

## Lille To Lyon Cycle



Duration: 8 days

This is a fabulous and challenging ride from Lille to Lyon, through the heart of the world-famous Champagne country. Setting off from London on the Eurostar, we begin our ride through medieval historic towns, small villages and farmland with fields of sunflowers and vines. Gentle rolling hills through vineyards form much of our landscape en-route. With long days in the saddle and undulating terrain, reaching Lyon will evoke an unforgettable sense of achievement.

## DETAILED ITINERARY

## Day 1: London to Lille by Eurostar

We depart for Lille on a morning Eurostar from London St Pancras, after loading our bikes onto the support vehicles. On arrival, we transfer to our hotel and are free to do as we wish before meeting again for dinner and a detailed trip briefing. Night hotel.

(Lunch not included)

## Day 2: Lille to Saint-Quentin

We head south from Lille, on fairly flat terrain passing through small villages and farmland, with some areas of shady woodland. A few hills mid-way through our morning stretch the legs a little! The area we pass through saw a great deal of action in WW1 and many road-names in towns and villages testify to the history. Our afternoon is predominantly flat as we ride southeast, though a few hills await us before Cambrai, a town which dates back to Roman times. From here, we follow the Scheldt River on scenic roads through quiet towns, dotted with impressive chateaus, before we end our first day in St Quentin. Night hotel.

Cycle approx. 112km (70 miles)

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### Day 3: Saint-Quentin to Reims

We're once again cycling through the Champagne region of France, where the conditions are perfect for wine production. There are a few short climbs today but most of the terrain rolls along gently. We will start to see distinctive rows of vines on the slopes around us as we enter Reims. We cycle through the picturesque streets to our hotel, where a glass of Champagne will surely be available! Night hotel.

Cycle approx 121 km (76 miles)

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### Day 4: Reims to Troyes

Today takes us through the National Park of Reims, with its prestigious vineyards situated between the wooded massifs of the Reims Mountain Regional Nature Park. The scenery today will not disappoint! Once on the other side of the National Park, we will continue to head south, passing even more lush vineyards and beautiful villages along the way. We will follow the River Seine into the old town of Troyes, one of the jewels in the crown of Champagne with its medieval architecture and cobbled streets lined with colourful, half-timbered houses, mostly dating from the 16th century.

Cycle approx 128 km (80 miles)

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### Day 5: Troyes to Semur-en-Auxois

Today takes us further into rural Burgundy, over gently rolling hills that open up to wonderful views over this typically French countryside. We leave our hotel on quiet, flat roads, passing small villages and open fields of barley and wheat. Some miles before our lunch-stop at Chablis – which gives its name to one of France's most famous white wines – we come to the vineyards: rows upon rows of vines, mainly pinot noir and chardonnay, on the south-facing slopes. We pass several old wineries before riding right through the pretty old town of Chablis itself, then cycle on small, quiet country lanes connecting the abundant farms and villages that dot the landscape. There are some wonderful views as we crest the rolling hills, and every rise is followed by a lovely descent. As we approach the end of the day's ride, our road brings us out at a wonderful viewpoint over the picturesque medieval hill-top town of Semur-en-Auxois; our hotel is only a short distance away. Night hotel.

Cycle approx 137 km (86 miles)

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### Day 6: Semur-en-Auxois – Lons-le-Saunier

Our longest day is a day of two halves, separated by our most significant climb so far! The morning continues on quiet rolling roads through yet more picturesque towns and villages; some of the churches have the distinctive coloured roof-tiles typical of Burgundy. We pass fields of sunflowers, corn and small pockets of woodland and ride for a short stretch alongside the Canal de Bourgogne. A 250km-long feat of engineering, the canal connected Burgundy to both northern Europe and the Mediterranean, allowing it to prosper. We come to the picturesque town of Bligny-sur-Ouche, which lies at the foot of our most challenging climb so far – a 6km ascent which twists up through woodland before the road straightens out and an easier gradient takes us through pastures at the top. A

wonderful descent follows – at twice the length of the climb, we definitely tackle this hill from the best direction! Wide sweeping bends takes us through fields and woodland, passing small villages, right down into the town of Beaune below us. It's an exhilarating descent with wonderful views, and we'll be buzzing when we reach lunch shortly afterwards. We cross the River Saône, heading towards Verdun, and the rest of our day is fairly flat. As we enter the Jura region we can see the ridge of mountains looming on the horizon, though they still look quite distant. Our last few miles see a few gentle uphill sections through lovely quiet woodland and we finally reach the Roman spa town of Lons-le-Saunier. Night hotel.

Cycle approx 158km (98 miles)

## Day 7: Lons-le-Saunier – Lyon

We set off from Lons-le-Saunier, keeping the Jura Mountains of Switzerland on our left. Today is incredibly scenic, as we follow the valley of the River Ain. We pass fields of sunflowers and sections of woodland, and ride through some very picturesque villages with old churches and striking town halls. This evening we enjoy our final meal as a group and celebrate our achievements together. Night hotel.

Cycle approx 138km (85 miles)

**Day 8: Lyon – London** After breakfast, say your goodbyes, it's homeward bound depending on your own arrangements. (Lunch not included)

## GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** 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 are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[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 11 Jul 2025, and the challenge is subject to change.