten at the hotel. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. 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.

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew, including mechanics. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

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. Support vehicles are with the group all of the time, and carry all luggage and spares.

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 communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They 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 medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. 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.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website at: <https://www.discoveradventure.com/essential-information#/buy-travel-insurance>, or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

CYCLE TRAINING WEEKENDS

£180 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Cycle Training Weekends take place in and around the valleys and ridges of the chalk downs around Salisbury. They are designed to gauge your fitness so that you can be confident you are well prepared for the challenge ahead!

GRADE | CHALLENGING (1)



Trip grades range from Challenging (1) to Extreme (5).

CHALLENGING trips involve full days of activity, and are designed to be challenging for those of good health and fitness, but are achievable for most people with a commitment to training and a can-do attitude.

See [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 13 Dec 2018, and the challenge is subject to change.