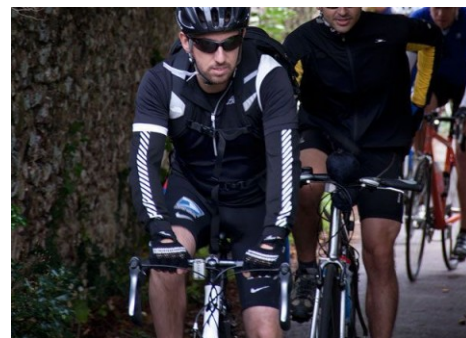


## London To Brighton Cycle

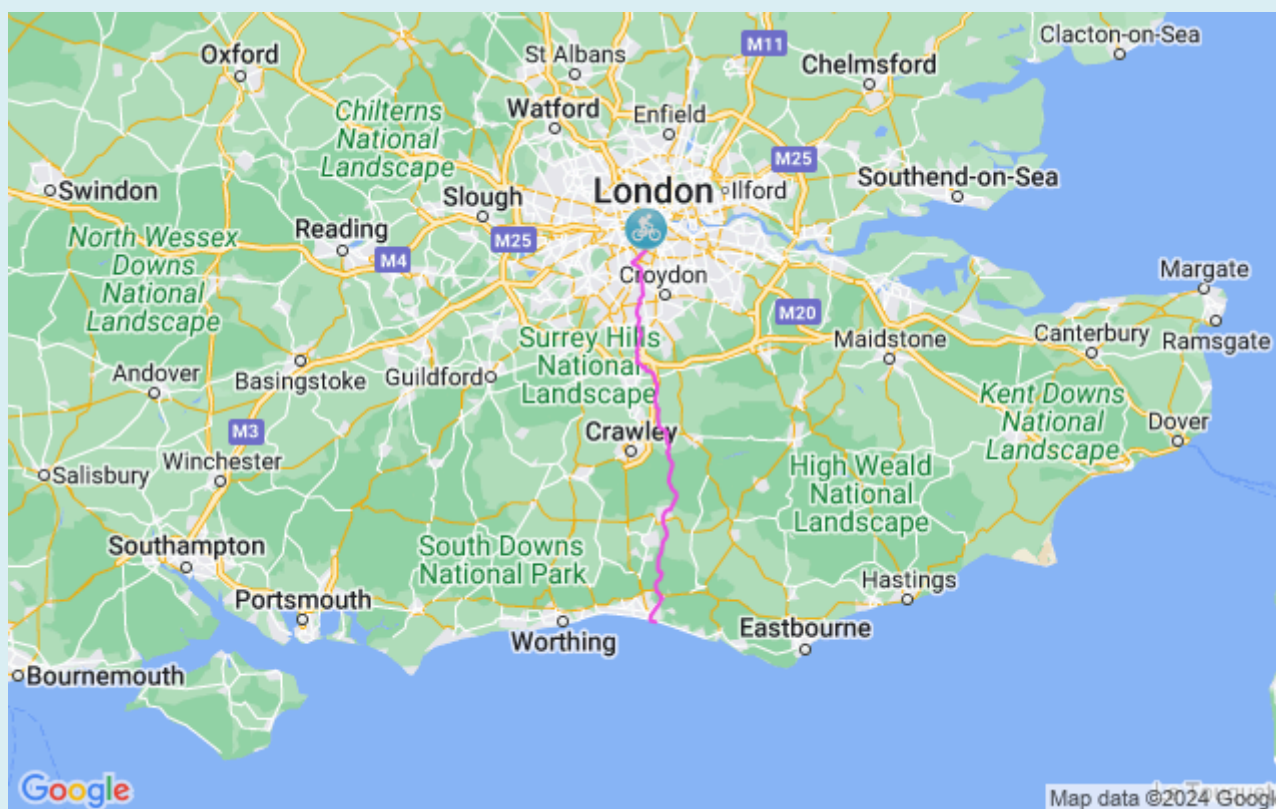


Duration: 1 days

Our route takes us from our start point at the Royal Free Hospital's Recreation Club in London to the seafront of Brighton, with its famous pier and long shingle beach. It's a hilly route, with the toughest challenge saved till last – the long, steep Ditchling Beacon. One of the most iconic climbs in the South, it has featured in cycling events for decades, including the 1994 Tour de France.

It's then downhill almost all the way to the seafront, where you can celebrate your achievement before heading home to relax!

## DETAILED ITINERARY



### Day 1: London to Brighton

We meet early at the Royal Free Hospital Recreation Club, and after a trip briefing and double-checking our bikes, we set off on our exciting cycle challenge!

We head southwest through the streets of London towards Richmond and Twickenham. Our early start will help us to avoid the traffic, and it won't seem long before we're heading through the leafy Surrey lanes. The first third of our route is relatively flat, but we encounter some notable climbs as we cross the Surrey Hills, which are a good warm-up for the big test to come.

The afternoon sees more hills as we cross the North Downs and come to the South Downs. Our last climb is the biggie – Ditchling Beacon, one of the most iconic climbs in the South. Used in the Tour of Britain as well as 1994's Tour de France, it has a height gain of 143m and an average gradient of 9%. It's a well-earned achievement for anyone, and getting to the top will be your feel-good moment of the year!

It's then downhill to Brighton and its famous sea-front, where we celebrate before saying your farewells and heading home!

**Cycle approx 75 miles**

## THE TOUR COST INCLUDES:

- Full trip support of experienced Discover Adventure leaders /mechanics, and support vehicles

- Fully marked route and maps
- Check points with water, snacks and an energising lunch

## THE TOUR COST DOES NOT INCLUDE:

- Transport back to London
- Parking fees



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 25 Apr 2024, and the challenge is subject to change.