

Hospice – London To Paris Cycle 2026



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Long Day

DURATION:

5 days

GRADE



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. After our pedal to Paris, our last day allows us to explore the sights and soak up the romantic atmosphere of this majestic city!

This trip generates around **71 kg of CO₂ per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**

YOU CAN CHOOSE TO FUNDRAISE FOR:

- Arthur Rank Hospice
- St Elizabeth Hospice
- St Nicholas Hospice Care



DETAILED ITINERARY

Day 1: London – Dover – 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)

Day 2: Calais – Abbeville

After a hearty breakfast we head south through beautiful rural landscapes. We ride through ancient Desvres, pedalling quiet winding roads running parallel to the coast. After lunch we reach the valleys of the Canche River and head further south towards Cr cy-en-Ponthieu – site of the 14th-century Battle of Cr cy. Continuing south, our final leg brings us to Abbeville, on the River Somme. Abbeville suffered badly from WW2 air raids, but its beautiful Flemish-style architecture is still in evidence and its Gothic church has been largely restored to its former glory. Night hotel.

Cycle approx. 114km (71 miles)

Day 3: Abbeville – Beauvais

Leaving Abbeville behind us we follow the River Somme east out of the town in the direction of Amiens. These lands are renowned for the terrible battles of the First World War and are scattered with cemeteries and other poignant reminders of the thousands of men who died here. Our route soon turns south and we follow shady beech-tree-lined avenues so typically French, into meandering valleys and traditional farming hamlets. The cycling is mostly flat and through agricultural lands. Our day ends at Beauvais, a town renowned for its large gothic cathedral. Night hotel.

Cycle approx. 104km (65 miles)

Day 4: Beauvais – Paris

Our final day's cycling takes us over the river Th ram and south of Beauvais towards the great capital city. Following small country roads we head towards the small town of Meru and continue south through beautiful countryside. As we reach the suburbs of Paris we look out for the distinctive landmarks of the Eiffel Tower and the Sacr  Coeur standing out on the skyline. Reaching the suburb of St. Denis we come to the River Seine; following its northern esplanade in the shadow of the Bois du Boulogne, we ride until we reach the Pont d'Iena and 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. 80km (50 miles)

Day 5: Paris – London

After breakfast you are free to explore the famous sights of Paris! 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. *(Lunch & Dinner not included)*

WHAT'S INCLUDED

- All transport from London to Paris return (by ferry and Eurostar)
- 4 nights hotel accommodation on a twin share basis
- All meals except where specified
- Discover Adventure crew (number dependant on group size)
- Vehicle support throughout the trip
- Route information
- Standard bike return for your collection at St Pancras following group Eurostar
- **We offset 100% of the carbon emissions from your trip**

WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Bicycle, cycle helmet (compulsory) and water bottles
- Optional Discover Adventure bike courier return to home service
- Personal spending money, souvenirs and drinks
- Any applicable surcharges as per Terms and Conditions

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 appropriate communication devices (eg phones, radios), 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 & 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, with plenty of information, and we are always available if you need advice.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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 6 May 2026, and the challenge is subject to change.