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living with dignity



Havens Hospices London To Paris Cycle



Duration: 4 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 – Portsmouth – Caen (Ouistreham)

An early start allows us to avoid the morning traffic as we pass through the outskirts of London onto quieter roads. It's not long before we're pedalling through the Surrey countryside and onto the North Downs near Guildford. Our route undulates relatively gently, though there are some steeper climbs to test our legs. Heading predominantly southwest, we enter Hampshire and pass through Alton. Look out for steam trains, as this old market town is also the terminus of the famed Watercress Line. We pass Jane Austen's house in the lovely village of Chawton soon afterwards, and continue our ride south across the sweeping South Downs, where more hills await us. Finally reaching the outskirts of Portsmouth, we make our way to the harbour for the overnight ferry to Caen. Night ferry.

(Breakfast on ferry not included)

Cycle approx. 121km (75 miles)

Day 2: Caen (Ouistreham) – Evreux

A long day ahead of us today, as we ride off the ferry, passing through lovely, typically French rural countryside on our way to Evreux. Early on we pass Pegasus Bridge, where the first house to be liberated from the Germans in June 1944 still stands. Now a café and museum, there may be an opportunity to visit and see the original bridge, time permitting. We then continue east, on quiet rolling roads that take us through farmland and apple orchards – this area produces lots of cider and calvados! There are some short sharp climbs, though our legs should take them in their stride by now! We ride west through rolling farmland and wooded valleys to the ancient cathedral city of Evreux. Night hotel.

Cycle approx. 145km (90 miles)

Day 3: Évreux – Paris

Our last day: Paris beckons! We cycle east, crossing the River Eure and riding through small towns as we pass through the valley of the Seine. Nearing the city, we cross the River Seine and cycle through the suburb of Boulogne-Billancourt. As we head towards the centre of this iconic city, we look out for the distinctive landmarks of the Eiffel Tower and the Sacré Coeur standing out on the skyline. We pass the Arc de Triomphe and down the famed Champs-Élysées to our finish beneath the lofty arches of the Eiffel Tower – an impressive end to our challenge. After checking into our hotel we enjoy a great celebration to mark our achievements. Night hotel.

Cycle approx. 112km (70 miles)

Day 4: Paris – London After breakfast you are free to explore the city; popular attractions include the Eiffel Tower, Arc de Triomphe, Sacré Coeur and the Louvre, or simply wander along the river-bank and watch the world go by. You are responsible for getting yourself and your bags to the Gare du Nord in good time for our Eurostar train back to St Pancras, where we will be reunited with our bikes. (Lunch & dinner not included)

WHAT'S INCLUDED

- Ferry (Portsmouth - Caen) and Eurostar transport.
- Bike transportation back to St Pancras
- All accommodation (twin share), apart from Ferry crossing which are 4 berth cabins.
- Small group basis with support vehicle moving with the group.
- Most meals (any exceptions detailed in itinerary)
- Discover Adventure leaders
- Full vehicle support
- Over-view maps and GPX files

WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Bicycle, helmet and high visibility jacket

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 2 Mar 2021, and the challenge is subject to change.