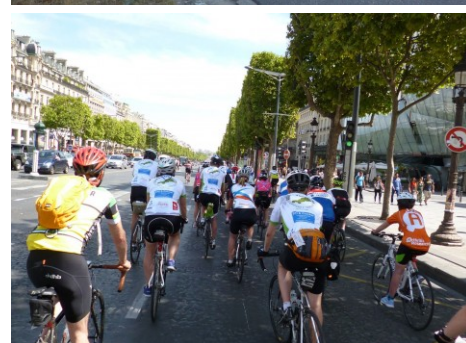




**saint  
francis  
hospice**  
living with dignity



## 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)

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### 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)

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### 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)

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**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)

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## 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](#)

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### 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.

#### Accommodation

We usually stay in hotels or lodges of a 2-3\* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

#### 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

We like to support local businesses and will source food locally. Lunches will be in restaurants along the route and dinners are usually eaten at the hotel. Do make sure you eat enough to give you the energy for your exertions. 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.

## PREPARING FOR THE CHALLENGE

### Clothing & Kit

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.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

### 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 [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).



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.